

First Unitarian OKC 2025-2026 Family RE Guide



EQUITY
JUSTICE
PLURALISM
GENEROSITY
TRANSFORMATION
INTERDEPENDENCE
UNITARIAN UNIVERSALISM

Explore. Practice. Cultivate. Create.
First Unitarian OKC Religious Exploration

Welcome to First Unitarian OKC RE!

The 2025-2026 school year will bring unexpected challenges and gifts; First Unitarian families are not alone in the journey. Our Religious Exploration program is thoughtfully designed to nurture the curiosity of children and youth, and to support families. This year's new program offers opportunities for fun, friendship, and learning for all ages. One of the most significant impacts we can have on the world is helping young people develop into their best selves. Thank you for being a part of this vital piece of IUC's mission.

- Rev. Kent Doss, Sr. Minister



I'm so excited for the upcoming program year! We'll be returning to 10am Religious Education classes, where we'll have the chance to explore our values more deeply and grow in spirit together. And at 11am, we're launching something brand new—Club Time!—a fun and creative space for kids to build friendships, try new things, and feel a real sense of belonging. This year, we're focusing not just on learning, but on community—helping every child feel connected, curious, and at home.

- Tim Atkins, Director of Religious Exploration

What's New This Year?

It's the return of our 10am RE Program!

We will be partnering this expansion of our children and youth RE program with an expansion of a 10am Adult RE program! Each week we will have a space for parents to just informally connect with each other from 10 to 10:45, along with a variety of religious education offerings for adults.

We wanted a way for children and youth to explore deeper, UU value based topics in their age and developmentally appropriate classes. And we also wanted a way for children and youth to make connections across ages around similar interests and hobbies, as right now our children and youth need as many supportive friends as possible!

Our 10am RE program will be curriculum based - the same kind of RE program you've gotten used to over the past couple of years.

And introducing Club Time at 11am!

11am is going to look much different this year! After the Time for All Ages each week (partnering with our new minister Rev. Kent), children and youth will engage in themed based activities around common interests - what we're calling Club Hour.

You'll also see our new program themes for each of our age ranges that we brainstormed together at our RE Visioning Retreat in April! We picked curriculum that would match our theme this year, and we've got some exciting and fun plans for the year!

PRESCHOOL

SUNDAY SCHEDULE

- 10:00 - 10:45:** Spirit Play
- 10:45 - 11:00:** Family Snack Time in Chapel, Walk to Worship
- 11:00 - 11:20:** Worship
- 11:20 - 12:30:** Fun in Childcare Room

SPIRIT PLAY

Spirit Play is a Unitarian Universalist program of religious education that evolved from a long line of Montessori-based religious education programming. It is based on story and ritual, play and creativity. Stories are presented using an active storytelling method followed by a “wondering” time that opens up the child’s response to the story, then the child is free to work directly with that story or another, or to respond to the story or to his or her feelings with art materials.

Explore With Heart And Hands

MYSTERY FRIENDS IS RETURNING!

- We plan on restarting our Mystery Friends program in 25-26! This beloved program connects children with safe adults in the congregation to swap letters!

OWL

Our plan is to offer the grades K-1 and 5-6 OWL Sexuality Education throughout the 2025-2026 Program Year. Stay tuned!

ELEMENTARY

SUNDAY SCHEDULE

10:00–10:15: Large Group Check In in Kaleidoscope

10:15–10:45: RE Curriculum Based Activity, Grades 1-3, 4-5

10:45–11:00: Family Snack Time in Chapel, Walk to Worship

11:00–11:20: Worship

11:20–12:00: Club Time

12:00–12:30: Social Time in Kaleidoscope

CURRICULUM

1st–3rd Grade: World Blessings
An important tenet of Unitarian Universalism is an appreciation of our world and its many blessings. This curriculum seeks to introduce our world's diverse countries, religions, and holidays through the shared activity of cooking!

4th–5th Grade: The Magic of UU
This curriculum helps participants learn that change is possible through multiple avenues, and can happen whether the problem is local or worldwide. Students will have the opportunity to make a difference in their community through hands-on projects. All while using magic as a theme!

Practice Values With Love

MYSTERY FRIENDS IS RETURNING!

- We plan on restarting our Mystery Friends program in 25–26! This beloved program connects children with safe adults in the congregation to swap letters!

OWL

Our plan is to offer the grades K-1 and 5-6 OWL Sexuality Education throughout the 2025–2026 Program Year. Stay tuned!

