

# Unitarian Universalism

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## Principles

There are seven principles which Unitarian Universalist congregations affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

Unitarian Universalism (UU) draws from many sources:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil

with justice, compassion, and the transforming power of love;

- Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

These principles and sources of faith are the backbone of our religious community.

From: <http://www.uua.org/visitors/6798.shtml>

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## Beliefs and Values

Unitarian Universalism is a theologically diverse religion in which members support one another in our individual search for truth and meaning. We have historic roots in the Jewish and Christian traditions, but today individual Unitarian Universalists may identify with Atheism, Agnosticism, Buddhism, Humanism, Paganism, or with other philosophical or religious traditions. Interfaith families often find that Unitarian Universalist congregations are a good fit for them.

**We promote reason and tolerance in our communities and embrace a free and responsible search for truth and meaning. As members of a non-creedal religious tradition, we Unitarian Universalists are encouraged to discern our own beliefs about various spiritual topics. Our members hold wide-ranging opinions on topics like the afterlife, God, and scripture. What unites us is our acceptance of diverse spiritualities and our commitment to making the world a better place for everyone.**

**From: <http://www.uua.org/visitors/index.shtml>**