

**This Sunday 10:30 a.m. we join Unity Kitchener for
"Igniting a Love Affair with Life and Self"
with Mel Horvath-Lucid**

[Click here](#) to join service.

Meeting ID: 195 915 846; Passcode: 016155

[Click here](#) for phone-in instructions.



"When we show up as our true selves, there will be rub, people will throw tomatoes." (Missy Butcher, co-author of *Lifebook*). What would it take to shift from a life of expectations and beliefs on what we should do, to a life that is mission-driven? What would it look like to fall in love with life anew, and from this love to create a life that has the power to sustain you, independent of any circumstances?

Mel is the Director of Life-Long Learning at the Unitarian Congregation of Guelph, ON.

Spiritual Café - Tues Feb. 16, 10:00 a.m.

All are welcome to drop by for a mid-month meditation and further discussion on Spiritual Strength with Rev. Roxanne. What a great opportunity to connect and collaborate about this awesome ability we all have. [Click here](#) for zoom link.



Coming Feb 21 - "Are you Brave Enough to be Accountable for Your Consciousness?" with Rev. Sheree Taylor Jones

In this talk, Rev. Sheree asks if you are willing to look at your unconscious biases and the behaviors that prevent you from thriving or even supporting others to thrive.

Rev. Sheree is an ordained Unity Minister, consultant, speaker, and author.

URGENT CALL

for those who want to share their gifts in Sacred Service!

Please consider joining the USCO Board of Directors, and benefiting from learning new skills and deepening your spiritual growth through the power of being of service.

Because we are a not-for-profit charity, the Board has a critical role in keeping the spiritual community running. The Board meets once a month at 6:pm on a Monday night.

Please email the office at officeunityottawa@yahoo.ca if you are interested or want more information.

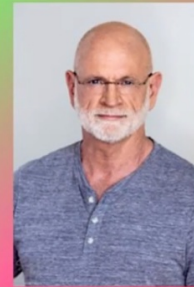
The Twelve Powers (HTS125)

6 Tuesday evenings [online only]
March 2nd to April 6th 7-9pm ET
[8-10 pm AT / 6-8 pm CT / 5-7 pm MT / 4-6 pm PT]

Our co-founder Charles Fillmore defined the 12 powers — attributes that he believed formed the basis of our Christ consciousness. The more we develop them, the closer we are to expressing our true being, our divine nature. These 12 powers provide the basis for Unity's 2021 theme - join us in exploring your inner powers!

Guest Facilitator: Rev. Dr. Paul Hasselbeck

Paul brings a genuine passion for clarity, precision and making Unity teachings understandable and user friendly.



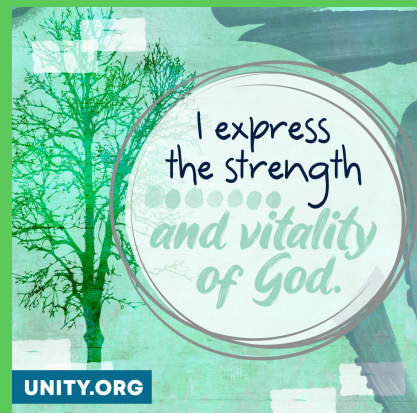
For more information or to register:
lutrep.unitycanada@gmail.com



Unity Worldwide Theme for February is Strength

[Click here](#) for Strength video.

To read more about Strength [click here](#) and click on tab for February.



Share the Love

This Valentine's Day, let's follow this little child's lead and send out

"My daughter was standing on this heart-printed paper, and I asked her what she was doing. She said she was sending love and peace to people in the world and to monsters to make them nice. ❤️"

Via Project Quarantine 2020

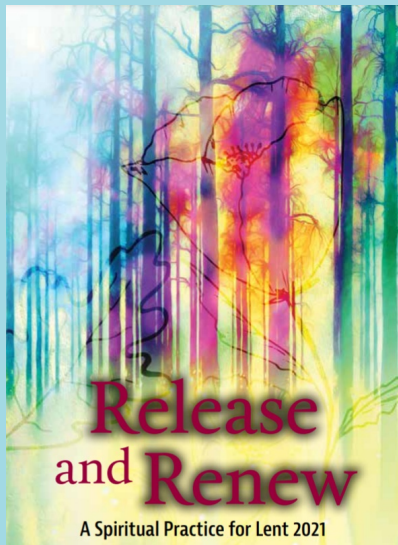


love to the world. As St. Augustine argued in his *Faith in Invisible Things*, someone does not have to be standing before our eyes for us to love them.

On February 14th, please find or make your own heart to stand on: use red paper and cut out a heart or draw a heart on plain paper. Stand on it and send love to the world.

We are grateful to Bonnie Rondeau for this wonderful idea.

Spiritual Resources to Expand Consciousness



Lent starts Wed Feb 17
For a free copy of Unity Worldwide's booklet, click on the picture above.



USCO is on YouTube!

Have you missed some services or wish to go back and watch again? To view a Sunday service again, click on the picture above.

Community Corner

We want to get to know you! Please send your news to the office at officeunityottawa@yahoo.ca no later than Monday morning for inclusion in that week's newsletter.

Prayer Requests

USCO's Prayer Partners, trained in affirmative prayer, are on duty during the week if you want prayer.

Please email the office to request a prayer. The Prayer Partner on duty will get back to you by telephone to arrange a time to pray with you.



How you can give:

1. Tithe.ly app, search for Unity Church of Ottawa and follow prompts
2. Donate at www.unityottawa.org
3. E-transfer to officeunityottawa@yahoo.ca
4. Mail a cheque to:

Unity Spiritual Centre Ottawa
Box 21587, 3080 Carling Avenue
Ottawa, ON K2B 0A3

Thank you for your generosity!

Unity Spiritual Centre Ottawa is very grateful for the contribution of all of our sacred servers and staff.

Upcoming Sunday Services (all on Zoom)

February 14: (joining with Unity Kitchener)
Igniting a Love Affair with Life and Self with Mel Horvath-Lucid

February 21:
Are You Brave Enough to be Accountable for Your Consciousness? with
Rev. Sheree Taylor-Jones

February 28:
Serenity Service on the Power of Strength, with our Prayer Partners