MIDDLE SCHOOL

SUNDAY SCHEDULE

- 10:00–10:15:** Large Group Check in – Center Youth Room
- 10:15–10:45:** RE Curriculum Based Activity, Middle and High School Group each in side room
- 10:45–11:00:** Family Snack Time in Chapel, Walk to Worship
- 11:00–11:20:** Worship
- 11:20–12:00:** Club Time
- 12:00–12:30:** Large Group Social Time in Center Youth Room



CURRICULUM

Our 10am Curriculum for Middle School is called, “The Questing Year.” The Questing Year invites participants on four quests tied to the themes of self, church, mystery, and social action. Inner Quest – Who are you? How are you different? UU Quest – What does it mean to be a Unitarian Universalist? What’s special about UUs? Mystery Quest – How can you understand what you can’t see? Like God? Or the great mystery? Action Quest – How can you make the world a better place?

Cultivate Identity Through Community

WEDNESDAY EVENINGS

- Join us for Youth Group, every Wednesday night from 6:30–8 at the church!

COMING OF AGE

We are having an opt in Coming of Age Program this year on Wednesday evenings! COA will be open for 8th–10th graders.

HIGH SCHOOL

SUNDAY SCHEDULE

- 10:00–10:15:** Large Group Check in – Center Youth Room
- 10:15–10:45:** RE Curriculum Based Activity, Middle and High School Group each in side room
- 10:45–11:00:** Family Snack Time in Chapel, Walk to Worship
- 11:00–11:20:** Worship
- 11:20–12:00:** Club Time
- 12:00–12:30:** Large Group Social Time in Center Youth Room



CURRICULUM

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Our 10am curriculum for high school is a new curriculum from the UUA, "Journeys of Deeper Joy." This curriculum combines a popular youth team building curriculum, Deeper Joy, with a role playing game based approach. This should be a fun way of building community while learning what makes us Unitarian Universalist on the journey!

Create Change Through Curiosity and Connection

WEDNESDAY EVENINGS

- Join us for Youth Group, every Wednesday night from 6:30–8 at the church!

COMING OF AGE

We are having an opt in Coming of Age Program this year on Wednesday evenings! COA will be open for 8th–10th graders.

10am: Curriculum

- Every week we kick off at **10am** with a large group check in. Our preschoolers will start in their Spirit Play classroom. Our elementary students will start in the Kaleidoscope Room. Our middle and high schoolers will start in the center youth room. For the first fifteen minutes, we will check in before we head to our age based religious exploration classes.
- From **10:15-10:45**, we will have our curriculum based religious exploration program. With our check in already completed, we will be able to do at least 2-3 curriculum based activities each week during this focused time.
- From **10:45-11:00**, we will all meet up in the Chapel upstairs - all classes will head over to the chapel and meet up with their parents for a group snack time from 10:45-11:00. Then we will head down to worship together as families for the Time for All Ages.

Preschool-K: Spirit Play

Spirit Play is a Unitarian Universalist program of religious education that evolved from a long line of Montessori-based religious education programming. It is based on story and ritual, play and creativity. Spirit Play gives children the tools to make meaning of their lives within the container of Unitarian Universalism.

Spirit Play seeks to engage children in the existential questions about life within the context of the Unitarian Universalist faith. Stories are presented dealing with these questions accessing our broad base of sources. They are presented using an active storytelling method followed by a "wondering" time that opens up the child's response to the story, then the child is free to work directly with that story or another, or to respond to the story or to his or her feelings with art materials. Introducing children to the stories of our faith in a concrete way where they can wonder about them at their own level of maturation, intelligence, and creativity, Spirit Play allows our them to learn the language for talking about their faith in a nondogmatic way.

1st-3rd Grade: World Blessings

An important tenet of Unitarian Universalism is an appreciation of our world and its many blessings. This curriculum seeks to introduce our world's diverse countries, religions, and holidays through the shared activity of cooking. Capturing a child's attention can be difficult, but this goal is made easier when children are engaged in active tasks. Most children enjoy cooking – and eating – and will particularly enjoy cooking together as a group!

4th-5th Grade: The Magic of UU

Most parents believe that it's important to instill social responsibility in their children, but it can be difficult to find meaningful sources or projects for children in 4th and 5th grade to become involved. In addition, many social action projects are not relevant to children and a lack of relation can lead to a lack of engagement. This curriculum seeks to help participants learn that change is possible through multiple avenues, and can happen whether the problem is local or worldwide. Students will have the opportunity to make a difference in their community and the world in a meaningful way through hands-on projects that will also teach them social responsibility. Since we cannot teach if children don't attend, fun wizarding activities are used to help engage students and keep them coming. Students can channel their inner wizards and witches to learn about the magic of changing the world.

