



List of UCV Groups and Gatherings, 2019–20

Last updated April, 2020

Note that most groups meet Sept – June for up-to-date information.

| Category | Group name | Description | Meeting Time/Place | Status | Contact Person(s) |
|-----------------------------|-----------------------------------|--|---|-------------|--|
| Activity | Bridge Group | Friendly bridge. All levels welcome but you should know basics of play. Drop in. | on hiatus | | Donna Brown: quinnbrown44@gmail.com |
| Art | Art Openings and Gatherings | occasional art openings and gatherings | | on hiatus | |
| Books | Book Club | This group discusses fiction and non-fiction books – suggested and facilitated by members. Drop in. | 2nd Sundays, 12:30 – 2pm, Zoom. Join coffee hour zoom | open to all | Cathy Sevcik cathy.sevcik@gmail.com |
| Books | Book and Video All Ages | | Zoom: every Wednesday 10-11 am | open | Mary ucvconnect@gmail.com |
| Books | Potluck Book & Lunch Club | Each member shares a book or two they think others would enjoy hearing about. The discussion is followed by a pot-luck lunch. Drop in but registration appreciated. | zoom Last Thursdays, 11am – 1pm, Fireside Room | open | Nan Gregory nangregory@shaw.ca |
| Books | Cross-Country UU GG Fiction group | This Canadian Unitarian group selects winners of the Governor General's Literary awards. Discussions take place using zoom technology. Registration is required. | zoom 2nd Tuesdays, 1pm | open | Keith Wilkinson: keithwilkinsonconsulting@gmail.com |
| Circle Dance | 2nd Tuesday evening | Various facilitators. Drop in. | on hiatus | | Leslie Kemp |
| Circle Dance | 1st Monday evening | usually facilitated by Corrine Chapel. Drop in. | on hiatus | | lesliekemp76@gmail.com |
| Communications | CompuTutor | Come by with or without a laptop or smartphone along with questions, ideas & social media challenges. Drop in. | on hiatus 1st Sundays, 12 – 2pm, Lindsey Room | on hiatus | John Henderson: john.henderson@alumni.ubc.ca |
| Compassionate Communication | Group A | This group meets to practice/discuss Marshall Rosenberg's principles of compassionate communication. Registration required. At capacity. | 4th Sundays, Group A: 9:30 – 10:55am, Family Room | zoom | Group A: Sheila Resels sresels@gmail.com |
| Compassionate Communication | Group B | This group meets to practice/discuss Marshall Rosenberg's principles of compassionate communication. Registration required. At capacity. | 4th Sundays, Group B: 12:30 - 2pm, Family Room | zoom | Group B: Cindy Cashin cindy_returns@yahoo.com |
| Connect & Engage | Sermon Discussions | Informal weekly discussions on the Sunday's sermon. Newcomers and regulars welcome. Drop in. | join zoom coffee-hour and go to sermon discussion breakout room | | Bill Perry: Billp59@telus.net |
| Covenant Group | Westside Group | Exploration of spiritual topics chosen by the group members, e.g., pride, attitudes toward death, what do we mean by 'spiritual', etc. Registration required. At capacity. | 2nd Fridays, 2:30 – 4:30pm zoom | at capacity | Eva Allan: evamaiallan@gmail.com |



