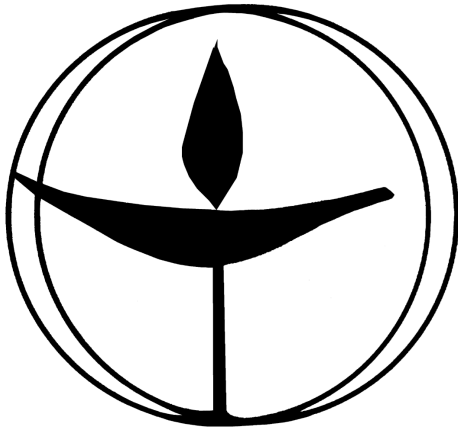


Unitarian Universalist Congregation, Blacksburg, VA.

Prospectus 2022 / 2023



Lifespan Faith Development

Welcome to Lifespan Faith Development at UUC

Unitarian Universalists believe that faith development is the lifelong journey of ethical and spiritual growth that each of us takes. UUC's goal is to provide support for our congregants' personal journeys from cradle to grave.

Beginning in the Nursery, our infants and toddlers learn that UUC is a safe and nurturing congregation. Paid caregivers provide careful supervision in a warm and welcoming environment.

At age 3, preschoolers move into the Children's Religious Education program, which provides age-appropriate religious education classes through grade 8. Our goal is to encourage each child's spiritual growth, a social conscience, and a personal UU identity. UUC does not tell a child what to believe; we support each child in the discovery of his/her own personal beliefs.

Middle school students can experience further bonding with each other by participation in Middle School Youth Group, which offers fun activities supervised by background-checked adult advisors. In grades 9-12, students may join YRUU, a youth-led high school youth group that meets weekly, with an emphasis on community building and service, leadership development, worship, fellowship, and social activities.

Adults have opportunities throughout the year to also participate in religious education classes. From Sunday morning discussion groups to classes that meet weekly or monthly, adults have the opportunity to explore their beliefs and deepen their faith.

And, we also offer other, specialized classes throughout the year, including the renowned Our Whole Lives sexuality education program.

We are here to help your family as you learn and explore. We know that each individual, child to adult, will have a unique religious journey, and we are here to support your travels!

~ Rachel Craine, Director of Lifespan Faith Development

Children's Programs

Finding the right religious education program for your child can seem daunting to many parents. Often, parents are seeking a community of shared values, and a way to help children form their own religious beliefs.

The Children's Religious Education program at UUC includes classes on our Judeo-Christian heritage, other world religions, our Unitarian Universalist identity, and social action / justice. We do not teach children what to believe, but help them to discover and travel their own personal paths.



If you are wondering if your child should attend church at all, consider the words of a Unitarian minister from the nineteenth century, Minot Judson Savage:

Parents tell me continuously that they do not give their children any religious training, from the feeling that it is taking unfair advantage of the child. They say, "I propose to let my child grow up as far as possible unbiased." (But) if you do not bias (your children), the first one that (they) meet on the street, or in school, or among their companions, will begin the work of biasing, of the impression of education, for this is a continuous process. Whether you will it or not, it is something over which you have no choice. It is something that will be done wisely and well—or unwisely and ill.

Parents are the most important teachers, but if your values are the same as ours, we can help you with this part of your job.

While here, your child will learn that all big questions have many answers, and that they will need to search responsibly for their personal answers. We will help them in their search as they consider the big questions and discover that there are as many ideas about these questions as there are people.

Goals and Themes

The goals of the RE program are:

- To encourage spiritual growth
- To provide religious literacy
- To help children in the development of their own UU identity
- To encourage a social conscience

There are five themes that are reflected within the RE curriculum:

- Jewish/Christian heritage
- Religions of the world
- UU identity
- Social responsibility
- Concepts of God



Religious Education

Nursery care is offered for infants and toddlers who have not reached their third birthday by September 1st. Nursery involves play and storytelling in a warm, nurturing atmosphere. Our Nursery is supervised by experienced, paid caregivers.

Religious Education classes are offered for preschool through grade 8 students. See page 6 for a listing of current curricula.

Registration

Registration is required each fall for all children and youth age 0 through high school who will be participating in the LFD Program. There is no fee for classes and activities, but families registering are expected to contribute to UUC financially as they are able, and to volunteer with the LFD program. Register online at uucnr.org/education.htm.

