



Warm Greetings to you all!

During these unsettling times when our world has shrunk, we are being asked to stay safe and keep others safe as well. Even while physically apart, we can still have a vibrant Religious Exploration (RE), fun-filled year just in different formats.

Offerings this year will be a combination of options, and as we experi-learn, we will adjust, adapt and tweak as needed.

UU faith formation, like Our Whole Lives Sexuality Education, starts at home with parents and caregivers. As your Director of Religious Exploration, I will be giving you tools and opportunities to explore from your home and expand your horizons.

I hope you will join me on this adventure!

In Faith & Love, Carney McRae

All offerings listed below will be offered to both First Universalist Church in Rockland and Midcoast Unitarian Universalist Fellowship, starting in October. You are invited to ask friends to join in. Registration is required for everyone, and you will receive the specific information needed for the programs you choose. Questions or suggestions? Email dre@uurockland.org. I will be working with the two Religious Exploration Committees to make changes as needed.

Registration link: <http://bit.ly/RE-Explore>

Cost: There is no cost for any programs, except OWL. However, if you are able, consider making a donation to either [Midcoast Unitarian Universalist Fellowship in Damariscotta](#) or [First Universalist Church in Rockland](#), so we may continue to offer programming that supports liberal faith in midcoast Maine.

Stories about our UU Faith

Who: toddlers - age 8

Where: Zoom

When: Second and fourth Sunday of each month at 9:30 a.m., October-May

What: Join Carney and other folks for a 20-minute Spirit Play circle. We will light a chalice, say our affirmation, sing a song, and share a Spirit Play story, followed by wondering questions and sharing. An activity will be sent to registered families that you can do at home. You will be able to access all stories as they are added. *Because of copyright issues this material should not be shared.*

Volunteers: Two facilitators to work with Carney to offer Zoom sessions.

Books & Cooks Cultural Cooking for UU Kids

Who: All ages

Where: In your home & kitchen

When: Once a month from September-August on your own time

What: Children love to eat, and they love to cook. What better way to introduce youngsters to different cultures than through food. This program uses video-recorded stories about food and cooking to give children a “taste” of different cultures around the world. This fits in with our UU principles that encourage us to learn, grow, and to value and respect each other to build a more peaceful world. Additionally, the stories in this curriculum introduce children to lessons about helping each other, being part of a community, being adventurous, being independent, sharing and the importance of family. Each month you will receive a link to a folder with a video reading of the story, a recipe, and an activity. *Because of copyright issues this material should not be shared.*

Volunteers: People to create one or more video recordings of the books. Recording studio is set up at UUR with a green screen.

ChUurchcraft - World Religions

Who: Grades 4-8

Where: Online in Minecraft and on Zoom

When: Second & Fourth Saturday of each month from 4-5 p.m. on Zoom **and** on your own time in the Minecraft Realm (groups of kids can coordinate times to work together).

What: ChUurchcraft uses the popular app Minecraft as a vehicle for processing learned information on world religions. A building with multiple rooms is created and supplied to the group. The group meets twice a month on Zoom to learn about the faith for that month, and to have opportunities to ask questions to guest speakers. Youth can work on their own or with others in the Minecraft Realm.

You will have to purchase Minecraft and set up a Microsoft account (no cost) to be able to participate. The Minecraft app for a tablet is \$6.99 (formerly *Minecraft Pocket Edition*). If you prefer, you can purchase the Minecraft edition that can be used on a laptop.

Volunteers:

Two to four Minecraft mentors who can work with groups of kids to build their faith rooms.

One to two adult facilitators who can provide information about a different faith twice a month on Zoom, using the curriculum, *Building Bridges*. Once a month, recruit a guest speaker of that faith to answer questions and provide more information about that month’s faith.

Widen Your World - featuring topics not deeply talked about in schools

Who: Grades 7-12

Where: Zoom *and* on your own time

When: Second & Fourth Sunday of each month from 4-5 p.m. on Zoom **and** on your own time

What: As Unitarian Universalists we are called to “live our values aloud, not alone. We are brave, curious and compassionate thinkers and doers. We create spirituality and community beyond boundaries, working for more justice and more love in our own lives and in the world.” Youth will have opportunities to discuss different social justice topics throughout the year, guided by facilitators and their own learning. Youth can choose to increase their understanding of social justice issues by reading, listening or viewing books and media. Books and other media will be provided in a google folder from which they can pick and choose. Later in the year youth might want to plan a social justice action or worship service.

Volunteers:

Two adult facilitators who work together to lead youth through discussions on social justice issues. Books, podcasts, videos and TED talks provided for youth to pick and choose from to help deepen ongoing discussions. Volunteers will be trained by the State Literacy Specialist to use “signposts” in literature to guide the discussions.

Our Whole Lives Sexuality Education for Grade 5

Who: 5th graders, limited to 8

Where: First Universalist Church in Rockland, Collins Room

When: This winter, 2 to 3 Sunday afternoons per month for 1 hour starting in January

What: Our Whole Lives (OWL) is a comprehensive, lifespan sexuality education curricula that provides honest, accurate information about sexuality and 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. This winter, we will be offering OWL to 5th graders only, assuming we can meet in person. The program will be limited to 8 participants and 2 facilitators, so they can maintain proper physical distancing. Everyone will be required to wear face coverings. There is a **cost** of \$50 for non-members and \$25 for UUR and MUUF members.

Volunteers:

Our team of trained OWL facilitators will be offering this program.