

For All Adults

- You are a role model for children in worship.
- Welcome children as you would others.
- Warm greetings go a long way.
- Share the experience with the children around you. Especially during Spirit Sundays, help them with activities and elements of worship.
- If children have a role in worship, treat them as worship participants, not performers.
- Pick up a Soul Work activity for yourself from the back of the sanctuary. They are for all ages!
- Show patience and gratitude for children in worship. It means our faith is growing!
- Keep an open heart as we learn to be together as a community.



*RRUUC is a congregation
of all ages and stages.
We welcome all who come
to worship as fellow learners
and explorers of our UU faith.*

We are glad you are here!

For Children

- Sit near the front for the best view
- Follow along with the Order of Service: bit.ly/RRUUCOOS
- Stand and join in when we sing hymns, even if you don't know the words yet.
- Share quiet time when there's meditation or prayer. We'll move on to something else soon.
- Feeling bored? Day dream, count your breaths, pick up a fidget.
- Pick up and engage in a Soul Work activity located in the back of the sanctuary.
- Speak quietly during worship time; leave quietly if you must leave.
- Spirit Sundays (2nd Sunday of each month) are designed for all ages. Your participation is important.

For Families

- Consistent attendance is the best way to help your child be more comfortable in worship.
- Explain what's going on and answer your child(ren)'s questions. It's fine to speak quietly.
- Pick up a Soul Work activity from the back of the sanctuary for yourself and your child. They are for all ages!
- If your child needs a break, please go with them. Encourage them to try again in a few minutes
- Keep asking them to stay longer each time. It will get easier with familiarity and growth.