



GUIDE FOR RELIGIOUS RESOURCES AT THE UNIVERSITY OF OTTAWA



Please note, this list is not exhaustive. Know of one we missed?
Email us at ihouse@seuo-uosu.com with the details and link to
help us expand our resources!

Last updated: Fall 2024

Spiritual Well-being and Cultural Integration at the University of Ottawa:

Starting university and adjusting to a new environment can be challenging for everyone. Finding the right resources to support you in this journey isn't always easy. This guide was created to help you discover the religious resources available on campus.

The University of Ottawa offers a range of services to support international students in their academic journey, as well as in their spiritual and emotional well-being. Taking time to pray and connect with your spirituality is essential for maintaining mental balance, especially in a demanding academic setting. Here are some tips for integrating prayer and spirituality into your daily life:

- **Take regular breaks:** Setting aside time for prayer or meditation can help reduce stress and improve focus. These moments of calm are valuable for your mental health.
- **Join religious groups:** Participating in spiritual activities or joining religious groups can help you connect with other students who share similar values, fostering a sense of community and support.
- **Use prayer spaces:** Prayer rooms on campus provide a peaceful environment for meditation and reflection. These spaces are designed to help you ground yourself and find peace of mind.
- **Explore counseling services:** Don't hesitate to reach out to the university's counseling services to discuss any concerns or to seek spiritual support. They are there to listen and guide you.
- **Stay connected to your traditions:** Whatever your beliefs, staying connected to your values and traditions can provide comfort and stability during your studies.

Whether you're looking for a prayer space, religious groups, or spiritual support, there are several options available to you on campus. Take time for your spiritual well-being, as it greatly contributes to your mental balance and academic success.

INTRODUCTION TO MAJOR WORLD RELIGIONS

Understanding the major world religions is essential for promoting diversity and tolerance within our community. Each of these religious traditions offers a unique perspective on spirituality, morality, and community. Here is an overview of the beliefs, practices, and global presence of some of the most widespread religions, designed to help you better understand these different worldviews and their cultural impact.



Buddhism

Buddhism is both a philosophy and a religion that emerged in India in the 6th century BCE. It is based on the teachings of Siddhartha Gautama, also known as the Buddha, and aims to achieve spiritual enlightenment and liberation from the cycle of suffering through meditation, wisdom, and compassion.



Christianity

Christianity is a monotheistic religion founded on the life and teachings of Jesus Christ. It promotes love, forgiveness, and faith in one God, with various practices across denominations such as Catholicism, Protestantism, and Orthodoxy.



Hinduism

Hinduism is one of the world's oldest religions, originating in India, and is characterized by a vast diversity of beliefs and practices. It includes beliefs in multiple deities, karma, dharma, and reincarnation, encouraging followers to pursue a path of devotion, knowledge, and meditation.



Islam

Islam is a monotheistic religion founded in the 7th century by the Prophet Muhammad. Muslims believe in one God, Allah, and follow the teachings of the Quran. The Five Pillars of Islam—faith, prayer, charity, fasting, and pilgrimage to Mecca—form the foundation of Muslim practice.



Judaism

Judaism is a monotheistic religion and one of the oldest still practiced today, based on the teachings of the Torah. The religion emphasizes the covenant between God and the Jewish people, with practices that include dietary laws, observing the Sabbath, and celebrating religious festivals.



Sikhism

Sikhism is a monotheistic religion founded in the 15th century in northern India by Guru Nanak. It teaches equality, social justice, and devotion to one God. Sikhs follow the teachings of the ten Gurus and regard the Guru Granth Sahib as their spiritual guide.

On-campus places of worship:

Looking for a place to pray? Whether you wish to meditate, pray or simply reflect, several rooms are available on campus. These spaces are often used for Muslim prayers, but can be used for all forms of meditation and prayer, regardless of your spiritual path. Find out more about their location and their purpose:



UCU 107

Location: This room is at the end of the corridor, just off the Dining Hall.

Purpose: It is designed to provide a quiet space for prayer and meditation, conducive to concentration.



