

# **Canadian Unitarian Universalist Young Adult Survey Report**

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# Executive Summary

The survey of Canadian Unitarian Universalist Young Adults was conducted from December 2016 to June 2017. A total of 50 people responded to the survey, answering questions about their involvement in Unitarian Universalism, their experiences, and their recommendations for congregations looking to welcome and integrate young adults. Respondents were given the option of answering qualitative questions in written or oral form.

## Demographics of Respondents:

- 50 percent are between 30-35 years of age; while 22 percent are 18-23 and 28 percent 24-29;
- 50 percent became UU as adults, while 50 percent became UU as children or youth;
- 58 percent have experience in two or more UU congregations; 36 percent in one congregation, and 6 percent have not attended a UU congregation as a young adult;
- 50 percent report attending UU congregations weekly and 16 percent monthly;
- 58 percent are members of a UU congregation.

## How Respondents are Involved in UU Community:

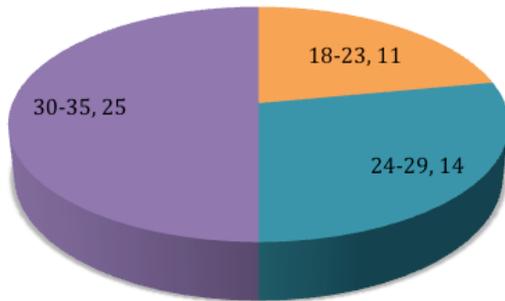
- 74 percent attend Sunday worship services at a congregation
- 64 percent connect with other UUs on Facebook
- 56 percent connect socially with other UUs
- 54 percent participate in young adult activities
- 54 percent attend events outside of Sunday worship at a congregation
- 38 percent are involved in leadership within congregations and/or regionally/nationally
- 20 percent are employed at a UU congregation/organization

## Important Trends and Learning:

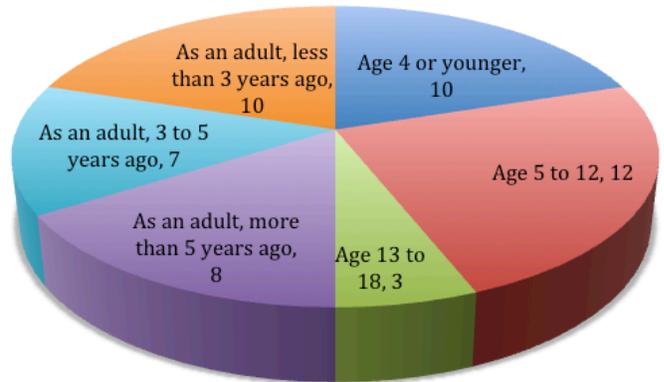
- Several respondents said that people did not talk to them before or after the service when they first visited their congregation; this isolation can cause hurt, confusion, and disillusionment.
- Popular activities include music, attending services, alternative/circle worship, small groups, conferences, camps, and retreats.
- The role of ministers is important to many young adults. When ministers host or attend young adult dinners/events, they are often more successful.
- Young adults who come to UUism in adulthood and young adults who grew up UU often have different needs and expectations. Young adults who grew up UU often don't identify as "newcomers," may have more affinity for alternative/circle worship than traditional Sunday worship, and often desire opportunities to deepen their spirituality.
- Young adults are used to and expect diversity and diversity awareness. Disconnect between words and actions, portrayal of a congregation as more diverse than it is, experiences with individuals who are uncomfortable with diversity, pointed personal questions about their identities, and unfamiliarity with current diversity issues and practices can alienate young adults.
- Young adults are diverse in their theology, worship preferences, and ways of engaging with UU activities and community. Many young adults would like to be part of small groups.
- Young adults appreciate being welcomed as individuals with unique skills, needs, and interests; comments like "we need more young people like you" or "we need a young person's perspective on this committee" as well as expectations that a young adult can speak for all young adults, are counterproductive in welcoming and integrating young adults.

