Faith Lab 2020

A personalized online experience for high school aged Unitarian Universalist youth.

What is Faith Lab?

- An engaging online summer program for high school aged Unitarian Universalists who’ve completed grades 9-12 (or homeschool equivalent)
- A chance to explore spiritual leadership, learn alongside UU spiritual teachers, and experiment with mystery, faith and wonder.
- In Faith Lab, you will discern your unique gifts, explore spiritual practices and build community together
- Inspired by the work of the UUA New England Region
- Brought to you with love by Rev. Aisha, Cora, Jennica, Rev. Kimberly and Steven

Practices of Spiritual Leadership that we'll explore together in Faith lab 2020

Covenanting --> Doing Our Inner Work --> Binding to Tradition --> Centering in Gifts --> Faithful Risking

Guiding Questions for Faith Lab

Covenanting --> Who are we together?
Doing Our Inner Work --> Who am I?
Binding to Tradition --> What do we inherit?
Centering in Gifts --> What am I called to share?
Faithful Risking --> How do I live my values?
Covenanting and Community Building: How can we build beloved community together?

Act: UU Faith Lab participants will create a covenant together
Practice: Make a covenant with your pod
Reflect: What communities hold me in covenant?
Gather: Attend Dinner Church together

Doing Our Inner Work: How do we show up for ourselves and for others?

Act: Get down with your “shadows,” create a visual/physical/musical representation of your “shadow side”
Reflect: What might my fears be trying to tell me?
Explore: Research and try a new spiritual practice this week
Learn: Attend discernment workshop with amazing UU faith leaders
Practice: Try a discernment practice with your pod or share your “shadow side” creation with your pod

Binding to Tradition: What can we learn from Unitarian Universalists who came before us?

Connect: Attend a panel with UU faith leaders about our history and justice making for the future
Learn: Find an ancestor from your tradition that inspires you, learn about their life and share with your pod
Reflect: What’s most inspiring about Unitarian Universalism? What do you find most challenging? What do you think a “shadow side” of UUism might be?
Worship: Attend an online worship. Afterward, reflect on moments when you felt connected or disconnected during the service.
Centering in Gifts: We all have unique, intangible gifts to share with the world. What are yours?

Explore: Join spiritual leaders and entrepreneurs for a workshop on up and coming UU ministries
Reflect: What do you think your unique gifts are? What are you excited and energized by?
Commit: How can you share your gifts with your church community?
Brainstorm ways with your pod.
Connect: Pick three trusted loved ones and ask them to help you reflect on your gifts

Faithful Risking: How will you put your faith into action?

Act: Attend an online action together
Reflect: What faithful risks are you being invited to take? How are you being invited to live more deeply into your UU values?
Create: Create something to share with the group. It could be a sermon, a creative work, a poem, a piece of music or an action.

Ready to join Faith Lab?

To register and for more information: uua.org/faithlab
Question: youth@uua.org