CBY B506

Location: Small room on the 5th floor of the building.

Purpose: This intimate space allows students and staff to meditate in silence.



LEES 309

Location: Small room with windows overlooking the BMO Social Heart.

Purpose: This intimate space allows students and staff to meditate in silence.



RGN 2529

Location: 2nd floor of the Kidney Disease Research Center.

Purpose: This room is specially designed for prayer, meditation, contemplation and other spiritual practices. It is accessible without reservation during normal opening hours, allowing you to come whenever you wish.



SCR 591

Location: Located a few steps from the campus, this small chapel is inside the Sacré-Coeur church.

Purpose: It is open to students, faculty and staff for moments of prayer or reflection, offering a serene and welcoming environment.

Religious Associations on uOttawa Campus:

At the University of Ottawa, various religious groups and associations offer spaces of support and sharing, regardless of your spirituality or interests. These associations are here to help you thrive, connect with other students who share similar values, and participate in fulfilling activities. Below, you'll find the contacts for each association to learn more or to join them.



Ahlul-Bayt Student Association
Email: absauottawa@outlook.com
Instagram: [@absauottawa](https://www.instagram.com/absauottawa)



Ahmadiyya Muslim Student Association
Email: absauottawa@outlook.com
Instagram: [@absauottawa](https://www.instagram.com/absauottawa)



Campus Rush
Email: campusrushuottawa@gmail.com
Instagram: [@campusrushuo](https://www.instagram.com/campusrushuo)



Christian Legal Fellowship
Email: uottawacfl@gmail.com
Instagram: [@clfuottawa](https://www.instagram.com/clfuottawa)



Dawah Canada at the University of Ottawa (DCuo)
Email: dawahcanadauottawa@gmail.com
Instagram: [@dawahcanada_uo](https://www.instagram.com/@dawahcanada_uo)



Dew of Ottawa
Email: dewofottawa@gmail.com



First Love
Email: firstloveuottawa@gmail.com
Instagram: [@first_loveottawa](https://www.instagram.com/@first_loveottawa)



InterVarsity
Email: uottawa@ivcf.ca
Instagram: [@ivcf.uottawa](https://www.instagram.com/@ivcf.uottawa)



Lighthouse Adventist Christian Fellowship
Email: acf.lh.uottawa@gmail.com
Instagram: [@lighthouseacf](https://www.instagram.com/@lighthouseacf)

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Ottawa Campus Chaplaincy

Email:

info@ottawacampuschaplaincy.org

Instagram:

[@ottawacampuschaplaincy](https://www.instagram.com/ottawacampuschaplaincy)



Ottawa Ismaili Students Association

Email: ottawaisa@gmail.com

Instagram: [@ottawaisa](https://www.instagram.com/ottawaisa)



Power to Change

Email: p2cuottawa@gmail.com

Instagram: [@p2cuottawa](https://www.instagram.com/p2cuottawa)



**Sikh Student Association of the
University of Ottawa**

Email:

uottawasikhstudentassociation@gmail.com

Instagram: [@uottawa_ssa](https://www.instagram.com/uottawa_ssa)



**University of Ottawa Muslim
Students Association**

Email: info@uomsa.ca

Instagram: [@uomsa.aemuo](https://www.instagram.com/uomsa.aemuo)



uOttawa Pagans & Friends

Email: uopaf.peauo@gmail.com

Instagram: [@uopaf.peauo](https://www.instagram.com/uopaf.peauo)

PSST...

CHECK OUT MORE CLUBS HERE



Spiritual Support and Guidance:

Below are the contacts for our spiritual support chaplains, available to support you whenever you need guidance.

Barbara Lois Helms | Muslim

Services: Volunteer chaplaincy, spiritual support for the Muslim community, services at the University of Ottawa and various organizations.

Office Hours: Appointment only.

Contact: barbara.lois.helms@gmail.com

Justin K.W. Kim | Presbyterian

Services: Spiritual counseling, support for international students, Enneagram personality test sessions.

