

All religious education classes meet at our beautiful meeting house on 121 North Pleasant Street, in the Amherst town center.

Children in K–Grade 5 begin with the entire congregation in the sanctuary at 10:30, our Time for All Ages, before transitioning to the downstairs classrooms. Preschoolers are welcome to begin in the sanctuary or to go directly to their teacher downstairs before the service begins. Youth Groups meet at different times depending on program needs.

There are no registration fees for Religious Education classes.

Please consider pledging to the UUSA canvass. For more information talk to Rebecca Fricke, Director of Religious Education.

The mission of the Religious Education program is to encourage each child/youth to develop personal values based on Unitarian Universalist principles and the commitment to practice those values in daily living. While fostering a nurturing community, we honor the worth of religious thinking and celebrate the joy of spiritual exploration.



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# Lifespan Education for Children, Youth, and Adults

2018-2019

Unitarian  
Universalist  
Society of Amherst

Affirming and Promoting  
Spiritual Growth through  
Learning



# Lifespan Religious Education is all about building faith and community!

## Nursery and Preschool

*Led by Jacy Armenti*

*Assisted by Youth Group member Anna Stanforth*

The preschool class, under Jacy's loving guidance, explores playing together with kindness and attention to the whole group.



## Grades K-5

*Led by Director of Religious Education (DRE), Rebecca Fricke, and a team of adult volunteers*

Every Sunday children will start upstairs for the Opening Words, Chalice Lighting and first hymn. Children will then be sung downstairs to continue their own service. Conversations, activities and group service will nurture our Unitarian Universalist faith heritage of public service, anti-racism and anti-oppression activism. Children will stay upstairs for a Whole Congregation service once per month.

## Grades 6-8

This year we will be instituting a new program called **Sanctuary Keepers**. Youth will spend the year taking responsibility for different aspects of the worship service and learning how they are an integral part of the UUSA community.

**Coming of Age (COA):** Youth spend the year devoted to learning about a wide variety of spiritual practices. The year culminates in a "This I believe" ceremony. (2019-2020)

**Neighboring Faiths:** Youth will visit faith communities in the area. The program reaffirms UU values and personal beliefs through a better understanding of the beliefs of others. (2020-2021)

## Our Whole Lives - OWL

*Facilitators: Lisa Cyr, Jim Hafner, Lauren Croce and Tom Fricke*

Sexuality Education offers step-by-step, age-appropriate, lessons for children and youth facilitated by trained adults. Why is sexuality education important? Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives.



## Grades 9-12: Youth Group

*Group Facilitators—Rebecca Fricke and Kate Rice*  
Through shared experiences, volunteer work and open discussions, youth will develop a community where they feel welcome, they will be welcoming of others, and they will help each other find their true selves.

## Adult Explorations Include

Exploring UU

Mindfulness - Led by Jessica Murphy

Parent Groups - Led by RE

Sacred Drumming - Led by Ed Tick

Book Discussions - Congregant volunteers

*Ideas for new programming are always welcome!*