

Children & Families Welcome!

Parents' Frequently Asked Questions about Sundays



Is Sunday service kid-friendly?

The beginning of Sunday service usually starts with 2 or 3 songs and is intended for all ages. When it's time for the children's program to start, the minister will make an announcement; then that day's adult leader will accompany the children to the Lodge.

What's available for different age groups?

Ages 4-11 – The children's program is primarily designed for ages 4-11, and the adult leader can always try to adapt plans based on the ages of that day's participants.

Ages 12+ – Older children may help the adult leader with the younger children or find a quiet place to read. *(Please note: Gym equipment is only to be used by people age 18 and older.)*

Ages 0-3 – It usually works best if an infant or toddler is accompanied by a parent, particularly at first. Many times toddlers will be able to participate in the children's program even without a parent. If your child is not ready or inclined to do so, you and he or she can enjoy playtime, the gardens, or a nap. Baby changing stations are available in the Lodge restrooms.

What happens during the children's program?

Snack, Discussion & Meditation – The group gathers in the Lodge dining room. The adult leader provides a healthy snack and engages the children in exploring the inspirational topic of the day through story and/or discussion, and guides them in a short meditation. The group sometimes moves to the Lotus Chapel (round cob building near parking lot) for the meditation.

Activities – These vary widely from Sunday to Sunday and may include experiences with art, nature, crafts, free playtime, games, walking meditation, and more. They may take place in the Lodge, outside, or in the playroom (back side of office building).

What if my child is too restless for any part of Sunday service?

If your child is restless and you would feel more at ease, it's fine to step outside with them early and then meet up with the rest of the children and the adult leader later. The Lodge living room, the children's playroom, and the gardens outdoors are all available.

My child is very calm; can he/she stay for the whole service?

This is a decision you and your child can make together. Children are welcome to take part in the entire adult Sunday service (and not leave to participate in the children's program) if they feel ready and inclined to listen quietly to a talk for 15-30 minutes and meditate silently for 15-20 minutes.

Should I (or can I) attend the children's program with my child?

Parents are welcome to accompany their children at any time they wish. For children under the age of 4, we generally recommend this, at least until your child is comfortable with the setting. Parent help is also requested if there are 6 or more children with only one adult leader.

How do I meet up with my child after service?

The children's program ends when the Sunday service ends. Please find the group after service and be with your child at brunch. At the end of service, the group will usually be in the playroom, outside (especially in the garden areas on the North and East sides of the Lodge), or in the Lodge.

How can I follow up with my child at home?

You can set aside a time to meditate with your child each morning and/or evening. Perhaps they would like to guide you in a short meditation and teach what they have learned.

Topics are aligned with the main Sunday service topics, so you can encourage your child to describe what they learned and discussed.