

This week Unity Kitchener joins us  
Sunday, February 20th, 2022  
For 'Seeing is Loving ' with Rev. Kelly Isola  
To join this service [click here](#)  
For phone-in instructions [go here.](#)  
Meeting ID: 813 6104 1785 Passcode: 298748

### SEEING IS LOVING

We have focused our energies to heal our “othering” thoughts and behaviors by engaging the power of our differences. In doing that we’ve discovered that by looking beyond the behaviors that hurt, wound or separate, SEEING IS RELIEVING. In that relief, we then discover that SEEING IS CHANGING, the fastest way to change someone or an experience is to see it differently, and HOW we can do that. Finally, we discover that SEEING IS LOVING. To see completely (in our wholeness) is to love. Seeing the wholeness does not lose sight of the parts, and there is no need to eliminate or perfect any part of ourselves - including the upsides and the downsides. The harmonic of the universe is wholeness, not perfection, this generates the same goodwill towards others, leading to greater love.



Join us March 5th from 1-5pm with Rev. Cynthia Vermillion-Foster for a powerful presentation on the challenges faced by Spiritual Communities at this time.

### **“What is Spirit Seeking to Birth?”**

"Over the past several months, I have had numerous conversations with spiritual communities that revolve around the question: “Where do we go from here?” It has been a challenging couple of years for all of us as we confront sticky issues on multiple fronts. And these sticky issues are not new - the past few years have merely intensified them.

Decline in ministry has been occurring for decades, and as members of our spiritual communities begin to consider life “after” COVID, some are considering the painful question of whether their community can remain viable. The question might be better phrased: “What does viability look like in this rapidly changing world?” or “How can we reimagine ministry for the 21<sup>st</sup> century?”

In light of the challenges, we might be tempted to look for quick solutions. And there may be a need to make some immediate decisions based on current realities. It is also important to look deeper; that we consider this situation from a spiritual perspective."

A link to this event will be provided when we receive it! **Please place this important date in your agenda.**

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## **Inspiration!**

**I am inspired to create and renew my life.**

**I admire and respect the sacred calling and work of innovative and groundbreaking thinkers and leaders. The work they have done to forge new paths and influence humanity in new directions is inspirational.**

**I've heard inspiration described as an inner quickening. This quickening is mine as I forge new paths and boldly journey forward, creating and renewing my life.**

**To keep inspiration flowing, I invest time in meditation, inspirational reading, and rest in contemplative stillness. I begin each day opening my “heart-mind” to infinite possibilities. I claim the courage and clarity to release my rigid patterns and expectations. I live in a state of gratitude and appreciation for the inspiration that arises within me and I eagerly share it.**

**I am inspired to create and renew my life.**

(Rev. Hasselbeck)

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**'Confidence Meditation With Silent Unity!'**



5 Online Spirit Groups are active now! If you would still like to join fellow Truth students from Unity Kitchener, Unity Windsor and Unity Spiritual Centre Ottawa, please have a look. They are an amazing adventure!

[Click here](#) for a complete list of Spirit Groups, information, and registration links.

There are no fees to attend and participate in Spirit Groups, however Spirit Groups are made possible by the **love offerings** and generosity of Spirit Group participants and our Unity Spiritual Communities.

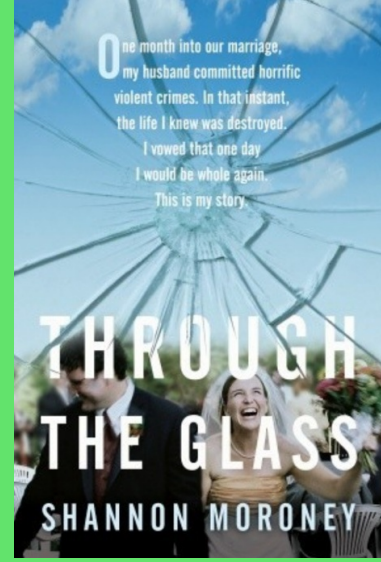
**Bridging the Divide Bookclub reconvenes  
Tuesday Feb. 22nd from noon–1:30 p.m.**

Hosted by Unity Canada Board members, Cheryl Rodgers and Rev. Roxanne Buckle, we will gather on the 2nd and 4th Tuesday of the

month, from noon–1:30 p.m. All are welcome. The intention is to explore topics like anti-racism, Indigenous reconciliation and social justice. The book for Feb/Mar is on restorative justice.

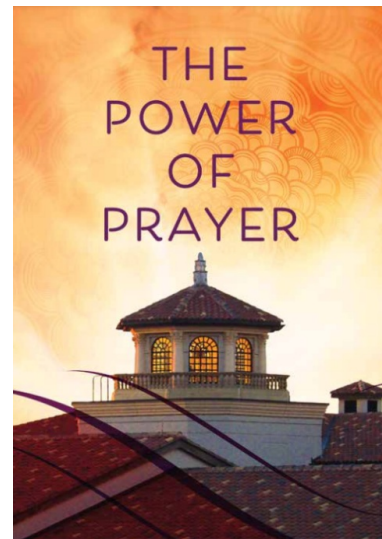
"An impassioned, harrowing and ultimately hopeful story of one woman's pursuit of justice, forgiveness and healing.

[Click here](#) to join on Zoom.



**SILENT Unity has been providing support through live prayer for over 130 years?**

You can contact them for prayer 24/7 at [unity.org/prayer](https://unity.org/prayer) or by calling 1-800-NOW-PRAY



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1. Search the Tithe.ly app for Unity Church of Ottawa and follow prompts.



2. Make a donation at [www.unityottawa.org](http://www.unityottawa.org).
3. Send an E-transfer to [officeunityottawa@yahoo.ca](mailto: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!

# DAILY WORD

A Unity® Publication

Daily Word has an online magazine, calendars, cards and especially inspirational and practical teachings through daily prayer messages to help people of all faiths live healthy, prosperous, and meaningful lives. For more information and to subscribe, go to the [dailyword](#) here.



To find out more about Unity News and Events from around the country, you can [click here](#) to find Unity Canada'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, [officeunityottawa@yahoo.ca](mailto:officeunityottawa@yahoo.ca), 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 may  
we pray  
with you?



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

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**Upcoming Sunday Services**  
(all on Zoom)

**February 20, 2022:** (Unity Kitchener joins us)  
Seeing is Loving with Rev. Kelly Isola

**February 27, 2022:**  
Serenity Service

**March 6, 2022:**  
Deeper Dive Into Prosperity, Pt 1 with Rev. Paul Hasselbeck

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