



Unitarian Universalist (UU) History

With over 1000 congregations in the U.S. today, the Unitarian Universalist denomination is the most open, accepting, and inclusive religious movement in America today. The Unitarians and the Universalists began separately in the late 18th century but merged in 1961. Both began as liberal Christian movements but gradually became inclusive of generally all religious traditions and accepting of a wide range of personal religious and spiritual beliefs including agnosticism and atheism.

In the 19th century, Unitarians and Universalists were very active in abolitionism, the women's movement, the temperance movement, and other social reform movements. Four U.S. presidents were Unitarians: John Adams, John Quincy Adams, Millard Fillmore, and William Howard Taft. In the 20th and 21st centuries, social action and social justice have been hallmarks of Unitarian Universalism and UUs have been involved in most such movements for two centuries.

For more information see:

<https://www.uua.org/leaderlab/learning-center/governance/polity/47003.shtml>

In addition, there are numerous videos on YouTube

Unitarian Universalism (UU) Today:

Unitarian Universalist congregations affirm and promote seven [Principles](#), which we hold as strong values and moral guides. These seven Principles are as follows:

1. [1st Principle](#): The inherent worth and dignity of every person;
2. [2nd Principle](#): Justice, equity and compassion in human relations;
3. [3rd Principle](#): Acceptance of one another and encouragement to spiritual growth in our congregations;
4. [4th Principle](#): A free and responsible search for truth and meaning;
5. [5th Principle](#): The right of conscience and the use of the democratic process within our congregations and in society at large;

6. [6th Principle](#): The goal of world community with peace, liberty, and justice for all;
7. [7th Principle](#): Respect for the interdependent web of all existence of which we are a part.

UUs live out these [Principles](#) within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. There are the six sources UU congregations affirm and promote:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces that create and uphold life;
- Words and deeds of prophetic people that challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- Spiritual teachings of Earth-centered traditions celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

For more information see:

www.uua.org