

First Unitarian
Congregation
of Ottawa



GETTING CONNECTED



**September 4
2026**

First Unitarian Congregation of Ottawa

This document will help you connect with the groups and activities in our Congregation. You can always access the latest version on the FirstU website under Make Friends/Getting Connected Guide.

Because meeting locations and times can change and some groups have restrictions on attendance, always make contact before you attend a meeting for the first time unless the description specifically suggests you can drop in anytime.



This document is prepared and maintained by volunteers like you. To give updates and corrections, please contact:

gettingconnected@
firstunitarianottawa.ca

First Unitarian Congregation of
Ottawa
30 Cleary Ave
Ottawa ON K2A 4A1

An Activity for Everyone

Why might you consider volunteering or getting involved in groups or activities within our Congregation? Your motivations are as unique and personal as your spiritual beliefs and practices. But, one of the great strengths of our religion is that the diversity of member motivations is matched by the opportunities available for members to find what is valuable for them.

Your very personal needs or desires might lead you to look for groups or activities that foster:

- a sense of belonging,
- opportunities for spiritual growth,
- personal sharing and close relationships with others,
- active sharing through music, work parties, or organization of events,
- intellectual growth through study, reading, discussion, meditation, or lectures,
- the development of new friendships, and/or
- chances to make a significant difference in the world we all share.

If any of these hit a chord, please look through the varied opportunities described in this document. You may be surprised at the depth and breadth of what goes on in our Congregation outside of Sunday worship. Don't hesitate to make contact and find out more – there's never any obligation and you may find a perfect match for your personal journey.

In this document and in conversation, we use many abbreviations. For reference, here are some we use often:

FirstU – First Unitarian Congregation of Ottawa

UU – Unitarian Universalist

eUU – FirstU weekly newsletter

UUFO – Unitarian Universalist Fellowship of Ottawa

UHO – Unitarian House Ottawa

RPCC – River Parkway Children's Centre

CUC – Canadian Unitarian Council

OrH – Or Haneshamah

OWL – Our Whole Lives

Contents

Congregation Staff.....	3	Sound & Light Team.....	7
Adult Learning & Growth.....	3	Spirituality & Philosophy Discussion Group*	7
Adult Library	3	Tai Chi Practice and Learning.....	7
After Sunday Service Conversation.....	3	Trivia Quiz Night	7
Ajashki Indigenous Project.....	3	Unitarian GoGos	7
Archives.....	3	Unitarian House Liaison.....	7
Board of Directors	3	UU Connections Team.....	7
Book of Gratitude	3	UU Pride Group	8
BookShelf	3	W&M1 Welcome & Membership Team.....	8
Bridge Group	3	W&M2 Greeters.....	8
Campus Community Wellbeing Committee (CCWC).....	4	W&M3 Membership	8
Campus Planning Committee	4	W&M4 Newcomer Outreach & Engagement	8
Caring Network*	4	W&M5 Welcome Table	8
Choir (Chalice)	4	Women's Pagan Circle	8
Choir (Children's)	4	Women's Personal Growth Group.....	8
Choir (Fusion).....	4	Women's Spiritual Growth Circle*	8
Choir (Special).....	4	Worship Team and Worship Associates.....	8
Choir (Three Rivers Singers).....	4	Youth Group	8
Communications & Outreach Committee.....	4		
Community Dinners.....	4		
Discussion Circle	4		
Drumming Circle	4		
Embracing Diversity Committee	4		
Environmental Action Working Group.....	5		
Fair Trade Chocolate Sub Group	5		
Fall Fair.....	5		
Finance Committee	5		
Food Cupboard	5		
Games Nights	5		
Governance Committee	5		
Hospitality Hour (Sunday).....	5		
House Band.....	5		
Journey Groups.....	5		
Justice & Equality Action Group.....	5		
Knitters Group	5		
Lay Chaplaincy Team	5		
Mapmaking.....	5		
Meditation Garden Friends	6		
Memorial Receptions.....	6		
Men's Breakfast Group	6		
Mental Health Support & Action Group.....	6		
Mindfulness Meditation Group.....	6		
Newcomers - Introducing Ourselves	6		
Nominating Committee*.....	6		
Office Assistants.....	6		
OWL - Our Whole Lives	6		
Personnel Committee*	6		
Property Team*	6		
Reading for Growth (non-fiction).....	6		
Reading for Growth (non-fiction).....	7		
Refugee Action Group	7		
Religious Exploration Children & Youth	7		
Right Relations Team	7		
River Parkway Children's Centre (RPPC) Liaison	7		
Singing Spires.....	7		
Social Justice Action Network.....	7		

