



First Unitarian Universalist Fellowship
of Hunterdon County
2018 Coming of Age Program
Credo Parameters

“What you set your heart to”

Purpose:

A credo is an expression of belief of an individual at a particular point in time. Through the readings, class discussions, mentor meetings, and self-reflection, each participant should develop an idea of what spirituality and religion means to him/her. The credo should express your reflection on key questions such as “What do you value most in life?” and “What do you set your heart to that might guide your choices in life?”

Deadlines:

- Brainstorming notes due in class on March 18th. (First impressions, ideas, thoughts, COA journal)
- First draft due April 22nd, either by email on or before April 22nd, or hard copy in class on April 22nd.
- Final draft due April 29th, either by email on or before April 29th, or hard copy in class on April 29th.
- Students will rehearse their credos on May 5th in preparation for the COA service on May 20th.

Length:

- Minimum of 2 minutes long spoken (250 – 350 words if in essay form)
- Maximum of 5 minutes long spoken (550 - 650 words if in essay form)
- *If your original credo is significantly longer than what can be presented in this time frame of 2-5 minutes, then you can create a “selected text” or abbreviated version to present during the COA service in order to meet the shorter length requirements for presentation.*

Format:

- Essays are the traditional format
- *Original* songs, poems, artwork, interpretive dance, and power point presentations are acceptable. If what you want to do is not on this list, please check with the program advisors or the DRE.

Assistance:

- Mentor (consider having one or two special meetings to work on your statement)
- COA advisors
- Rev. Seth Fisher and Sarah Ahrens
- Parents
- Older youth who went through COA
- Other people whose opinions and thoughts you respect

COA Service:

- You are expected to present your credo to the congregation at the COA service on May 20th at 10:30am
- Your mentor will introduce you with a blurb in the Order of Service that day
- You will have 2-5 minutes to present your credo
- You are welcome to invite friends and family members to this special event to help you celebrate your Coming of Age!