

This Sunday, November 21
"Letting Go" with Rev. Dr. Martha Creek

[Click here](#) to join service

Meeting ID: 830 8170 0438 Passcode: 331586

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

We will explore what letting go means for us in the process of spiritual awakening, "... in which one works through the obstacles, may seem painful at times but it is only transitional. The mistakes now reappear but are resolvable and recontextualized from a higher understanding. This process is shortened and less painful if it is realized that habitual responses are not truly personal but are part and parcel of the inheritance of being human." David R. Hawkins.



Learn more about Martha Creek at marthacreek.com

Missed last week's Service?

[Click here](#) to go to our YouTube channel and watch our recorded services.

Next Sunday, November 28:
First Sunday of Advent Serenity Service
with our Prayer Partners



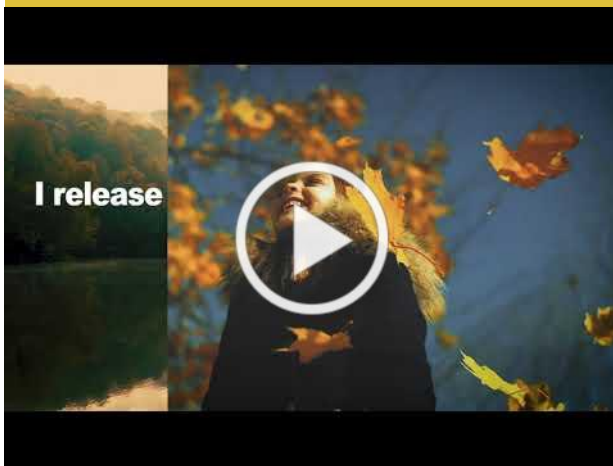


it's time to
**RENEW YOUR
MEMBERSHIP**

As we approach the end of another year, it's time to renew our memberships at USCO. To renew your membership, please [click here](#) and scroll down to the Membership Renewal form.

Full Moon Meditation with Michael Swinwood
Today, Thursday November 18
7:00 - 8:00 pm

[Click here](#) to join.



**Unity Worldwide Theme for
November is Release**

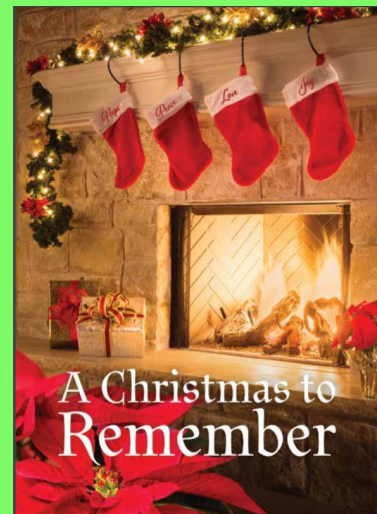
To read more about Release
[click here](#) and click on the tab
for November.

Download Your Free 2021 Unity Advent Booklet

A Christmas to Remember, the new Unity Advent Booklet, will remind you of the importance of the season, and help you enjoy the promise and wonder of the holiday.

This booklet will enrich your celebration with special Sunday essays, personal stories, and daily reflections beginning November 28. You'll also explore your 12 divine powers for the 12 days of Christmas leading to Epiphany on January 6.

Use *A Christmas to Remember* to take a moment every day to focus on hope and faith, peace, love, and joy—gifts that endure,



and can bring strength, connection, and renewal in this season and all year long.

To order your own copy [click here](#).

The Resilient Nonprofit



If you or a colleague is interested in successfully creating a safer work culture due to Covid 19, for staff or volunteers, you might be interested in looking into this webinar.

Provided by Charity Village, it is an hour filled with intelligent guidance.

November 25th from Noon to 1pm. To register [click here](#).

Unity Ottawa's Five Principles

God is Love;
the One Power and One
Presence in everything,
everywhere.

I am an expression of God,
and therefore inherently good.

The light of my heart
guides my thoughts to create
my highest good.

I align with God
through prayer, meditation,
and contemplation.

I do my best to live the
Truth I know.

DAILY WORD

A Unity® Publication

Daily Word offers inspiration and practical teachings through daily prayer messages to help people of all faiths live healthy, prosperous, and meaningful lives. The magazine includes two months of daily affirmations, and messages, featured daily prayer articles and spiritual poetry. Subscriptions are available for print editions (regular size, large type or Spanish), as well as the new Digital Subscription Package, which includes the Online Magazine with audio, smartphone app, and daily email.

For more information and to subscribe, go to 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, 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)

November 21:

Letting Go with Rev. Dr. Martha Creek

November 28:

First Sunday of Advent Serenity Service with our Prayer Partners

December 5: (Unity Kitchener joins us)

The Inner Advent Journey with Rev. Roxanne Buckle
