

What are Soul Matters Groups?

Soul Matters Groups provide an opportunity to explore spiritual deepening and build relationships in a small group setting. Each group is led by a trained facilitator. Groups meet monthly (October-June) and receive packets with material related to the monthly theme.

There are 3 types of groups:

Conversation- discuss the themes

UU Writers- explore the themes through writing

Creativity Matters - explore the themes through art

Participants will receive a packet specific to each group.

2024-2025 Theme-

The Practice of:

September: Invitation

October: Deep Listening

November: Repair

December: Presence

January: Story

February: Inclusion

March: Trust

April: Joy

May: Imagination

June: Freedom

PURPOSE

To delve deeply into monthly themes, making use of materials gathered for further reflection on these themes as a starting point for spirited and lively dialogue.

To share our spiritual/life journeys with each other and deepen our UU Faith.

To build relationships with other UU Asheville members and friends thus creating and sustaining a community of respect, love, and mutual caring. Close and enduring relationships are a living part of any highly functional congregation.

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Questions: Contact Rev. Claudia Jiménez, faithdev@uuasheville.org