Congregation Staff**Minister:**

Rev Lara Cowtan x225
minister@firstunitarianottawa.ca

Community Minister:

Rev Linda Goonewardene
riverspirit888@gmail.com

Operations Manager:

Jen Brennan x221
omr@firstunitarianottawa.ca

Finance & HR Manager:

Michelle Jackson x222
fm@firstunitarianottawa.ca

Lead Custodian:

Dee Mollema x224 leadcustodian@firstunitarianottawa.ca

Custodians:

Eden Bigras, Julia Defalco, Leaf Holmes
custodian cell: 613-890-1066

Music Director:

Jenn Berntson x230
music@firstunitarianottawa.ca

Director of Religious Exploration (RE):

Jodi McIntosh x234
dre@firstunitarianottawa.ca

RE Assistant

Esther Paul
rea@firstunitarianottawa.ca

Sound and Lighting Co-ordinator:

Julia Defalco x223
av@firstunitarianottawa.ca

Contact: Church Office

uuoffice@firstunitarianottawa.ca

Adult Learning & Growth

The Adult Learning and Growth Team coordinates ongoing groups which foster connection and community building. The team also plans and coordinates events and workshops which foster personal and spiritual growth and increase understanding of Unitarian Universalism.

Contact: Eva Berringer & Amalilly Sullivan
adultlearning@firstunitarianottawa.ca

Adult Library

The self-serve lending library in the Lounge contains roughly 900 books and other items on diverse subjects. In our basement archives there is also a small collection of older and rare books (some printed in the nineteenth century).

Contact: Jan Davis
uuoffice@firstunitarianottawa.ca

After Sunday Service Conversation

All are invited to meet in the lounge after the Sunday Service for coffee and conversation about the service.

Contact:
uuoffice@firstunitarianottawa.ca

Ajashki Indigenous Project

Ajashki is a Food Security and Climate Change Learning Centre for indigenous youth.

Contact: Michelle Jackson
fm@firstunitarianottawa.ca

Archives

Our Archives serve three purposes: 1. to help us locate our internal information more easily, 2. to have readily at hand documentation we are legally required to keep and to produce upon request, and 3. to preserve the main outlines of our history for future generations.

Contact: tbd
uuoffice@firstunitarianottawa.ca

Board of Directors

The Board (BoD) is elected annually by the Congregation to provide leadership in all aspects of the church community. The annual slate for the Board members is proposed by the Nominating Committee. Any Congregation member may attend a Board meeting except for the portions of meetings that may be in-camera.

Contact: Mary Ella Keblusek
president@firstunitarianottawa.ca

Book of Gratitude

The Book of Gratitude lists people who have made exceptional financial donations to First Unitarian Ottawa. It is on display and can be perused in the office.

Contact: Bob Armstrong
uuoffice@firstunitarianottawa.ca

BookShelf

The bookshelf sells a selection of fiction, non-fiction and children's books in Fellowship Hall after most Sunday services.

Contact: Jan Davis
uuoffice@firstunitarianottawa.ca

Bridge Group

All levels of players are welcome to this mentally stimulating fellowship activity. The format is multi-table rotational, Chicago scoring. We meet from 7:00-9:00 pm the first Friday of the month on Zoom and the third Sunday afternoon in person, from September to May. Contact us or see the e-UU newsletter for dates, location, and cost.

Contact: Brent Nicolle & Barb Ryan
bridgehost@firstunitarianottawa.ca

Campus Community Wellbeing Committee (CCWC)

Representatives of the Cleary campus partners (currently, First Unitarian, Unitarian House, River Parkway Children's Centre, Or Hanesmah, and Ontario Aboriginal Housing Services) work together to communicate and address matters of common concern and interest. In the foreseeable future, as campus plans progress through the site planning stages to construction and beyond, the CCWC will continue to identify and communicate issues impacting the well-being of campus visitors and residents.

Contact: Jen Brennan
omr@firstunitarianottawa.ca

Campus Planning Committee

The Committee assists the Board and the Congregation by studying, providing advice on and making recommendations for policies and plans related to campus planning. The committee includes non-voting representatives from our campus partners, RPCC, Or Hanesmah, and Unitarian House. The Board appoints the members representing the Congregation.