Children's RE 2022-23 Curriculum

PreK (ages 3 & 4)

The Rainbow Connection



An introduction to the seven UU Principles for preschoolers, illustrating the values that all parents wish to instill in their children, such as respect, trustworthiness, fairness, caring, responsibility and good citizenship. Each class contains a story, a fun craft project and time for free play with friends.

Grades K-1

Picture Book U.U.

Based on the best picture books for teaching young children about the love, reason, tolerance and good works that make up our faith, this class teaches our younger UUs the art of self-expression, to value individuality, to think for themselves, and to understand that everything is connected. They will hear about people whose novel ideas and discoveries helped to transform our faith, like Maria Mitchell, Henry David Thoreau, and Fannie Farmer. Plus, they will meet people within UUC, who will share their own special gifts.

Grades 2-3

CartUUns



This curriculum uses animated shorts from Pixar and Disney to facilitate discussion around values, ethics, and feelings. The shorts are short in length, allowing all children to see the animation in its entirety, grounding the discussion and activities that follow in a shared experience.

Children's RE 2022-23 Curriculum

Grades 4-5

Harry and U.U.



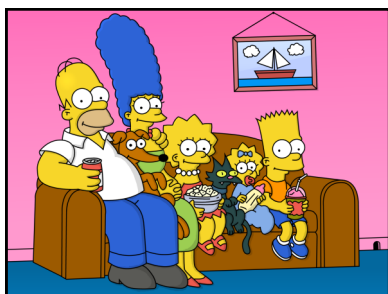
Based on J.K. Rowling's popular *Harry Potter* books, this class encourages the development of a social conscience, while allowing students to engage in fun wizarding activities.

As members of Dumbledore's Army, the class will fight seven real-world horcruxes. This fun, highly active class will allow students to make a real world difference!

Grades 6-8

Building Community

This year middle school RE and middle school youth group will be combined to focus on building community. Approximately half of the Sunday mornings will be in RE format, and the other half will focus on social, youth group activities. The curriculum used will be drawn from *The Fifth Dimension* and *D'Oh, God! Book II*. *The Twilight Zone* and *The Simpsons* episodes will cover a variety social justice issues. Each class will include a viewing of an episode followed by discussion. Topics include immigration, LGBTQ rights, animal rights, environmental justice, and more.



Youth Programs

Grade 8

Coming of Age

(requires pre-registration by 9/1/22)

Coming of Age is a special program that pairs 8th grade students with an adult mentor in the Congregation, to prepare for the transition from childhood to adulthood. This program emphasizes self-awareness and confidence-building, as well as service to our Congregation and to the community, culminating in an affirmation ceremony.

Teen Teacher Assistants

Open to youth in grades 9-12

Youth in grades 9-12 are invited to join a religious education teaching team as an assistant in the classroom. Youth are welcomed as team members and are a tremendous asset to the program, as the young children look up to them as role models. The teens gain leadership skills while remaining active in the life of the congregation.

The Eight UU Principles in Children's Language

1. We believe that each and every person is important.
2. We believe that all people should be treated fairly and kindly.
3. We believe that we should accept one another and keep on learning together.
4. We believe that each person must be free to search for what is true and right in life.
5. We believe that all persons should have a vote about the things that concern them.
6. We believe in working for a peaceful, fair, and free world.
7. We believe in caring for our planet Earth, the home we share with all living things.
8. We believe in working to dismantle racism to build a diverse and beloved community.

Youth Groups

Middle School Youth Group

Open to youth in grades 6-8

Middle School Youth Group (MSYG) is the social component to our Middle School RE classes. The emphasis is on fun, with social activities and social action projects that encourage bonding among participants. Guidance is provided by adult volunteers.

Meetings are held approximately twice a month, once on a Sunday morning during regular class time and once on a Friday evening. Friday evening meetings may be held at UUC or offsite. Past activities have included bowling, hiking, bonfires, and a visit to Sinkland Farms. MSYG may also participate in social action projects.

YRUU (High School Youth Group)

Open to youth in grades 9-12



Our high school youth group, Young Religious Unitarian Universalists (YRUU), is a youth-led group that allows all to have fun while sharing spiritual interests, and serving others.

Meetings are held Sundays from 6:00-8:00 p.m. Once a month, youth and advisors have an OOCE (Out Of Church Experience) such as laser tag, bowling, tubing, hiking, or other fun activity.

YRUU also participates in service projects, lock-ins at the church, a special coffeehouse fundraiser, and often a regional youth convention(known as a "CON") held out of town. YRUU also leads two Sunday morning services each year.

Youth empowerment is an important goal of YRUU. Teens gain the ability and agency to make decisions and create change in their own lives and in the lives of other people.

