



Coming of Age Retreat Program

For 8th-10th grade youth in COA programs at their own UU church.

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 programs 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 and 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 clarification.
- ★ Recognize and accept responsibility for decision-making.
- ★ Explore their options for service, both to their church and to the community.
- ★ Deepen their relationships with youth and adult members in other churches.
- ★ 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 church's RE program or Jeanelyse Doran Adams at the Pacific Central District office.
Phone: 925-381-3250
E-Mail: Jeanelyse@pcd-uaa.org

RETREAT OVERVIEWS

Threshold Retreat: Program kick-off weekend, emphasizing connection and challenge. Youth participate in a high ropes course with trust building exercises. We seek the level of challenge appropriate for each youth..

North Retreat: UU Church of Santa Rosa, October 8-10, 2010
South Retreat: UU Church of San Jose, October 15-17, 2010

Social Justice Retreat: Retreat emphasizes social and emotional awareness, going on a Street Retreat with the Faithful Fools Street Ministry in San Francisco. See www.faithfulfools.org for more information about the Fools.

North: Mt. Diablo , January 28-30, 2011
South: UU Church of San Francisco, January 21-23, 2011

Nature Vigil Retreat: A solo vigil is the highlight of this retreat. Youth spend over four hours alone in nature, under the care of their adult chaperone, with their journal and water. Saturday evening includes rituals honoring gender specific aspects of adolescence. The location of these retreats will be determined when camp sites can be reserved.

North: April 8-10, 2011
South: April 15-17, 2011

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

May 22, 2011

FAQ

Cost: \$350 per participant. Financial assistance available through your UU church or the Pacific Central District.

Chaperones: All retreats are chaperoned by adults from UU churches in the PCD who have undergone background checks. There is an average ratio of 8 youth to each adult at the retreat.

How do I register my youth? You can register with your religious educator or at the district web site. See www.pcd-uaa.org

Is my church in the North or the South?: Ask your religious educator which set of retreats your church is participating in.

Can my youth attend a retreat that our church is not attending? It is best for youth to stay with their group and attend all the retreats in the North or the South. If space is available, changes can be made. Check with your religious educator.

Can my youth still participate if he/she cannot make all the retreats? It is best if youth attend all of the retreats. If this is not possible, discuss it with your religious educator.

Does my youth have to be in 8th, 9th or 10th grade to attend? Yes. There are other district programs for youth in middle and high school who are not in 8th-10th grades.