



RELIGIOUS EDUCATOR GUIDE TO *CREATE MEANING* ONLINE RESOURCES
April, 2014

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CreateMeaning.org is a fresh and relevant online and in-person source for soul nourishment where you can find resources for your spiritual journey, connect with others, and engage in the world to make it a better place. It is a [Congregations and Beyond](#) project that seeks to spread Unitarian Universalist values in the world. Create Meaning is a website and a program platform. The website offers rich tools for religious educators to support and enhance their work, as this guide will describe. Create Meaning is also a program platform that works closely with congregations, and religious educators in particular, to create in-person offerings in the community that support the mission and ministry of the congregation. To utilize the platform to offer courses and events through Create Meaning, please contact the Create Meaning center near you, or the Create Meaning director, Amy Rowland at amy@createmeaning.org

Create Meaning - online

If you are religious educator, there are several ways you can interact with Create Meaning online resources:

- Distribute Create Meaning content to families in your churches
- Use the Create Meaning website for your own professional reflection and development
- Use the Create Meaning website for your own personal and spiritual development
- Contribute content to the website to further the Create Meaning mission to reach Spiritual But Not Religious people with Unitarian Universalist values

We will describe each of these below and offer a visual guide for general navigation of the Create Meaning website.

Guide Contents:

Section 1: How to Navigate through Create Meaning

Section 2: Sharing Create Meaning content with your church or community

Section 3: Personal Renewal

Section 4: Professional Reflection & Development

Section 5: Contribute Content

Section 1: How to Navigate through Create Meaning

If you are unfamiliar with the Create Meaning website, below is a visual guide that will walk you through how to use the online resources. If you want to 'dive right in' to content exploration, you can skip ahead to the next sections.

Any of the sections of the website are useful (What's New, Your Path, Community, The World), so be sure to browse it all. Here is an example using the Your Path section.

1. Go to www.createmeaning.org
2. Click on Your Path

The screenshot shows the homepage of the Create Meaning website. At the top left is the logo, a green circular emblem with three interlocking loops, followed by the text "Create Meaning" in a bold green font and "A Center for Spiritual Renewal" in a smaller black font. To the right of the logo are social media icons for Facebook, Twitter, Pinterest, and RSS. Further right is a search bar with the placeholder text "search..." and a magnifying glass icon. Below the search bar are four navigation buttons: "About", "Courses", "Get Involved", and "Content".

Below the navigation is a central banner with the text: "Create Meaning is a fresh and relevant source for soul nourishment where you can find resources for your spiritual journey, connect with others, and engage in the world to make it a better place."

Below the banner are three main content boxes:

- Create Meaning Denver:** View and register for gatherings offered in Denver/Boulder. Includes a photo of the Denver skyline.
- Create Meaning South Bay L.A.:** View and register for gatherings offered in South Bay Los Angeles. Includes a photo of a bay at dusk.
- Create Meaning Northern Nevada:** Opening soon -- Programs are currently in development. Includes a photo of a city at night.

At the bottom of the page are two more boxes:

- What's New:** Check here to see what's new on the site and search archives by tag.
- Your Path:** Learn and... (The text "Your Path" is circled in red in the original image).

3. Click on Life's Events



ABOUT | COURSES | GET INVOLVED | CONTENT

Your Path

Learn and Grow. Find contemplations, practices, assessments, and other resources to help you discover your path to meaning.

We think of spirituality as the human yearning to be connected to something larger than one's own ego - something that enriches one's life and gives it meaning.



LifeCraft

Tools to develop self-awareness, leadership practices, and communication skills.



Spiritual Practices

Spiritual practices to help you stay present and compassionate.



Life's Events

Spiritual resources for the events you face.



Theological Exploration

Articles and resources on theology and constructing your own.

4. Go to Parenting and Families

Life's Events

Tools to help you as face the joys and struggles of life.

Like all of us, this site is a work in progress. More coming soon.



Graduation

[How Friends Can Help You Make a Path That is Truly Your Own](#)

Relationships

[15 Traits of a Healthy Relationship](#)

[The Loving Brain - a free online conference with experts Rick Hanson, Harvelle Hendrix, Helen LaKoff Hunt, Tara Brach, Paul Gilbert, and Geneen Roth. Watch or listen to the segments.](#)

Marriage

[Getting the Love You Want: A Guide for Couples](#)

[Love is love. We need more of it in the world.](#)

Reproductive Loss

[A Song for the Sisters](#)

[What If: A Portrait of Infertility](#)

[All Options Counseling](#)

Pregnancy

[Baby University – Class Starts During Pregnancy](#)

Parenting and Families

[Spiritual Parenting and Practices for Kids](#)

[Seasons for Your Spirit](#)

[Talking to Kids About Race](#)

[When Your Own Kid Might Be Gay](#)

[Parenting as a Spiritual Practice](#)



5. Click on any of the blue colored text to take you to links you can view and share. For example, click on Spiritual Parenting and Practices for Kids. You will end up here:

The screenshot shows the homepage of 'Create Meaning: A Center for Spiritual Renewal'. The header includes social media icons for Facebook, Twitter, Pinterest, and RSS, along with a search bar and navigation links for 'About', 'Courses', 'Get Involved', and 'Content'. The main heading is 'Spiritual Parenting and Practices for Kids'. Below this, there are several blue hyperlinks under the heading 'Our Pinterest Boards offer:'. One link, 'Mindfulness Practice for Parents', is circled in red. To the right of the text is a photograph of a diverse group of children and adults with their hands stacked in a circle, smiling.