Additional Information

Sunday Mornings

On most Sundays, children begin in the Sanctuary with parents for the first 15 minutes of the service. After "A Story for All Ages", the children and their teachers leave for their classrooms. RE classes last approximately one hour. Parents should pick up their children immediately following the service.

Visitors

We welcome young guests in our RE classes on Sunday mornings. We ask that a Visitor's card be completed by the adult responsible for the child. To enroll in our RE program, please obtain a Registration Form from the DLFD or the RE Teacher.



Transitions

We know that it can be difficult for some children, particularly those who are younger, to feel comfortable in a new place. Parents are welcome to accompany their children to class for the first few visits to ease the transition to separation.

Attendance

We are here to help you educate your child, but we can't do our part if you don't do yours. It is important to be as consistent as possible in attendance, as familiarity is basic to a sense of belonging and ownership. A child's comfort level and relationship to the UUC community is dependent on their attendance.

Safety Policy

All teachers and advisors involved in ongoing work with minors are required to pass background and reference checks, per UUC policy. Two adult teachers will be present in each classroom during regular RE classes.

Other Programs for Children & Youth



Chalice Lighters

Our Chalice Lighters light our chalice in the Sunday morning service. Chalice lighting is considered an honor, with Chalice Lighters taking turns serving on Sunday mornings. Training is provided by the Minister. Those interested may contact Rev. Pam or the DLFD.

Children's Offering

Our Children's Offering benefits the Interfaith Food Pantry. Donations of canned goods and cash will be accepted in class. All parents are encouraged to have their children participate.

Learn more at interfaithfoodpantry.org.

Our Whole Lives

Our Whole Lives (OWL) is an age-appropriate sexuality education program, jointly developed by the Unitarian Universalist Association and the United Church of Christ.

OWL helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. Grounded in a holistic view of sexuality, OWL not only provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

UUC currently offers OWL classes for grades K-1, 4-5, 8-9 and OWL for Adults.

UUC is fortunate to be offer this renowned sexuality education program to our congregants and we encourage you to enroll your child, if eligible.

OWL Schedule:

Spring 2023: OWL grades K-1 and 4-5

Spring 2024: OWL for grades 8-9

Fall 2023: Adult OWL

A commitment to attend all classes is required to participate in any OWL program.



Our Whole Lives

K-1 OWL

Supports parents in educating children about birth, babies, bodies and families. Parents and children attend classes together and are engaged with stories, songs and activities K-1 OWL promotes dialogue between parent and child for a healthy start to sexuality education. Classes will be held January—April 2023. An Informational meeting for parents will be held in November.

4-5 OWL

Teaches children about the physical and emotional changes of puberty. Participants will examine topics such as values and sexuality, communication and decision making. A short-term optional covenant group will also be offered for parents of children enrolled in 4-5 OWL to allow parents to discuss issues raising a child nearing puberty. Classes will be held January—April 2023. An Informational meeting for parents will be held in November.

8-9 OWL

Models and teaches caring, compassion, respect, and justice. This holistic program moves beyond the intellect to address the attitudes, values, and feelings that youth have about themselves and the world. Unlike many other sexuality curricula currently available, this program is comprehensive and progressive. In an inclusive and developmentally appropriate manner, it addresses sensitive topics that are typically excluded. *Not held this year.*

Adult OWL

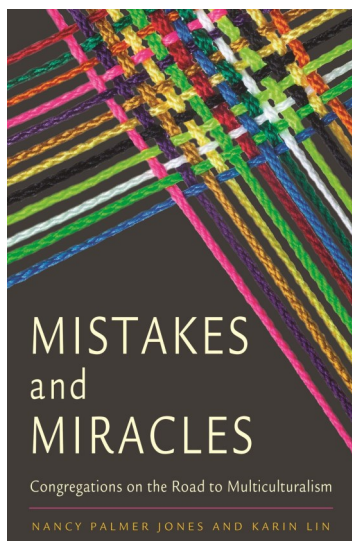
Participants must be age 18 or older.

Using values, communication skills and spirituality as starting points, this program explores sexuality issues for adults of all ages. Adult OWL builds an understanding of healthy sexual relationships, affirms diversity and helps participants accept and affirm their own sexuality throughout their lives. *Not held this year.*

Adult Programs

UUA Common Read Discussion Group

Authors Nancy Palmer Jones and Karin Lin—a white minister and a lay person of color—explored five UU congregations' journeys toward Beloved Community. In *Mistakes and Miracles: Congregations on the Road to Multiculturalism* (Skinner House Books, 2019), they shared the joy, disappointment, and growth these congregations found.