# Demographics

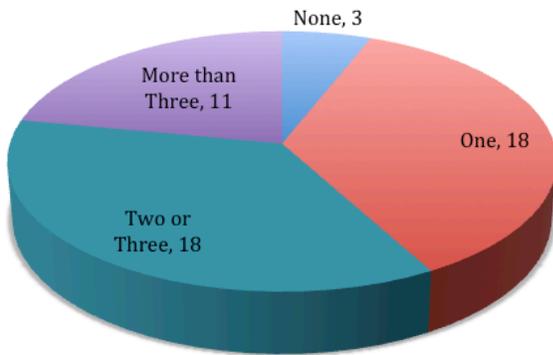
## Age



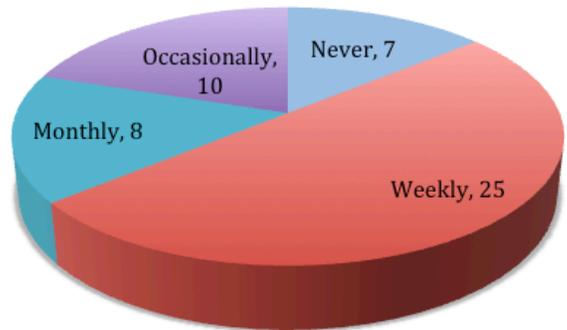
## Became UU



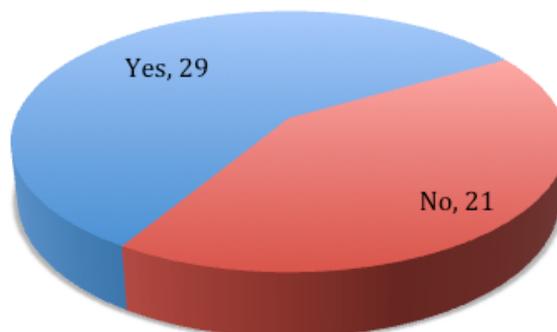
## # Congregations attended/visited as a young adult



