

# A Spiritual Home for Young Adults

Navigating adulthood is challenging whether you're finding your first apartment, starting a new job, moving away from your childhood home, exploring a committed relationship, or raising children. Navigating adulthood without spiritual grounding and community is even harder. In congregations, in young adult groups and campus ministries, in virtual communities and at camps and conferences, Unitarian Universalist young adults are getting spiritually recharged, building relationships, and exploring what meaningful adulthood looks like.

Just like there are many ways to be UU, there are many ways to be a UU young adult! The five UU young adults profiled here offer some examples of how Unitarian Universalists ages 18-35 engage with their faith. Whether you grew up UU or are just wandering into a UU space for the first time, we hope you'll see aspects of yourself reflected back in these stories and faces and feel inspired to begin or continue deepening your relationship with Unitarian Universalism.

**-Rev. Annie Gonzalez Milliken and Rev. Elizabeth Nguyen, editors**

## **Rosemary Dodd**

Californian, student, vegetarian, age 19

Being on the leadership team for my Campus Ministry means that I get to plan activities and envision how our community can practice vulnerability, pluralism, spirituality, and justice within our busy lives. When I visit my hometown, I return to my congregation, which is always there for me and helps me re-connect to where I grew up.

## **Lia Parks**

leader, Christian UU, social butterfly, age 18

Unitarian Universalism nourishes my desire to learn through official UU programs as well as simply talking to other church members. Unitarian Universalism encourages me to face my fears and challenges me to make the world a better place for everyone.

## **Kevin Lowry**

father, partner, spiritual person, age 33

Unitarian Universalism gives me the religious practice and spiritual guidance to nourish my soul through a multitude of sources and religious traditions. I also work to mentor other young adults on their spiritual journey and call to living a just, equitable, and compassionate life.

## **Ellie Brown**

adoptee, filmmaker, pun enthusiast, age 20

I engage with UU young adults of color regularly to discuss ways to break down racial barriers within our communities. I take inspiration from the seven Principles when creating art. Unitarian Universalism has helped me come to understand that community is my god, and for that, I am forever grateful.

## **Byron Tyler Coles**

bold, creative, reverently irreverent, age 24

As a Unitarian Universalist-Pagan, I am called and challenged to live humbly, love courageously, and be in right relationship with the world around me as much as possible. Even in the midst of all of life's messiness, I live out my faith by reveling in its beauty while striving to make each moment a work of awesomeness.

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## **Resources for UU young adults**

### **For all young adults:**

[uaa.org/youngadults](http://uaa.org/youngadults)

### **For college students:**

[uaa.org/campusministry](http://uaa.org/campusministry)

### **For justice oriented programs:**

[uucsj.org/young-adult-programs/](http://uucsj.org/young-adult-programs/)

### **For updates and announcements:**

Like "The Hub: Young Adult UUs" on Facebook

Follow @YAYAUUA on Twitter

### **For stories about UU youth and young adults:**

[blueboat.blogs.uaa.org](http://blueboat.blogs.uaa.org)