

**This Sunday July 25:
Serenity Service on the Power of Understanding
with our Prayer Partners**

[Click here](#) to join service.

Meeting ID: 831 1694 5495 Passcode: 442271

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

This Sunday our Prayer Partners will lead us in a Serenity Service on the Power of Understanding. Through music, silence and prayer, we will deepen further into our embodiment of Understanding.



**Next week, August 1
The Power of Will, Part 1:
From Want to Will
with Rev. Ogun Holder**

Some consider calming the storm to be one of Jesus' greatest miracles. Perhaps the true miracle was that he was asleep on the boat during the storm in the first place! Over the first two weeks of August, we'll explore how the Power of Will can not only bring us to an inner peace that passes understanding, but now we can also live from that peace to create a World of Wonder around us.



Rev. Ogun Holder is an ordained Unity Minister, a certified Spiritual Coach, a WEPSS Certified Enneagram Instructor, and co-founder of project SANCTUS: a safe, brave, online space to discover and be our Holiest self, and in so doing co-create a world of equanimity, justice and love for all. He is an author (*Rants To Revelations: Unabashedly Honest Reflections on Life, Spirituality, and the Meaning of God*), a podcaster (Pub Theology Live; The Evolving Enneagram Interspiritual Podcast), and he also served as a music and choir director in



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

The Art of Quantum Living Training

Join Master Quantum Living Coach and LUT (from Buffalo, NY), Lynn Tranchell, on this powerful and multi-faceted journey. The training will energize you to turn any circumstance into an opportunity to manifest magnificence.



Monday, July 26 to Monday, August 30 via Zoom, 6:00pm-8:00pm Eastern

\$125 USD for the training and \$25 USD for the workbook, payable through PayPal. **The deadline to register is Saturday, July 24th**. The price includes three group coaching sessions.

Be sure to mention USCO when registering and 50% of your tuition will come back to us!

For more info and to register: <https://www.lynntranchell.com/quantumliving>

**TONE
CANADA
MAGAZINE**



Check out Rev. Roxanne's article on *Human Beings Having a Spiritual Experience* in the July issue of [Tone Canada](#). The article explores Unity's foundational belief that we are whole and complete even in the face of human challenges.

Bridging the Divide Bookclub

Cheryl Rodgers and Rev. Roxanne Buckle
are happy to announce the launch of
the Bridging the Divide Bookclub.

←————→
The 2nd and 4th Thursday of the month,
from 12-1:30 p.m. starting Aug 12,
via Zoom



Join two Unity Canada Board members and racial justice students, Cheryl Rodgers from Kitchener and Rev. Roxanne Buckle from Ottawa, in this important and timely discussion of racial justice in Canada. The activities of the book club will serve initially as activities leading up to the October Unity Canada conference and then will continue on after the conference.

Get started now:

How: Read the books:

1st Book: *Indian Horse* by Richard Wagamese (Featured in the book club on August 12 & 26 and Sept 9) Click [here](#) for Zoom link.

2nd Book: *The Skin We're In* by Desmond Cole (Featured in the book club on Sept 23, Oct 14 & 28) Click [here](#) for Zoom link.

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.

You do not need to register to join the Club. We look forward to seeing you there!

Wisdom knows ...
Understanding
knows why.

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](#)

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 25:

Serenity Service on the Power of Understanding with our Prayer Partners

August 1: (Unity Kitchener joins us)

The Power of Will, Part 1: From Want to Will with Rev. Ogun Holder

August 8: (we join Unity Kitchener)

The Power of Will, Part 2: From Will to WOW with Rev. Ogun Holder
