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*To pray you open your whole self  
To sky, to earth, to sun, to moon  
To one whole voice that is you.  
And know there is more*

*– Joy Harjo, Eagle Poem*

Whether you are a lifelong Unitarian Universalist, or just someone open minded and interested in connecting with others, you can find a spiritual home with us.

We are humanists, pagans, atheists, mystics, seekers, believers and unbelievers of all kinds, but we choose to come together in love.

# Worship at SUUSI

At SUUSI, we gather not only as a community that learns and plays together, but as a congregation that celebrates, grieves, reflects, and creates meaning together. SUUSI worship services offer daily opportunities (both morning and evening) to deepen our spiritual lives in a loving, inclusive, non-judgmental community. In 2026, our services will explore what is “Sow Good”—in our faith, our relationships, and the wider world. Highlights include morning worship, evening worship, and a Saturday morning ritual of leave-taking to ground us as we prepare to return home. We also explore love in action, grief and loss, music and storytelling, and joyful midweek recentering.

## Morning Worship

Every morning at 9 am (except Monday, which starts at 8:30 am), we meet for a mixture of music, message, and spirit to take you through your SUUSI day. The festive **Monday morning multigenerational service** is designed especially for families and anyone wanting to start their week on a joyful note.



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### Monday Morning Multigen Worship

Unlimited

We begin our SUUSI worship week with a multigenerational worship service. Our worship coordinator and youth chaplain will lead us in a joyful service for ALL AGES. More details to come! Please note that this service will start earlier than usual - at 8:30am - in order to include our children, youth, and parents

Free

M 8:30-9:15am

All Ages

### Tuesday Morning Worship

Unlimited

Join us for Tuesday morning worship. Details to come.

Free

Tu 9-9:45am

All Ages

### Wednesday Morning Worship

Unlimited

Join us for Wednesday morning worship. Details to come.

Free

W 9-9:45am

All Ages

**Thursday Morning Worship**

Unlimited

Join us for Thursday morning worship. More details to come.

Free

Th 9-9:45am

All Ages

**Friday Morning Worship**

Unlimited

Our Friday morning Leave-Taking: a closing ritual led by SUUSI Pagans and friends. Due to accessibility concerns, this ritual will happen in Hurburt Auditorium, same as the rest of the week's worship experiences and will be accessible to all. More details to come.

Free

F 9-9:45am

All Ages



## Evening Worship

Whether you are winding down for the day, or just gearing up for Nightlife, Evening Worship is an opportunity to spiritually center at SUUSI, Monday through Thursday at 7 pm. Each service is lead by a different worship leader.

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**Monday Evening Worship**

Unlimited

Join us for our first evening worship service of the week. More details to come.

Free

M 7-7:45pm

All Ages

**Tuesday Evening Grief Worship**

Unlimited

Our SUUSI community is its own congregation that annually comes together. Part of our worship week includes marking certain important passages. Our Tuesday evening worship is the time we set aside to gather and grieve our losses since our last time together. We name and honor losses of SUUSI community

Free

Tu 7-7:45pm

All Ages

**Wednesday Evening Worship**

Unlimited

Join us for Wednesday evening worship. More details to come.

Free

W 7-7:45pm

All Ages

#### Thursday Evening Rites of Passage Worship

Unlimited

Each year our SUUSI community takes time to dedicate our children, bridge our teens, and bless community members who have transitioned in their gender identities. A significant and joyful event in the life of our SUUSI community, this tends to be a packed service so plan accordingly. More details to come. If you

Free

Th 7-7:45pm

All Ages

## Rites of Passage

Every year, on Tuesday evening we honor those who have passed since the last time we gathered as well as all the other losses we have held through the year. It's a chance to hold each other in grief and feel what we need to feel together.

Our annual **Rites of Passage service** on Thursday evening includes rituals for child dedications, teen bridging, and identity affirmation. Expect high energy, lots of laughter, and tears of joy.



## Beyond Worship: Other Ways to Center the Spirit at SUUSI

SUUSI offers many opportunities for spiritual connection beyond worship services. Pastoral care is just a call or text away; relaxing, learning, and playing together creates deep bonds; and communing with nature warms the soul. There are always many workshops with a spiritual aspect as well.

### Pastoral Care

[Find more details about support structures at SUUSI here.](#) There's always someone on call who can speak with you and give you help and support at SUUSI.

### Daily Meditation

There will be daily guided morning meditations. with schedules posted in the NUUS and at the Meditation Room.

