

UNITARIAN UNIVERSALIST CURRICULUM AND RESOURCE DEVELOPERS
GLEB TSIPURSKY

Gleb Tsipursky, PhD, is Co-Founder and President of Intentional Insights (www.intentionalinsights.org), a UU-friendly nonprofit organization that empowers people to refine and reach their goals through research-based content about improving thinking, feeling, and behavior patterns. His extensive UU experience has led to the development of resources for UU Religious Education and Small Group Ministry and in non-UU settings.

EFFECTIVE GIVING SERIES

This series:

- helps UUs and others explore their values and motivations for giving their time, talent, and treasure to causes they support in order to create the kind of world they want to see, and how to ensure that the organizations they give to are doing the best work possible to bring about positive change in the world
- is well-suited for individual learning, for small group discussions in Covenant Groups and study groups, and in Religious Education Classes.
- is informed by the author's own academic scholarship on altruism, his experience as a professor, his UU activism, and his role as President of Intentional Insights (www.intentionalinsights.org), devoted to helping people refine and reach their goals by providing research-based content to help improve thinking, feeling, and behavior patterns.

The series was field-tested at the First Unitarian Universalist Church of Columbus (Gr. 9-12, Young Adult, Adult). The series covers broad Topics of UU, Resource, Education, Spirituality, Small Group Ministry

Title: *Save Lives with Giving Games*. Free on line.

Description: Save lives without spending a penny and have a great discussion with fellow UUs about your values! In this workshop-style event, participants are given a pool of actual money, \$10 per individual, from an outside sponsor to give to several pre-selected charities. Participants engage in a moderated discussion about their values for giving and what kind of methods they should use to select the charity to which they would donate that pool of money. Then, they apply that discussion to evaluating pre-selected charities, and then vote on which charity should get the money. Well-suited for a church-wide event, as well as smaller events for Covenant Groups and study groups, and in Religious Education Classes. For the Giving Game packet, see:

<http://bit.ly/2a1VnmG>

FIND YOUR PURPOSE USING SCIENCE SERIES

This series:

- helps UUs and others find meaning and purpose in life using science-based strategies combines engaging narrative, stories from people's lives, an overview of scientific studies, and research-based exercises and worksheets designed to help people gain a rich and deep sense of meaning and purpose.
- is well-suited for individual learning, for small group discussions in Covenant Groups and study groups, and in Religious Education Classes.
- is informed by the author's own academic scholarship on meaning and purpose, his experience as a professor, his UU activism, and his role as President of Intentional

Insights (www.intentionalinsights.org), devoted to helping people refine and reach their goals by providing research-based content to help improve thinking, feeling, and behavior patterns.

The series was field-tested at the First Unitarian Universalist Church of Columbus (Gr. 9-12, Young Adult, Adult). The series covers broad Topics of UU, Resource, Education, Spirituality, Small Group Ministry

Title: *'Find Your Purpose Using Science' Workbook*. Free on line, with \$2.99 for worksheets. Discounts for quantities available.

Description: Workbook. <http://bit.ly/1COKo3u>.

Date: 2015

It was endorsed by Maria Greene, Executive Director of the UU Humanist Association, Rev. Dr. Mark Belletini of the First UU Church in Columbus, and others.

Title: "Find Your Purpose Using Science" online class (free)

Description: 13 sessions. <http://bit.ly/1GVGwyF>. **Session Titles:** **Date:** 2015

#1: Course Introduction to "Find Your Purpose Using Science"

#7: Communities and Life Purpose

#2: Meaning and Purpose Questionnaire: Pre-Course

#8: Purpose, Meaning, and Constructed Rituals

#3: Video of workshop on "Find Your Purpose Using Science" [See below.]

#9: Meaning, Purpose, and Civic Engagement

#4: Videos of feedback from workshop participants

#10: Living Intentionally: 3 Steps to Gaining Agency

#5: What is the Meaning of Life for You?

#11: Plan for Meaning-Making Activities

#6: Do You Need Religion for Life Meaning and Purpose?

#12: Meaning and Purpose Questionnaire: Post-Course

#13: Final Lesson: Read and Review Book on "Find Your Purpose Using Science"

Title: "Finding Purpose and Meaning: Intentional Living Workshop" online class (free)

Description: Videotaped workshop. <http://bit.ly/1xAW7n4>

Date: 2014

SMALL GROUP MINISTRY/COVENANT GROUP SERIES STARTER PACKETS

Starter Packages are developed by Intentional Insights (www.intentionalinsights.org), a nonprofit organization devoted to:

- supporting each other in mutual efforts to improve our thinking, feeling, and behavior patterns
- helping people refine and reach their goals by providing research-based content to help improve thinking, feeling, and behavior patterns.
- creating a Small Group Ministry-style group that provides UUs and other individuals with a community setting that is a safe space to share, listen, and explore topics together without debating, arguing, explicit advice-giving, or trying to convince others that our individual views are the correct ones.
- Orient toward mutual respect and tolerance, compassionate listening, and supporting others in the way they prefer to be supported.

Starter Packages and events were field-tested at the First Unitarian Universalist Church of Columbus (Gr. 9-12, Young Adult, Adult).

To get in touch with past and current organizers of the “Values and Meanings” group or the “Rationality” group in Columbus, OH, please email info@intentionalinsights.org. They would be happy to share about their experience.

Title: “Values and Meanings” Starter Package (free)

Date: 2015

Description: Resources for creating a Small Group Ministry-style group setting to talk about our individual values and address the meaning and purpose we find in our lives. <http://bit.ly/1IbNEaP>

Title: “Rationality” Starter Package (free)

Date: 2015

Description: Resources devoted to educational and social events *informed by rationality*, a philosophy and practice that draws on recent research in psychology, cognitive neuroscience, and other disciplines to optimize our thinking and behavior. <http://bit.ly/1OkhQFg>