

Adventures in UU Parenting: The God Talk

By Rayven Holmes

Parenting is tough. Parenting while being part of a faith that calls us to forge our own spiritual paths can sometimes



feel like torture. We are simultaneously trying to process our own religious and spiritual pasts while looking for a foothold to help guide our children into the murky waters of life. Indian Jones' adventures haven't got anything on UU parenting. It is not always easy being a UU parent but it's definitely worth it. If you're not a UU parent you might be asking yourself, "well what's so difficult about being a UU parent?" for one, there's the god talk. Ask ten UUs to tell you about god and you'll get twelve different answers, yes, that math is right.

What makes UUism beautiful is we don't claim to have the answers, we're here to walk your journey with you, not for you. Unfortunately, though, we live in a society where a lot of people and organizations affirm that they know exactly how everyone should live their lives. This means, inevitably, every UU parent will have to have the conversation about god. That conversation is even harder

when there are outside forces affirming absolutes in times when all you can do is speak your truth. Over the years I've found that if I focus on raising compassionate critical thinkers then the rest more or less sorts itself out. In addition to teaching the children to question everything and everyone, yes, even me, I've created an ever-growing collection of resources to help. Below isn't the complete list, merely a glimpse of the wealth of resources at our disposal as we raise ethical children free to forge their own paths in life.

If you're looking for a group of compassionate individuals to offer support as you move through your UU parenting adventure REACH meets the third Thursday of every month at 8 p.m. We hope to see you there on December 17th.

For Kids

Usborne Encyclopedia of World Religions is excellent because there are links to accompany the text that provide a deeper look at the various faiths and the people who practice them.
<https://www.usborne.com/quicklinks/eng/catalogue/catalogue.aspx?cat=1&loc=usa&area=RL&subcat=RWR&id=4173>

Bible Stories for Heathen Children is a podcast that tells biblical stories from a mythological standpoint to provide exposure without indoctrination.

<https://podcasts.apple.com/us/podcast/bible-stories-for-heathen-children/id1480175191>

Maybe Yes, Maybe No helps kids think critically about information they are told. The first half is similar to a comic, the last half is more of a lecture.

https://www.goodreads.com/book/show/186676.Maybe_Yes_Maybe_No

For Parents/Caregivers

Parenting Beyond Belief First Edition
https://www.goodreads.com/book/show/54170.Parenting_Beyond_Belief

Parenting Beyond Belief Second Edition
<https://www.oreilly.com/library/view/parenting-beyond-belief/9780814437421/>

Raising Freethinkers Book
<https://www.goodreads.com/book/show/3420416-raising-freethinkers>

Raising Freethinkers Podcast
<https://podcasts.apple.com/us/podcast/raising-freethinkers/id1450646222>

Relax, It's Just God by Wendy Thomas Russell covers how and why to talk about god with your kids.
<https://www.goodreads.com/book/show/24913473-relax-it-s-just-god>

Rayven Holmes is our Youth Program Coordinator at CVUU. She lives in Hampton, VA with her husband and three sons.

CVUU's REACH helps parents

Join us for monthly meetings of our parent/guardian support and education group REACH (Raising Ethical Autonomous Children) via Zoom.

**Every 3rd Thursday
of the month at 8 PM**

Meeting ID: 894 8637 4276
Passcode: parent