Middle School (6th-8th): The Questing Year

The Questing Year invites participants on four quests tied to the themes of self, church, mystery, and social action. Here's what the kids learn of the quests from a letter inviting them into the program: Inner Quest – Who are you? What are you like? How are you different? What's your place in the world? A mirror board and a personal alien will help you find answers. UU Quest – What does it mean to be a Unitarian Universalist? What's special about UUs? How do UUs live out their principles? You'll meet and investigate outstanding UUs who will show you some answers. Mystery Quest – How can you understand what you can't see? Like God? Or the great mystery? Or spirit and spirituality? A poem beginning with pigs that can't swim will help you develop your own answers. Action Quest – How can you make the world a better place? A class social action project your group chooses and does will let you try out some answers.

High School (9th-12th): Journeys of Deeper Joy

Our 10am curriculum for high school is a new curriculum from the UUA, "Journeys of Deeper Joy." This curriculum combines a popular youth team building curriculum, Deeper Joy, with a role playing game based approach. This should be a fun way of building community while learning what makes us Unitarian Universalist!

11am: Clubs

- We think one of the best way to make friends is to engage in a shared interest. We wanted a way for kids to make these connections across age groups and bond over common interests.
- After the Time for All Ages in Worship each week, we will process out to Daniel Hall where we will split into our clubs! Our clubs will reflect on the general church theme each month through the shared activities.
- Each week we will have different clubs - some clubs might meet once a month, some might meet every week. Every week we will publish which clubs are meeting the upcoming Sunday in our weekly emails and have a list available Sunday mornings.
- New clubs can be formed throughout the year - all it takes is a couple of adults to serve as an advisor and enough (5ish) kids to commit to attend!
- Each week we will aim to have around five different club offerings.
- Kids can choose each week which club they want to attend!
- Examples of clubs we plan on offering. (Note, these are examples to give you the general idea, and are dependent on volunteers!)
 - **Arts and Crafts Club:** A place to explore the monthly theme through artistic projects.
 - **Outdoors Club:** Playing out on the playground coupled with some outdoor service projects to clean up the grounds!
 - **Game Club:** We'll play different games each week and talk about how the worship theme shows up in the games we play
 - **Drama Club:** We'll engage with the theme through plays, theater, improv, storytelling, and even an occasional role playing game or two!
 - **The Salon:** We'll talk about the theme and have small group discussions based on the topic, and we'll see where the discussion takes us!
- Our Club Time will end at 12noon each week. From 12:00 to 12:30, we will have large group hang out time until parents pick up. Elementary school will be in the Kaleidoscope room and Middle/High schoolers will be in the Youth Suite.

OWL and Coming of Age

OWL (Our Whole Lives)

In 2025-2026 we plan on offering the K-1 and 5th-6th Grade OWL classes throughout the school year. Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives. For these reasons and more, we are proud to offer Our Whole Lives (OWL), a comprehensive, lifespan sexuality education curricula for use in both secular settings and faith communities. Our Whole Lives helps participants make informed and responsible decisions about their relationships, sexual health and behavior. With a holistic approach, Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity and expression, sexual orientation, sexual health, and cultural influences on sexuality.

Coming of Age (COA)

This year we're looking at making Coming of Age a special evening program for 8-10th Graders, as opposed to a Sunday morning RE based program. Our initial thought is to have it on Wednesday Nights twice a month (something like the 1st and 3rd Wednesdays.) On those youth group nights, after the first half hour of check in and pizza, the Coming of Age youth would head off to their class from 7-8 while the other youth stay and hang out with youth group. The 2nd, 4th, and occasional 5th Wednesdays, the entire youth group would be together.

A Unitarian Universalist Coming of Age program is a year-long journey that supports youth—typically around ages 12 to 14—as they explore their personal beliefs, values, and identity within the context of Unitarian Universalism. Through group discussions, mentorship, service projects, and spiritual practices, participants reflect on life's big questions and what it means to live with integrity, compassion, and purpose. The program often culminates in a special worship service where each youth shares a "statement of faith" they've written, marking their transition into greater spiritual maturity and deeper participation in the UU community.

Registration:

Please fill out our online registration form!

We ask for a new registration form every program year, in case demographic, medical, or pronouns have changed from year to year.

Registration is free!

URL: <https://tinyurl.com/1UCRE2526>



Contact Info:

FOR QUESTIONS OR THOUGHTS...

- Contact Tim Atkins, Director of Lifespan Religious Exploration
- Email: tatkins@luc.org
- Phone: 405-232-9224 (office)

FAMILY MINISTRY COMMITTEE

The Family Ministry Committee helps plan out the RE Program Year. New members are always welcome!

Chair: Carmen McBride
Anna Langthorn
Jessica Lothrop
Elizabeth Muller
and DLRE Tim Atkins