Contact: Terry Kimmel
campusplanning@firstunitarianottawa.ca

Caring Network*

We encourage and nurture a caring network in the Congregation. Our volunteers provide occasional transportation, phone or make personal visits to people who are ill or house-bound, assist in emergencies, send caring cards, and help to organize memorial receptions for members.

Contact: Carmen Contreras
caringvisitors@firstunitarianottawa.ca

Choir (Chalice)

Chalice Choir is a non-auditioned choir that rehearses on Thursday nights at 7:00 p.m. - everyone is welcome! Previous musical experience is helpful but not required

Contact: Jenn Berntson
music@firstunitarianottawa.ca

Choir (Children's)

Children's choir is offered for children Grade 1 and older (ages 6+) and runs on Wednesdays 5:00 - 6:00. Children will learn vocal technique, develop their sense of pitch and rhythm, and learn basic sight-singing! Advance registration is required - contact Jenn to register.

Contact: Jenn Berntson
music@firstunitarianottawa.ca

Choir (Fusion)

Fusion is designed for experienced singers. Ability to sight-read and/or learn music quickly is an asset.

Contact: Jenn Berntson
music@firstunitarianottawa.ca

Choir (Special)

This choir will meet less often than the others to learn pieces of music that would be appropriate for special occasions.

Contact: Jenn Berntson
music@firstunitarianottawa.ca

Choir (Three Rivers Singers)

Three Rivers Singers is a small, auditioned ensemble of upper voices (sopranos and altos). They sing music in a variety of styles, aiming to highlight women composers and themes of welcome, community, and empowerment.

Contact: Jenn Berntson
music@firstunitarianottawa.ca

Communications & Outreach Committee

This Committee assists the Board in ensuring effective communications both within and external to the Congregation. The Committee works closely with various groups in the Congregation to develop communications strategies.

Committee members are appointed by the Board.

Contact: Carl Sonnen
communications@firstunitarianottawa.ca

Community Dinners

All families and members are invited to attend these biweekly dinners which bring us together to socialize. There is no fee, but donations are appreciated. See the eUU for information.

Contact: Nazim Ould-Brahim
uuoffice@firstunitarianottawa.ca

Discussion Circle

Meets bi-weekly on Zoom to discuss a pre-chosen topic. Thursdays 1:30-2:30 Go to the weekly e-UU newsletter to get the Zoom link.

Contact: Andrew Drake
uuoffice@firstunitarianottawa.ca

Drumming Circle

A gathering for anyone interested in community drumming, taking place the third Friday of every month from 11-12 in Fellowship Hall. We play percussion instruments (mostly djembes) and enjoy drumming and learning rhythms and techniques. All are welcome to drop in. Occurs September to June.

Contact: Jan Davis
uuoffice@firstunitarianottawa.ca

Embracing Diversity Committee

We plan and oversee the implementation of educational, advocacy, outreach, and community-building activities to create awareness of current realities and to build attitudes, behaviours, and practices that embrace and respect diversity of all kinds.

Contact: Nina Strang
diversity@firstunitarianottawa.ca

Environmental Action Working Group

The EAWG promotes awareness of environmental issues and encourages individual actions.

Contact: Mike Fletcher & Donna Bowen-Willer
EAWG@firstunitarianottawa.ca

Fair Trade Chocolate Sub Group

On Sundays and on request, we sell La Siembra Coffee/Chocolate and ZATOUN products in support of small farmer co-ops in developing countries.

Contact: Gary Campbell
uuoffice@firstunitarianottawa.ca

Fall Fair

Fall Fair, our annual bazaar, in November, is FirstU's largest fundraiser. It is a satisfying experience for some 350 volunteers.

Contact: Amalilly Sullivan
directorff@firstunitarianottawa.ca

Finance Committee

Monitors, reviews, and proposes policies related to finance matters. This excludes day to day financial matters for which the contact is the Finance Manager, Michelle Jackson (fm@firstunitarianottawa.ca).

The Finance Committee members are chosen by the Board-appointed chair.

Contact: Guy Belleperche
treasurer@firstunitarianottawa.ca

Food Cupboard

We maintain a variety of food and household items which can be accessed by individuals who are in need. We purchase some items, but welcome donations of food and items other than milk and bread.

Contact: Lisa Sharp
uuoffice@firstunitarianottawa.ca

Games Nights

Drop-in Game Nights (Euchre, Chess, Backgammon) are held on the 1st and 3rd Wednesday evenings of the month - 12 months a year. People arrive at 6:30, and plan to stay until 8:30. We meet in Room 3 downstairs, and make up fours for Euchre as players arrive. Everyone from novices to experts is welcome. Please feel free to bring a snack to share if you like, but mostly feel free to bring a friend! And, of course, bring along a deck of cards, chess set or backgammon board if you have one! No RSVP required.

