

INTERESTED IN TAKING A COURSE?

Introducing Ourselves

- Offered four times a year
 - Twice in the fall (Sept.-Dec.)
 - Twice in the winter (Jan.-Apr.)
- Two different formats
 - 4 evening sessions, 2 hours per session
 - Full-day Saturday, lunch included
- Registration required
- No fee

MAPMAKING

- Offered once a year
- 5 or 6 evening sessions
- A final pot-luck supper
- Registration required
- No fee

For specific dates and times, check the *Lifespan Learning Guide* or www.firstunitarianottawa.ca/learn.

First Unitarian Congregation of Ottawa
30 Cleary Avenue
Ottawa, ON K2A 4A1

Phone: 613-725-1066
Fax: 613-725-3259

www.firstunitarianottawa.ca

UU COURSES

for

NEWCOMERS

and

NEW MEMBERS



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IN OUR HANDS ENTRE NOS MAINS

**FIRST UNITARIAN
CONGREGATION
OF OTTAWA**

INTRODUCING OURSELVES

In this eight-hour, interactive discussion course, led by Reverend John Marsh, you will learn about:

The Personal: People's spiritual journeys that arise from individual experiences and different religious sources.

The Past: The history of the Unitarian Universalist movement and the traditions of the First Unitarian Congregation of Ottawa.

The Principles: Guidelines, based on our diversity of beliefs and understandings, that help us build a better world.

The Present: Current congregational leaders discuss our goals, activities, finances, and organization.



MAPMAKING



A journey into membership

This course, led by congregational members, assists new members with their spiritual journey within our congregation. We reflect on questions such as:

- Who am I and what are my values?
- Who are my fellow travellers on this journey?
- What and who do I love?
- How shall I live knowing I will die?
- What are my gifts to the family of the earth?
- How will I contribute to the congregation?
- What do I want from the congregation?

At the end of the course, participants will have drafted their personal credos.