

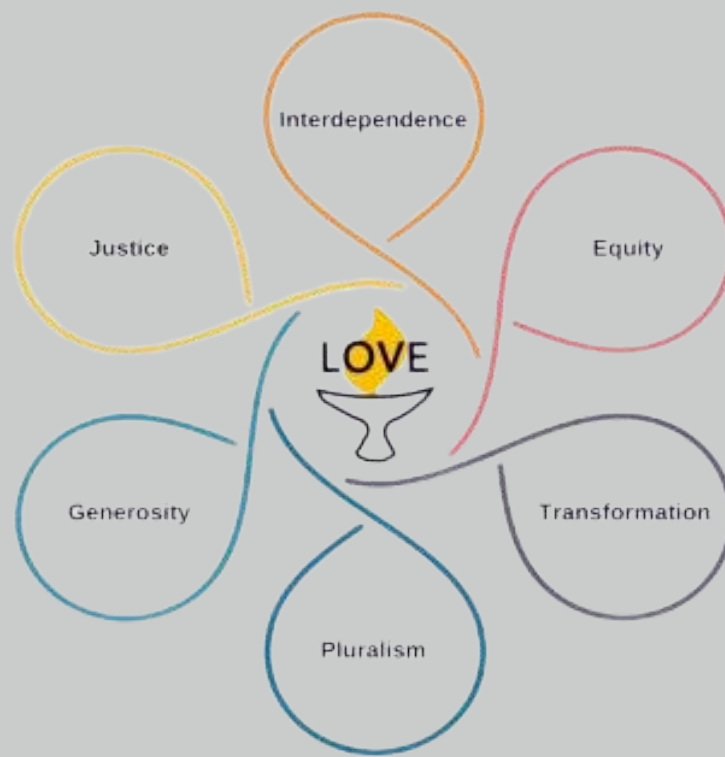


White Bear Unitarian
Universalist Church

PROGRAMS FOR CHILDREN, TEENS & FAMILIES



2025-2026



WELCOME!

At WBUUC, we work together to create a safe and loving space where people at all ages and stages can build beloved community and celebrate the fullness of what it means to be human, together.

*Come into this place,
Together we make it holy a holy place.*

From nursery care to Coming of Age, and from sexuality education to worshiping together, we hope that you find this to be a place of deep connection and support for you and your family.

Warmly,
Amy

PHILOSOPHY

As Unitarian Universalists, we believe that we are called into the work of learning and growing every day, for our entire lives; and we need one another as traveling companions in this work! At WBUUC, the community is our primary curriculum-- we are always learning about the ourselves, our world, and who are called to be any time we are together. Whether it is a shared meal, worship, play time, or a small group, we are changed by one another. Join us on the journey!

EXPLORE: We hold space for learning about ourselves, one another, and to clarify the beliefs and values we hold.



PRACTICE: We hold space for rituals & developing spiritual practices that nurture our individual and collective spirits.

COMMUNITY: we work together to build an intentionally multigenerational, covenanted community because together, we are strong!



DROP-IN PROGRAMS

NURSERY CARE

Drop-in care for babies and toddlers.

While babies and toddlers are always welcome to attend services and events with you, we are happy to be a part of the village that helps to care for you and your child. We have a pager system so that staff can reach caregivers when needed, and our loving staff will check in with you about your child's needs to help you and your child feel at home in our Nursery.

Pre-registration is not required for our Sunday and Wednesday care, but it is appreciated to help us get to know you and your child. Space is also limited in our Nursery on a first-come basis.

Sundays

8:45am-10:20am

Ages 6 mos.-3 yrs

&

Sundays

10:45am-12:20pm

Ages 6 mos.-2yrs



Wednesdays
6:00pm-8:00pm
Ages 6 mos.-3yrs

Special Services & Events
By RSVP
(watch the enews for more!)



WBUUC KIDS CLUB

New this year, our WBUUC Kids Club is an informal, centers-based program for kids to get to know one another and explore WBUUC through play.

Kids can choose between our Maker Space, Game & Activity Room, or our Soulwork Space. New activities will be introduced in our centers each month to go along with our monthly theme.

This program is led primarily by our childcare staff. Guests are welcome, and pre-registration is not required (but it is appreciated!) & kids must be signed in & signed out by their grown-ups.

This program does not require regular attendance and is a great way to get a feel for our community if you are visiting or just getting to know us!



Sundays
9am-10:20am
Ages 4 & up

Wednesdays
6:30pm- 8:00pm
Ages 4 & up



SPIRITUAL GROWTH

Spiritual Growth programming at WBUUC provides an opportunity for kids to deepen their connections with peers and the adults in our community who facilitate their circles. We hope that by exploring together, children and teens will strengthen their support network, explore stories, songs, and practices that provide grounding throughout their lives, clarify beliefs and values, and learn about themselves and the world. Weekly attendance is not required for these programs, but consistent attendance helps create a deep and meaningful experience for children and facilitators.