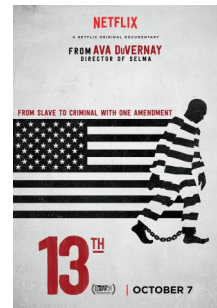
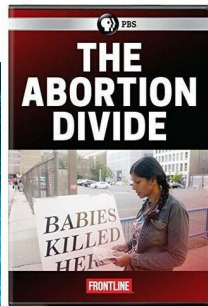
The world has seen much turmoil, pain, and yes, glimmers of hope, in the three years since *Mistakes and Miracles*' publication. As we enter a Common Read of this book, we find ourselves receiving its report with a changed spirit, an urgent need, and perhaps new hope for multiculturalism and antiracism work in our congregations and our movement.

Discussion group will meet in Winter 2023. Learn more about the UUA Common Read at <https://www.uua.org/books/read>.

Adult Programs

Social Justice Film Series

UUC shows a different movie each month on a pertinent social justice topic. The topics are reflective of the social justice ministries at UUC, and include environmental justice, racial justice, reproductive justice, income inequality, and more.



Watch our newsletter and email announcements for information on upcoming films.

The community is welcome at these free showings—spread the word and bring a friend!

Adult Programs

More adult faith development programs will be announced in 2022-23!

Watch email and the newsletter for more information.

Adult Programs

Reproductive Justice Workshop

This 6-session workshop is adapted from the UUA's 2012-2016 Congregational Study/Action Issue, "Reproductive Justice: Expanding our Social Justice Calling. Rooting us in our religious history and theological callings, the curriculum outlines the distinctions between reproductive "health," "rights," and "justice"; opens awareness of reproductive oppressions; offers opportunities to learn about ourselves and each other as sexual and reproductive beings; and equips us to move forward, out into the world, with integrity and vision. Meeting Fall of 2022.



Class schedules can be found on uucnr.org by clicking Calendar.

Adult Programs

Transgender Inclusion in the Congregation

LFD is pleased to once again offer this 6-session workshop by Transforming Hearts Collective, focused on helping our congregation to be fully inclusive, and affirming of, the full breadth of gender diversity. Gain the context and skills to help us transform into a fully welcoming congregation.



In person class will be scheduled in 2022-23. This class is also offered as an on-demand online class to all congregants. Open to adults and high school youth.

Is there a class you would like to see offered? Are you interested in facilitating a class or workshop?

Email your suggestions to Rachel Craine at dlfd.uuc@gmail.com.

Adult Programs

Community Conversations

Community Conversations are a conversational bridge across issues that divide and separate us. They provide an easy structure for engaging in friendly yet meaningful conversation with those with whom we may not agree. These conversations increase understanding, reveal common ground, and sometimes even allow us to discuss possible solutions. Come join the conversation after the service! Meets the third Sunday of the month at 11:30 am.



Meditation Group

Start or deepen your meditation practice. Centering words and basic instruction are followed by sitting practice. Non-experienced and experienced meditators are welcome.



Labyrinth Meditation

Walk UUC's own labyrinth. Our labyrinth is available for your use as required.

Adult Programs

Sunday Circle

Join us for stimulating conversation on a variety of topics. Meets the first and third Sundays of the month at 8:30 AM in the Library. View upcoming topics on our website at uucnrv.org.

Anti-Racism Discussion Group

All are welcome to join our one of our two ongoing anti-racism discussion groups. Topics are announced via email. Email Karen Hager at dlfd@uucnrv.org to join the listserv and receive links to the discussion articles. Meets on the second and fourth Sundays of the month at 8:30 a.m.; and on the second and fourth Wednesdays of the month at 1:15 p.m.



Conversations on Our Faith

Bring your lunch and join the conversation, as we discuss a book that deepens our spiritual journey. All are welcome, even if you have not read the chapters being discussed. Group members share their insights and personal experiences and all thoughts and opinions are welcome.



Meets Wednesdays at noon.

Multi-Generational & Family Programs

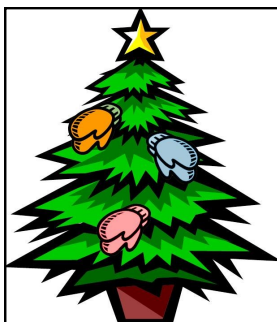
The Buddy Project



Children and adults are paired together for a fun way to make new friends of another generation! Participants exchange notes and small gifts without revealing their identity. Buddies meet each other at our holiday intergenerational service. Sign up in October to participate.

