

Northwest Youth of Unity 2025-2026 Annual Report

This was a great year of growing, sharing, and deepening connections within the Northwest YOU community. At the beginning of last school year, the NW YOU Regional Officers were Aurora Jarvi (Portland) and Kendall Stratton (Everett). Throughout the year we focused on expressing our individuality, being more inclusive, and strengthening the loving connections within our community. Below is a summary of each of our events from this past year. Thank you for your ongoing support of our youth!

YOU Retreat “Essence of You” (October 4-6 in Randle, WA)

38 people from 9 Northwest Region ministries participated in this wonderful weekend full of connection, growth and fun! We explored the theme "Essence of You" and how we each let our unique light shine.

YOU Reunion Event “Appreciating Presence” (February 21-23 in Lynnwood, WA)

24 people from 5 Unity centers gathered for the YOU Reunion event "Appreciating Presence." It was a wonderful weekend of sharing and connection. Two of our teen leaders did an amazing job planning and facilitating this event!

YOU Rally “Together We Thrive” (April 25-27 in Randle, WA)

27 people from 6 Northwest ministries gathered together for our YOU Rally "Together We Thrive." We spent the weekend building and deepening connections with each other and with ourselves. It was a wonderful event where everyone felt nurtured and appreciated. We also elected Colin Falin (Lynnwood) and Sahel Siping (Portland) as our Regional Officers for the 2025-2026 year!

Kids Camp “Kindness is Key” (June 29-July 2 in Vernonia, OR)

28 people from 8 Northwest Region ministries participated in the 44th Annual Kids Camp! The theme this year was “Kindness is Key” and we explored ways we can “Be Kindness and Do Kindness” with ourselves, others, and our world. Our six counselors did an amazing job planning and facilitating a fun and uplifting event for everyone. We enjoyed funshops, crafts, hikes, joy songs, swimming, talent shows, and a 750 foot-long Slip N Slide! Thank you for sending the 7-11 year olds from your ministry, we had a great time and everyone left looking forward to the next camp!

IYOU Event “Transformation” (July 20-24 at Unity Village, MO)

12 YOUers and 3 Sponsors traveled from the Northwest Region to Unity Village, MO for the annual IYOU event! The event was co-planned and hosted by NW YOUer Noah Madden (Lynnwood). The theme for the week was "Transformation." There were 79 total participants including two from South Africa! In addition to exploring the theme through workshops and small group activities, participants got to explore Unity Village and learn more about Unity's history and the history of YOU. This truly was a transformative experience for all the participants.

YOU Rendezvous “Just Love” (August 14-17 in Naches, WA)

28 people from five Northwest ministries gathered for our YOU Rendezvous "Just Love." In our exploration of love, the framework we used was the types of love identified by Greek philosophers: obsessive love, playful love, self-love, friendly love, enduring love, familial love, and unconditional love. This event was full of laughter, meaningful connections and... love. All the participants felt appreciated and uplifted and are looking forward to our next event.

YOU Retreat “Life Finds a Way” (October 24-26 in Randle, WA)

This weekend we will look at the Divine impulse to create and the people, places, and practices that enliven our souls. We will explore greater connections with ourselves, each other, and with Spirit.

YOU Reunion Event “Where You Invest Your Love, You Invest Your Life” (February 6-8 in Portland)

This weekend event is planned and hosted by YOUers aspiring to run for Regional Office at our Rally in the spring. They are coordinating all the preparations and will create and present workshops and other activities that support the theme and spiritual intention of the event. I’m impressed with what the teens have put together in the past two years and I’m sure this event will be a great success.

IYOU Chapter X

Chapter X is a global project where real teens teach Unity. Each video shares a spiritual topic like prayer, mindfulness, or purpose, through the voice of teens living it. Every video comes with a downloadable lesson that includes prayer, meditation, group discussion, and spiritual practices. Use a full episode in your YOU group or just the parts you need. You don’t have to reinvent the wheel. Just hit play. You can access those resources here:

<https://lessons.youthofunity.org/>

Chapter X is also a place for high schoolers that don't have other people their age at their ministry to experience community, make meaningful connections, and learn Unity's core teachings. The third season launches with brand-new content inspired by The Four Agreements by Don Miguel Ruiz, including content by NW YOUer (and former Regional Officer) Kendall Stratton! Teens and Sponsors can learn more and sign-up at: <https://youthofunity.org/>

Thank you for supporting our youth on their spiritual journeys by supporting these life-changing events—the impact of these events go farther and deeper than most people realize.

In Love and Gratitude,

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