

*Message from the
Director of Religious
Exploration,
Tracy Breneman*



What a joy it is to be part of this community! Together, we foster an environment that supports shared learning and critical thinking grounded in the values of love, justice and inclusion. Our young people discover their own beliefs, learn from each other, connect in community and participate in leadership. They develop ways to actively live into their values, shaping a gentler and kinder world. We also support the adults who witness and support their children's journeys, recognizing that they are the primary guides and educators of their children and youth. We welcome you!

UU Principles
Children's Version

We believe:

- Each and every person is important
- All people should be treated fairly and kindly
- We should accept one another and learn together
- Each person must be free to search for what is true and right in life
- All persons should have a vote on things that concern them
- In working for a peaceful, fair and free world
- In caring for our planet earth, the home we share with all living things

For More Information

www.uufellowship.org
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"The great end in religious instruction is not to stamp our minds upon the young, but to stir up their own; not to make them see with our eyes, but to look inquiringly and steadily with their own...not to impose religion upon them in the form of arbitrary rules, but to awaken the conscience, the moral discernment. In a word, the great end is to awaken the soul, to excite and cherish spiritual life."

William Ellery Channing



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Religious Exploration

for Children, Youth
& Adults

at the Unitarian Universalist
Fellowship of Northern
Westchester

Welcome!



We are an open-minded, open-hearted community, without dogma or creed, where questions are welcomed, and answers are diverse. We offer Sunday morning and afternoon worship, classes and activities for all ages and whole families. This is a supportive community where you can explore your own beliefs and have opportunities to put your values into action.

Our programming this year is grounded in the theme **Welcome**, highlighting justice, equity and inclusion in our community.

2018–2019 Religious Exploration for All Ages

Welcome: Justice, Equity and Inclusion

SUNDAY MORNINGS

Worship Services: Many of our 10:30am worship services are for the whole congregation. We invite the participation of children and youth in leading worship, and offer a children's area in the fellowship room where young people can enjoy quiet activities while experiencing the words, music and rituals of our faith. Childcare is available every Sunday morning, offering a comfortable and nurturing environment for young children.

Younger Elementary Children's Class: The *Free to Believe* curriculum focuses on the seven Unitarian Universalist Principles as a starting point for exploring values, beliefs and some "big questions." It also promotes an appreciation for the different beliefs people have in relation to faith, spirituality and religion.

Older Elementary Children's Class: We value the many ways people find meaning through religion and spiritual practices. Older children will learn about Indigenous religion, Islam, Hinduism, Judaism and Christianity, and explore important questions: Why do things happen? How do people decide what to believe?

Middle School Youth: Coming of Age (COA) is a year-long rite of passage program, guiding youth toward a clearer sense of themselves, their place in the congregation and world. Youth enjoy the guidance of a mentor, an adult from the congregation who helps them explore their own unique thoughts and beliefs. A book group is available for youth who enjoy shared reading and discussion. The year culminates with a UU heritage trip to Boston. Half of the COA classes are held Sunday morning; the other half are held Sunday afternoon. The class schedule is posted on our website.

The Important Role of Parents & Guardians

Parents and guardians are their children's primary guides throughout the week, playing a central role in their spiritual development. Encouraging them to attend worship, classes and activities helps nurture their curiosity while building a sense of community with their peers and teachers. Showing interest in what they learn and volunteering in classes demonstrates that you value spiritual exploration. Sharing your beliefs and journey with them reinforces that they will continue to learn and grow throughout their lives. Talking about how you act on your beliefs and values encourages them to do the same, and helps them understand their crucial role in shaping this world.

SUNDAY AFTERNOONS

The Unitarian Universalist congregations of Mt. Kisco and Hastings are collaborating on Sunday afternoon programming for all ages, October 2018 through April 2019, 12:30-2:00pm.

- Hosted at Mt. Kisco on October 21, November 11, January 13, February 10, and March 10.
- Hosted at Hastings on October 14, November 18, January 6, February 3, March 3, and April 7.

On these Sundays, the host congregation will offer an 11:30am-12:30pm community lunch.

The 12:30-2:00pm programming will be an opportunity for the whole family and whole congregation to continue learning and growing together. The afternoon sessions begin with a twenty-minute worship service for all ages, created with children, youth and families in mind, followed by the programming below when hosted at Mt. Kisco:

- Elementary *Our Whole Lives* classes for **younger elementary children** offering discussions about bodies, families and safety, grounded in the principles of respect, relationship and responsibility;
- **Older elementary children** continue exploring religion and deep questions about belief and meaning;
- *Coming of Age* classes where **middle school youth** continue discovering their evolving beliefs;
- **High school youth and adults** learn about the history and current reality of Indigenous peoples in the United States with guest speakers, films and discussion, and optional service activities during spring break 2019 in New York or on Pine Ridge Reservation, SD;
- An **adult** class to explore how their beliefs have evolved and change, grounded in discussions of theology;
- Group for **parents, grandparents, caregivers** to support each other as they bring shared values into relationships with the children and youth in their lives.

In addition, Westchester UU **families with young children through 5th grade** will plan activities that help them build community as a family, and **high school youth** will plan social time to connect with peers and just relax.

Visit our website for more information and schedules: www.uufellowship.org.
Find us on FaceBook: www.facebook.com/UUFNW.