## Frequency of Congregational Attendance

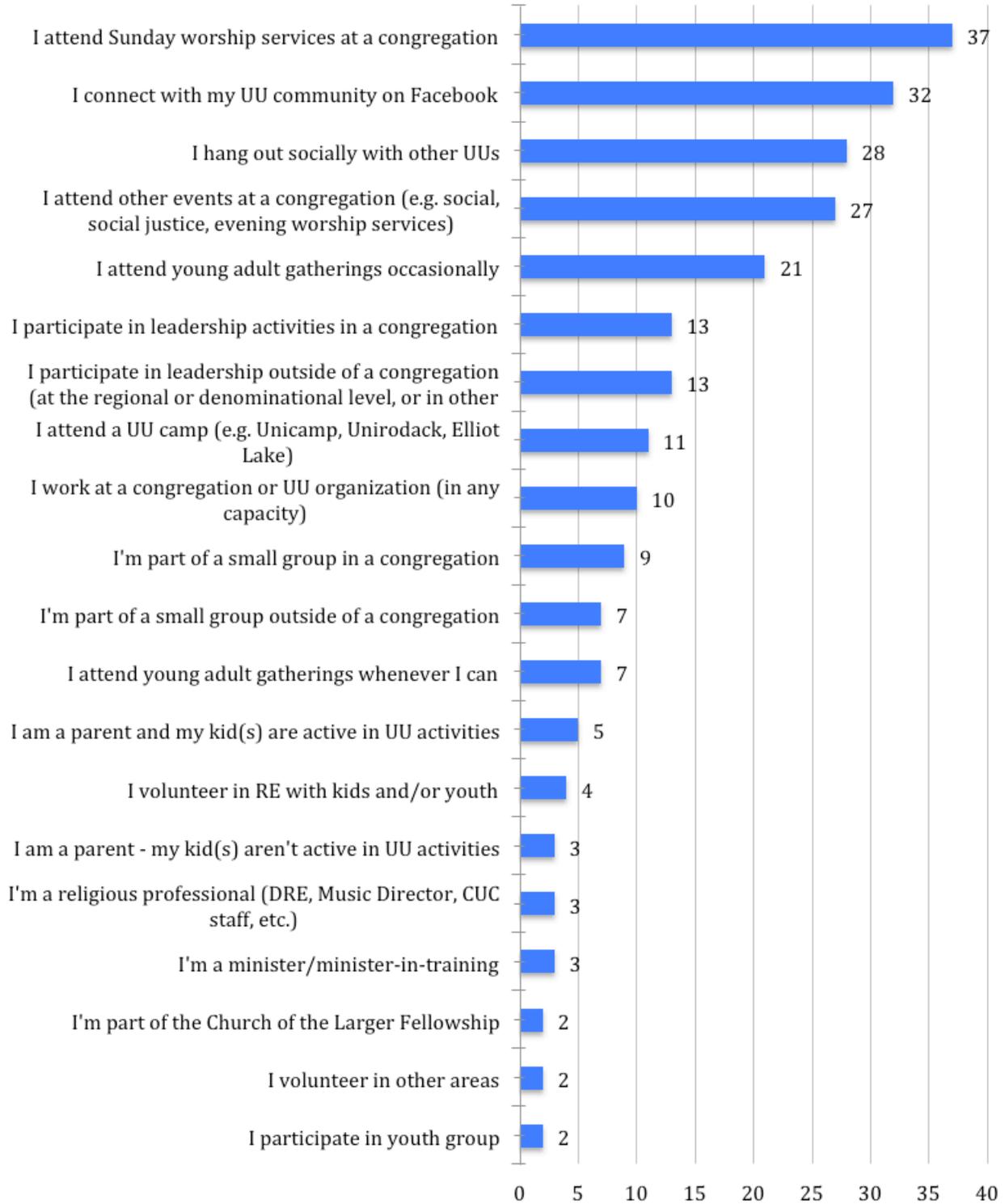


## Member of a Congregation



# Young Adult UU Involvement

## How are you involved in UU community?



# Qualitative Responses

## *What do you look for in UU community?*

A UU community that knows me and remembers me week to week.

Social connection, spiritual home, and opportunities for collective social action.

I look for an intergenerational congregation, which ideally has a good number of other young adults.

A sense of community. (Echoed repeatedly)

A place where I can help and be helped, challenge and be challenged, make connections based on shared values, meet like-minded people and be able to feel at ease. Not that I'm there yet.

I look for non-judgemental spaces and experiences. I look for places where I can bring the other people in my life without fear that they will be harmed there.

I want a community that functions well so that I can engage to the extent that I am able with my limited time and resources without having to be the one to plan and initiate all the activities that would be of interest to me.

I look for fun. I look for love. I look for people with shared UU values, and a way of living that reflects these values. I look for intentionality, and hope.

Amazing ministers with whom I resonate, great programming for my kids, overall family friendliness, worships open the heart and support and challenge us to be better, not overly cerebral like sitting in an academic lecture, congregation makes large effort to be accessible to love income, does not take class or money for granted, congregants are accepting, humble, supportive when you most need it, and not just going through the motions of routine.

“Building Your Own Theology” or “Coming of Age” and are ready and hungry for more meaty connections to UU community.

Meaningful events where UU young adults can have fun, share a meal and have the opportunity for meaningful conversation.

A place where there is fun, and some grounded spiritual activities.

I'm new to the city, don't have children, and want to figure out my beliefs through discussions with other UUs. I enjoy the mental stimulation, but am looking for more in-depth belief-focused programs.

Opportunities for leadership for people in the youth and young adult age range, and for the opinions of these people to be taken seriously.

A sense of belonging (are there other people my age here? is there a place for me here? what can I do here to fit in/ contribute?).

An environment that acknowledges that not all UUs are new to UUism and that some of these long-time UUs are looking for things appropriate for folks that have done introductory UU course such as

“Building Your Own Theology” or “Coming of Age” and are ready and hungry for more meaty connections to UU community.

# Qualitative Responses

## *First time in a new congregation*

A couple years ago, I decided to show up to a Unitarian worship service. My mother had been attending for a while. She had encouraged me to go a few times before, but I had gone through a pretty intense break-

up with Christianity [and] I didn't feel eager to step back into a religious space. What lured me in was the spring equinox service. ... It was the coolest thing I had ever seen, and I immediately knew I was coming back again.

I realized I did really miss group worship experiences. Being able to gather together with a group of like-minded people to celebrate the things in the world that I believe are important was a wonderful experience. It filled a void I didn't realise I had been missing.

I really appreciated how welcoming the community was and how those elements of welcome were integrated into the Sunday morning service (new comer designated coffee mugs for

My first time in a UU congregation was oddly, not that memorable. I couldn't tell you what the sermon was on, what year it was or what happened that day but I do remember feeling like this was what I'd been looking for. I'm almost positive I cried. I just felt so at home. I spent so much time sitting through United Church services in my teen years wishing they would take out the "God and Jesus stuff" and just leave the rest and I felt like the UU church did that but better. They talk about God and Jesus in critical/thoughtful ways. They talk about other theologies/faith traditions. I didn't feel like I was translating all the time and I didn't feel like I was compromising myself. I felt like it was built for me. As for my age, there didn't seem to be any other people there my age. There were younger children, older adults, YAs in their 30s but no one in their twenties it seemed. Not too many teens either.

