



## **5 Starter Facts About Unitarian Universalism**

1. Unitarian Universalism welcomes pluralism and diversity in its beliefs and practices, embracing teachings from Eastern and Western religions and philosophies. There are ~250,000 adherents in the United States.
2. Unitarian Universalism was established in 1961 from the merge of the Universalist Church of America (est. 1793), and the American Unitarian Association (est. 1825). The name refers to the oneness of God and the belief that all people gain salvation.
3. Unitarian-Universalists do not have a common creed or doctrine, but they share seven principles viewed as guidance for life and morality. It includes affirmation of the inherent dignity of every person, promotion of justice, equality and compassion, and a free and responsible search for truth and meaning.
4. Because Unitarian Universalism has its roots in Protestant Christianity, the Bible remains an important sacred text for many. However, they also turn to texts from other traditions and cultures around the world for wisdom and spiritual insights. Central to their understanding of scripture and sacred texts is that each text must be understood to be a product of a particular time and place.
5. Believing in God is not an expectation, like most Western religions. Rather, the varying concepts of the divine, or lack thereof, is what uplifts the community in not feeling alone in their personal beliefs.

Learn more at:

<https://www.uua.org/beliefs>

[https://www.huffingtonpost.com/jennifer-cortier-/unitarian-universalism-what-is-it-worth\\_b\\_14174824.html](https://www.huffingtonpost.com/jennifer-cortier-/unitarian-universalism-what-is-it-worth_b_14174824.html)

*These five points are not meant to be comprehensive or authoritative. We hope they encourage you to explore this spirituality more deeply and seek out members of this community to learn about their beliefs in action. In understanding our differences we will better understand our common humanity.*

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