

Quest Intentions

Participants, leadership, and the UU faith community supporting *Quest* share in the commitment to the *Quest* Intentions:

- Honor our spiritual selves
- Awaken wisdom and inherent knowledge
- Create intentional spiritual community
- Embrace and express reverence for the sacred interdependent web

See

<http://www.boiseuu.org/quest.html>
for a complete version

The Application Process

Quest requires deep commitment of time and intent -- applicants must be willing to make that commitment as demonstrated by participation in the life of the congregation.

Applications will be available **March 1, 2016**, at the BUUF office, on our webpage at <http://www.boiseuu.org/quest.html>, and by email request to:

buuf.quest.program@gmail.com

The questions on the application are designed to help leaders get to know your background and experience, and to learn about your expectations for the program. A commitment to attend all retreats, classes, and Integration group meetings is essential. The **deadline for application submission is Tuesday, April 30, 2016**.

Sixteen applicants will be accepted in to the program. Tuition will be payable in six installments of \$248 each beginning in May, 2016, with the remaining payments due at each of the first five retreats. Limited scholarships are available.

Come and awaken me, Spirit of the new,
Come and refresh me, Creator of Green life.

Come and inspire me, you who make all things new.

Set my feet to fresh paths this day; inspire me to speak original and life-giving words and to creatively give shape to the new.

Come and teach me how to dance with delights whenever you send a new melody my way.

~ Edward Hays ~

Prayers for a Planetary Pilgrim; A personal Manual for Prayer and Ritual

If you desire to live your life in a way that reflects your faith and values and if you want to expand your understanding and experience of spirituality – *Quest* is for you! Like all things that encourage deep personal growth, it is a commitment...a commitment that will be worthwhile and transformative.

*Dori Davenport Thexton,
Faith Development & Growth Director,
Central Midwest District,
Unitarian Universalist Association*

Questions About *Quest*?

Jay Wechselberger, Program Director
Patricia Heeb, Spiritual Director
Quest - A Spiritual Journey
Boise UU Fellowship
6200 N. Garrett
Garden City, Idaho 83714

<http://www.boiseuu.org/quest.html>
Phone: 208-288-4338 or 208-871-3765
Email: buuf.quest.program@gmail.com



Quest

A Spiritual Journey

An innovative and transformative adult faith development program

Unitarian Universalist adults are longing for the kind of deep engagement with our faith that the *Quest* program offers. To undertake the *Quest* journey is to take part in a challenging, uplifting, and rich Unitarian Universalist spiritual experience. The program is a gift to both individuals and to congregations!

*Gail Forsyth-Vail, Adult Programs Director,
Ministries and Faith Development, Unitarian
Universalist Association*

Introduction:

Quest & Unitarian Universalism

Quest: A Spiritual Journey was created to help Unitarian Universalists seek a deeper understanding of and commitment to their spiritual journey. It is a journey we take alone -- one that is strengthened by those who walk with us in community. It is comprised of inward thought and outward deed. It is a journey toward wholeness, holiness, and peace. We welcome you on this journey.

This Quest program is unique in many ways. One important distinction is its larger context of being a program created for Unitarian Universalists. An important characteristic of our religious movement is our strong belief that we are all on a journey, all setting out on new paths each day, yet we do not assert that we must all take the same path. We believe that each person must find the road that fits with his or her worldview, his or her own integrity, and life experiences.

This program is based on the fundamental belief that the "free and responsible search for truth and meaning" affirmed in our Unitarian Universalist Principles is a spiritual search. We maintain that this search is best done in a community of fellow seekers. We are each on a journey, and when that journey is with others, we are challenged and supported to go further and deeper than we would have ever been able to go alone.

Participants learn how to honor their spiritual selves, awaken their own inherent wisdom and knowledge, and create intentional spiritual community in part through retreats, integration groups, spiritual companionship, spiritual practice, and personal work. This recognition and affirmation of each individual allows an intentional spiritual community to unfold.

The journey of a thousand miles truly begins with a single step. We welcome you on the journey.

Quest

Sequence & Components

Retreats

Quest includes 6 weekend-long retreats from
Friday 3 PM to Sunday 3 PM

Location: The Nazareth Retreat Center
4450 N Five Mile Rd
Boise ID 83713

All retreats are led by Rev. Sara LaWall, the spiritual program directors, and integration Group leaders.

Retreat Dates and Focus:

- 9/23/16--9/25/16** Cultivating Our Intentional Spiritual Community and Honoring the Spiritual Journey
- 1/20/16--1/22/17** Exploring and Fostering Spiritual Practice: Yoga, Centering Prayer, and Mindfulness Meditation
- 4/28/17--4/30/17** Embracing Self-Acceptance, Compassion, and Forgiveness
- 9/22/17--9/24/17** Letting Go, Gratitude, and the Generous Heart
- 1/19/18--1/21/18** Extending the Generous Heart, Balance, and Reverence
- 4/27/18--4/29/18** Honoring and Closing the Quest Experience and Continuing the Spiritual Journey

Classes

Quest participants attend two classes designed to create a solid and meaningful bridge between the on-going development of the UU faith tradition and the individual journeys and spiritual community experiences of all participants and facilitators.

Mon., 8/8/16, 7-9pm, Faith Formation & UU History
Sat., 8/27/16, 10-noon, Creating Faith Development Maps

Quest

Sequence & Components

Spiritual Companions

Each *Quest* participant will be partnered with a Spiritual Companion, a person considered by the *Quest* leadership to have specific skills, wisdom, and maturity, particularly highly developed interpersonal skills and a willingness to spend the time necessary to provide support to someone else.

Participants will schedule **monthly meetings with their Spiritual Companion starting September, 2016**, at their mutual convenience.

Integration Groups

Quest participants will be organized into two small groups which will meet **monthly on the 2nd Monday of the months that do not have retreats, beginning, October 10, 2016, from 6-9pm**. Meetings will begin with a large group potluck before separating into the two Integration Groups which will be facilitated by Leslie Miller and Mark Zimmerer.

Since membership in each group will be stable throughout *Quest*, relationships among members have the opportunity to grow, offer supportive "holding" for, and bear witness to each other's individual journeys. Careful attention has been given to the design of the integration groups with an invitation to move from the outside "busy" world into a slower-paced, contemplative one, allowing the mind to quiet and the heart to open.