The first time I attended with my family, other than being greeted at the door, no one spoke to my partner or I. ... Other young adults didn't say hi for quite some time.

The first time I attended a UU service, ... about halfway through the service, the director of religious exploration read a book called "and Tango makes three" wherein two male penguins adopt and raise a baby penguin. That moment was transformational for me, seeing all these children gathered around listening to the story, and knowing that every single one of them would know from a young age that whatever gender they are, whoever they love, that this community would support them and love them. I can't know what that kind of knowledge would have been like growing up but I'm so glad these kids have it. Not a single person spoke to me at that service or at coffee time but I continued to come back because I wanted to be a part of a community who would read that book to their children.

# Qualitative Responses

## *What would you like congregations to know?*

Just making the effort to say hello, ask who you are/ what brought you here/what you love are all good things. I found just having people who noticed me and made conversation with me and listened to me made me feel welcome.

**More details online about what a service or event will entail. Walking into a new congregation for the first time can be intimidating.**

I have never felt that my local UU communities (the 3 I have been involved with) offered consistent support for the events and transitions in my life. I have been through some seriously hard times in the last 12 years, and although I have remained fairly connected with local and national UU communities, I don't feel that they are a great source of support. Often being in a leadership position, it's difficult to be vulnerable and honest about what is going on in my life. And even when my UU community does know that I am going through a tough time, it seems like there aren't the right mechanisms and systems in place to really support people. I wish we were more accountable to each other, and that it was easier to ask for help and support when it is needed.

And as a generous and caring person with a lot to give, I wish that church offered me the opportunity to support people in my community - beyond making food for a bake sale, or signing a caring card. I crave those deeper connections of interdependence that are hard to find in this world.

We don't always feel we have a place that we fit in. We may be searching for our path in life, even when we're at the upper end of the young adult age spectrum, and that we need some support in doing that. We need to know what resources are available to us, and we need to have those offered to us through some special attention from the minister and/or the congregation; we don't necessarily know how to ask for those things, or feel comfortable doing so.

Young adults can get spooked by over-enthusiasm, tokenism, or just too many questions. Congregations should know that young adults are often still making up their minds about whether they like where they are or not, and have other things going on in their lives that can easily distract them, so negative interactions can seriously harm a young adult's commitment to a community. Seeking a young adult's talents or time for volunteering should be really targeted towards what they are like, what they care about, rather than what gaps you have in your volunteer team.

**That by making an effort to meet the need of long time UUs, including those of us raised UU, that UU as a whole can grow by retention.**

I would feel more comfortable if ... there were "more young people." - Said multiple times in multiple ways.

**It's been a few months now, but I have no idea how to be a member, I have nobody to talk to about the fact that I have no income to spare but would love to offer my time as an offer, I have no clear idea of how the board works, etc.**

# Qualitative Responses

## *What would you like congregations to know? (Cont.)*

Don't mention ages (or that I am so impressed that you are so young and doing X) its really annoying and it expresses what a lack of confidence you have in our age cohort. In the 1950s there were plenty of people who worked on PhDs before they turned 30, there were plenty of people who had children young, and there were plenty of people who chose to stay single to focus on their careers, So please engage us in those conversations, and ask us about why we were drawn into UUism but stop saying how surprised you are to find out how young we are.

We'd like more leadership opportunities, and the chance to see other Young Adults "onstage."

We are often very busy, trying to establish careers and families. If we don't seem eager to take on leadership roles in the church, it's not that we're uninterested, it's that we feel we don't have the time to devote at this stage of our lives.

I think it's important to just approach and engage people one-on-one. Especially because young adults are a less common demographic at the church, it's easy to spot them, and going up to say 'welcome' and ask questions feels super good when a person is new to a community.

Childcare can be a barrier or at least a note saying children are welcome.

Over the past few years, I have felt disconnected from my UU community in times of need. I feel as if my congregation does not have a sufficient system in place to both know when support is needed or wanted and to provide that support. It would be nice to know that I am in someone's thoughts when I am mourning the loss of a loved one, for example.

I would like for there to be protected spaces and activities for people within the youth and young adult age ranges specified by the CUC. I would like for there to be meaningful offerings of programming for people in these age ranges, and engagement in deep, respectful ritual around bridging in, out, and between these age ranges. This is not something that I find in many congregational spaces.

