

**This Sunday 10:30 a.m.**  
**Speaking Words of Wisdom with Rev. Roxanne Buckle**

[Click here](#) to join service.

Meeting ID: 861 9836 9267 Passcode: 589096

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

Wisdom is our innate ability to make spirit-fied decisions, especially under tough circumstances. As the song "Let it Be" asserts, "when I find myself in times of trouble, Mother Mary comes to me, speaking words of wisdom, let it be."

We will explore the metaphysical meaning of Mary, mother of Jesus, what it means to 'let it be'. Let's deepen our understanding of how Myrtle Fillmore, the amazing spiritual light, accessed her divine power of Wisdom, making some radical (for the times) decisions that led to her transformation and the founding of the Unity movement.



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**SUNDAY MARCH 7 IS NEW THOUGHT DAY**

New Thought is a modern spiritual philosophy stressing the power of right thinking in a person's life; it is the idea that our thoughts and attitudes affect our experience and that the divine power of God's Spirit is alive within each individual. For more information [click here](#).

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**Spiritual Cafe with Rev. Roxanne Buckle**  
**Tuesday March 9 at 10 a.m.**

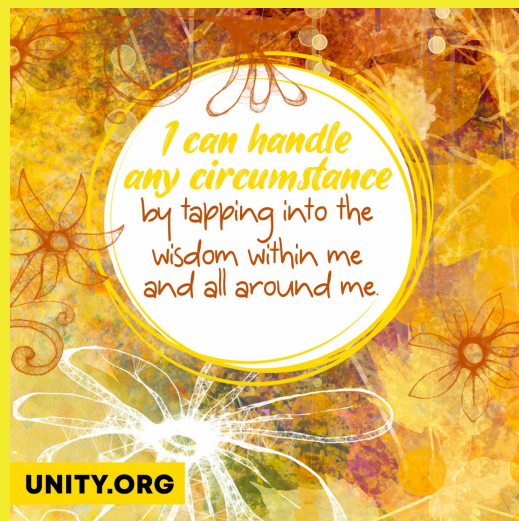
There's an old adage: 'the teachings work if we work 'em.' Grab a coffee or tea and interact with fellow Truth students and Rev. Roxanne to deepen your exploration on the Power of Wisdom, through meditation, song and discussion. All are welcome. [Click here](#) to join.



## Unity Worldwide Theme for March is Wisdom

[Click here](#) for Wisdom video.

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



### Save the Date - Sun Mar 21 Martha Creek is back! Pass along to your friends.

The loving force that has called herself both mentor and tormentor, Martha will continue our March Wisdom journey with a powerful Sunday lesson titled "Wisdom — Two Necessary Paths". Letting go and surrendering enable us to move toward wisdom, a radical journey inward and living the "Universal Christ".

### Next week, March 14 - Wisdom: Seek and Ye Shall Find with Michael Swinwood (we join Unity Kitchener)

"In shallow men the fish of little thoughts cause much commotion. In oceanic minds the whales of inspiration make hardly a ruffle" (Paramahansa Yogananda). The dictionary defines wisdom as the quality of having experience, knowledge, and good judgement - the quality of being wise. In many indigenous societies, spiritual leaders are known as wisdom keepers.

Fear serves as a base for many errors, while love unlocks the internal wisdom that awakens our consciousness. To attain wisdom, we must seek wisdom. It is said that on the Mother Earth there are three Halls - the Hall of Ignorance, the Hall of Knowledge, and the Hall of Wisdom.

We explore the keys required to unlock the Door of each Hall to enter a grander existence, guided by the Twin Flames of Love/Wisdom, our internal Father/Mother God.

**NEWS FROM THE PRAYER PARTNERS**



USCO is pleased to announce that we have two new Prayer Partners joining the Prayer team: Cheryl Driskell and Ann Therriault! They will join the other Prayer Partners in our annual, mandatory training, this year, for the first time, coming to us from Unity Village, with Rev. Linda Martella-Whitsett and others. Please consider a special donation to the Prayer Partners to help fund the \$2,000 training. For more info on the training [click here](#). You can donate via the website at [www.unityottawa.org](http://www.unityottawa.org) or electronically via [officeunityottawa@yahoo.ca](mailto:officeunityottawa@yahoo.ca). When you donate, please mention that it is for "PP training."

## Community Corner

**We congratulate Sonya Schirmacher on completing the real estate course and starting her new career with Engel & Volkers!**



Sonya is a big fan of Feng Shui – the practice of arranging your living spaces in order to create balance and harmony with the natural world. One of the most important rooms to focus on is the bedroom. For good sleep you need a comfortable bed, a dark cool room and a quiet environment.

The following are ten things to avoid:

- 1-No electronics and tech gadgets in the bedroom.
- 2-No mirrors facing the bed.
- 3-No exercise equipment in the room.
- 4-No work-related items including a desk or papers.
- 5-No paintings above the bed.
- 6-No nightstands with sharp corners.
- 7-No plants.
- 8-No clutter under the bed.
- 9-No pictures of friends or relatives, only of your partner.
- 10 -No religious images as they sometimes are associated with scenes of suffering .

## **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](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)

**March 7:** (Unity Kitchener joins us)  
Speaking Words of Wisdom, with Rev. Roxanne Buckle

**March 14:** (Unity Ottawa joins Unity Kitchener)  
Wisdom: Seek and Ye Shall Find, with Michael Swinwood

**March 21:**  
Wisdom: Two Necessary Paths with Rev. Dr. Martha Creek