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| Covenant Group | 7 UU Principles | 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. | Every Wednesday, 10 – 11:30 am, Zoom | at capacity | <u>George Atherton:</u> notrehta@gmail.com |
| Covenant Group | Sunday group | The topic to be discussed is chosen by the group member whose turn it is to facilitate. Registration required. | 4th Sundays, 12:45 – 2:15pm, zoom | at capacity | <u>George Atherton:</u> notrehta@gmail.com |
| Dinners | Hyggelig Potluck dinners | “Hygge” is a Danish word meaning “cosy”. Members host 6 – 10 guests in their home. Hosts provide a hyggelig space and bring all the food. NOTE: Social dinners are on hiatus. | on hiatus | | ucvconnect@gmail.com |
| Dinners | Messy Church | Relax together, cook/potluck and eat. Downtime with peers, child supervision provided. Themed activity after dinner. Cost: pay-what-you-can towards art supplies and child care. Drop in. | check with Kiersten about possible online meetups 1st Saturdays, 5 – 8pm (September to June – check website for date changes), Hewett Hall | | <u>Kiersten Moore, DRE:</u> dre@vancouverunitarians.ca |
| Earth Spirit Circle | | Pagan/earth spirit group meets to honour the changing of the seasons. | on hiatus | | mairyelesbea@gmail.com |
| Gender Discussion Group | | This group will discuss influences on gender identity and expression, sharing stories and exploring role models, all in a supportive environment. | on hiatus Every two weeks (exact dates & location TBD) | | <u>Glenn Deefholts</u> glenn.deefholts@gmail.com |
| Genders & Sexualities Alliance | Film discussion | To offer educational and social programs to welcome all genders and sexualities. Genders and Sexualities Alliance gsaucv@gmail.com Meet for a social potluck. More info search website for "gsa". | Zoom film discussion 1st Wed 7:10-8:0pm | open to all. email in advance | Mary Bennett gsa@gmail.com |
| Meditation | Chi Gong | A physically coordinated meditation practice with visualization and sound. Facilitator: Victoria Oginski. Drop in. | on hiatus was: Every Sunday, 9:15 – 9:45am, Meditation Room | on hiatus | Victoria Oginski: victoriaoginski@gmail.com |
| Meditation | Meditation and Study group | Everyone is welcome to come to either meditation or book discussion or to both. Facilitator: Victoria Oginski. Drop in. | on hiatus Every Wednesday, 6:30 – 8:30pm, Meditation Room | | Victoria Oginski: victoriaoginski@gmail.com |
| Meditation | Weekly meditation | Drop in. Facilitated by Victoria Oginski. | on hiatus Every Sunday, 10 – 10:45am, Family Room | | Victoria Oginski: victoriaoginski@gmail.com |



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| Men's Groups | | 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 http://heyuu.ca | Check closer to time. September 28 – 30, Sasamat Outdoor Centre | | http://heyuu.ca |
| Music | Chalice Choir | No auditions required, but previous singing experience is helpful (although happy to help new singers). | contact Donna was Every Thursday, 7:15 – 9pm, Sanctuary | | Donna Brown: quinnbrown44 @gmail.com |
| Music | Singing Group | Do you like to sing? Would you like to sing in a small group that doesn't judge or perform? Drop in. | on hiatus | | Glenn Deefholts glenn.deefholts@gmail.com |
| Neighbourhood Groups | Westside | A monthly gathering which is focused on a topic of interest to the group. Facilitated by members. Drop in, but registration appreciated. | Zoom check in every Tuesday. 2:30 pm | | ucvconnect@gmail.com |
| Neighbourhood Groups | All neighbourhoods | | weekly all neighbourhood zoom check in 7:30 Tuesdays | | ucvconnect@gmail.com |
| Parenting Group – Coming of Age | | This 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. | | | <u>Kiersten Moore, DRE:</u> dre@vancouverunitarians.ca |
| Religious Education | Youth Group | Open to all youth in grades 8-12 | | | Olivia Hall: youth@vancouverunitarians.ca oliviahohmargaret@gmail.com |
| Women's Groups | Friday daytime | These three women's groups deal with topics that enrich and empower the lives of women. Registration is required. | 1st and 3rd Fridays, 12:30 – 2:30pm, Fireside Room | open to new members. registration required in advance | TBD |
| Women's Groups | Monday evening | These three women's groups deal with topics that enrich and empower the lives of women. Registration is required. | 3rd Mondays, 7 – 9pm, Fireside Room | open to new members. registration required in advance | Eva Perjas eper4466@gmail.com |



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| Women's Groups | Tuesday evening | These three women's groups deal with topics that enrich and empower the lives of women. Registration is required. | 3rd Tuesdays, 7 – 9pm, Fireside Room | open to new members. registration required in advance | Hilda Wiebe, angus.wilde@gmail.com |