There doesn't seem to be enough congregational understanding that YA are very diverse in terms of age-related needs and situation (university students, young professionals, parents, under-employed folks).

I would feel more welcome if my congregation helped to organize a time and space for the YAs to meet together. I think that it is sometimes easier for people to feel comfortable interacting with the larger community if they have a smaller group to touch base with.

For me community needs to be really intentional. I feel lost when I go into a Sunday morning worship and people are there to be fed, but not to engage. I want to be apart of community that is intention in their actions together, whether this is small group ministry, or smaller worships or smaller events I hope to see everyone being fully and completely present during our time together.

# Qualitative Responses

## *Spirituality and worship*

I hope for deep, meaningful, accessible, contemporary worship opportunities

I look for profound and transcendent experiences in worship, like when we sing together, when people share from their hearts, when deep truths are spoken; being with others that are struggling to make sense of this strange and wonderful life; a place that I can be myself, bring my whole self, be vulnerable, and offer caring and love to others. The services aren't always as fulfilling as I hope and don't always provide the spiritual deepening and introspection that I'm looking for.

Some of us, including me, need a spiritual and or religious thrust to be motivated to engage in social action and or social justice initiatives.

I look for openness, a commitment to safe spaces, and an interest in discussion (especially about spirituality). I also really enjoy worships that focus on spirituality.

The freedom to explore my spiritual/religious needs and beliefs in a safe, supportive community, with the guidance of a professional minister.

Spiritual community is the most meaningful thing for me about being a UU. I like sitting amongst other people who may have various beliefs about higher power(s) and sharing the warmth of community with them while we all look for paths that suit us.

I don't participate as much as I could, mostly go to Sunday services sometimes and some events. It can sometimes be a bit too much like church and honestly I am looking for something a bit different.

Also, I'm still a skeptic despite my willingness to live in community. I'm not a religious person and I prefer the sermons (and the guests, and varied menu of people) to the more "church-like" aspects: hymns, joys/sorrows, etc. But I get that is exactly what most people enjoy about the services.

I look for communities that enable spiritual growth. A friend once told me that older people go to church for social justice, and younger people live and work social justice and go to church for spirituality. I definitely feel this is true, and so congregations that do place emphasis on our principles and sources are important to me.

[It is important to me that] I feel supported in my exploration of my sense of the divine.

More and more, I find myself looking for the sense of spiritual community I had at youth worships years ago. It feels like there is nothing in the adult world that functions as that deep, ritualistic communal experience in the way that youth worships functioned. I know I'm not alone in this and that many other YAs I know feel they aren't getting this, but I don't really know what to do about it. I sort of wish Unitarians had a tradition like catholic vespers, a time for worship that was not for didactic sunday morning services (which I love) but instead for this more holy space. I think that is one of two things that I really need from my church, the other being opportunities for social justice work, which I believe my church does provide, though not really enough.

# Qualitative Responses

## *Spirituality and worship (cont.)*

Small circle worship. All kinds of candle lighting ceremonies. Singing. I can enjoy traditional worship as long as the speaker is eloquent and interesting, and the people participating in service don't take me out of it through announcements, awkward transitions.

**I prefer where we are moving - I like dancing, singing.**

**Informal. I'm more used to the worship styles used in youth group, and I feel more comfortable with those types of worships than the regular Sunday morning worship. Guided meditations, small group worship, etc.**

**Chalice lighting**

**Meditation (singing or otherwise), labyrinth walk, solstice celebrations.**

**I enjoy Sunday worship services, but would like to see it offered more often (evening or other days of the week). I also like informal gatherings, with minimal liturgy (Chalice, sharing, etc.) and which lead to a more social time (movie, games, food, pub night).**

**YA worship that is often calling on deep emotions, and asking people to sit with their vulnerabilities is something that doesn't happen in my life. I want to be able to gather with people (of all ages) and be asked to life up my voice about grief, pain, witnessing harm. I want a space where I can be able to express the baggage that I carry into a group of people- knowing that they can hold that space for me, and I can listen to them put down their baggage. I am not sure that this would work in a Sunday morning worship - not only because there are too many people, but because we so rarely sit with our suffering in that space that it would be to much of a shock to the community.**