It's Scary to be Hungry

Food donations are solicited for the Interfaith Food Pantry at a local Kroger store during October by kids in costumes. A great social action event for the family!



Mitten Tree

The entire congregation brings mittens, hats, and scarves to decorate our Christmas tree. All items are donated to the Montgomery County Christmas Store.

Easter Egg Hunt for HSMC

Our annual egg hunt goes to the dogs . . . literally! Children hunt for items for our furry friends which are then donated to the Humane Society of Montgomery County. Another great family social action project!



Friday Family Films

Spend your Friday night with us! Join us for a free multi-generational movie, complete with popcorn and snacks. Pizza will be available for purchase, so no need to feed the kids beforehand!

Movie Selections and dates TBD.
Watch for announcements!



Multi-Generational Services

Holiday Service

Sunday, December 18, 2022



Join us for a holiday multi-generational service meant for kids of all ages. Holiday music, holiday stories and our annual "no rehearsal" holiday pageant make for a fun, yet meaningful, service. Our Buddy Project concludes on this date, with buddies meeting at the end of the service.

Easter Service

Sunday, April 9, 2023

A UU Easter Service, celebrating the joy of the season, while remembering this important story from our Christian heritage. The service concludes with our annual Easter Egg Hunt for HSMC. (See adjacent page.)



Volunteer with LFD

Children's RE Teachers

RE Teachers teach as part of a 4-teacher team. Teachers volunteer for a semester commitment, responsible for leading 4 classes and assisting in 4 classes. The total commitment is 8-10 Sundays per semester.

Adult RE Teachers

ARE teachers teach alone or as part of a team. The commitment is dependent on the class needs.

MSYG Advisors

MSYG Advisors serve as part of a team, supervising youth at monthly meetings September through May,

YRUU Advisors

YRUU Advisors rotate as part of a six-member team, supervising youth at weekly meetings September through May.

Classroom Aide

Aides are needed to help with children in the lower grades that benefit from one-on-one attention. No prep is needed.

OWL Teachers

OWL teachers require special training to teach. Teachers are part of a team for a class that runs 8-12 Sundays, depending on the class age. Classes rotate biannually; teachers are asked to commit for multiple years, due to the cost of training.

Lifespan Faith Development Committee Members

The LFD committee is responsible for overseeing the overall LFD program and for policy creation. Members are sought to represent LFD on the UUC Council.

Volunteer with LFD

Other Volunteer Opportunities

We have a wide variety of short-term volunteer opportunities available. Every family is asked to volunteer to help with the RE program.

- ♦ Take a shift at Kroger for It's Scary To Be Hungry
- ♦ Check in Buddies or help set up and clean up at The Buddy Project Buddy Meeting
- ♦ Provide childcare at our annual Volunteer Appreciation Childcare Event
- ♦ Help set up and clean up for the Ice Cream Social
- ♦ Fill or hide eggs for the Easter Egg Hunt for HSMC
- ♦ Help YRUU with fundraising, lock-ins, planning the annual trip, or the annual YRUU Coffeehouse
- ♦ Host a family party or movie night
- ♦ Teach or assist with a Summer RE class
- ♦ Help with multi-generational services

Please see Rachel Craine for more information on any of these volunteer opportunities.

UUC LFD Volunteer Page

signup.com/go/HqJL2W

Sign up online to volunteer.

Summer RE

Summer RE runs June 11-through August 20, 2023.

UU LEGO Sources

Grades K-5

This summer the children of the UUC will explore the six sources with stories, games, crafts, and LEGO bricks!

Source 1—Direct Experience and Wonder

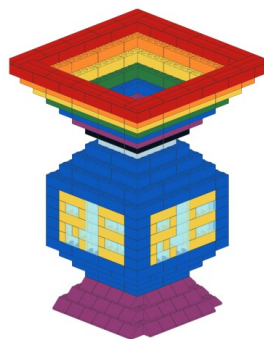
Source 2—Words and Deeds of Prophetic People

Source 3—World Religions

Source 4—Jewish and Christian Heritage

Source 5—Science and Reason

Source 6—Earth-Centered Traditions



Come build community this summer at the UUC!

