

Transforming Hearts Collective—Trans Inclusion in Congregations

UUFM Study Guide

Session 1: Introduction to Beloved Community: Welcome as a Spiritual Practice

Sunday, September 15, 2019 12:00-2:00

Reflection and discussion questions

1. Call to mind an experience of profound welcome and belonging. Consider: What did it feel like in your body? What impact did it have on you? How did the space change because you were there?
2. What is appealing or exciting about the idea of Beloved Community as it is discussed in this session, and practicing it in your congregation? What do you think gets in the way of Beloved Community in your congregation?
3. Reflect on a time when compassionate communication (inviting awareness by taking a breath; practicing "THINK" – is my response thoughtful, honest, inspirational, necessary, and kind) would have been helpful or meaningful.

Further Resources

1. Rev. Dr. Martin Luther King, Jr.'s [philosophy of Beloved Community](#), as summarized by the King Center, as well as "Triple Evils," "Six Principles of Nonviolence," and "Six Steps of Nonviolent Social Change."
<https://thekingcenter.org/king-philosophy/#sub4>
2. "The Welcoming Congregation," a 2013 sermon by Alex. <http://uuse.org/the-welcoming-congregation-welcome-as-spiritual-practice/#.XXkGEabsY2x>

Information about all sessions:

Trans Inclusion in Congregations, a six-session course - <https://uumankato.com/adult-and-youth-education-opportunitytrans-inclusion-in-congregations-a-six-session-course/>