

Coming of Age

2019-2020 Program Overview

Sunday, September 15

4:00-6:00 P.M.

Emerson Room

Coming of Age Orientation (Parents attend)

Experiencing things for the first time.

Saturday, Sept 21, 8:00 A.M. -

Sunday, Sept. 22, 12:30 P.M.

Camp Takodah overnight

Fall Retreat — Camp Takodah, Richmond, NH

Getting to know the group and each other through outdoor activities, games and group discussions.

Sunday, October 6

4:00-6:00 P.M.

Attachment and Release

Exploring ideas of self. Bring an object or a photo of an object that holds important meaning for you.

[Sunday, October 20, 1:30 P.M.

Service Opportunity: CROP Walk for Hunger]

Sunday, October 20

4:00-6:00 P.M.

Observational Skill Building

Tuning into physical senses and the surrounding world. Releasing judgement and being a neutral observer.

Sunday, November 3

4:00-6:00 P.M.

Mystery and Knowing

Where have I been on my journey? What are its dynamic tensions: joy and sorrow, movement and stillness, light and dark, good and evil?

Sunday, November 17

4:00-6:00 P.M.

Roots and Wings (*parents attend*)

Parents write a letter to their youth to share aloud during a special Coming of Age gathering.

[Saturday, December 7, 1 - 5 P.M.

Service Opportunity: FP Children's Craft Workshop]

Sunday, December 8

4:00-6:00 P.M.

Action: when we physically manifest our Values

Exploring values and how we express them in the world. Preparing for City Reach.

Friday, December 13, 5:00 P.M. -

Saturday, December 14, 4:00 P.M.

Boston overnight

Social Action Retreat - City Reach, Boston

<http://commoncathedral.org/cityreach/>

An overnight that serves Boston's homeless population.

Sunday, January 12, 2020

4:00-6:30 P.M.

Meeting your COA Mentor (*mentors attend and families join for potluck*)

Seeing the loving essence in each other. Sharing each other's journeys. Sharing laughter.

Families join at 5:30 for an informal potluck.

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Sunday, January 26

4:00-6:00 P.M.

Integrating our many parts (*mentors attend*)

Mask making to explore the parts of you that you share, and the parts that are private. Preparing for Walden solo time.

**Friday, January 31, 5:00 P.M. -
Saturday, February 1, 4:00 P.M.**
First Parish overnight

Sound, Silence and Solo Time

How do sounds, silence and solo time support our spiritual journeys? *This winter retreat includes solo time around Walden Pond.*

Sunday, February 9

4:00-6:00 P.M.

Spiritual Autobiography (*mentors attend*)

Sunday, March 1

4:00-6:00 P.M.

Talking to God / Recent UU history (with Rev. Howard Dana)

Examining prayers and symbolism. Learning about UU participation in recent U.S. history.

Sunday, March 15

4:00-6:00 P.M.

Wrestling with the mystery (*mentors attend*)

Our best effort to answer life's persistent questions.

Sunday, March 29

4:00-6:00 P.M.

Spring! Rebirth and Renewal in the Cycle of Life!

Appreciating celebrations as we begin Worship Service Planning for the COA Service.

Sunday, April 5

4:00-6:00 P.M.

Credo Workshop (*mentors attend*)

"To this I Give My Heart"

Sunday, April 26

4:00-6:00 P.M.

Finalizing Worship Service (*mentors attend*)

Sharing your draft credo with your mentor.

Saturday, May 2

10 A.M. - 12:00 P.M.

Service Rehearsal

Sunday, May 3

9 A.M. - 12:00 P.M.

Coming of Age Worship Service and Reception

Sunday, May 3

12:30 P.M.

Coming of Age Celebration