**My UU community provides a community for me to talk to about my spirituality, and a wide range of people for me to discuss spirituality with. The youth group I personally participate in is a little lacking in that, so I think what I really want out of young adult-hood in UUism is being able to focus on spiritual growth!**

**I know my tastes are not universal, but as a former-Christian I really enjoy the trappings of traditional church services, minus the Biblical brow-beating. By that I mean I enjoy group singing, minutes of silent meditation, the symbolic imagery of the lit chalice, and listening to a "sermon."**

**However I believe some people who come from a different background would find this format more stuffy than comforting.**

**Anything with singing and dancing/movement! Also candles are a big thing for me - something about fire/light in the darkness helps me feel very connected to sacredness.**

**[It is important to me that] I feel supported in my exploration of my sense of the divine.**

**I absolutely love the style of worship often used at youth conferences in UUism - the building of a feeling of shared spirituality and connection is incredibly important to me. I also enjoy spiritual practices that involve nature, such as walks.**

# Qualitative Responses

## *Spirituality and worship (cont.)*

I personally really resonate with ideas of 'divine' and 'sacred' and come from a Christian background... my experience has largely been that there is no room at the UU table for Christianity. Most other faith traditions yes but in practice not much room for words like 'God' in a UU church. In fact ... there were signs up that actually said that UU was a church where you don't have to talk about God. I've really appreciated being able to walk alongside people who hold different beliefs than myself but sometimes it's hard when people you respect and look up to say 'Christians don't think. They go to church so they don't have to' when I now numerous Christian academics who fight for equality and inclusion. Sometimes this element of UU rhetoric makes me shut down or step back from groups or activities.

I'm not a big "meditator" in my day-to-day life, but having the chance once a week at church to sit and reflect on the world, and on things that are bigger than myself, has become a really important aspect of my life, and of staying in touch with the wider community.

Time for silence after something thoughtful has been shared, to let it sink in... I wish those time periods were a little longer than they normally are.

I love services with lots of singing and hymns. I like the two minute meditation we do. I love hearing messages of social action and justice from the pulpit.

I like worship with music and sermons that calls me to reflect deeply with time for silence. I also like small groups where worship is shared and people speak from the heart.

I like worship with lots of music. Especially singing as a whole. Those are the most special to me.

I would also love more opportunities for circle worship and alternative worship styles, like candle-lit services, Taize services, and more. I always crave more deepening in worship, and don't always get it on Sunday mornings.

The most meaningful style of UU worship for me as been UU Circle Worship. I most appreciate its highly participatory nature.

I yearn for worship and spaces to explore my relationship with God. Once in (UU) Sunday school we drew pictures of our ideas of God; that's the only time I remember talking about God at church. Prayer is an important, daily spiritual practice for me and I'd love to pray with other UUs.

Song. Calling the directions.  
Earth-based rituals.

# Qualitative Responses

## *Spirituality and worship (cont.)*

I am a very committed UU and I think a lot about my faith and questions of spirituality... and would love to those topics. However, most often people just ask me whether I am a student (nope!), whether I am new (not really), and assume that I know nothing about UUism (actually, it's basically my life right now). On the rare occasion that someone does ask me about my connection to UUism and talks openly about their own connection, we're able to have a wonderful conversation and I feel seen as a person.

I would like rituals like joys and sorrows within the service to feel more meaningful than rote.

Contemporary, circle-based worship and youth and young adult style ritual is my preferred way to practice worship.

I like it when services talk about religions and spiritual beliefs and practices. It is important to me that services not be totally atheistic, or at least not all the time.

I enjoy responsive readings, shared silence and singing

I think the way that I'd like my UU community to support my spiritual growth would be through offering a small group or something to explore religions and how to establish my own religious belief system.

I love fire, water, and flower communions. I think worship styles with "activities" are nice, but I also really appreciate more traditional style ones with hymns and readings and a sermon.

I know most people are retired and activities and events are geared towards the 65+ crowd. Those people probably like a more traditional "church" service but I'm not sure that is the best thing for people under 30. My friends are not really into hymns and a lot of stuff about God. So don't forget us.

I think the transition from youth to young adult can be rocky for UUs because of the settings. Youth get to have small groups, adults usually just go to services. Youth discuss and take action, adults listen. Youth have a big focus on going to conferences; adults, not so much. I think congregations should consider making their services a little more interactive - instead of just sitting and listening for an hour every Sunday.

