**SPIRIT IN PRACTICE  
A Tapestry of Faith Program for Adults**

BY ERIK WALKER WIKSTROM

© Copyright 2008 Unitarian Universalist Association.   
Published to the Web on 11/21/2013 8:45:38 PM PST.   
This program and additional resources are available on the UUA.org web site at   
[www.uua.org/tapestryoffaith](http://www.uua.org/tapestryoffaith/).

**“The things that are holy and sacred in this life are neither stored away on mountaintops nor locked away in arcane secrets of the saints . . . What holiness there is in this world resides in the ordinary bonds between us and in whatever bonds we manage to create between ourselves and the divine.”**

—Patrick O'Neill, " [Unitarian Universalist Views of the Sacred](https://secure.uua.org/bookstore/product_info.php?products_id=1893) (at secure.uua.org/bookstore/product\_info.php?products\_id=1893)"

FIND OUT MORE

[Spirituality and Practice: Resources for Spiritual Journeys](http://www.spiritualityandpractice.com/) (at www.spiritualityandpractice.com/)

[Zen Mountain Monastery's Eight Gates Training Program](http://www.mro.org/zmm/training/eightgates.php) (at www.mro.org/zmm/training/eightgates.php)

[The Council on Spiritual Practices](http://www.csp.org/) (at www.csp.org/)

Alexander, Scott, ed. [Everyday Spiritual Practice: Simple Pathways for Enriching Your Life](http://www.uuabookstore.org/productdetails.cfm?PC=597) (at www.uuabookstore.org/productdetails.cfm?PC=597)

(at secure.uua.org/bookstore/product\_info.php?cPath=13&products\_id=972). Skinner House Books, 1999.

Andrew, Elizabeth . [Writing the Sacred Journey: The Art and Practice of Spiritual Memoir](http://www.uuabookstore.org/productdetails.cfm?PC=629) (at www.uuabookstore.org/productdetails.cfm?PC=629). Skinner House Books, 2004.

To live with soul is to live deeply rooted in knowing and feeling that we are connected to one another and to the earth, that our life is held in the embrace of something larger than ourselves—a wisdom, a presence, a grace "whose beatitude is accessible to us," says Ralph Waldo Emerson in his essay "The Over-Soul." To have soul is to hear life's deep music and to move in response to its pulse, rhythm, and harmony. To have soul is to be awake to life. To have soul is to live with a sensitive awareness of the real presence of other human beings and the earth. It is turning your hands to the work of justice and compassion, your mind to the call of wisdom, your heart to decisions for life. It is making your whole being an act of praise.

—Rev. Dr. Rebecca Parker