

Refugia is McDougall United's youth group. Our goal is always aimed at teaching young people how to be healthy and thrive in the chaotic world in which we find ourselves. Refugia seeks a place to build life skills, friendships in community, emotional intelligence, and a healthy spirituality.



CONTACT INFO



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YOUTH GROUP

Refugia Community



McDougall
United Church

Refugia is a biology term that refers to resilient plant life that survive periods of harsh environmental challenges. Young people are resilient. At Refugia, we aim to cultivate that resilience by providing hope for a better future.





WHEN AND WHERE

Refugia meets from 6-10pm every Friday.
We will meet at McDougall United Church unless told otherwise.



WHAT IS REFUGIA?

A typical night looks like meeting at the church, playing board games, pingpong, watching a movie, eating, and doing something spiritual.

For us, spirituality is an important component of anyone's health. This can sometimes look like talking through the hope and justice that is found in Christian Scriptures, but this can also look like engaging with art, or cooking a good meal for someone, or creating something.

Call it what you want, but there's something that all people are inherently drawn to, which often gets expressed through art, music, food, a good TV show, or even a well-maintained garden. This is what we call spirituality, and people need a healthy spiritual life to be healthy people.

WHO IS REFUGIA FOR?

Refugia is open to everyone from grades 7-12. Refugia is a fully inclusive and affirming community, meaning everyone is welcomed and fully embraced by the community regardless of sexual or gender identity, race or ethnicity, or ability. All are welcome.



LGBTQIA+ Affirming



Diversity in identity

WHY REFUGIA?

Refugia is a place of hope. Youth are resilient, but they're living in a difficult generation. Between the climate crisis, technological advancements that are impossible to keep up with, the pandemic, and sky-high mental illness rates, youth need a reason to hope for a better future. At Refugia, that is our primary concern - how do we as a group find hope together.



Navigating life in community



Learning how to find hope

HOW CHURCHY WILL THIS BE?

This is a fair question. At Refugia, we follow the ancient tradition of the Jesus Way. There will be times when we talk about biblical themes and content. However, this is also a community where critical thinking and disagreement is encouraged. No one will ever be pressured into believing something they are uncomfortable with.



Following the Jesus Way



Conversation