

**This Sunday, July 11 at 10:30 a.m. we join Unity Kitchener
Resistance isn't Futile with Deidrey Francois**

[Click here](#) to join service.

Meeting ID: 195 915 846 Passcode: 016155

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



Resistance really has a bad reputation of making us feel as if life is working against us. After all, what we resist persists! But what if we shifted our perspective of resistance?

Join us as Deidrey Francois performs a musical exploration of the various ways we can harness our innate Strength to deepen our Understanding using resistance!

Deidrey Francois is a soulful Singer-songwriter, Speaker and Theatrical Performer. A proud Mom of 3, who has Earned 2 Posi Music Honourable Mentions, including a 2020 Empower Award Nomination. Her intent is to express Spirit in Melody to bring joy and to touch a listener's heart.

**Sunday July 18: Rev. Dr. Martha
Creek**

Workshop at 12:30

Liberated Living: Understanding the



Power of Emotions

The development of our spiritual maturity and true freedom requires that we get in touch with more of our human self...especially those scary emotions that arise! In Martha's Sunday lesson, followed by a 2-hour workshop, we will learn strategies, practices and approaches to encourage less pretending, less spiritual bypassing and more accepting of the full humanness of ourselves. In that way, we can learn to walk through, not fly over or camp out in, the 'shadow of the valley of death.'

To register for the workshop and receive the unique Zoom link,

email officeunityottawa@yahoo.ca

Workshop Fee is \$25

Missed last week's Service?

[Click here](#) to watch on our YouTube channel.



Unity Worldwide Theme for July is Understanding

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

Self-Care. Social Justice. Science and Spirituality.

Conscious Awakenings

The 106th Annual World Congress
of the International New Thought Alliance

July 20-22, 2021

The Annual Congress is an online experience with exceptional speakers, stimulating workshops, inspiring music, and the Truth of New Thought. Everyone is welcome to attend!

For more information: newthoughtevents.org



Bridging the Divide Book Club

Two Unity Canada Board members and committed racial justice students, Cheryl Rodgers and Rev. Roxanne Buckle, are happy to announce the launch of the *Bridging the Divide Book Club*. All are welcome to join the discussion which will serve initially as pre-Unity Canada Conference activities and then continue on afterwards.

When: The 2nd and 4th Thursday of the month, from 12-1:30 p.m. starting Aug 12.

How: No registration required; Zoom link will be provided closer to the date.

What: Read the book and join the discussion.

1st Book: *Indian Horse* by Richard Wagamese
(August 12 & 26 and Sept 9)

2nd Book: *The Skin We're In* by Desmond Cole
(Sept 23, Oct 14 & 28)

Why: We want to become ally's in the struggle for racial justice in Canada. Getting ourselves educated and discussing with others seems like a good step.

If you missed any of Michael Swinwood's *Full Moon Meditations*, or if you want to experience them again, you can find them all on his [YouTube channel](#).





12 Tools to Stay Centered, No Matter What

No matter what life throws at you, you always have inner powers to remain at peace. When you learn to use them—like tools from a toolbox—they will support you throughout all of life's experiences.

The booklet *How to Stay Centered, No Matter What* will uplift you with a deeper understanding of your 12 divine powers. Originally taught by Unity cofounder Charles Fillmore, the powers are presented in this booklet as concrete tools for every day, with practical tips, essays, and prayers.



[Click here](#) to request a copy of this booklet.

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, 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)

July 11: (we join Unity Kitchener)
Music and talk by Deidrey Francois

July 18:
Liberated Living: Understanding the Power of Emotions
with Rev. Dr. Martha Creek (workshop at 12:30)

July 25:

Serenity Service on the Power of Understanding with our Prayer Partners
