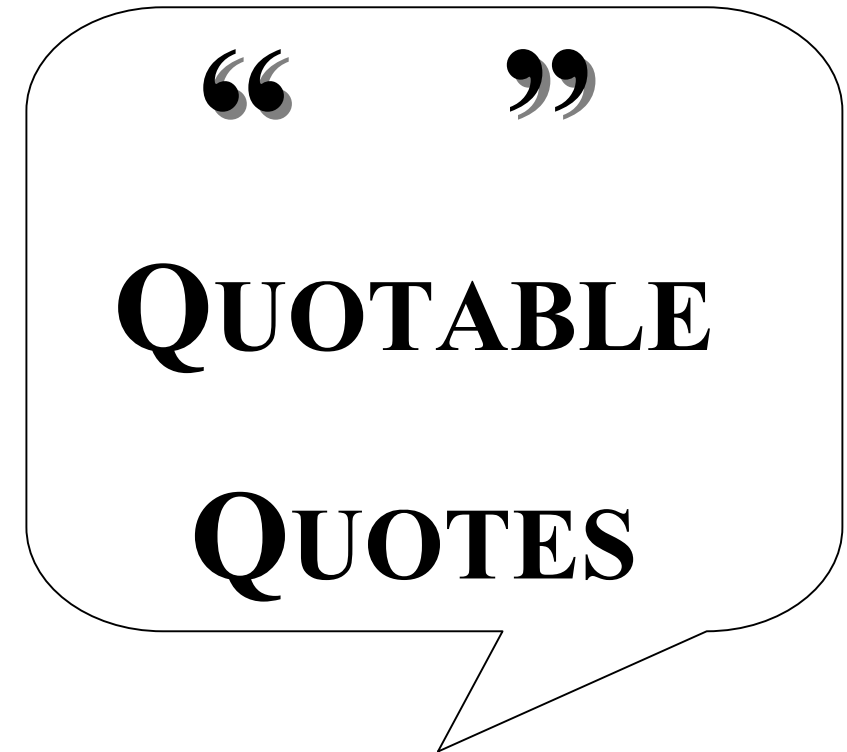


“QUOTABLE QUOTES” *from Many Interviews about What Makes UU* Congregations VITAL*

1. Church is the highlight of the week.
2. Every Sunday, so much excitement.
3. Church is not just one more thing; it's what feeds the other things.
4. We create memorable experiences together.
5. What makes life worth living is what makes this community worth belonging to.
6. I need to be part of a congregation.
7. I love these people. They are my family.
8. Unitarian Universalism appeals to both the head and the heart. I can grow, learn and serve as a complete person when living my life as a Unitarian Universalist.
9. People feel safe and connected.
10. We have a Culture of Connection—with what is divine and what speaks to your heart.
11. The church community energizes my creative juices.
12. It's a safe place for those who are different.
13. I love having a safe place to enable my creative writing, artwork, committee work and social justice work. At church these talents all came together for the first time in my life.
14. UUism holds me in all my beliefs.
15. The absence of dogma led to my most profound spiritual growth.
16. I like that there's inclusion without intrusion.
17. There is no question you are not allowed to ask.
18. Involvement leads to vitality.
19. It's the church where you have to know where you stand spiritually because they won't tell you.
20. We get permission and prodding to go deeper into our own spirituality.
21. UU theology and beliefs lift you up, don't confine you.
22. UUism has the best of what I remembered from growing up without the stuff I didn't care for.
23. There's trust and growth in self-discovery with the sacred.
24. The interconnected web of all existence expresses the UU awareness of how each of our actions binds us to the people in our congregation and thus to the universe. This gives our life meaning and purpose and joy in the moment.

25. Social justice and spiritual growth are the essence of what our spiritual life is about.
26. We are living our principles by doing it, not just talking about it.
27. Our shared principles are a guide for living in right relations with one another and the environment.
28. UU Principles reflect my beliefs and set a high standard to live by.
29. The weight of what we are doing is equally distributed—very collaborative.
30. The 1st and 7th Principles ground us theologically in our calling to heal the world.
31. I have seen trust and comfort across racial boundaries increase.
32. These values embraced by all would make a different world.
33. UUism is the hope for the future; it can combat misuse of religion in power.
34. We can do great things.
35. I was motivated to first bring my children to church because of the positive social justice environment there.
36. Some people don't like gays, but me and my two dads disagree.

37. I have been going to RE here just about my whole life. They treat you as if you have a mind. We get options, not just “we are going to learn this or that.” Rather, “Let's see what you think.” We took field trips to other congregations and then they let us draw our own conclusions.
38. Our faith community is where we can help not only children but adults on their spiritual journeys.
39. We honor our founders AND embrace generational changes.
40. We don't have to think alike to love a lot.



From Interviews about

WHAT MAKES UU* CONGREGATIONS

VITAL

Collected in Spring/Summer '06 by the Vital Congregations team of the

**Unitarian Universalist* Baltimore-Washington Growth Committee