Contact: Andrew Drake
uuoffice@firstunitarianottawa.ca

Governance Committee

Monitors, reviews, and proposes policies related to governance matters. The Committee members are chosen by the Board-appointed chair.

Contact: John Emond
governance@firstunitarianottawa.ca

Hospitality Hour (Sunday)

Volunteers are recruited for Hospitality Hour (a sign-up schedule is posted in Fellowship Hall) and training is provided. On Sundays, volunteers prepare the tables and beverages and snacks in Fellowship Hall before services and serve refreshments following. Clean up includes washing of dishes.

Contact: Tarrel Armstrong
uuoffice@firstunitarianottawa.ca

House Band

The FirstU House Band welcomes instrumentalists and vocalists to participate in Sunday services and other FirstU events, with a focus on contemporary folk, rock, and country music. All levels of ability and experience are welcome.

Please contact houseband@firstunitarianottawa.ca for more information.

Contact: Mary Ella Keblusek
uuoffice@firstunitarianottawa.ca

Journey Groups

Journey Groups are small, intentional gatherings where participants explore monthly congregational themes and life's big questions together. They offer a moving and meaningful way to connect with others and yourself while deepening clarity and commitment on your spiritual path.

Contact: Amalilly Sullivan
adultlearning@firstunitarianottawa.ca

Justice & Equality Action Group

We encourage our Congregation to deliberate on issues of social justice, advocate for social change, and join with other people of faith and goodwill. Individuals are encouraged to bring their social justice concerns to the group for discussion and action.

We also run the food cupboard and work on affordable housing stuff.

Contact: Lisa Sharp
SJAN@firstunitarianottawa.ca

Knitters Group

This group welcomes knitters and crocheters of any level, from beginner to expert, who enjoy creating hand-made items in a friendly, supportive setting. Using donated yarn, we make a variety of goods to sell at Fall Fair, Mitten Tree, etc. or to donate to special community projects.

Contact: Denise Choquet
uuoffice@firstunitarianottawa.ca

Lay Chaplaincy Team

The Ottawa Lay Chaplaincy Committee (aka FirstU Lay Chaplaincy Team) serves both our congregation and the UU Fellowship of Ottawa. Active members of FirstU or the UUFO may apply to be lay chaplains.

Contact: tbd

Mapmaking

Mapmaking will involve you in a range of activities to:

- make connections with others;

- reflect together on your concepts of spirituality, faith and our UU principles;
- learn more about FirstU and its linkages to the broader world;
- consider what it means to belong to the FirstU community of faith and what you can bring to it; and
- reflect on your 'credo' of who you are and where you are in your faith journey.

Contact: Eva Berringer
adultlearning@firstunitarianottawa.ca

Meditation Garden Friends

This team cares for the meditation garden. Volunteers are cherished - our tasks vary from deadheading and weeding to plant research.

Contact: Susan Mellor & Margaret Linton
uuoffice@firstunitarianottawa.ca

Memorial Receptions

The Memorial Receptions Team will occasionally provide a reception after a Memorial Service for a member of our congregation. Volunteers help in setting up, serving, and cleaning up Fellowship Hall.

Contact: Evelyn Algar
uuoffice@firstunitarianottawa.ca

Men's Breakfast Group

The Men's Breakfast Group (MBG) is a welcoming social group open to all men, whether or not they are members of FirstU. We gather for a participant-prepared breakfast on the second and fourth Friday mornings of each month throughout most of the year. Each breakfast typically features an engaging guest speaker, with topics and speaker details announced in advance. In addition to fostering friendship and conversation, MBG members support the FirstU and Unitarian House communities by assisting with events when needed.

Contact: Chris Hughes
uuoffice@firstunitarianottawa.ca

Mental Health Support & Action Group

The MHSAG provides a listening presence and mutual support for each other. We engage in actions to address mental health challenges in the Congregation and in the broader society. Challenges include mental illness, addiction, dementia, and disaster anxiety, e.g., climate change, war, pandemics. We support Ancoura, a charity dedicated to providing stable, affordable housing within supportive communities for persons living with a mental illness.

