

“Becoming” A New Curriculum for Coming of Age for High School Youth at UU Nashua in 2022-2023

*Helping our youth shape their own UU identity
and embrace the values that will shape their lives.*

(We also plan to offer “Neighboring Faiths” year for 5th-8th graders – we will talk with families of 8th& 9th graders which program they would prefer!)

When:

Sunday afternoons/early evening next Sept-May, gathering twice a month for 1 to 2 hours at UU Nashua.

Who:

High School Aged Youth participating would have an **adult mentor** from the congregation to support and accompany them through the program by attending the sessions as well. Most activities will have groups working together so youth will have a chance to get to know all the amazing adults who can show a variety of ways to be UU and how everyone lives out their values. **Director of Faith Formation Sadie Kahn-Greene** will co-lead with **volunteers** to lead the sessions and when **Rev. Allison** returns from Sabbatical in Dec, she will join sessions as well.

Where else:

We hope to include **extra offsite Faith Exploration activities** that are designed to help youth explore their faith identity in a hands-on way. Some are social justice oriented, and others are adventure oriented. For example, the Faith Exploration activity tied to the lesson about courageous faith suggests a high ropes course followed by spiritual reflection.

What:

The program will also include a youth journal and **end-of-year celebratory worship**. Three of the sessions are devoted to helping youth craft their personal mission/”**north star statement**” (a credo statement).

How:

Youth and families Sadie know that they would like to sign up! Sign up now through September! And if youth have a mentor suggestions in mind, please tell Sadie!

Email Sadie at dff@uunashua.org or call (603) 882-1091 ext.203

Unique Components of this new “Becoming” program at UU Nashua 2022-23

The Three Dimensions of the Spiritual Life:

Becoming’s theological approach frames the spiritual life around three core themes and questions.

- **Belonging** - To whom or what do I belong?
- **Becoming** - Who am I becoming?
- **Beyond** - What is beyond me?

The Big Questions:

Within these three general areas of the spiritual life, we invite youth to wrestle with more specific questions as they shape their personal religious identity.

For instance, under **Belonging** we invite youth to ask themselves such questions as:

“What values am I committed to?”

“How do I balance my responsibilities to family, friends, society and the faith community to which I belong?”

“How do I resist exclusion and support the belonging of others?”

Questions related to **Becoming**:

“How do I bravely honor my true self?”

“What does it mean to live with authenticity and integrity?”

“What parts from my upbringing do I want to hold onto and let go of?”

Questions related to **Beyond** involve asking:

“What is my relationship to the sacred?”

“Is life random, indifferent, trustworthy, loving, dependable, threatening, cruel, good?”

“What are my responsibilities to needs greater than my own?”

The Five Lenses:

Finally, we use five unique lenses to address all of these “big questions.” On their way to answering the question for themselves, youth first explore how they are answered by...

1. UUism (our principles, sources and history)
2. Pop Culture (music, movies, social norms)
3. Life (direct experience of life and faith in action activities)
4. Beloved Others (peers, family and mentors)
5. Me (What do I think?!)