



Small Group Ministry is an intentional, regular gathering of a group of people, led by a facilitator. These groups bring together those with common interests, helping us to connect with others, to discuss a variety of topics, to learn something new and to deepen our relationship with God. There is no limit to how many groups you can attend, and the majority of groups are free.

## Ongoing Small Groups

### Book Club

This group gathers five times a year to discuss a variety of interesting books of different genres.

**Day of the Week:** Wednesday

**Date(s):** September 26 and November 28

**Time:** 1:30pm. - 3:00pm.

**Contact:** Susan, 905-493-3122

**Registration:** Please contact for book information.

### Westminster Walkers

Keep fit and chat with friends, as you join in a weekly walk. In good weather (Fall), we meet at the church. In inclement weather (Winter), we meet at the Whitby Abilities Centre.

**Day of the Week:** Thursday

**Date(s):** Every Thursday morning

**Time:** 9:30am.

**Contact:** Eileen, 905-571-0368

**Registration:** No registration required.

**Other Details:** There is a minimal cost for the Abilities Centre, please contact Eileen for details.

### Wine, Women and the Word

This ongoing, monthly Bible Study is open to all women. Discussions, friendships and learning take place in this comfortable, easy-going group.

**Day of the Week:** Tuesday

**Date(s):** Sept. 11, Oct. 9, Nov. 13 and Dec. 11

**Time:** 7:00pm - 9:00pm.

**Contact:** Carol, 905-666-8930 or nss@overwhelming.ca

**Registration:** No registration required.

**Other Details:** Please bring a bible if you have one.

### Prayer Team

Our Prayer Team meets monthly to lift up prayer requests. They also make time each week to actively pray on their own for those in need.

**Day of the Week:** Tuesday

**Date(s):** Oct. 2, Nov. 6, Dec. 4

**Time:** 11:00am. - 12:00pm.

**Contact:** Cathy 905-723-6442, cshaw@westminster-uc.ca

### Foodman Group

This men's group meets weekly to chat, cook and eat!

**Day of the Week:** Monday

**Date(s):** Every Monday evening

**Time:** 7:00pm. - 9:00pm.

**Contact:** Ed, 905-666-5069 or edrosdobutko@gmail.com

**Registration:** No registration required.

## New Small Groups

### Mindful Meditation

A weekly gathering to sit in meditation together. No experience required.

**Day of the Week:** Wednesday

**Date(s):** September 19 - October 24

**Time:** 7:00pm. - 8:00pm.

**Contact:** Jake, jrobin06@gmail.com

**Registration:** Registration required.

### Plant-Based and Joyful (PB&J)

This group meets weekly to learn about and prepare plant-based meals.

**Day of the Week:** Wednesday

**Date(s):** September 19 - November 7

**Time:** 6:30pm. - 8:30pm.

**Contact:** Yvonne, complicated\_ease@hotmail.com

**Registration:** Registration required.

**Other Details:** You will be asked to contribute some ingredients each week.

### Senior's Fellowship

This "come as you can" monthly group has been formed to bring independent seniors together for a time of prayer, devotion and fellowship.

**Day of the Week:** Wednesday

**Date(s):** Oct. 10, Nov. 14 and Dec. 12

**Time:** 1:30pm. - 3:00pm.

**Contact:** Debbie, 905-668-9416 or debbiejoyce@hotmail.ca

**Registration:** No registration required.

### Learn to Knit

Always wanted to learn how to knit? Well, here's your chance!

**Day of the Week:** Tuesday

**Date(s):** October 2 - October 23

**Time:** 7:00pm. - 8:30pm.

**Contact:** Shirley, 905-430-1597

**Registration:** Registration required.

### NOOMA (DVD Series)

A time to watch, listen, think, discern and discuss life and God

**Day of the Week:** Monday

**Date(s):** Oct. 15, Oct. 29, Nov. 12 and Nov. 26

**Time:** 7:00pm. - 8:00pm.

**Contact:** Cathy 905-723-6442, cshaw@westminster-uc.ca

**Registration:** No registration required.