



# JOURNEY GROUP

Soul Matters

September 2026

## Beginning

**"The beauty of our path is  
that we actually don't know  
where we are going."  
- Thomas Hübl**



Our most sacred journeys begin with a question, not a destination. This is an orientation that believes the journey is about wholeness and unfolding, not striving and winning. The way forward is found by looking within, the first step is discerning the question stirring deep inside.

In-Person: Tuesdays September 8<sup>th</sup> and 22<sup>nd</sup> in Room 6 @ 2pm

Other times and formats are possible based on interest.

Everyone is Welcome

For more information or to register email Amalilly:

[JourneyGroupAS@FirstUnitarianOttawa.ca](mailto:JourneyGroupAS@FirstUnitarianOttawa.ca)

Journey Groups are sacred spaces where your story matters, vulnerability is welcomed, and growth happens in community. Everyone is encouraged to join a group as they are the cornerstone of community building and of strengthening connections within the congregation.

*As we begin,*

Questions for September:

- What "really good thing" began with a small, uncertain step?
- What were your first experiences of 'discovering the real you' like?
- What old story is preventing your new beginning?