## Connection Circles

Connection Circles are daily small groups that foster spiritual reflection and relationship-building. Groups meet during meal times and Community Time and can be selected during workshop registration.

## Age-Level Rituals

Youth, middlers, teens, young adults, and adults each experience age-specific worship and rituals within their programs. One beloved adult ritual is **Parent Bridging**, honoring parents whose youngest child is moving into the teen program.

# Spirituality-themed Workshops at SUUSI

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<p><b>100 - Enneagram 2: Sowing Good</b> 30 openings</p> <p>For participants who already know their Enneagram number and want to dive deeper and Sow Good. Participants will have a series of paired conversations to help discover concrete actions to grow spiritually and in their compassion through this typology Kelly Simonson is a Licensed Psychologist who works with</p> <p>\$5.00 Preferred Tu 10am-Noon Ages 14+</p>	<p><b>103 - Mountain Retreat/Learning Ctr</b> 100 openings</p> <p>Learn about the UU-affiliated Mountain Retreat &amp; Learning Center in the Blue Ridge Mountains. Founded by SUUSI participants in 1979, The Mountain offers year-round programs, retreats, and camps that foster connection, personal growth, and community. Beverly Cree is Development Officer at The Mountain, former</p> <p>\$5.00 Drop-In Tu 10am-Noon Ages 14+</p>	<p><b>123 - Past Lives</b> 10 openings</p> <p>What happens after you die? Have you had Past Lives? Do you possess talents or know things not taught in this life time? Have you met your Soul Mate or Twin Flame? Have you had visions or dreams about a Past Life? Sheila M Chaffin is a practical Architect, Master Planner &amp; Construction Manager. She is also a</p> <p>\$25.00 Preferred TuTh 10am-Noon Ages 14+</p>
<p><b>141 - Enneagram a Start</b> 15 openings</p> <p>Here is a beginning class for a complex system. Many people have heard of the Enneagram (a spiritual personality system) and some have studied it. Here is a chance to stick your toe in and learn much as you want. I am a fellowhiped minister and a certified Enneagram instructor.</p> <p>\$44.00 Preferred MTuW 10am-Noon Ages 14+</p>	<p><b>150 - Empath Intuit Training</b> 12 openings</p> <p>Paranormal Experiences -- do you have them, desire to explain them, wish to expand your abilities, seek to know what others have experienced, want to understand why and how they occur? Join us to explore through conversation. Sheila M Chaffin has been an Empath or Intuit since childhood. This is an opportunity</p> <p>\$34.00 Scheduled MWF 10am-Noon Ages 14+</p>	<p><b>205 - Live Your Values</b> 24 openings</p> <p>Eager to re-center and more fully live your values? Let's engage your introspection and discernment! Using a beautifully-illustrated card deck, you'll be invited to discuss your central values, emerging values, and those you find aspirational. Jon Reese has skillfully facilitated small- and large-group workshops</p> <p>\$13.00 Scheduled W 1:30-3:30pm Ages 14+</p>
<p><b>218 - Hope &amp; Joy in World of Uproar</b> 25 openings</p> <p>We'll create safe space to grow our "hope &amp; joy" muscles thru exercises, journaling, singing, dialogue. Drawing upon inspired poets, wisdom teachers, justice seekers: Dalai Lama, Rebecca Solnit, Pete Seeger, Valerie Kaur, Rumi, Bernice Reagon, Hafiz Jesse Palidofsky is an Azalea City Recordings artist: award-</p> <p>\$36.00 Scheduled MTu 1:30-3:30pm Ages 14+</p>	<p><b>239 - Goddess Alive</b> 20 openings</p> <p>Refresh, renew and empower yourself with a combination of dance, yoga, guided meditation, self massage, song and conversation. Using Goddess imagery and our collective brilliance we tap into our super powers to bring more light into our world. Betsy has been teaching some version of this for</p> <p>\$10.00 Drop-In F 1:30-3:30pm Ages 17+</p>	<p><b>249 - Enneagram 1: Key to Compassion</b> 30 openings</p> <p>The Enneagram is a personality typology that focuses on 9 types of people. Learn more about yourself and others to increase your compassion and grow into the healthiest, most balanced version of yourself. Kelly Simonson is a Licensed Psychologist who works with individuals and couples to promote greater self-</p> <p>\$5.00 Preferred M 1:30-3:30pm Ages 14+</p>

**Guided group meditation**

Unlimited

Gathering every morning to have guided meditation--no need to sign up, just show up.

Free

MTuWThF 7:45-8:15am

Ages 14+

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