Registration is free, but required.
Unless otherwise noted, registration is open throughout the year.

<https://bit.ly/25-26RE>



CHALICE CHILDREN

Chalice Children is our pre-k program for 3 & and 4-year-olds, led by our childcare staff. In this class, we begin to introduce story time, a chalice, and a feelings check-in. Chalice Children also have plenty of Choice Time to explore toys and crafts. Parents can choose to drop off children before the start of the service, or have kids begin in the worship service.

*Sundays,
11am-12:20pm
Ages 3 & 4*



SUNDAY CIRCLES

Sunday Circles are small groups, divided up by grade cohorts and led by volunteer facilitators. Circles explore our monthly themes through wisdom stories, games, art, and experiences. Our primary focus in these circles is relationship: kids get to know themselves, one another, their adult leaders, and their congregation on a deeper level as we grow and serve together.

Each Sunday, children start in the worship service at 11am (check-in at the Spiritual Growth Table on your way in!), and then leave with their facilitators for circles after the story. Circles end at 12:20pm.

Sunday circle schedules include:

- **Circle Sundays** (most weeks, circles divided by grade)
- **Chapel Sundays** (All circles together led by staff)
- **Worship Visits** (each circle will take a turn attending worship with their cohort and facilitators)
- **Multigenerational Sundays** (kids attend the entire worship service with their families)

Grade cohorts will be determined as families register with classes of 8-10 per circle in mind. Families will be sent a full schedule and circle assignments.



*Sundays,
11am-12:15pm
Kindergarten-6th Grades*

CROSSING PATHS

Crossing Paths is a world religions program for 7th and 8th-grade youth, and is rooted in our value of religious pluralism. This program is designed to challenge youth to think theologically, learn distinctive UU spiritual practices, and strengthen their relationship with their home church community and other faith communities in our area.

This class schedule includes field trips to visit other faith communities. Because we are learning about how to be intentional, gracious guests in other faith communities, consistent attendance is strongly recommended.



*Sundays, 11am-
12:20pm
Grades 7 & 8*

COMING OF AGE

Coming of Age is a rite of passage program unique to Unitarian Universalism that celebrates youth as they make the transition from childhood into spiritual maturity and responsibility. UU congregations all over the globe celebrate Coming of Age by setting aside special space for youth to engage in reflection, discernment, and celebration alongside adult mentors who help guide them. Families often identify this class as a deep and meaningful bonding experience for the whole family. Our hope is that you and your youth will emerge from the group with increased confidence, self-awareness, and skills for living well with spirit and purpose.

*Sundays, 9am-10:20am
9th-12th Grades
Registration deadline: 11/1/26*



YOUTH GROUP

Explore big questions, deepen connections, and have fun! High school youth spend the year practicing deep listening, supporting one another, and planning outings and events in addition to diving into the monthly themes together.

SAVE THE DATES:

Youth Movie Night (grades 7-12): October 29, 2025

Twin Cities Youth Con: November 15-16, 2025

Spring Youth Retreat: April 11 & 12th, 2025

WBUUC Youth-led worship: April 26, 2025



*Sundays,
11am-12:20pm
Grades 9-12*

YOUTH GUIDES

Some of us learn and connect best by leading! Youth Guides are youth in grades 7-12 who are interested in taking on a leadership role in our WBUUC Kids Club on Sundays and/ or Wednesdays. Youth in this role will help younger kids engage in activities and with activity set up and clean up.

Youth Guides will have opportunities to plan outings and events throughout the year to celebrate their leadership!

*Wednesdays, 6:30-8pm
Sundays, 9am-10:20am
Grades 7-12*





OUR WHOLE LIVES SEXUALITY EDUCATION

Our Whole Lives (OWL) takes a holistic view of sexuality. It provides accurate, age-appropriate information while helping people clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. OWL is based on the Guidelines for Comprehensive Sexuality Education produced by the National Guidelines Task Force, a group of leading health, education, and sexuality professionals assembled by the Sexuality Information and Education Council of the United States (SIECUS).

Registration & attendance at parent meeting are required. Space is limited.
<https://bit.ly/25-26OWL>



KINDERGARTEN/ 1ST GRADE

8 hour long sessions geared toward children ages 5 through 7, led by trained facilitators. This program can help you educate your child about bodies, gender, boundaries, families, conception, birth, and babies. You will be actively involved as your child learns through songs, stories, activities and at-home projects that promote family dialogue.

*Wednesdays, 6:15pm-7:30pm
Spring 2026*



4TH-6TH GRADES

In 10 75-minute workshops, OWL models and teaches caring, compassion, respect, and justice. It helps children in Grades 4-6 understand the physical and emotional changes of puberty. Participants explore values, communication, and decision making, as well as physical health and development.

Parents and caregivers can be actively involved in the exploration of growing older, values, communication and decision making.



