



## UCV Small Groups list

(last revised June 11th, 2018)

Please contact [sresels@gmail.com](mailto:sresels@gmail.com), Connect & Engage, to update this information.

NOTE-most groups meet Sept.-June.

Check UCV Events, the weekly announcements for current info & <http://vancouverunitarians.ca/calendar/> for current information.

NAME OF GROUP	DESCRIPTION	MEETING TIMES/PLACE	CONTACT PEOPLE
<b>Book Group</b>	This group discusses fiction and non-fiction books – suggested & facilitated by group members. Drop in.	2nd Sun. 12:30-2pm, Closed Dec, June, July Biddle rm, Hewett	Rob Dainow <a href="mailto:rdainow@gmail.com">rdainow@gmail.com</a>
<b>Bridge Group</b>	Friendly bridge. All levels welcome but you should know basics of play. Drop in.	1st Tues, 7-9:00 pm, Fireside rm, Hewett	Donna Brown <a href="mailto:quinnbrown44@gmail.com">quinnbrown44@gmail.com</a>
<b>Circle Dance - Sacred Circle</b>	No partner or experience is needed. Dances are always taught & reviewed. Various facilitators. Drop in.	1st Tues., 7-9 pm, Hewett Hall	Leslie Kemp <a href="mailto:lkemp@telus.net">lkemp@telus.net</a>
<b>Circle Dance - Sacred Circle</b>	No partner or experience is needed. Dances are always taught & reviewed. Facilitated by Corinne Chapel. Drop in.	2nd Mon., 7-9pm Hewett Hall	Leslie Kemp <a href="mailto:lkemp@telus.net">lkemp@telus.net</a>
<b>Chi Gong</b>	A physically coordinated meditation practice with visualization and sound. Facilitator: Victoria Oginski Drop in.	Every Sun., 9:15-9:45am, Family room	Victoria Oginski <a href="mailto:victoriaoginski@gmail.com">victoriaoginski@gmail.com</a>
<b>Choir-Chalice</b>	No auditions required, but previous singing experience is helpful (although happy to help new singers.) Drop in.	Every Thurs, 7:15-9pm, Sanctuary	Donna Brown <a href="mailto:quinnbrown44@gmail.com">quinnbrown44@gmail.com</a>
<b>Collage-Contemplative Collage</b>	Creative play & self-exploration using collage. Scissors, glue sticks, paper & images provided. Facilitated by Mary Bennett & Laurie Damer. Drop in but registration appreciated.	3rd Thurs., 2-4pm, Priestley rm, Hewett	<a href="mailto:ucvcollage@gmail.com">ucvcollage@gmail.com</a>
<b>Compassion Circle</b>	This group meets to practice/ discuss Marshall Rosenberg's principles of compassionate communications. Registration req'd. At capacity.	4th Sun., 9:30-10:45am UCV	Lynn Armstrong <a href="mailto:lynnbea@gmail.com">lynnbea@gmail.com</a> Mairy Beam <a href="mailto:mairyebesbea@gmail.com">mairyebesbea@gmail.com</a>
<b>Compu Tutor</b>	Come by with or without a laptop or smart phone along with questions, ideas & social media challenges. Drop in.	1st Sun., 12:00-2pm, Lindsey rm. Hewett	<a href="mailto:RandallMacKinnon@yahoo.ca">RandallMacKinnon@yahoo.ca</a>
<b>Covenant Group- Seven UU Principles</b>	A small group where everyone has a voice and is heard. Where members can share the ways Unitarian principles come up in life. Registration required. Currently open to new members.	Every Wed., 10-11:30 am, Fireside room, Hewett Hall	George Atherton <a href="mailto:notrehta@gmail.com">notrehta@gmail.com</a>
<b>Covenant Group Principles &amp; Sources</b>	A small group where members can share their stories and learn how Unitarian principles help in everyday life. Registration required. Open to new members.	2nd Thurs., 7-8:30 pm, Fireside rm., Hewett Hall	Drew Lemen <a href="mailto:lemen.drew@gmail.com">lemen.drew@gmail.com</a>
<b>Covenant Group- Westside</b>	Exploration of spiritual topics chosen by the group members, eg. pride, attitudes toward death, what do we mean by 'spiritual'. Registration required. At capacity.	2nd Wed., 3-4:30pm at private residence	Eva Allan <a href="mailto:evamaiallan@gmail.com">evamaiallan@gmail.com</a>
<b>Covenant Group... mostly listening...</b>	The topic to be discussed is chosen by the group member whose turn it is to facilitate. Registration required. Open to new members. More info at <a href="http://tiny.cc/ucvrth">tiny.cc/ucvrth</a> .	4th Sun., 12:45-2:15pm, Lindsey rm, Hewett	Nonie Lyon <a href="mailto:nonielyon@shaw.ca">nonielyon@shaw.ca</a>
