

**This Sunday 10:30 a.m.
Serenity Service on the Power of Strength
with our Prayer Partners**

[Click here](#) to join service.

Meeting ID: 837 5994 1410 Passcode: 617141

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

This Sunday we are blessed to have the opportunity to embody more fully our incredible Power of Strength, which has been our focus during the month of February.

Our USCO Prayer Partners have weaved together a powerfully contemplative service, allowing us to build our spiritual strength muscles so that we can indeed *stay centred no matter what*.

What a timely opportunity! Through words of reflection, affirmations of Truth, music and periods of silence you will be gifted with the time and space to expand your consciousness into a greater awareness of your Strength faculty so that it is available to shine when you need it most!



**Celebration of Life
for Rev. Charlene Smith**

The beloved Unity Minister, Rev. Charlene Smith, made her transition on January 5.

Rev. Charlene was minister of Unity Ottawa and then New Westminster, B.C.

After she retired from the latter, she taught classes and assisted at Unity White Rock, B.C.

You can learn more about her [here](#).

Rev. Charlene's memorial service, officiated by Rev. Pat Ball, will be held on **Saturday, February 27 at 1pm (ET)** on Zoom. Please [click here](#) to attend.

If you would like to send a card or flowers, please send to Rev. Charlene's

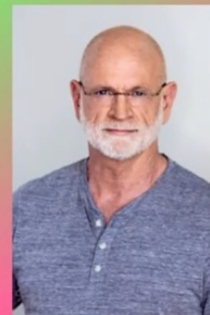
The Twelve Powers (HTS125)

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



A suggested love offering of \$15/20 per class can be e transferred to: unitycanadaoffice@gmail.com

Next week, March 7: Speaking Words of Wisdom with Rev. Roxanne Buckle

Inspired by the song "Let it Be," this Sunday lesson, on the eve of International Women's Day, explores our divine faculty of Wisdom. With a brief nod to the metaphysical meaning of Mary, mother of Jesus our wayshower, we discover more about Wisdom's attributes of intuition, judgement, and discernment which enable us to take our spiritual understanding and apply it to living a more fulfilling life.

Spiritual Cafe, with Rev. Roxanne Buckle

Tuesday March 9 at 10 a.m.

There's an old adage: 'the teachings work if we work 'em.' Grab a coffee or tea and interact with fellow Truth students and Rev. Roxanne to deepen your exploration on the Power of Wisdom, through meditation, song and discussion. All are welcome. [Click here](#) to join.



Spiritual Resources to Expand Consciousness



Rev. Dr. Paul Hasselbeck's weekly Absolute Word is a wonderful reimagining of the Daily Word to focus on the language of Oneness.

To find out more, click here: www.paulhasselbeck.com



A time-tested way to align with the divine within is through meditation. Unity has some wonderful visual and audio meditations on various topics. To access these resources, click here: www.unity.org/prayer

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.



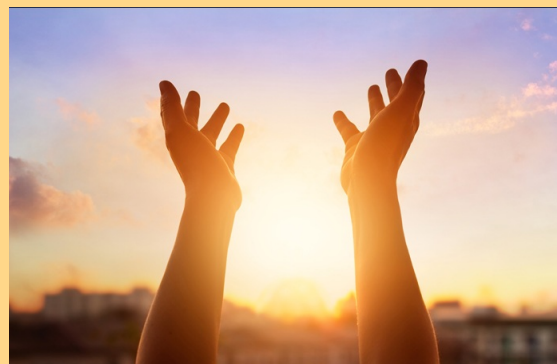
Community Corner

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 28:

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

March 7: (Unity Kitchener joins us)

Speaking Words of Wisdom, with Rev. Roxanne Buckle

March 14: (we join Unity Kitchener)

Wisdom: Seek and Ye Shall Find, with Michael Swinwood