Office Hours: Wednesday from 11 a.m. to 3 p.m. or via appointment.

Contact: 613-314-4113 | jkim@okpc.ca

Srishti Hukku | Humanist (Secular)

Services: Support with existential and ethical questions, secular ceremonies.

Office Hours: Appointment only.

Contact: shukk014@uottawa.ca

Jason Byers | Baptist

Services: Spiritual support, student guidance, discussions on faith and daily life.

Office Hours: Thursday from 11 a.m. to 2 p.m. or via appointment.

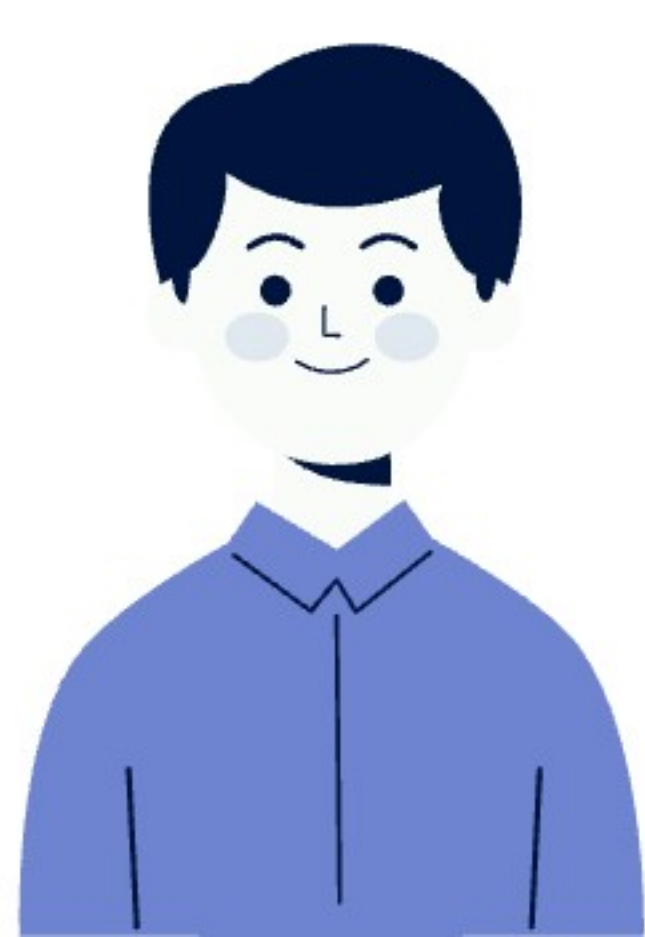
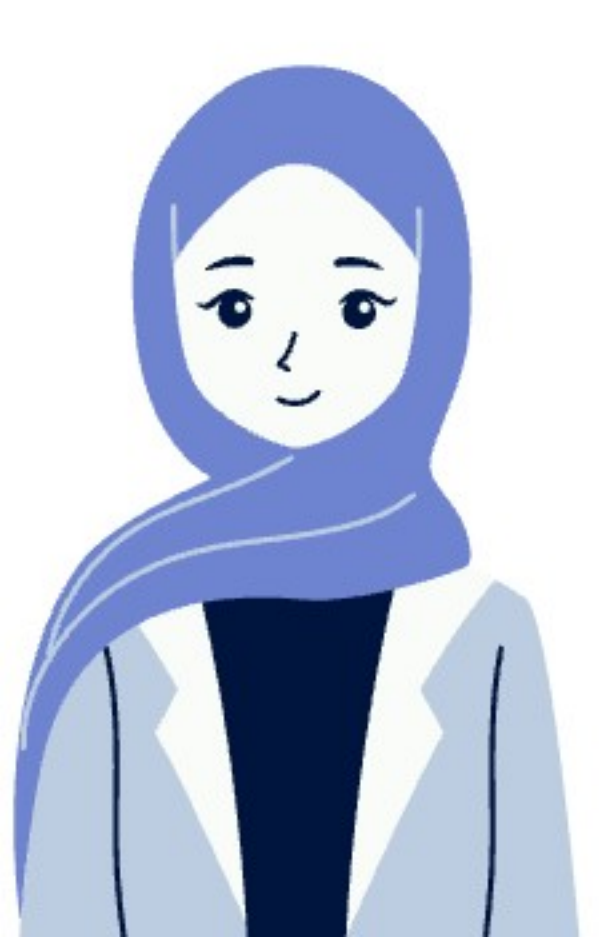
Contact: 613-220-3136 | jason.byers@celebrationchurch.ca

