

# Coming of Age Retreat Program

For 8<sup>th</sup>-10<sup>th</sup> grade youth in CoA programs at their own UU Congregation

## Mission Statement

To provide retreat experiences for youth that will further the depth of the Coming of Age Programs at their respective congregations. The purpose of the retreats and of the Coming of Age program is to help our youth integrate their childhood into their emerging adulthood, with a clear sense of themselves and their place in the Unitarian Universalist Church in the world.

## Program Objectives

Retreats will help youth:

- ★ Explore their own spirituality.
- ★ Have a deeper understanding of Unitarian Universalism.
- ★ Appreciate and continue the lifelong process of values and calcification.
- ★ Recognize and accept responsibility for decision making.
- ★ Explore their options for service, both to their church and to the community.
- ★ Deepen their relationship with other youth and adults.
- ★ Come to a positive understanding of their personal capabilities and unique qualities.
- ★ Test themselves against their own preconceived limits.
- ★ Solidify their commitment to Unitarian Universalism.

**For Further information:** Contact your congregation's RE program or Jason George, PCD Coming of Age Coordinator.

Phone: 707-685-1648

Email: [coa@pcd-uua.org](mailto:coa@pcd-uua.org)

## Retreat Overviews

**Threshold Retreat:** Program kick-off weekend, emphasizing connection and challenge. Youth participate in a high ropes course with trust building exercises. While this retreat encourages youth to push their own boundaries, everything is challenge-by-choice.

Unitarian Universalist Congregation of Santa Rosa, October 14-16, 2012

**Social Justice Retreat:** This retreat emphasizes social and emotional awareness, going on a street retreat with the Faithful Fools Street Ministry in San Francisco. See [www.faithfulfools.org](http://www.faithfulfools.org) for more information about the fools

Unitarian Universalist Society of San Francisco, January 20-22, 2012

**Nature Vigil Retreat:** A solo vigil is the highlight of this retreat. Youth spend six hours alone in nature, under the care of adults, with their journal and water. Saturday evening includes rituals honoring the Coming of Age process. The location of the retreat will be determined when camp sites can be reserved.

April 13-15, 2012.

**Coming of Age Sunday:** Coming of Age Sunday at the participant's home congregation in the morning. In the evening, gather for a Celebration Ceremony for participants, parents and mentors.

May 20, 2012

## FAQ

**Cost:** \$350 per participant. Financial assistance available through your UU congregation or the PCD

**Adult Staff:** All retreats are staff by adults from UU congregations in the PCD who have undergone background checks. There is at least 1 adult for every 8 youth.

**How do I Register my youth:** Check in with your local religious educator or contact Jason George for a registration form.

**Can my youth still participate if s/he cannot make it to all the retreats?:** It is best if youth can attend all the retreats. Exceptions can be made, but you need to check in with your religious educators.

**Does my youth have to be in 8<sup>th</sup>, 9<sup>th</sup> or 10<sup>th</sup> grade to attend?** Yes. There are other district programs for those outside of the age range. For those in 6<sup>th</sup>-9<sup>th</sup> grade, there is Middle School Unitarian Universalist Gatherings and for those that are 14-20 years of age, there are PCD YRUU conferences. For information on these organizations, look at the district website; [www.pcd-uua.org](http://www.pcd-uua.org).