



First Parish Duxbury
UNITARIAN UNIVERSALIST CHURCH

Programming across the Lifespan

Being a part of a loving community strengthens our love for others, ourselves, and the world around us.

Our UU Rainbow Promises

Every person is important.
Be kind in all you do.
We're free to learn together.
We can search for what is true.
All people need a voice.
Build a fair and peaceful world.
We care for the Earth.
Unitarian Universalist Principles, children's version

Registration

781-934-6532

welcome@uudux.org



2023-2024

Children's Programs

Trimester Themes

1 UU Principles

2 Being Neighborly

3 Taking Action

Community + More!

FPC offers community events, youth thru adult education and opportunities for spiritual growth, and multi-generational connection.

- **FUN DAYS:** Themed community events throughout the year.
- **ARTLAND:** UU-themed projects that nurture spiritual growth.
- **SERVICE PROJECTS:** Opportunities to actively engage in good works in the local community and beyond.
- **WORKSHOPS:** Music, art, spirituality, and beyond.
- **DINNER CHURCH:** Fellowship, food, and fun.
- *And so much more.*

Children's Program
Registration

←
Click here

Program Highlights



K-12

Soul Matters offers small group, age-appropriate curriculum that fosters circles of trust and deep listening. Monthly themes encourage growth experiences and reflection.



3rd Grade +

With our beloved Rev Rob Kinslow, children will learn and understand our UU principles through the secrets of magic (respect, kindness, creativity and resourcefulness) while building confidence, self-esteem and social skills. Learn more [here](#).



K-2

A Montessori-based religious education programming curriculum, Spirit Play encourages independent thinking through wondering, story and ritual, play and creativity.

K-Adult

Our Whole Lives provides accurate, developmentally appropriate information about sexuality across the lifespan.



6 months - Pre-K

Loving and age-appropriate care is available for children during Sunday morning worship services.



2023-2024

Adult Programs



Enrichment + Learning

Our adult programming will engage your mind, body, and spirit!

Additional programs will be announced throughout the year.

Stay in the loop by joining our email list today!



←
Click here



THURSDAYS 11am-12pm | 8 weeks
Sep 28 5 thru Nov 16
One-time \$10 Registration Fee at door

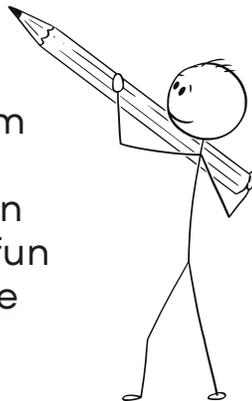
Developed at Kripalu Center for Yoga and Health, Shake Your Soul® is a mindful and joyful movement experience that cultivates physical strength, balance, range of motion, spontaneity, self-expression, community, and overall comfort and confidence in the body. Learn more [here](#).

Registration Required.

The Joy of Drawing

SUNDAY, 10/22 | 3-5pm

It's back! Everyone can be an artist with this fun and interactive course by our own Jim Hamilton.



Registration required.
Spaces limited. Ages 18+.

Artworks Drop-in Studio

After a successful inaugural year, Art Studio is back.

Stay tuned for details!

REGISTER