Majed Jarrar | Muslim

Services: Chaplaincy, social justice, counseling for students and couples.

Office Hours: Appointment only.

Contact: @mjarrar (MS Teams) | mjarrar@uOttawa.ca



Spiritual Support and Guidance:

Below are the contacts for our spiritual support chaplains, available to support you whenever you need guidance.

Ryan Farrell | Christian Reformed Church

Services: Discussions on faith, guiding students with their spirituality.

Office Hours: Appointment only.

Contact: chaplain@ottawacampuschaplaincy.org | 613.483.1222

Reverend Michael Garner | Christian (Anglican)

Services: Chaplaincy, community engagement, food support programs.

Office Hours: Appointment only.

Contact: revmichael@stalbanschurch.ca | 613-797-9802

Dana Ducette | Christian (United Church of Canada)

Services: Youth support, inclusivity, reconciliation.

Office Hours: Appointment only.

Contact: dducette@united-church.ca | 613-608-8411

Chaim Boyarsky | Jewish

Services: Spiritual support for the Jewish community.

Office Hours: Appointment only.

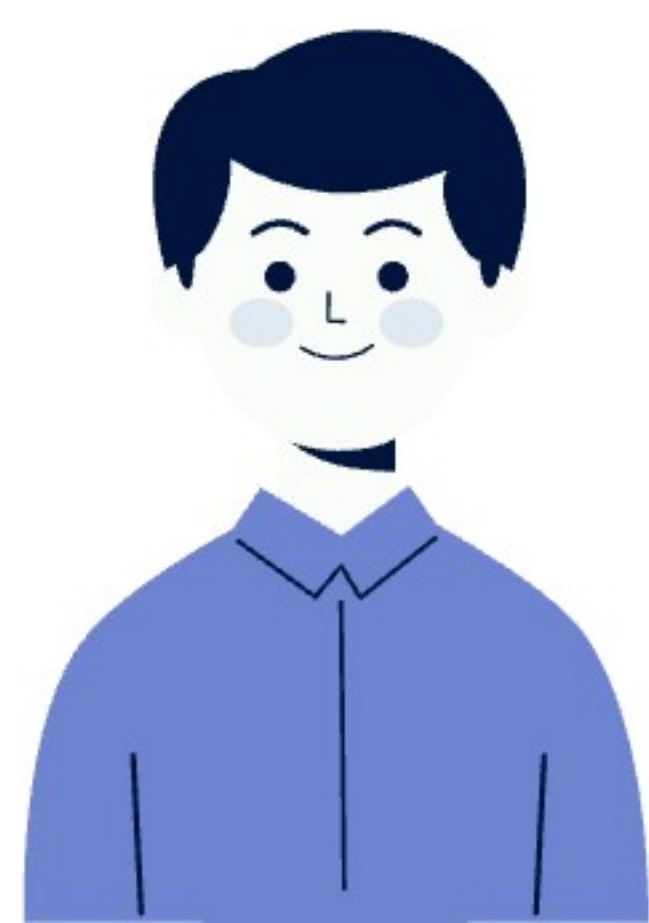
Contact: chaim@csn.ca

Jamie Sweigman | Jewish

Services: Support for the Jewish community, student mentoring.

Office Hours: Appointment only.

Contact: jsweigman@hillelottawa.ca



a home

away

from

home



Maison internationale



International House

**A service for
international students**



@maison_i_house



ihouse@seuo-uosu.com

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