

connection, social action, learning, and leadership. Our youth always have lots of fun together while leading our community in being "principle activators" by putting our UU values into action. We also offer specific programs of interest to teens including Our Whole Lives, the Coming-of-Age, and Morris Dancing.

## Religious Exploration Programs for Adults

At First Parish, there are adult programs for religious exploration, just as there are for the children and youth. Here's just a sampling of what kinds of adult programming we offer at First Parish. Childcare or transportation often can be arranged in advance by phoning the First Parish office. Current programs include the Religious Exploration Salon, Chalice Circles, Insight Meditation Study and Practice, Film Nights, Fourth Tuesday Lunch Discussions, Carbon Consciousness Group, Quilting and Crafting, Men's Group, and our Women's Alliance. There are many opportunities for participation in one-time and ongoing programs, some experiential, some intellectual, some focused on introspection, and many on helping others. They all have the potential for being enriching, stimulating, and connecting as a religious community.

*"Life becomes religious whenever we make it so:  
when some new light is seen,  
when some deeper appreciation is felt,  
when some larger outlook is gained,  
when some nobler purpose is formed,  
when some task is well done."  
~ Sophia Lyon Fahs*

## Multigenerational Programs

The most important ingredient of any religious community is the love and support of many people. It is essential to the spiritual development of all members at First Parish to foster a loving connection among folks of all ages. In that regard, we seek positive opportunities to connect our members across the generations. In addition to having everyone join together for the first portion of our Sunday worship services, we offer other special opportunities for being together.



First Parish of Sudbury  
Unitarian Universalist  
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*Introduction to Our  
Religious Education Programs*



Roberta Altamari  
Director of Lifespan Religious Education

Rev. Dr. Marjorie Matty  
Minister

***Be a Religious Explorer.  
Discover our  
congregation today!***

***Welcome to First Parish of Sudbury's Religious Education program. First Parish of Sudbury is a Unitarian Universalist congregation that was first established in 1640.***

***Although much has changed since then, one thing that remains the same is our steadfast belief in the inherent right to freedom for every person in all matters regarding religion.***

***Because we want people of all ages to embrace our open-minded heritage, we believe that religious education is a lifelong exploratory process. We offer many programs for children, teens, and adults. While we, like many churches, call our programs "religious education", our programs could better be named "religious exploration" and "youth ministry" because of our deeply spiritual and "whole person" approach to learning and growing.***

***What is most important to our growth as individuals is how well we connect with one another in worship and fellowship ... therefore, our focus includes building community. May this liberal church be a warm, welcoming religious home for your family!***

***"May ours be a religion which, like sunshine goes everywhere.***

***Its temple ~ all space***

***Its shrine ~ the good heart***

***Its creed ~ all truth***

***Its ritual ~ works of love***

***Its profession of faith ~ divine living."***

***Theodore Parker***

## Children's Religious Education

First Parish of Sudbury invites all of our children to join together for meaningful worship and growth. We want our children to personally experience our Unitarian Universalist faith and all the wonderful ideals that it embodies.

In our Religious Education program, we will share stories and activities that bring our UU faith to life. Most significantly, we will spend time together sharing worship and wonder, love and friendship, kindness and compassion, and enlightenment and growth.

We will highlight the fundamental UU belief that we are all free to believe our own truths. We will celebrate a coming together that honors the unique individuality we all carry with us. It is with these affirmations that we will think about those challenging "life" questions that people of all religions wonder about -

Is there a God? How did the world begin? What happens when we die? Is there any benefit to praying or meditating? How do I know what to believe? How can we make our world a better place?

To do this, we have created and selected engaging and age-appropriate UU programs to guide our activities. To learn more about the specific activities we do with our children, please speak to our Director of Lifespan RE; she would be happy to talk with you about the different programs we offer.



(The kids version of the Unitarian Universalist Principles).

## Youth Ministry

All youth in 9th grade and up are invited to participate in our Youth Ministry. The activities and meeting times are determined by the interests of the group and range from meeting other UU youth to inspiring community service projects. Our Youth Ministry programming includes growth opportunities in the areas of worship, youth-adult relations,