6. Click on a link. For example, click on Mindfulness Practice for Parents. You will end up here.

The screenshot shows an article on the 'Greater Good' website. The header features the 'Greater Good' logo with the tagline 'The Science of a Meaningful Life' and a call to action to sign up for e-newsletters. A navigation bar includes categories like 'Family & Couples', 'Education', 'Work & Career', 'Mind & Body', and 'Big Ideas'. The article title is 'Practice for Parents' by Nancy Bardacke, dated June 2, 2010. The article text discusses how mindfulness meditation can help parents reduce stress and manage life's challenges. A sidebar on the right offers sharing options (Text, Comment, Share, Email, Print, PDF) and a 'Like' button. Another sidebar on the right promotes the 'Greater Good in Your Inbox' newsletter sign-up and shows a 'Most...' section with a 'Discussed' tab selected, displaying a related article titled 'The Science of a Meaningful Life: Self-Care for Health Professionals'.

7. Go back through the above process to explore content under Lifecraft, Theological Exploration and Spiritual Practices.

8. Be sure to check the site regularly because content is added almost daily. And if you're wondering what has been added since you visited last, click on What's New on the home page.

Section 2: Sharing Create Meaning content with your church or community

Create Meaning has curated content ready for you to send to your families to support them in their theological exploration and spiritual parenting. All of the information within Create Meaning is available for you to share in your:

1. Newsletter Articles
2. Emails to families
3. Congregation's website
4. Social Media such as Facebook, Pinterest and Twitter.

Instructions:

1. Copy and paste links or content from the Create Meaning website - it is all available for sharing!
2. You can also click directly on the social media icons from the Create Meaning website. Simply click the Facebook, Pinterest or Twitter icon and from there, share the posts on your respective accounts.
3. Mention Create Meaning to your families (include logo or url when sharing, etc.), so families can explore for themselves and find even more resources!

We recommend you look specifically at the Parenting and Families section and under that, Seasons for Your Spirit. You can find it by going to Your Path, then Life's Events, then scroll down to Parenting and Families.

Section 3: Personal Renewal

Everyone needs renewal. You can use content on the Create Meaning website to support your personal renewal and spiritual reconnection. Use the online resources to take some time to for yourself to get out of the details of your 'job' and back into your own heart.

a. Spiritual Practices:

On the home page, createmeaning.org, click on the Your Path box, then the Spiritual Practices box.

On the Spiritual Practices page (<http://www.createmeaning.org/#!/spiritual-practices/crpg>) you will find different practices outlined. Pick one and let it guide you!

b. Personal Growth:

On the home page, createmeaning.org, click on the Your Path box, then click on the LifeCraft box.

On the LifeCraft page, (<http://www.createmeaning.org/#!/lifecraft/c1r4y>)

Take a journey with one of the resources there for better self awareness.

c. Theological Exploration

On the home page, createmeaning.org, click on the Your Path box, then click on the Theological Exploration box.

On the Theological Exploration page (<http://www.createmeaning.org/#!/topics-found-on-spiritual-path/c22tf>)

you will find compelling articles that will feed your curiosity and fuel your own growth as you articulate your own personal theology.

d. Inspiration

On the home page, click on the Pinterest logo on the top of the page.

On the Create Meaning Pinterest page (<http://www.pinterest.com/createmeaning/>)

you will see images and links to all sorts of spiritual resources and imagery.

Explore! Let yourself be inspired!

Section 4: Professional Reflection & Development

Create Meaning can also be used to assist you in your professional reflection and development. For example:

a. LifeCraft

In the LifeCraft section, explore the links that speak to you and your work with families.

On the home page, createmeaning.org, click on the Your Path, then on the LifeCraft box.

On the LifeCraft page, (<http://www.createmeaning.org/#!/lifecraft/c1r4y>)

For example, Empathetic Listening or Compassionate Communications may be useful resources.

Scroll down to find:

Empathetic Listening: http://www.nwcompass.org/empathic_listening.html

Compassion Communications: http://www.nwcompass.org/compassionate_communication.html

b. Theological Exploration

In the Theological Exploration section, you will find links to articles, books, and studies that can help you deepen your own theology as well as help families navigate through their Unitarian Universalist journey.

On the home page, createmeaning.org, click on Youth Path, then the Theological Exploration box: <http://www.createmeaning.org/#!/topics-found-on-spiritual-path/c22f>

For example, the links on Religion in a Changing World or Fowler's Stages of Faith may help:

Redefining Religion in A Changing World: <http://www.pewforum.org/2012/10/09/nones-on-the-rise/>

James Fowler's Stages of Faith:

<http://www.exploring-spiritual-development.com/JamesFowlersStages.html>

Section 5: Contribute Content

We value your input and ideas, and we hope you will contribute content. We especially seek suggestions for the Parenting and Families section under Your Path/Life's Events, and even more specifically, the section called Seasons for Your Spirit.

1. Go to the home page and click on Get Involved (one of the menu items on the top bar)
2. Read the instructions under Recommending Resources and click on the link there which will lead you to a form that you can complete and submit. We will mention your name if you'd like!

Conclusion

We hope Create Meaning is fun for you and offers you some resources for your very important ministry.

Contact us with any questions or suggestions. Our Executive Director is Rev. Dr. Amy Rowland: amy@createmeaning.org