

Philosophy of Adult Education  
Religious Education Council  
First Unitarian Universalist Society of Albany

Ours is a living tradition, one that does not have a test of faith, but rather helps individuals to develop their philosophy of life or spiritual growth. Working to put one's values into action is also an important part of UUism.

Whether they were raised in a faith tradition or not, as Unitarian Universalists or not, adults come to us with their own life stories. The adult education program should strive to give adults opportunities to examine their stories in the light of Unitarian Universalism, by using the six sources of our living tradition. In addition, each adult ed. offering should help adults integrate their leanings into their personal philosophies, theologies and values.

The adult program should offer the same "basics" of the program for children and youth for faith formation: UU history and heritage; UU identity, world religions, Jewish and Christian teachings, understanding and making sense of the interconnected web of life. For adults who have familiarity in these areas, adult ed. should offer opportunities to go deeper into these topics and also expand to areas, which foster adults' philosophical and spiritual development. Like the program for children and youth, Adult education should offer different ways to address the plurality of learning styles. Adult education is also a means to overcome oppression in our society at large.

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