



### **Updated Zoom Procedure**

During the January 9 service, several outside people unexpectedly took control of the Zoom meeting. The service was ended and a new zoom link was sent out to community members so that the service could be continued.

If this happens again, despite our best efforts to prevent it, the following will take place:

1. The meeting will be immediately ended.
2. Please monitor your email as a new Zoom link will be sent to you via this newsletter.
3. We will reconvene via the new link and continue our service.

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**This week, Sunday January 16, 2022**  
**"Journey to Awakening" with Rev. Dr. Jane Simmons**  
**[Click here](#) for phone-in instructions.**



The spiritual journey is often described as a heroic journey - a quest that includes first letting go of what is, followed by spending time in the wilderness and finally to be reborn into something greater than was known previously. The hero's journey is illustrated in ancient legends and modern tales such as Harry Potter. Each one of us has this same quest: to use whatever is happening in our life to help us awaken to a deeper understanding

of who we truly are. We begin our exploration of the hero's journey this Sunday, and again in April when Rev. Jane will be back for a deeper exploration in a 3 weeks series, culminating in the Easter message of rebirth.

Rev. Dr. Jane Simmons has a passion for heart-centered transformation, and is committed to bringing forth a kinder, more compassionate world. An ordained Unity minister since 1999, Jane has ministered in four Unity churches in Canada and the United States as well as serving as the Teen Ministry Coordinator for Unity Worldwide Ministries.

Jane is the author of the book, *You Can't Sleep Through Your Awakening*, and co-author of the beautiful, best-selling book and card decks, *Who Have You Come Here to Be*, *101 Possibilities for Contemplation*. Jane has developed youth and adult curriculum based on the Unity bestseller *The I of the Storm*, written by her husband, Rev. Dr. Gary Simmons.

Jane is a co-founder of *The Art of Quantum Living*, with its transformational 21-day practice called The Quantum Living Process™ which you can find out more at [www.theartofquantumliving.com](http://www.theartofquantumliving.com).



**5 On-line Spirit Groups are starting now for 2022. Join fellow Truth students from Unity Kitchener, Unity Windsor and Unity Spiritual Centre Ottawa.**

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

The Absolute Word for Sunday January 16, 2022

## **“Rise UP!”**

I “rise up!” in consciousness helping to create a world that works for all.

Throughout time, there have been people who led lives that changed the world forever. Their words and deeds provided hope and inspiration for those who would carry forth their legacies of love, growth, and evolution—long after they left this life.

Their most powerful contribution was their ability to inspire others to express their own purpose founded and based on their innate DIVINITY. As more and more people reach their highest potential, the whole of humanity ascends.

Today I honor those who have led lives of service, endeavoring for love, truth, and justice. I celebrate and honor their journeys and contributions as I invest and embark on my own. I “rise up,” grateful for contributing all I can to the growth and evolution of humankind.

**Next week January 23:  
We join Unity Kitchener  
with Rev. Kelly Isola**



## Fellowship Happiness Connections - to help lighten our day!

I would love to show someone from 1995 this picture and ask them what they think is happening here



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SOMEDAYS WE JUST  
NEED TO IMAGINE THIS...



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## Did You Know?

Unity has been providing supportive prayer for over 130 years?

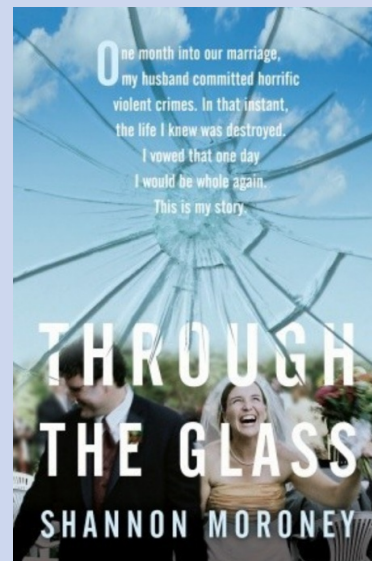
You can contact them for prayer 24/7 at [unity.org/prayer](http://unity.org/prayer) or by calling 1-800-NOW-PRAY



## Bridging the Divide Bookclub reconvenes Tuesday Feb. 8 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.



## How you can give:

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<sup>®</sup>

A Unity<sup>®</sup> Publication

Daily Word offers inspiration 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 [dailyword.com](http://dailyword.com)



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.



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

**Upcoming Sunday Services**

**(all on Zoom)**

**January 16:** (Unity Kitchener joins us)

Journey To Awakening with Rev. Dr. Jane Simmons

**January 23:** (we join Unity Kitchener)

Rev. Kelly Isola

**January 30:**

Serenity Service with our Prayer Partners

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