

**This Sunday July 18: Rev. Dr. Martha Creek**  
**Speaking at 10:30, Workshop at 12:30**  
**Liberated Living: Understanding the Power of Emotions**

[Click here](#) to join service.

Meeting ID: 195 915 846 Passcode: 016155

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



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](mailto:officeunityottawa@yahoo.ca)

Workshop Fee is \$25



### **Michael Swinwood's Full Moon Meditation**

Friday July 23, 7:00 p.m.

[Click here](#) for the Zoom link to attend.

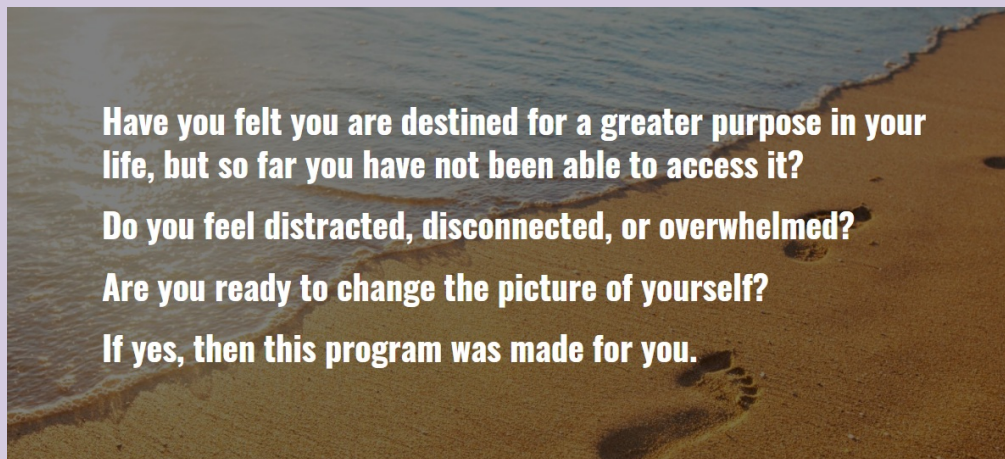
To watch any of Michael's previous meditations [click here](#) to see his YouTube channel

**Next week, July 25:  
Serenity Service on the Power of  
Understanding  
with our Prayer Partners**



## Unity Worldwide Theme for July is Understanding

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



**Have you felt you are destined for a greater purpose in your life, but so far you have not been able to access it?**

**Do you feel distracted, disconnected, or overwhelmed?**

**Are you ready to change the picture of yourself?**

**If yes, then this program was made for you.**

### Free 40-day Program with Lisa Natoli

Join this FREE self-study, at-home program for transformation, joy, clarity and abundance based on *A Course in Miracles* and offered by Teachers of God. The program consists of 43 short videos – one video per day – with a practice from Lisa Natoli who will lead participants to their true inner guide: The Guide Within You.

To register [click here](#)

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](http://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.

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?**



### **How you can give:**

1. Tithe.ly app, search for Unity Church of Ottawa and follow prompts
2. Donate at [www.unityottawa.org](http://www.unityottawa.org)
3. 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!

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 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

**August 1:** (Unity Kitchener joins us)  
The Power of Will, Part 1 with Rev. Ogun Holder

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