<b>Dinners- Hygge Dinners</b>	"Hygge" is a Danish word meaning "cosy". Members host 6-10 guests in their home. Hosts provide a hyggelig space and guests bring all the food. Must preregister.	Generally on the 3rd Sat., 6- 9pm, Private residences	<a href="mailto:ucvhygge@gmail.com">ucvhygge@gmail.com</a>
<b>Dinners- Moveable Feast</b>	A monthly dinner out at a restaurant. Usually between 12 and 20 Unitarians and their friends show up. Must RSVP .	4th Sun. Various restaurants	Dianne Crosbie <a href="mailto:dcrosbie@uniserve.com">dcrosbie@uniserve.com</a>
<b>Dinners- Messy Church</b>	Relax together, cook/potluck & eat. Downtime with peers, child supervision provided, themed activity after dinner. Donation \$5/adults/ \$3 child. Drop in.	2nd Fri. 6-9pm Hewett Hall	Kiersten Moore, DRE <a href="mailto:dre@vancouverunitarians.ca">dre@vancouverunitarians.ca</a>
<b>Earth Spirituality</b>	Earth Spirit Council: Mairy Beam, Huguette Sansonnet, Louise Bunn & Mary Bennett. Outdoors when weather permits. Drop in.	1st Tues., 6-7 pm Hitschmanova rm. Hewett	<a href="mailto:earthspiritucv@gmail.com">earthspiritucv@gmail.com</a>
<b>Earth Spirituality- Seasonal Ritual</b>	Coordinators: Mairy Beam & Mary Bennett. Usually includes several circle dances. Drop in.	Sun. closest to equinox, solstice & cross-quarter days 12:30-1:30pm, Sanctuary stage	<a href="mailto:earthspiritucv@gmail.com">earthspiritucv@gmail.com</a>
<b>G.L.A.D Gathering for Labyrinth, Art &amp; Dance</b>	Facilitated by Mairy Beam, Mary Bennett & Darlene Rainbow Drop in.	3rd Thurs., 11 am - 1pm	<a href="mailto:circledanceucv@gmail.com">circledanceucv@gmail.com</a>
<b>Meditation &amp; Study Group</b>	Everyone is welcome to come to either meditation or book discussion or to both. Facilitator: Victoria Oginski Drop in.	Every Wed., 6:30-8:30 pm, Family Room	Victoria Oginski <a href="mailto:victoriaoginski@gmail.com">victoriaoginski@gmail.com</a>
<b>Meditation</b>	Drop in. Facilitator: Victoria Oginski	Every Sun., 10-10:45, Family room	Victoria Oginski <a href="mailto:victoriaoginski@gmail.com">victoriaoginski@gmail.com</a>
<b>Men's Groups</b>	There are several private men's groups. The best way to learn more and get involved is to come to our annual retreat. Info and registration at <a href="http://heyuu.ca/">http://heyuu.ca/</a> .	Sept 28-30 Sasamat Outdoor Centre	<a href="mailto:admin@heyuu.ca">admin@heyuu.ca</a>
<b>Neighbourhood Groups- Westside</b>	A monthly gathering which is focused on a topic of interest to the group. Facilitated by members. Drop in but registration appreciated.	Generally 4th Tues, 2:30 pm Private residence	Melody Mason <a href="mailto:melkmason@gmail.com">melkmason@gmail.com</a>
<b>Neighbourhood Groups - East Van., New Westminster</b>	Each neighbourhood group develops its own ideas about when, where, how and why to meet. They generally meet in one of its members' homes. Drop in but registration appreciated.	Private residence	Sheila Resels (Connect & Engage) <a href="mailto:sresels@gmail.com">sresels@gmail.com</a>
<b>Parenting Group- Coming of Age</b>	The group is focused on the transition in parenting experience as children move from childhood into adolescence. For parents of children ages 12-14. Please RSVP.	1st Sun., 9:30-10:30am, Biddle room, Hewett Ctre.	Kiersten Moore, DRE <a href="mailto:dre@vancouverunitarians.ca">dre@vancouverunitarians.ca</a>

<b>Philosophers' Cafe</b>	Philosophers' Cafe is a series of informal public discussions. Registration not required. Drop in.	1st Thurs., 10:30am-12 pm, Fireside rm, Hewett	Randall McKinnon <a href="mailto:randallmackinnon@yahoo.ca">randallmackinnon@yahoo.ca</a>
<b>Sermon Discussions</b>	Informal weekly discussions on the Sunday's sermon. Newcomers & regulars welcome. Different facilitators. Drop in.	Sundays, 12:15-1pm at Priestley rm or a designated table in Hewett Hall	Sheila Resels <a href="mailto:sresels@gmail.com">sresels@gmail.com</a>
<b>Youth Group</b>	Open to new members.	Starting in the fall	Kiersten Moore, DRE <a href="mailto:dre@vancouverunitarians.ca">dre@vancouverunitarians.ca</a>