

# Chosen Faith: An Introduction To Unitarian Universalism

## What is Unitarian Universalism?

Unitarian Universalism is a liberal religion that encourages its followers to seek truth and meaning in their own lives and through their own experiences. Unitarian Universalists (UUs) believe that there is no one right way to believe or worship, and that each person must find their own path to spiritual fulfillment.



## A Chosen Faith: An Introduction to Unitarian Universalism by John A. Buehrens

★★★★☆ 4.6 out of 5

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Enhanced typesetting : Enabled  
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UUs draw inspiration from a variety of sources, including the Bible, the writings of philosophers and mystics, and the wisdom of other world religions. They believe that all people are connected by a common bond of humanity, and that we should strive to live in peace and harmony with one another.

## History of Unitarian Universalism

The roots of Unitarian Universalism can be traced back to the Protestant Reformation of the 16th century. Unitarians are Christians who rejected the doctrine of the Trinity, believing that God is one being, not three.

Universalists are Christians who believe that all people will eventually be saved, regardless of their beliefs or actions.

In the United States, Unitarians and Universalists began to merge in the early 19th century. The first Unitarian Universalist church was founded in Boston in 1825. The Unitarian Universalist Association (UUA) was founded in 1825 as the umbrella organization for Unitarian Universalist congregations in the United States and Canada.

Today, the UUA represents over 1,000 congregations and 200,000 members. Unitarian Universalism is the ninth largest religious denomination in the United States.

## **Beliefs of Unitarian Universalism**

UUs believe that there is no one right way to believe or worship. They encourage their followers to seek truth and meaning in their own lives and through their own experiences.

UUs have no creed or dogma. They believe that each person must find their own path to spiritual fulfillment. However, they do share some common beliefs, including:

\* The belief in one God, who is the source of all life and love. \* The belief that all people are connected by a common bond of humanity. \* The belief that we should strive to live in peace and harmony with one another. \* The belief that we should work to create a more just and equitable world.

## **Practices of Unitarian Universalism**

UUs worship in a variety of ways. Some congregations hold traditional Sunday services, while others offer more informal worship services, such as discussion groups or workshops.

UUs also participate in a variety of other activities, such as religious education, social action, and community service. They believe that religion should be a force for good in the world, and that we should all work to make a difference in the lives of others.

## **Unitarian Universalism and the World**

UUs are active in a variety of social justice movements. They work to promote peace, understanding, and compassion among all people. They also work to fight poverty, racism, sexism, and other forms of oppression.

UUs believe that religion should be a force for good in the world. They believe that we should all work to create a more just and equitable world for all.

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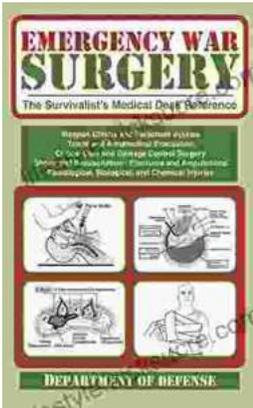
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