



UUFHC Program for Children & Youth





2025-2026 Curriculum Syllabus

Determined by DFF and RE Committee Members

Process: Throughout each program year, the Director of Faith Formation (DFF) and Religious Education (RE) Committee members work hard to gather information which will help inform the coming year's curriculum. This information is gathered during class, in RE Committee meetings, through informal chats and annual check-ins with parents, and more. All interactions with children, youth, and parents help the DFF and RE Committee members to better understand the successes and challenges of the current program, which in turn helps to create the road-map for the coming year's curriculum.

Once the Soul Matters monthly themes for the upcoming year are released, the DFF and RE Committee work collaboratively to determine class topics for each theme. Topic selection is guided by the information gathered through the year, creating an engaging program which will address the needs of our current and future children, youth, and families. This collaborative process keeps our program easily adaptable and responsive, which is essential in today's ever-evolving world.

Goals: The following are key goals for the 25-26 Curriculum. These goals act as the foundation for the curriculum and will ground each month's classes.

-  Continue to use the Soul Matters monthly themes to align classes with worship.
-  Grow children / youth's understanding of UU history, Values, and theology.
-  Explore other religious traditions without positioning UUism as "better" or in opposition.
-  Provide personal and communal reflection to nourish both the individual's and the community's faith formation.

Monthly Themes & Classes: Three topics are selected per month (and two classes will be offered per topic; one “younger” and one “older”). This leaves one Sunday free for the monthly all ages worship service. Should there be a fifth Sunday in a month, the program offers a “Fellowship Sunday,” in which children and youth participate in games and relaxed discussion, in place of formal classes. The purpose of Fellowship Sundays is to practice covenantal community and living one’s UU Values in a less structured environment... and to have fun!

★ Note: Curriculum goals are indicated below each topic using their respective emoticons:

🔥 UU Theology / History

🌍 World Religious Traditions

💖 Personal / Communal Faith Formation

September 2025 📖 Building Belonging

The Story of Our Chalice

Learn the history of the flaming chalice (invented in WWII) as a symbol of safety.



What Makes a Faith Home?

Investigate how people from various religious traditions find a “home” in their faith and explore our own.



Who’s Here? Who’s Missing?

Reflect on UU community as a space for authenticity and explore how power impacts belonging / exclusion.



October 2025 📖 Cultivating Compassion

The Limits of Politeness

Examine ways compassion asks us to choose action over appeasement / adhering to social norms.



Compassion as a Spiritual Practice

Explore the ways various religious traditions establish The Golden Rule and define / commit to ways we can practice compassion in our day to day lives.



Compassion Care Team & Community Outreach Collaboration

Assist committees which enact compassion within and without our fellowship with a project in class; learn about ways families can participate in further projects outside of class.



Monthly Themes & Classes (cont.)

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November 2025 📖 Nurturing Gratitude

Blessings & Blind Spots

Investigate what we are grateful for and what we take for granted through the lens of our UU Values.



The First Thanksgiving (For Real)

Study an indigenous-led narrative of the first Thanksgiving and explore *why* the mythical version of the Thanksgiving story exists and has been perpetuated.



Abundance in Struggle

Reflect on ways UUism calls us to notice joy and abundance even in times of struggle.



December 2025 📖 Choosing Hope

Active Hope

Explore the concept that hope is something we do rather than have, as affirmed by UU theologian James Luther Adams. (Inspired by the book *Active Hope* by Joanna Macy, PhD)



Stories of Hope

Share stories about hope from various religious traditions and reflect on how they intersect with our personal and/or collective experiences.




The Big Bang: Hope in the Universe

Dig into the science of the Big Bang and reflect on the theological implications of all life being made of stardust.




Monthly Themes & Classes (cont.)

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January 2026 Practicing Resistance

Holy Interruptions

Practice using a simple strategy to interrupt oppressive narrative safely.



Art for the Resistance

Explore how art, poetry, and song resist oppression both historically and to



Resistance in UU History

Learn about UUs in abolition, civil rights, LGBTQIA+ rights, etc.



February 2026 Embodying Resilience

Body + Breath + Spirit

Practice inner / personal resilience through meditation and yoga practices.



Coping with Setbacks

Share stories of BIPOC communities' resilience and learn about how they inform UU tools and resources for difficult times.



Faith That Carries Us

Learn what BIPOC religious traditions offer believers when they are hurting and consider how UUism carries us when our spirits are hurting.



Monthly Themes & Classes (cont.)

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March 2026 📅 Paying Attention

Seeing Others Clearly

Practice perspective-taking and empathizing to overcome “othering.”



Paying Attention to Injustice

Explore how UUism and various religious traditions call us to see through the ways injustice and oppression become normalized.



