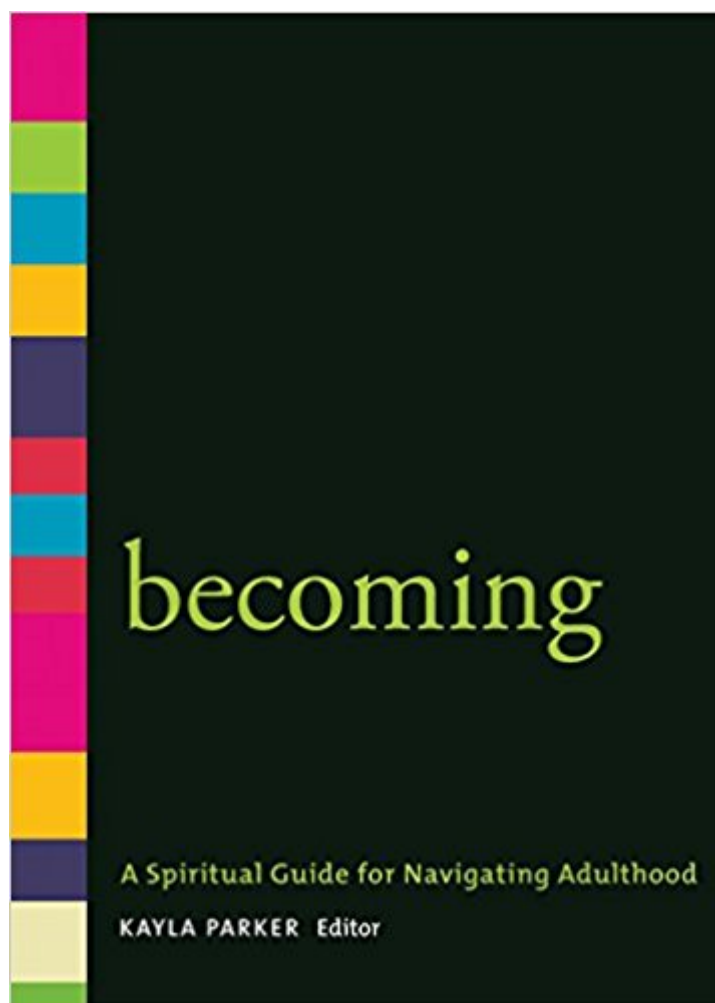


The book was found

Becoming: A Spiritual Guide For Navigating Adulthood



Synopsis

This elegant volume offers itself as a spiritual companion for young adults and all who live amid transitions and tensions. Dozens of carefully selected readings address themes that are prominent for people in their twenties and early thirties. The topics include: Passion and purpose
Identity
Community
Losing and finding
Justice and creation
Each section features reflections from Unitarian Universalist young adults, as well as poems, prayers, and opening and closing words from contemporary and ancient peoples. This treasury of uplifting and thought-provoking meditations can serve as a guide and provide comfort on our never-ending journey of becoming.

Book Information

Paperback: 176 pages

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Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #687,955 in Books (See Top 100 in Books) #79 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Unitarian Universalism](#) #1006

in [Books > Parenting & Relationships > Parenting > Teenagers](#) #1737 in [Books > Christian Books & Bibles > Worship & Devotion > Meditations](#)

Customer Reviews

Picked by Spirituality & Practice as One of the Best Spiritual Books of 2016: "A wide-eyed and wonderful spiritual resource for young adults." —Frederic and Mary Ann Brussat, Spirituality & Practice
"We are always facing transition, always in need of fellow travelers and touchstones on our journey of becoming—perhaps never more so than when we are in our twenties and thirties. In these pages, poems speak to our souls; essays by young adults connect with us about their experiences; and songs and prayers lift our hearts in worship. Taken together, this poignant collection gently reminds us that none of us is alone as we navigate the shifting tides of adulthood." —Rev. Peter Morales, President of the Unitarian Universalist Association

Kayla Parker is a seminarian at Yale Divinity School. A young adult herself, she previously served

as Campus Ministry Associate for the Unitarian Universalist Association.

This collection of personal essays, poems, prayers, and hymns is a great resource for UU Youth, Young Adult, and Campus ministries and a comforting token of the commitment of the UUA to its oft-overlooked millennial constituents. Paperback copies were sent free of charge to registered Young Adult and Campus Ministry groups across the US last month, a pleasant surprise that connected these widespread and loosely affiliated groups in a tangible way that I, for one, had not seen or felt before. While this small book ultimately leaves me hungry for more of the same kinds of support from and connection with my larger faith community, I hope this effort is a sign of future positive developments in UUA support for these ministries.

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