

**This Sunday 10:30 a.m.
Are You Brave Enough To Be Accountable For Your
Consciousness?**

with Rev. Sheree Taylor-Jones

[Click here](#) to join service.

Meeting ID: 822 1150 8429; Passcode: 698783

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



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

We are each responsible for what we believe, for how we show up in the world, for the thoughts we have, for the things we say, and for the actions we take. Transformation requires us to do the work to live the life we deserve, while supporting others to flourish.

Rev. Sheree is an ordained Unity minister, consultant, speaker, and author. Her passion is to assist people in questioning their personal beliefs, assessing and analyzing if those beliefs are valuable or if they need to be changed, giving them permission to release beliefs which no longer serve. She has a newly published book, via Amazon.com, entitled: *Turn Your Why? Into Why Not!* This book helps readers change outdated belief systems which no longer serve them. Sheree is also the host of a podcast called Belief Busters (beliefbusterpodcast.org) that supports transformation of consciousness. Learn more at her website PreachItSister.com.

Black History Month Event: Sunday, Feb. 21 at 2:30 p.m.

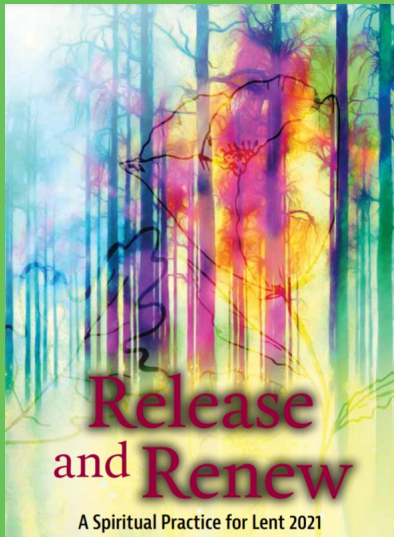
St. Basil's Parish's *Conversations for our Times* Zoom Gathering

“Racism, White Privilege and the Invention of Race”

with Rev. Dr. Anthony Bailey, the Senior Minister at Parkdale
United Church in Ottawa.

[Click here](#) to join

Frequently invited to speak at workshops and lectures in churches, schools and federal government departments, Rev. Bailey is recognized as an expert in intercultural competence, social justice, anti-racism, Black History, and racial justice. Rev. Bailey was awarded the DreamKEEPERS Dr. Martin Luther King Jr. Life Achievement Award for racial reconciliation.



Lent

I begin my Lenten journey and welcome a new way of thinking and being

This affirmation, from *The Daily Word*, reminds us that this is a time of deep, prayerful contemplation, a time to expand our spiritual understanding and the expression of our divinity. What do I need to give up to become the person I am meant to be? And, after releasing any negative thoughts, beliefs or behaviours, what am I leaving space for?

[Click here](#) for your free Lent booklet.

I release negative thinking and give myself to positivity.

Next week, Feb. 28: Serenity Service on the Power of Strength with USCO Prayer Partners

We celebrate the last day of February by becoming centred in our Power of Strength. Take a time apart through prayer, music and times of silence to strengthen and embody this ability to persevere, be steadfast and courageous.



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.

What is Unity?



Workshops

Hosted by: Wendy Karr

Next workshop date:
Tuesday February 23rd 8-9:30
pm EST

Preregistration is required by
noon EST on the day of the
workshop

lut.unitycanada@gmail.com

Michael Swinwood's Full moon ceremony



Friday, Feb. 26 at 7:00 pm

To participate, go to our website at www.unityottawa.org and click on the event on February 26.

The Twelve Powers (HTS125)

6 Tuesday evenings [online only]

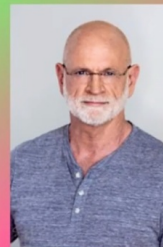
March 2nd to April 6th 7-9pm ET

[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.



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 21:

**Are You Brave Enough to be Accountable for Your Consciousness?
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February 28:

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

March 7:

Speaking Words of Wisdom with Rev. Roxanne Buckle