

Transcript: “We are Unitarian Universalists”

We are Unitarian Universalists. We are people of many paths who are brave, curious, and compassionate thinkers and doers.

Every day, people are inundated with information, overwhelmed by demands, and pulled by a culture that seeks to divide us from the web of life. Unitarian Universalism reconnects, bringing people together with meaning and inspiration. We are a house without walls, a congregation without spiritual limits, and a movement that calls you to put more faith in yourself, your community, and your beliefs. We are a faith that honors your mind, your heart, your journey. Simply put, we are a guided path towards a better you and a better world.

Grounded in more than two hundred years of thoughtful, spiritual communities, we are people of many generations, ethnicities, genders and sexualities, and spiritual backgrounds. People engaged in making the world a better place. People focusing on what really matters – love, justice, integrity, and hope.

Unitarian Universalists have different beliefs, but shared values. We are Unitarian Universalists, and at the same time we may also be agnostic, Buddhist, Christian, Hindu, humanist, Jewish, Muslim, pagan, atheist, believers in God, and those who just let the great mystery be. The diversity of beliefs you’ll find in a Unitarian Universalist community is one of our strengths – we’re always learning how to see the world from a different perspective.

What unites us are our core principles that uphold seven real-world values:

- Believing in the worthiness of every person.
- Showing compassion and fairness.
- Accepting others for who they are.
- Growing through a personal search for truth.
- Leading with democratic spirit.
- Working for justice.
- And understanding that *everything* is interconnected.

Seven days a week, Unitarian Universalists live these principles by doing. When we gather we worship, reflect and remind ourselves what matters most in life. Whatever our age, we learn to live with more wisdom, more awareness, more gratitude and more soul.

We show our values by showing up to answer the call for social justice. We have a track record of standing on the side of love for civil rights, LGBTQ equality, immigration reform, environmental sustainability, reproductive justice, racial justice, and more.

Find what it means to live your deepest values out loud. Join us on this extraordinary adventure of faith!

Credits

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