

Writing your Spiritual Statement

Suggested Writing Schedule

You need to write or finish your spiritual statement this week. (Take a deep breath--you can do this!) Your statement should be **400 to 700 words**. If you are doing a **performance piece**, it should be around 5 minutes long, with a 100 word explanation. If you're doing a **painting**, it should be at least 11x17in, with a 100 word explanation.

On the day of the rehearsal, please bring 2 copies of your statement, one copy for Rev. Ruth and one for you to use on the chancel.

To help you through this process, we've created a suggested writing schedule:

If you haven't done so already...

Set aside 1-2 hours to work on your statement. Write a rough draft or begin your creative credo piece. You might want to sit in silence for 5 minutes – pray, or practice meditation before creating. Here are some things you might want to include in your credo:

- o **A story** from your personal history that has shaped you. How did this experience shape your values or what you believe?
- o A passage or quote from your **sacred text** that you found meaningful. What does it say about God, the Tao, mindfulness, about being human, that resonated with you?
- o What do you think is the **nature of being human**?
- o What do you think is the nature of God?
- o What do you think happens when we die?
- o How has **First Universalist Church** shaped you as a person of faith?

Tuesday or Wednesday before COA Rehearsal

Return to your draft faith statement. Sit for 5 minutes and pray, or practice meditation before looking at your piece.

- o **Read it out loud or practice your performance**
- o What do you like about your statement? What is missing?
- o Rewrite your draft. Reshape your piece.
- o Call your mentor, or Emma, or Rev. Ruth if you're stuck.

Thursday before COA Rehearsal

Return to your draft faith statement. Sit for 5 minutes and pray, or practice meditation before looking at your piece.

- o **Read it out loud or practice your performance**
- o What do you like about it? What is missing?
- o Make any last tweaks to your piece that you need to do.
- o Call your mentor, or Emma, or Rev. Ruth if you're stuck

Friday, day of COA Rehearsal

Bring 2 copies of your spiritual statement to the rehearsal. **Be prepared to read or perform your statement for everyone. Send one copy to Rev. Ruth as a google doc or word doc.**
ruth@firstuniv.org

Week between COA Rehearsal and Ceremony

Make revisions to your statement. You often discover things you want to add or subtract after sharing your work with others.

COA Class between rehearsal and ceremony

In our final COA class before the ceremony, you will have an opportunity to work one-on-one with your mentor to make any final changes to your statement.

Day of COA Ceremony

Be at First Universalist at 2pm. The service is at 3pm, and a potluck meal follows the ceremony.