

Take it home with UU - March 2019 - on theme of Journey

### **Mapping Your Religious Road**

This month we ask you to try this journaling exercise. Grab a pen and a notebook or open a word processing document. You can do this all at once or take one section at a time. When you're finished, Rev. Tony would love to read about your journey. If you send yours to him, he'll send his to you. Email him at [revtonyuu@gmail.com](mailto:revtonyuu@gmail.com)

*The First Step* - Who was most responsible for your first understanding of religion? What was unique about the first religious community that shaped you? How do you feel about that community today?

*Down the Road of Doubt* - When did a crack in your faith first appear? Was it a moment of intellectual questioning or emotional disappointment?

*Partners on Your New Path* - What mentors or fellow travelers helped you on your new path?

*Your First Spiritual Experience* - What was the nature of your first spiritual experience? How does it still shape you today? When did your spirituality move from ideas rooted in your head to faith rooted in an experience?

*Your First UU Spiritual Experience* - UUs place the interdependent web at the center of our faith. When was the first time you experienced a moment of transcendent connection that led you to feel as though who we are does not end at the barrier of our own skin?

*The Moment of Institutional Commitment* - What led you to make an institutional commitment? How did it feel to publicly declare your religious group identity?

*The Turn Toward Practice* - At some point on the spiritual journey our faith shifts forms, from a set of beliefs to a spiritual practice that engages and grounds our whole self. What was this shift like for you? What regular practice now grounds your spiritual self?

*Today's Journey* - What was your most impactful spiritual moment of 2018?