

Coming of Age

2020-2021 Program Overview

Sunday, September 13
4:00 - 5:15 P.M.

Coming of Age Orientation (*parents attend*)
Introductions and hopes for this year's program.

Sunday, Sept. 20
4:00 - 5:15 P.M.

Launching Your Spiritual Journey
Getting to know each other and the roadmap ahead.

Sunday, October 4
4:00 - 5:15 P.M.

Moving Past Your Labels
Going beyond who and what people think you are.
Releasing judgement and being a neutral observer.

Sunday, October 18
4:00 - 5:15 P.M.

Your Inner Navigation System
Building a bridge to get over your 'self'. Tuning into your emotions is your personal super power.

Sunday, November 1
1:00-5:00 P.M.

Connecting to Nature - Outdoor Solo
How do you respond to the natural world (including animals/pets)?

Sunday, November 15
4:00 - 5:15 P.M.

Connecting to Science and Humanism
What do you know about yourself through rational models of the world?

Saturday, December 5

CityReach Service Project
Organizing donations to serve Boston's homeless population.
<http://commoncathedral.org/cityreach/>

Sunday, December 6
4:00 - 5:15 P.M.

Connecting to Suffering
What is your response to suffering? Can you see the light through the cracks and imperfections of life?

Friday, December 20
4:00 - 5:15 P.M.

Connecting to Creative Expression
The magic of inspiration flowing through you and into expression!

Sunday, January 10, 2021
4:00-5:15 P.M.

Roots and Wings (*parents attend*)
Parents write a letter to their youth to share aloud during a special Coming of Age tradition.

Sunday, January 24
4:00 - 5:15 P.M.

Connecting to Community (*mentors attend*)
Your values as a reflection of your experiences with others. Meet your mentor!

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February 7

4:00 - 5:15 P.M.

Exploring the Mystery (*mentors attend*)

Guests: Rev. Howard Dana and Rev. Liz Weber

How do your values serve you when you are subject to things that are impossible to explain?

Sunday, February 28

4:00 - 5:15 P.M.

Your Spiritual Autobiography (*mentors attend*)

Identifying your personal values from your life experiences.

Saturday, March 13

1:00 - 5:00 P.M.

Your Spiritual Reflection

A visual workshop to explore and express your values.

Sunday, March 28

4:00 - 5:15 P.M.

Spirituality and Worship (*mentors attend*)

Exploring your intentions for the COA worship service.

Sunday, April 11

4:00 - 5:15 P.M.

Credo Workshop (*mentors attend*)

“To this I Give My Heart” - a structured approach to expressing your credo.

Sunday, April 25

4:00 - 5:15 P.M.

Finalizing Worship Service (*mentors attend*)

Sharing your draft credo with your mentor.

Saturday, May 1

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

Technical Rehearsal for COA Service

Sunday, May 2

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

Coming of Age Worship Service

Program Contacts

Director of Religious Exploration

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COA Program Leaders

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