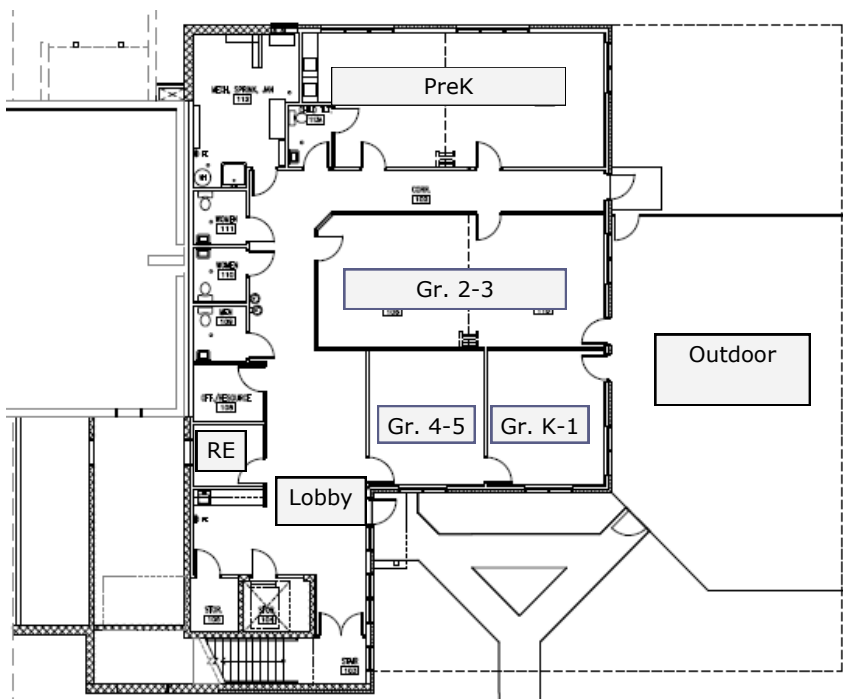
Sunday Funday Program

PreK

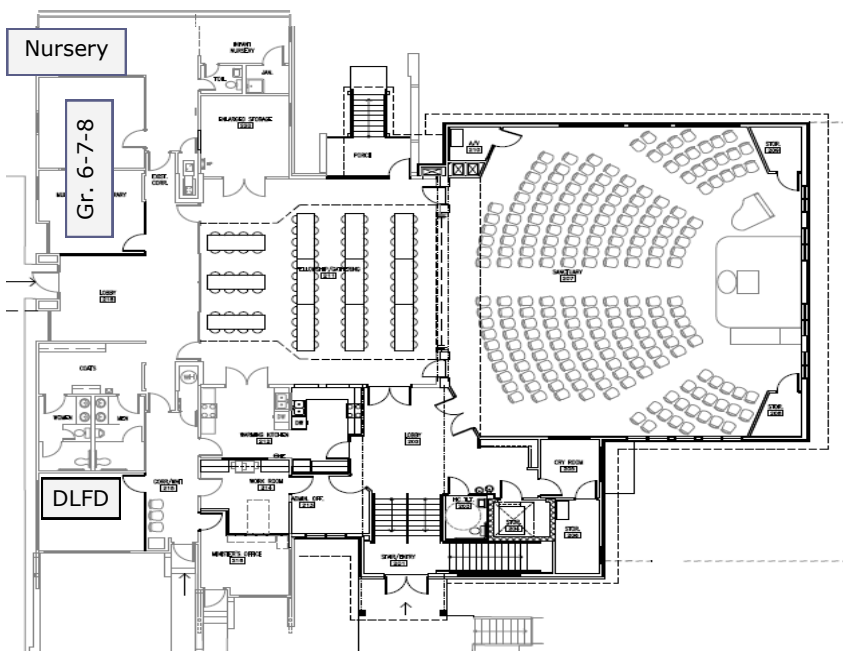
Bring a toy to share, and come have fun with your friends at our Sunday Funday program. Play-time, a story and a coloring sheet will help our littlest friends get comfortable at UUC before the next RE year begins.



Please note: Children do not go upstairs first to the Sanctuary during the summer. Report directly downstairs.



LOWER LEVEL FLOOR PLAN



MAIN LEVEL FLOOR PLAN

Contact Information

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Minister

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(540) 552-9716

Administrator

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(540) 580-6056

Additional information about Lifespan Faith Development programs is communicated via our weekly email newsletter. Contact the DLFD to be added to the listserv at dlfd@uucnrv.org.

Welcoming Congregation

UUC is officially recognized by the UUA as a Welcoming Congregation. We welcome participation by all kinds of families and recruit our RE teachers regardless of sexual orientation.

Register online at uucnrv.org/education.htm
Visit uuvnrv.org for class dates
and additional activity information.

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