



UUCDC GROWTH THROUGH SERVICE

DEFINITIONS TO HELP WITH THE CONVERSATION

Spirituality: A journey into your “inner space” where you understand what is important in your life. To many, it is expressed in the following ways:

- Gratefulness for the gifts we are given, i.e. “grace”
- Longing to understand the mystery of life and death.
- Going more deeply into the mystery of the unknown.
- Searching for one’s concept of god.
- Appreciation of love and joy and their value in our lives
- Understanding the connectedness of all living creatures.

Spiritual journey: The experiences of our lives which have led us to seek and to understand the meaning of the concepts listed above.

Spiritual practice: The regular participation in activities and rituals alone or with others. The practice of self-reflection.

Service: The giving of your time and energy to volunteer activities that reflect your values and are consistent with your spiritual journey.

Service Opportunity: A place and time when we engage in serving others, experience our connectedness with one another, and through this serve a higher purpose that is greater than our own individual needs.