Contact: johnnie gall & Rev Linda Goonewardene
mhsag@firstunitarianottawa.ca

Mindfulness Meditation Group

We meet weekly on Zoom. All interested in 'turning inward with patience' in a supportive and mostly silent community, are welcome to join in. Wednesdays - 7:00pm on Zoom.

Meeting ID: 880 7343 6250 Passcode: 259109

Contact: Colleen Glass
meditation@firstunitarianottawa.ca

Newcomers - Introducing Ourselves

This course is offered from time to time and is advertised in the eUU newsletter when it is scheduled.

Contact: Eva Berringer
adultlearning@firstunitarianottawa.ca

Nominating Committee*

The committee finds and nominates congregation members for Board positions and assists in recruiting members for major committees. Committee members are elected at the Fall Congregational Meeting for 2-year terms.

Contact: Mike Fletcher
nominating@firstunitarianottawa.ca

Office Assistants

Volunteers who are familiar with the range and depth of our congregational life staff the main office during weekday office hours and on Sunday mornings. We need more people to be trained in the duties even if they can help out only occasionally.

Contact: Jen Brennan
omr@firstunitarianottawa.ca

OWL - Our Whole Lives

OWL is a positive, comprehensive, and age-appropriate educational program that promotes sexual health and provides accurate, developmentally appropriate information in the context of our Unitarian Universalist community. Programs for elementary aged children, youth, and adults are administered and coordinated through the Director of Religious Exploration and related groups.

Contact: Lisa Sharp
owl@firstunitarianottawa.ca

Personnel Committee*

This committee assists the Board by helping to provide watchful and careful monitoring of personnel policies and general practices. It reviews/proposes policies and facilitates communication related to personnel policies and practices. Committee members are appointed by the Board.

Contact: Chuck Shields
hr@firstunitarianottawa.ca

Property Team*

We oversee the operation of the Major Maintenance Fund, which involves expenditures over \$1,000 as part of our mandate to keep our building and campus functional, safe, and beautiful.

Contact: Mike Fletcher
propertyteam@firstunitarianottawa.ca

Reading for Growth (non-fiction)

This group meets monthly on Zoom. The books cover a wide range of topics such as politics, social issues, spiritual and religious thought and current events.

Contact: Clea Derwent
uuoffice@firstunitarianottawa.ca

Reading for Growth (non-fiction)

This is a nonfiction book club meeting monthly on Zoom. We read on a wide range of subjects choosing books that are readily available in the public library.

Contact: Ken Morin
 uuoffice@firstunitarianottawa.ca

Refugee Action Group

We handle refugee sponsorship applications and also coordinate post-arrival support to ensure that our refugees are successful in building their new lives in Canada.

Contact: Eva Berringer & Brent Nicolle
 refugees@firstunitarianottawa.ca

Religious Exploration Children & Youth

Our religious exploration program caters to children aged 2-18. We offer year-round Sunday morning programming for children aged 2-12, providing creative and age-appropriate activities to explore their beliefs through stories, crafts and play. Additionally, our monthly youth group for ages 12-18 meets on Friday evenings. During these gatherings, the youth come together in community to share a meal and connect with others who share similar values.

Contact: Jodi McIntosh
 dre@firstunitarianottawa.ca

Right Relations Team

Members of the FirstU Right Relations Team (RRT) provide education in healthy relations and conflict management. Members of the RRT who have relevant training and experience may act as facilitators and coaches to assist congregants in resolving their issues in the spirit of the Relational Covenant.

Please see the Relational Covenant on the wall of Worship Hall next to the door of the printer room.

Contact: Lena Jones & Marilen Gerber
 rightrelations@firstunitarianottawa.ca

River Parkway Children's Centre (RPCC) Liaison

RPCC currently serves 54 children and is located on the FirstU campus. See riverparkwaychildrenscentre.ca for more information.

Contact: Alexandra Devine
 director@rpcc-rhcc.com

Singing Spires

A weekly informal fun gathering for musicians with their instruments. People who just want to sing along are welcome.

Contact: Ken Denison
 uuoffice@firstunitarianottawa.ca

Social Justice Action Network

The SJAN team co-ordinates the activities of these social responsibility groups:

- Environmental Action Group
- Justice and Equality Action Group
- Refugee Action Group
- Mental Health Support Group
- Unitarian Go Gos

- Embracing Diversity

- Ajashki

Contact: Justine De Jaegher & Lisa Sharp
 SJAN@firstunitarianottawa.ca

Sound & Light Team

The S+L Team operates audio-visual equipment for all Worship Hall events. New operators are given technical training and shadow the Sound and Lighting Coordinator.