Unitarian Universalism as a Living Tradition

Explore how UUs pay attention to the ever changing world and evolve our faith tradition to meet the moment.



April 2026 📅 Embracing Possibility

Dream Big: Imagine the fUUTURE

Consider what UU congregations, justice movements, and personal / communal spiritual journeys will look like in the future through vision boarding and discussion.



Spring Festivals & New Life

Explore the holidays and holy days of the season including Passover, Easter, and traditions celebrating rebirth.




Science & Spirit

Connect reason and religion through possibility and wonder - and science experiments!




Monthly Themes & Classes (cont.)

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May 2026 Awakening Curiosity

The Courage to be Curious

Explore the history of curiosity being counter-cultural and freeing both within UUism and without.



Sacred Texts

Read excerpts from various sacred texts and reflect on common themes.



Spiritual Practices of Curiosity

Introduce lectio divina, journaling, and mindfulness as ways to foster inward curiosity and honor curiosity as a UU spiritual practice.



June 2026 Flourishing Together

The Interconnected Web of Life

Learn about ecosystems and use them as a metaphor to reflect on interdependence through system theory.



Collective Liberation

Explore the theological grounding of “none of us are free until all are free,” the concept that flourishing is not an individual pursuit, but a collective / ecological / spiritual one.



Help Others Flourish

Investigate a justice issue which limits flourishing and write letters to state representatives (incorporating other social justice projects UUFHC members are undertaking).



Key Issues & Interests: The DFF and RE Committee have identified the following issues and interests as necessary to address / incorporate in the 25-26 Curriculum. Some have been raised by parents, some have been shared by children / youth, and some are based on current events and the ways they impact families' lives.

Our planned 25-26 Curriculum involves both addressing the following issues and incorporating the following interests throughout the year. Both issues and interests will be revisited in various ways through the lesson plan subject matter, content, and activities.

Issues	Interests
<ul style="list-style-type: none"> 🔔 The intentional alt right radicalization of teens (especially white boys) through social media content and multiplayer video games. For more info, see: https://tinyurl.com/4br8pk8z https://tinyurl.com/ywyfupad 🔔 A stronger sense of one's own UU identity and purpose. 🔔 Children and youth's cultural competency re: major religious holidays which are a part of pop-culture and societal norms. 🔔 Parental overwhelm / uncertainty regarding the current administration and societal issues. 🔔 More connection to the larger fellowship and its committees / undertakings. 	<ul style="list-style-type: none"> 🔍 Art and craft projects which contribute to the fellowship as a whole (being put on display in the Sanctuary, for instance). 🔍 Opportunities to honor and affirm the authentic identities and expressions of children and youth. 🔍 Independent, hands-on, experiential learning through doing while discussing. 🔍 Unstructured time in which to relax, be authentic, and share fun experiences with fellowship friends. 🔍 Social justice issues which impact the lives of children, youth, and families. 🔍 Opportunities for leadership and involvement in the wider fellowship through worship and committee work.

Writing Lesson Plans: Over the summer (July & August, 2025), DFF will write lesson plans for two classes based on each of the topics listed in this syllabus. The two classes are:

- ★ Loving Hearts & Faithful Hands
 - Predominantly aimed at elementary school participants
 - Always involves a craft, often involves stories and games
- ★ Hopeful Minds & Truthful Actions
 - Predominantly aimed at middle and high school participants
 - Includes deep discussion, collaborative art, and opportunities for further connection / exploration beyond the classroom

The DFF adapts existing curricula / activities for lesson plans as well as implementing her decade of experience and professional resources to create lessons and activities for our program. The lesson plans are then made available to the RE Committee, program volunteers, and all other interested congregants.

Faithful Conversations Recommendations: The 25-26 Curriculum and our Program for Children and Youth in general are designed to follow the following recommendations (determined by UUFHC congregants through the Faithful Conversations process, led by Rev. Jaye and a team of lay leaders).

- 🔥 Model Unitarian Universalist Values and behavior.
- 🌱 Create opportunities for multigenerational engagement.
- 📖 Identify, adapt, and share curriculum for Sunday mornings.
- 💡 Seek out and incorporate the perspectives of children and youth.
- ☀️ Support the program for children and youth with time, talent, and treasure.

Contact & Connect: If you have any questions about the 25-26 Curriculum or our Program for Children and Youth, please feel free to reach out to any of the following folks.

🔥 **Director of Faith Formation**
Jenn Blosser - dff@uufhc.net

❤️ **RE Committee Members**
Elesa Johnson (Chair) - re@uufhc.net
Laura Bianca-Pruett
Erin Gallagher
Kim Roberts
Ed Roberts
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