



Coming of Age Enrichment Retreat Personal Credo Statement

March 4, 2022, 6:00-8:30pm

March 5, 2022, 3:00-5:30pm

Online

Welcome Letter Highlights:

- Schedule: Friday, March 4, 6:00pm-8:30pm & Saturday, March 5, 3:00pm-5:30pm with a project participants work on independently between sessions. Please arrive 10 minutes early both days. We will begin on time.
- All youth should arrive having completed the Spiritual Journey Interview with an adult. The interview questions are available in [this Google doc](#).
- Retreat Zoom: [Passcode Embedded Login](#). Meeting ID: 838 3159 5372 & Passcode: COA. Phone Number if Needed for Audio: 646-558-8656.
- Google Doc: We will be utilizing a shared Google that has our agenda and we will populate the doc with materials throughout the retreat. We will also use this doc to communicate if we lose our Zoom connection. [Click Here for the shared retreat doc](#).

Dear Youth, Parents, Mentors, Teachers, and DREs,

We are delighted to welcome you to the Coming of Age Online Retreat! Of course, we would all prefer to be meeting in person at beautiful Murray Grove, but we are glad for this opportunity to be together safely. Because support for credo writing was central to the in-person retreat, we are offering Coming of Age youth this online opportunity to explore their beliefs and spirituality through guided exercises designed to help them create their credo statement. This is also an opportunity for youth to interact with UU youth from other congregations, broadening your UU community.

The Coming of Age Enrichment Retreat is designed to deepen your COA experience and support the credo statement writing process. Our work together will be an extension of the work you have been doing in your home congregations. This retreat was written for an in-person gathering over an entire weekend. We are adapting it to meet our current circumstances to support our youth as they complete their COA experience.

We use *credo* to mean a set of beliefs that inform or serve as a guide for one's actions. Beyond exploring the questions rooted in personal beliefs, we encourage participants to explore the beliefs of our Unitarian Universalist faith, the elements that bind us as a faith community, and where you see yourselves connecting to your Unitarian Universalist community now and in the future.

All adults supporting COA youth this year (teachers, mentors, Religious Educators) are invited to participate so they can build on the work we do in the abbreviated online retreat as you continue supporting the youth. Several materials will be provided:

- a) writing prompts to help you formulate your Credo statement;
- b) questions to work on with mentors or teachers;
- c) resources for ongoing work after the retreat; and
- d) videos of the history of Murray Grove and a virtual heritage hunt.

IMPORTANT

All youth should arrive having completed the “Spiritual Journey Interview” with an adult. **Take notes** during your conversation and have them accessible when we meet Friday night. The interview questions are available in [this Google doc](#).

RETREAT SCHEDULE

We are meeting for two sessions, each two and a half hours: Friday, March 4, 6:00pm-8:30pm & Saturday, March 5, 3:00pm-5:30pm. Please arrive at least 10 minutes early. We will begin on time. There will be an individual project for youth to work on between sessions.

SHARED GOOGLE DOC - [CLICK HERE](#)

We will use this Google doc to provide the agenda and group discussion prompts for each session as well as supplemental exercises and journaling prompts. **We will also use this Google doc to communicate with you in real time if we lose our Zoom connection.** Please keep this doc open during retreat sessions so you can refer to it easily.

ARRIVE PREPARED

Have these on hand during our time together:

1. Youth: Notes from your Spiritual Journey Interview conversation
2. Youth: Notes or journal from the Coming of Age classes you attended in your home congregation
3. All Participants: Keep the [shared retreat Google doc](#) open for easy access to materials
4. All Participants: A means to take notes and do individual journaling, e.g., notepad and pen, blank note page on your computer

TO COA TEACHERS & MENTORS PARTICIPATING

Thank you for taking the time to participate in the retreat with your youth. Your ongoing support will be important as the youth continue working on their credo statements after the retreat. We invite you to actively participate in the retreat exercises and to engage in your own individual work. During small group breakout discussions, we ask that you facilitate discussion and help keep the conversation on track. We will provide discussion prompts. Given our extremely short time together, please help us in prioritizing the voices of the youth so they can get as much as possible out of the experience. There may be some moments of silence as youth gather their thoughts; please do not feel like you need to fill that silence.

ZOOM LINKS & REQUESTS

Zoom login information is listed above. **Participants are encouraged to sign into Zoom at least 10 minutes before each session. We will begin each session on time.** We will meet as a whole group for part of the time and we will also meet in virtual small groups, utilizing the breakout room function in Zoom.

When you log in, you will be asked to enter your participant name. **IMPORTANT: Enter your name, the town where your congregation is located, and adult or youth.** For example, **Tracy Breneman, White Plains (adult)**. Zoom allows us to put you in breakout rooms for small group discussion. Having your names and congregation towns listed on the Zoom participant list will make it easier for us to create breakout groups where youth from different congregations can interact. Listing adult or youth helps us ensure we put two adults in each breakout room as a safe congregation practice.

We are excited to be able to offer this online retreat and look forward to seeing you all Friday evening, March 4th!

Warm Regards, Tracy Breneman
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