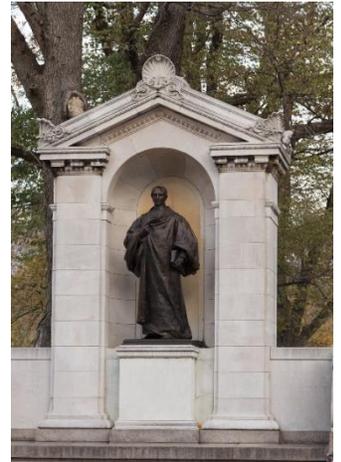




Coming of Age for Adults information sheet

What is *Coming of Age*?

If you're familiar with our *Coming of Age* ("COA") program for youth, it's a class that mirrors the Bar/Bat Mitzvah year, where youth define their own beliefs and spiritual journey. It culminates in a worship service during which the youth deliver a Credo statement and a heritage trip to Boston, the historical center of Unitarian Universalism in the United States. As many of us didn't grow up UU, we've missed the chance to take part in this series. Now, we can!



What are the strands of the *COA for Adults* course of study?

Each strand of the COA for Adults has been selected to deepen your knowledge of Unitarian Universalism and to help you explore your ethical, spiritual and religious UU self. Participants can pick and choose from among the following (note: the course of study is voluntary; none are a requirement for participation on the heritage trip to Boston)

1. Recommended courses:
 - a. UU Theology (Sunday's March 24, March 31 12-2 pm & April 3 7-9pm)
 - b. Credo* Writing (late spring) and presentation at worship service in Sept. 2019
 - c. Themes from UU History (late spring – stay tuned)
2. Looking within:
 - a. Join a spiritually-focused group at Horizon (Buddhist Sangha, Meditation Group, etc.) or develop a practice of your own.
3. Looking outwards
 - a. Service project (of your choosing in consultation with the DLRE and/or Justice and Faith Connections coordinator, Deb Freeman)
 - b. Play an active role in the life of the church (regular usher, greeter, committee member)
 - c. Attend an NTUUC or interfaith event
4. Participating on the Boston Heritage Trip

Boston UU Heritage Trip October 3-6, 2019

Fast Facts:

- Will take place October 3-6 (Thursday-Sunday) but expect to travel on Wednesday, October 2. It is a long flight to Boston from Dallas and programming will begin Thursday morning.
- Participants make their own transportation and lodging plans to fit their budgets. Of course participants may travel and room together to save costs.
- Your guides will be the Rev. Lora Brandis, Lauren Daniell and Doc Simmons.

Proposed itinerary (highlights of each day)

Wednesday, October 2: Travel to Boston and opening dinner (Each person is responsible for own flight and lodging)

Thursday, October 3: King's Chapel tour, Arlington St Church, UUA headquarters

Friday, October 4: Harvard Divinity School & Church of the Presidents in nearby Quincy

Saturday, October 5: Sleepy Hollow Cemetery & Walden Pond. Lexington and Concord

Sunday, October 6: 9 am Kings Chapel Service (last event) then fly home.



Expected Costs: Everyone's costs will vary depending on flight and lodging choices. Plan to spend approximately \$1200/person for the trip. Part of this will be paid in advance to Horizon in the form of a non-refundable deposit and will cover:

- admission to scheduled tours
- a 7-day MBTA pass
- opening and closing dinners
- transportation to/from Concord (Walden Pond)
- tips for tour guides and docents of scheduled tours



Need more information?

Check back frequently as this site will be continually updated with the latest information. You can also pick up information sheets in the Horizon lobby. Contact Director of Lifespan Religious Education, Lauren Daniell, at dlre@horizonuu.org or Doc Simmons docsimmons@gmail.com