I enjoy the stuff I always thought of as youth worship but which I'm told is called circle worship when grown ups do it. ...I think sermons are important and have their place, but perhaps that place is not every single Sunday. I think, above all, what I need from my church right now is more diverse styles of worship, or worship styles at all. I think a lot of young Unitarians don't know how to be spiritual people in the adult world. I think, as intuitive as it seems, a lot of us need to be taught spiritual practices, which is something we're looking for in our churches and are not being given. Like not at all. Where are we supposed to learn this shit?

# Qualitative Responses

## *Social justice and diversity*

I think the use

of language by an older population when referring to communities such as new comers to Canada, lgbtq, millenials, etc is an area that could be improved. My overall experience has been that the intention of this community is authentic, good willed and sincere but I have experienced times in which that intention is lost in language that can serve to separate and unintentionally offend.

I like social action that is hands on. Sorting clothing and other donations, digging for a community garden where my whole family can participate. I have participated in marches (with and without kids).

Social action activities I enjoy include helping feed people through the food bank (I wish I could figure out how to get involved with that), meeting with our social justice action group, activities like share the plate, and attending protests and marches.

I look for anti-oppressive, justice-oriented praxis.

I would like to work on social justice that has lasting change.

I love the inclusively of the church. I know that anyone is welcome, regardless of who they are or how they present themselves. As an aunt of a trans niece, I am at peace knowing she's welcome here.

Important to me not just in UU communities, but in all communities is the willingness of members to grow and learn, from each other but also on their own. Specifically as a transgender person, I don't like having to be everyone's "gender 101" -

I appreciate when communities and allies have already done some of that work so that I don't have to deal with constant misgendering or explaining myself in situations I don't necessarily feel comfortable in.

I feel like somehow our congregations are very rigid spaces, and young people are often expected to simply rely on and maintain structures that are already there. I think what we need to learn is how to hold our churches open, so people can come and build the structures they need.

I don't really feel pushed to get involved or to take meaningful action on issues, but I would like to feel that from my UU community and local church. My preference would be to do social and environmental justice work from a UU perspective, and with UU folks, most of the time. But so far I have felt that the UU style of "activism" is shallow and too hands off to feel meaningful and effective. It seems like we are afraid of getting our hands dirty, afraid to interact with people that aren't so polished, that aren't like us or don't act like us. I am thinking about volunteering with a Christian charity organization in town, because they have many more connections with people who are vulnerable in our city, and because they really seem to get done what needs to be done.

UUs spend so much time mired in decision-making, bureaucracy and process that doesn't interest me at all. If I have time and energy to give, I don't want to waste it sitting on a committee for 2 years discussing what we might do and how, while the work passes us by.

# Qualitative Responses

## *Social justice and diversity (cont.)*

**How important gender identity and vocabulary around that is important to many Young Adults. I have appreciated that my minister takes great effort in checking in with people around preferred name and encourages the creation of an all gender washroom.**

**As a disabled person, I really appreciate non-evening activities and opportunities, and appreciate being able to be late for Sunday services without being penalized.**

**spiritual activities and in that capacity I feel the UU community truly thrives. I really appreciate that for many in the UU world the church experience is not just Sunday morning but a lifestyle and an engagement method.**

**After the service no one really talked to me about my [what I had shared in joys and sorrows], but one older white man approached me and without even asking my name, started doggedly asking me questions about my heritage. He didn't seem to notice my obvious discomfort and my attempts to dodge his questions. He also talked to me at length about the things he knew about languages [related to my ethnicity], and asked for my response. I didn't know what to say and wanted to get out of the conversation. Finally a young adult friend grabbed my arm and pulled me away because she noticed how inappropriate his questioning was. We walked home together and "debriefed" the situation. I appreciated how well she was an ally to me that day. I went home and cried, because I felt like a stranger had made me feel like a complete outsider in the faith that I grew up in and had given so much volunteer and paid time to. I was so mad that someone could make me feel that I didn't belong in my own religious home just because of the way I looked.**

**My first (and only) young adult-specific event that I have attended was a young adult retreat in 2014. I was 19 at the time and I went with my partner at the time who was 20. We were the two youngest people there; everyone else was in their late 20s/early 30s. That made it a little awkward because I was still in school and everyone else was working/out of school and at a different stage than I was, but the people were kind and welcoming so it didn't bother me too much.**