Contact: Julia Defalco
 av@firstunitarianottawa.ca

Spirituality & Philosophy Discussion Group*

This group meets by Zoom the 1st and 3rd Saturday of each month. The group studies in depth a book that the members of the group have chosen together. Check the e-UU weekly newsletter for current information.

Contact: Paula Theetge
 uuoffice@firstunitarianottawa.ca

Tai Chi Practice and Learning

Tai Chi is a series of gentle movements that improves circulation, strengthens the bones, and develops good balance. We welcome anyone to participate, beginners included. No advance registration needed - just drop in. Some familiarity with Tai Chi is recommended.

Contact: Friends of Tai Chi
 adultlearning@firstunitarianottawa.ca

Trivia Quiz Night

The third Monday evening monthly on Zoom. Diverse questions. Play alone or with a team.

Contact: Andrew Drake
 trivia@firstunitarianottawa.ca

Unitarian GoGos

We support the Stephen Lewis Foundation to Turn the Tide of HIV/AIDS in Africa.

Contact: Sheila Green
 unitariangogos@gmail.com

Unitarian House Liaison

Unitarian House is the seniors' residence on our campus. One person from the Congregation serves on the Unitarian House Board of Governors.

Contact: Terry Kimmel
 uuoffice@firstunitarianottawa.ca

UU Connections Team

We make members of the Congregation more aware of Canadian Unitarian Council (CUC) and international Unitarian Universalist (UU) activities and issues by encouraging participation in webinars and other training, committees/task forces, and regional, national, and international conferences and meetings, and by recruiting delegates to represent FirstU at CUC meetings.

Contact: Guy Belleperche
 uuconnections@firstunitarianottawa.ca

UU Pride Group

Social and support group for 2SLGBTQIA+ UUs. We meet once a month for structured discussions, fun activities, games, and socializing.

Contact: Kris Cormier
diversity@firstunitarianottawa.ca

W&M1 Welcome & Membership Team

There are four W&M groups: Greeters, Membership, Newcomer Outreach & Engagement, and Welcome Table.

Contact: Carol Card
welcome@firstunitarianottawa.ca

W&M2 Greeters

Greeters at each Sunday service prepare the handout materials, greet people as they arrive for worship, act as ushers, assist with the elevator, and serve at the Green Mug Table. Training is offered for new volunteers.

Contact: Andrew Drake
welcome@firstunitarianottawa.ca

W&M3 Membership

Handle the membership application process. Organize workshops to build connections within FirstU. Conduct welcome services. Report member status.

Contact: Carol Card
welcome@firstunitarianottawa.ca

W&M4 Newcomer Outreach & Engagement

Follow up with visitors and inquiries. Organize newcomer workshops and events. Maintain relevant information on our website.

Contact: Brent Nicolle
welcome@firstunitarianottawa.ca

W&M5 Welcome Table

Set up welcome table on Sundays and welcome newcomers.

Contact: Mary Jackson
welcome@firstunitarianottawa.ca

Women's Pagan Circle

Our trans-inclusive, loosely "Eclectic-Dianic" Circle meets roughly every 6 weeks (except for August) to celebrate the Sabbats together. Our space centers around women's experiences with spirituality. We meet on week nights but vary them to accommodate people's schedules. Trans women, cis women, and nonbinary folks who feel at home in "women's space" are all encouraged to attend!

\$5 suggested donation per ritual.
Contact: Laurie Foster McLeod
uuoffice@firstunitarianottawa.ca

Women's Personal Growth Group

The WPGG meets twice monthly - once in person, once on Zoom. The common theme is growth - spiritual, mental, emotional - and learning more about each other in this "Sisterhood".

Contact: Joy Sallans & Brenda Heming
uuoffice@firstunitarianottawa.ca

Women's Spiritual Growth Circle*

This group meets monthly to seek ways to support our spiritual awakening. This group might be open to new participants at a future time.

Contact: Lisa Boulay
uuoffice@firstunitarianottawa.ca

Worship Team and Worship Associates

The Worship Associates work with the minister to develop and participate in Sunday services.

Contact: Lisa Boulay
worshipteam@firstunitarianottawa.ca

Youth Group

Our monthly youth group for ages 12-18 meets on Friday evenings. During these gatherings, the youth come together in community to share a meal and connect with others who share similar values

Contact: Jodi McIntosh
dre@firstunitarianottawa.ca