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## Youth Ministry Guidebook

Guiding children on their own unique  
journey

- Empowering youth to fulfill their divine potential
- Teaching youth to meditate & pray
- Inviting youth to experience a loving God



[www.unityspokane.org](http://www.unityspokane.org)



## Order of Youth Service

### 10:45 am—11:00 am Gathering Activity

This is a time of gathering together and connecting. Informal, creative activities are offered, themed to the lesson of the day.

### 11:00 am—11:15 Opening Circle

We begin with lighting the Christ Candle to center ourselves, and focus our consciousness on the God Light that dwells within us all. Song, meditation, prayers and thanksgivings are all components of the Opening Circle. A love offering is accepted in order to help our youth understand the circle of giving and receiving.

### 11:15 am —11:45 am Lesson + Creative Expression

Each Sunday lesson focuses on a specific topic relating to spiritual growth. The experience is geared to stimulate individual thought and group discussion. We engage our youth in an exploration of the topic, and how it reflects Unity principles in their daily lives. Creative expression offers an experiential understanding of each lesson principle. These activities include art, games, music and craft projects. Group discussions invite our youth to explore what the ideas shared mean to them, personally.

### 11:45 am —11:55 am Closing Activity

During this time, we wrap up the day's activities and lovingly prepare classroom space for the next week. We look ahead into the coming week and anticipate how we will carry forward our new understanding of the lesson themes.

### 11:55 am —Youth Join Adult Service

Before rejoining their families, youth congregants join the adult service in the sanctuary for closing celebration and blessing. Services conclude as a combined congregation.

## Unity Spiritual Center

### Unitots—birth to 3 yrs

Meet in the Nursery

- Sharing
- Singing
- Playing

### Unipals—4 to 5 yrs

Meet in the Nursery

- Understanding they are loved as they are
- Understanding they have spiritual potential to bring out their best selves
- Developing their potential to express love and caring

### Unikids—K to 2nd grade

Gather in Children's Area

- Exploring how they can let God live through them as an expression of life, love & kindness
- Introducing the 5 Unity Principles & practicing these principles

### Unifriends—3rd to 5th grade

Gather in Children's Area

- Understanding they are inherently good & they can choose how they show up
- Introducing that we are spiritual beings
- Understanding more in depth the 5 Unity Principles

### Uniteens—6th to 8th grade

Gather downstairs

- Developing an interest in social justice
- Instilling the value of service
- Recognizing universal truths in all religions

### YOU—9th to 12th grade

Gather downstairs

- Expressing service to others
- Demonstrating Unity principles in their lives
- Recognizing their full potentials as they transition into adulthood



## Unity Spiritual Center

Please bring your children between 10:45- 11:00 am so

- We can greet and help youth settle in before we begin.
- Youth feel a part of the group and not awkward or uneasy.
- You have ample time to get acquainted with our Youth Ministry.



**Sacred Safety:** We strive to provide a safe and nurturing environment for ALL at Unity. Youth have 3 opportunities to make choices that are safe & respectful for everyone. When needed

1. We ask that they redirect and make a safe/respectful choice.
2. We will place the child in a time-out if a safe choice is not made.
3. We will remove the child from the youth area, and they will be returned to your care.

**Note:** We have an “open door” policy: You are welcome to remain in the Nursery or Youth areas for as long as you wish and/or visit at any time.

“Holding that space for the kids to be, be who they truly are.”  
~Jeremiah Supon, Uniteen Leader  
at Unity Spiritual Center  
since 2003

## REGIONAL YOUTH EVENTS



- ⇒ Kids Camp-Summer-\$260
- ⇒ Uniteen Unitreat-Summer-\$300
- ⇒ Uniteen Unitreat-Fall-\$160
- ⇒ YOU Rally-Spring-\$180
- ⇒ YOU Rendezvous-Summer-\$180
- ⇒ YOU Retreat-Fall-\$180
- ⇒ Multigenerational Camp-Summer-\$95-\$195

\*Costs subject to change

\*Scholarships available—See Rev. Jackie for info

## 5 Unity Principles

Children's Program	Uniteens	YOU
God is good	God is all good & active in everything, everywhere.	There is 1 power & 1 presence in the universe: God the Good & omnipotent.
God is in me. God is in everything	I am naturally good because God's Divinity is in me & everyone.	Humanity is Divine. I strive to see the Christ in myself and others.
When I know I can, I can!	I create my experiences by what I choose to think & what I feel & believe.	The Law of Mind Action: Thoughts held in mind reproduce in kind.
I talk to God in prayer. I listen to God in meditation.	Through affirmative prayer & meditation, I connect with God and bring out the good in my life.	I am aware of God's presence through prayer and meditation.
I always do my best!	I do & give my best by living the truth I know.	I practice what I know.

*\*With increasing depth, we teach these foundational beliefs at each developmental age level.*

## Unity Spiritual Center

### Your involvement

Anticipate accepting the invitation of your heart to attend Unity with our youth on Sundays. This invitation will reach you in various ways...

**As you RSVP to the invitation, reveal your intention:**

*I will be there for the first 10-15 minutes to be part of creating joyful music.  
I will be there as 1 of 2 adults needed to meet sacred safety goals. Often! 1 to 2 times a month, at the 9 or 11 am service.  
I would like to help at special events or other activity.*

Being with our children provides a perfect venue for practicing the 5 Unity principles. Contact Rev. Jackie Green for clarification of the age groups, expectations and fun people you will be joining.

Thank you for your support!

### Your permission

**\_\_\_\_ I/We GRANT permission for this students photo/image to be published in the Unity newsletter and shared on social media.**

**\_\_\_ I/We DO NOT GRANT permission for photo/image that includes this child to be published for any purposes.**

Signature

Date