**Something that helps me feel welcome and that I often feel is lacking is allyship re: gender identity. I have been to congregations where people wear pronouns on their nametags but don't take their allyship any deeper than that, and where many church members have referred to me in a way that incorrectly assumes my gender.**

**To me my connection to activism and social engagement are**

**I appreciate learning from older people about how to do social justice and environmental work**

**A big reason I attend sometimes and am "in the orbit" of the local church even if I'm not formally a member is because they do good work. Like refugees, support LGBTQ, feed the hungry. That is values based living.**

**Sometimes the service leaders would make inside jokes or speak in a way that assumed that everyone had the same background and political views. Although I shared many of those views, it still made me uncomfortable to think that some people would definitely not feel welcome there.**

# Qualitative Responses

## *Favourite ways of participating in UU community*

Gathering with others, preferably in small groups, and attending worship	Attending services, kids in regular program, being a youth advisor		
Conferences and trainings	Religious education	Green Sanctuary Committee	Singing!
Services and midday social events	Participating in the UU community at Unicamp	Leading Worship	Taking part in pagan worship services, such as the solstices and equinoxes. Monthly
Discussion groups, usually with my peer group	Small groups (circle worship, small group ministry, or religious education, anywhere where all people present are participating, when we can learn and engage with each other).	Hanging out with other UU young adults, and going to Unicamp	Choir
Dancing to music at Sunday service, music/performance nights	Hands on activities that put ideals into action. Living the principles.	Anything to do with worship! The spiritual/religious aspect of UUism is very important to me.	
Being useful - sound, fall fair, whatever is necessary	Taking part in YA worship circles, Ferry Beach, Sunday morning programming, when there's a great minister/group of people	Sunday services and social events like "theology on tap"	
I used to really enjoy Sunday services when I was close enough	Right now, it's all about digging. Church has been the ground for me for forever, and now I'm getting involved to learn more about what it is, what makes it work, who really these people are who I've grown up around and never talked to. I believe it's a force for good, and I want to know more.	August Eliot, attending cons, my church	
Sunday services. I'd LOVE to go to a conference one day. Retreats.	Being active in my local church and attending the YA retreat at Unicamp and the CUC's ACM and conferences	Summer camp, and serving on the ministerial search committee	
		Attending church	
		Circle worship (meditative, spiritual worship) and social justice events (letter writing dinners, activist dinners, etc.)	

# Qualitative Responses

## *Favourite ways of participating in UU community (cont.)*

Translation,  
liturgist

I loved CanUuddle as a youth and really wanted to go to Edmonton for the (2017) YA con but don't think I have time

Regional and national gatherings. They give me energy. I attended winter Elliot a few years ago and would love to go back once I can afford to.

OPUS, Youth  
Advising

Taking a leadership  
role and helping  
others engage in  
community

Theme-based  
listening circle, youth  
advising

Church services, choir,  
other gatherings - meals  
together, special events  
like concerts, etc.

Young  
Adult  
activities

Worship services,  
volunteering in RE,  
classes/ retreats, social  
justice, cooking

Young adult  
retreat at  
Unicamp and YA  
events at the  
ACM

Worship in alternative styles (the magical  
pool stuff), training style conferences

I think part of what I like is when there are multiple ways to participate. I like opportunities to connect with people and hear their perspectives. I like working together in community. I like the concentrated atmosphere of connection and transcendence (humility, wonder, a sense of being united in common purpose for something bigger spiritually as well as practically) at conferences. I like meeting people from different congregations and places. I like being able to offer what I have to bring back to the community. I like the little rituals that are used to mark time and intention in the various working groups and committees and gatherings, and I'd like to explore incorporating those more widely. I like being involved in creating and leading worship, and I like helping to facilitate things. I like the multitude of different ways and words that UUs have to say the same things, and the challenge of overcoming arguments over terms. I like the way that everyone is involved in building our community/ies. I like that we are a participatory faith.

Running into old  
friends from youth  
group/con times

I love to work with  
children and would  
like to be part of our  
programme  
development for RE

I love the chalice circle  
I'm part of, my  
children are part of  
the YPSE and I help out  
with their  
programming

Attending worships of all  
varieties (and helping  
plan and lead them  
too), going to  
conferences and  
camps, helping lead  
the newcomer/new to  
UU workshops

Loved attending the YA spiritual retreat in  
Ohio in 2014 - haven't been active in UU  
communities since. ... I have some YA social  
connections, but craving more connection.  
Live in a rural area where there are limited  
options for UU community.