



Adult Religious Education Programs Enhance our Search for Personal Growth

OVERVIEW. As part of FUSN's Lifespan Religious Education Program*, the goal of the Adult Religious Education Program at The First Unitarian Society in Newton (FUSN) is to support adults in their spiritual journeys through a variety of programs and experiences that address the spirit, the heart, and the mind. In our liberal religious tradition, life-long learning is critical both to spiritual and intellectual development and to social action.

* *Note:* FUSN's Religious Education Program consists of four components: Children's RE, Coming of Age, Youth Group, and Adult RE.



Adult RE: Spirits come together while canning in the kitchen

How the Adult Religious Education Programs Benefit FUSN:

Understand Various Faiths ♦ Support Spiritual Journeys ♦ Encourage Relationships & Social Action

Adult RE Contact: jacquiajames@bitu.com



FUSN's Adult Religious Education classes and events support the development of our hearts, minds, bodies, and spirit.

OUR PROGRAMS. Following a tradition of openness, the Adult RE program welcomes change and embraces diversity. The curriculum varies from year to year, responding to shifting needs in the Society community, the Unitarian Universalist denomination, and the world at large. Offerings fall into four distinct, yet overlapping, categories that capture/reflect the mission here at FUSN. Except for some workshops presented by guest leaders, all activities are free.

- **Liberal Religious Traditions:** These courses help congregants gain a deeper understanding of liberal religious traditions as manifested in history and shared religious practice.
- **Faith and Doubt: Theology and World Religions:** These courses and activities explore other faiths—their histories and evolutions, their tenets and texts, their practices and rituals.
- **Faith and Practice: Social Justice and Social Action:** These activities help participants understand how change and healing can happen and how we can be agents of change.
- **Spiritual Practice and the Inner Life:** These are introductions to or supports for forms of spiritual practice—prayer, meditation, reflection, compassion, peaceableness, charity, mindfulness, and the disciplines of the arts (music, movement, poetry, etc.).

"To finish the moment, to find the journey's end in every step of the road, to live the greatest number of good hours, is wisdom."



~ **Ralph Waldo Emerson**

(American essayist, lecturer, poet – and Unitarian)