

# First Parish 2021-2022 Coming of Age Schedule

<b>Sunday, September 26</b> 4:00 - 5:15 P.M. Zoom	<b>0</b>	<b>Coming of Age Orientation (<i>parents attend</i>)</b> Introductions, information and hopes for this year's program.
<b>Sunday, October 3</b> 3:15 - 7:30 P.M. Berlin, MA	<b>1</b>	<b>Launching Your Spiritual Journey: Boundless Adventures Ropes Course in Berlin, MA</b> Getting to know each other and the roadmap ahead. Releasing judgement and being a neutral observer.
<b>Sunday, October 17</b> 4:00 - 5:30 P.M. First Parish	<b>2</b>	<b>Your Inner Navigation System</b> Tuning into your emotions gives you a personal roadmap to what matters most to you.
<b>Sunday, October 24</b> 4:00 - 5:30 P.M. First Parish	<b>3</b>	<b>Moving Past Your Labels</b> Going beyond who and what people think you are. Practicing mindfulness for greater insight, creativity and kindness.
<b>Sunday, November 7</b> 1:00-5:00 P.M. First Parish	<b>4</b>	<b>Connecting to Nature - Outdoor Solo</b> An opportunity to examine your place in the natural world. How do you respond to Nature (including animals/pets)?
<b>Sunday, November 21</b> 4:00 - 5:30 P.M.	<b>5</b>	<b>Experiencing Service to Others</b> Exploring your response to the suffering in the world. What gets in the way of living generously?
<b>December</b>		<b>First Parish Service Project</b> Managing a First Parish service project to serve local in-need or at-risk populations.
<b>Sunday, December 5</b> 4:00 - 5:30 P.M.	<b>6</b>	<b>Connecting to Science and Humanism</b> How are your values shaped through rational models of the world?
<b>Sunday, December 19</b> 2:00 - 5:00 P.M. First Parish Workshop	<b>7</b>	<b>Service Project</b> Prepare Secret Santa gift cards for recipient agencies Write thank yous to First Parish donors
<b>Sunday, January 9, 2022</b> 4:00-5:30 P.M.	<b>8</b>	<b>Connecting to the Mystery</b> <b>Guests: Rev. Howard Dana and Rev. Liz Weber</b> Some things have no explanation. How do your values serve you when life is a mystery?
<b>Sunday, January 23</b> 4:00 - 5:30 P.M.	<b>9</b>	<b>Roots and Wings (<i>parents attend</i>)</b> Parents write a letter to their youth to share aloud during a special Coming of Age tradition.
<b>Sunday, February 6</b> 4:00 - 5:30 P.M.	<b>10</b>	<b>Connecting to Community (<i>mentors attend</i>)</b> Your experiences with other people give you information on who you are and what you offer. Meet and get to know your mentor!

<b>Sunday, February 27</b> 4:00 - 5:30 P.M.	<b>11</b>	<b>Your Spiritual Autobiography (<i>mentors attend</i>)</b> Exploring how your personal values are shaped by your life's events.
<b>Saturday, March 13</b> 3:30 - 5:30 P.M. First Parish Workshop	<b>12</b>	<b>Your Spiritual Reflection</b> A visual workshop to explore and express your values.
<b>Sunday, March 20</b> 4:00 - 5:30 P.M.	<b>13</b>	<b>Spirituality and Worship (<i>mentors attend</i>)</b> Forming your intentions for the COA worship service.
<b>Sunday, April 3</b> 4:00 - 5:30 P.M.	<b>14</b>	<b>Credo Workshop (<i>mentors attend</i>)</b> "To this I Give My Heart" - a structured approach to expressing your credo.
<b>Sunday, April 24</b> 4:00 - 5:30 P.M.	<b>15</b>	<b>Finalizing Worship Service (<i>mentors attend</i>)</b> Sharing your draft credo with your mentor.
<b>Saturday, April 30</b> 10 A.M. - 12:00 P.M.		<b>Technical Rehearsal for COA Service</b>
<b>Sunday, May 1</b> 9 A.M - 12:00 P.M.		<b>Coming of Age Worship Service</b>
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