*Sundays, 9am January-May 6
Parent Meeting: 1/14/26 6:30pm*

7TH-8TH GRADES

OWL models and teaches caring, compassion, respect, and justice. It helps adolescents address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants are guided by trained facilitators through 25 sessions that address topics most important to young adolescents, including those typically excluded from sexuality education and health classes. Each workshop is 90 minutes.

Our Whole Lives programming at WBUUC is made possible by generous donations from members and friends of WBUUC. Our goal is to keep these important programs available and accessible to all, regardless of ability to donate. If you are not currently a pledging member of WBUUC, we ask that you consider making a donation to help us keep accurate, inclusive sex education available in the East Metro. Thanks!

FOR FAMILIES

BUILD MULTIGENERATIONAL COMMUNITY

There are so few communities in our culture where we gather in intentionally multigenerational communities, As Unitarian Universalists, we know that we need each other as we learn and grow, and that kids and families thrive with a strong circle of support. We hope that you find a place here to feel strongly rooted as we all grow and learn together!

Worship

Worship is the time spent together holding up what is of worth to us--through story, song, ritual, and inspiration. While some of our services are specifically formatted with extra movement and feature community rituals and songs that help children feel part of the larger community and foster a sense of UU identity (“Multigenerational Worship”), all ages are always welcome to worship together with their families at every service.

Our Soulwork Center in the sanctuary has fidgets, activity sheets, and comfort items for those who need a little extra movement to feel present, and our Quiet Room at the back of the sanctuary is always available in case you or your child would like a more private space while enjoying the service.

Special Events

Throughout the year, we host classes, groups, and events. Some of these events, like our International Game Nights, Wednesday Night Suppers, and our Halloween concert, are intentionally geared all ages and we hope that you'll participate together with your child while deepening connections in the community!

Childcare

For classes, groups, and events that are not explicitly geared toward all ages, we often offer on-site childcare for kids. Most often, we will ask families to RSVP so that we can make sure that we have enough staff to accommodate the need.

If you would like to request childcare for a specific event or meeting, please reach out to nursery@wbuuc.org

FIND SUPPORT

Parent Circle

Our parent circle meets once a month on Wednesday nights following our community meal, and is a great opportunity to get to know others who are actively parenting in our community. Drop-in childcare is provided. Watch the e-news for the full schedule.

Pastoral Care

We all need a little extra support sometimes! If you are in need of a listening ear, a prepared dinner, a visit from a pastoral care companion, or financial support, please reach out to one of our ministers. We are so happy to be here for you!

CONNECT

Adult Spiritual Growth

Growing and Serving is a lifelong journey-- our small groups for adults are a great way to hold space for your own spiritual growth and deepen connections at WBUUC!

From Theme Circles to our Stitchers group and beyond, we hope you'll find a space that nurtures your spirit. Find out more about our current offerings at wbuuc.org/small-groups

Serving

All we do at WBUUC is possible because of volunteers who make it all happen! There are so many fun and meaningful ways to get involved at WBUUC: join one of our cook teams to help prepare our Wednesday evening meals, lead a small group, or help greet on Sunday mornings. There are also committees and teams that work to make our community and world a better place.

We also ask that families with kids in our Spiritual Growth programming visit our classrooms at least once per year to learn more about our programs and meet other families and volunteers. (no prep required!) Sign-up sheets will be sent out when you register.

Serving is a great way to deepen your connection to our community and help us support all the members and friends at WBUUC and beyond.

To find out more, contact Rev. Jack or watch our website!

Become a Member

While anyone can make a donation to help support our programs as well as participate in and volunteer for our programs at WBUUC, we invite you to consider membership. Our two-part membership class series will help you learn more about Unitarian Universalism and our congregation and help you get connected.

Members sign our membership book, are honored at an annual worship service, can vote in congregational meetings, serve on our board of directors, and are asked to make an annual financial pledge of record that fits their budget.

For more information contact Rev. Jack.

SAFETY

It takes all of us working together to create an emotionally, physically, and spiritually safe environment at WBUUC; our Relational Covenant team works together to create behavioral expectations and systems of accountability.

Our Safe Congregation Policies outline expectations and guidelines for volunteers who work with children (including background checks for teachers), and we ask that every one of us be mindful that we are a community with lots of different needs. We are also a church in the woods-- which means helping one another make safe and mindful choices when we are outside among nature and the animals who share this beautiful space.

Learning how to be in a covenanted community together is our most important work! Thank you for your support!

WBUUC Religious Education Staff

Amy Peterson (she/her)

Director of Religious Education | dre@wbuuc.org

- Spiritual Growth for Children, Teens & Adults
- Multigenerational Worship
- Our Whole Lives Sexuality Education
- Family Ministry Team & Volunteering

Matt Theilen (he/him)

Religious Education Assistant | mtheilien@wbuuc.org

- WBUUC Kids Club
- Spiritual Growth Circles for Kids

Jenna Weber (she/her)

Childcare Coordinator | Nursery@wbuuc.org

- Childcare for special events
 - Questions about Nursery Care and Pre-k
-

Get Connected!

Parent Group on GroupMe

