

**This Sunday, November 7:  
"What Are You Holding On To?"  
with Rev. Roxanne Buckle**

[Click here](#) to join service

Meeting ID: 834 3376 8136 Passcode: 905800

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

To paraphrase Unity Co-founder Charles Fillmore, if we want something new in our life (e.g. greater health, peace of mind, more harmonious relationships, a new truck), we need to release whatever is holding us back. This Sunday's lesson will involve an exploration of how to find out what's holding you back, and then a practical embodiment of the Power of Release (also known as Elimination or Renunciation). Letting go is a vital spiritual practice for allowing a greater expansion and ascension into higher levels of consciousness.



**Don't forget to set your clocks back one hour when you go to bed Saturday night! Enjoy the extra hour of sleep!**

**The USCO Prayer Team is grateful to offer one-on-one affirmative prayer before Sunday Service.**



[Click here](#) to join with the Prayer Partner from 9:45 to 10:15 am.

## Missed last week's Service?

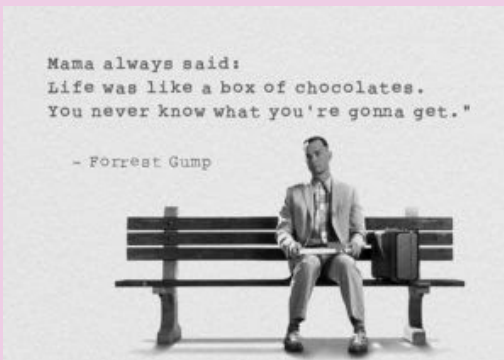
[Click here](#) to go to our YouTube channel and watch our recorded services.



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.



Mama always said:  
Life was like a box of chocolates.  
You never know what you're gonna get."

- Forrest Gump

## Hello fellow Spirit Group Seekers

Back by popular demand, **Sharing Wisdom** will start again this week ahead. For a limited time, we are opening the group and welcoming new members. We will be meeting for **6 consecutive Wednesdays, 1:30 - 3:00pm starting Nov 10 and ending Dec 15.**

As Forest Gump said, "Life is like a box of chocolates." Each participant will have an opportunity to dip in and share a video, Ted Talk or a YouTube video of someone who has inspired you. With your input, every week we will reveal a new chocolate. Please know, there is no obligation to participate in this way. We look forward to hearing what you have to say by Sharing Wisdom with the group.

Let us know if you would like to join in the fun, connection and deep discussions by registering [here](#).

## "What is Unity?" Workshops

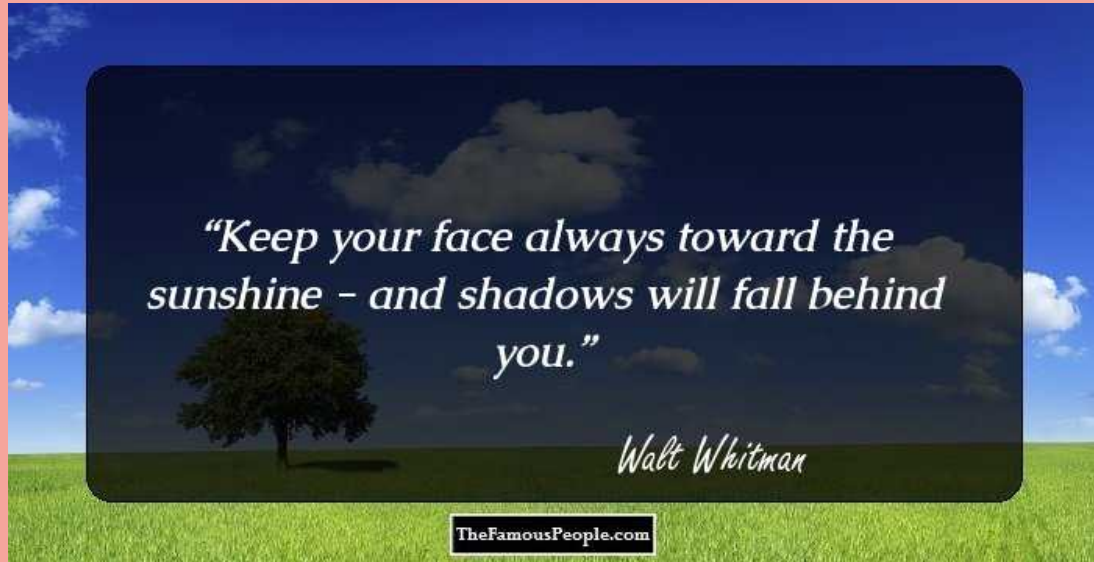
Hosted by Wendy Karr, LUT and friends.  
All workshops take place at 8:00 to 9:30 p.m.



**Monday Nov 15:** The Unity Community - 'The Big Picture of Unity Worldwide'

This session requires pre-registration by noon the day of the workshop.

Email [unitycanada.adulted@gmail.com](mailto:unitycanada.adulted@gmail.com) for more info and to register.  
There is no fee. Voluntary donations to Unity Canada are gratefully received.



Do have a meaningful saying or spiritual joke you'd like to share? If so, please send it to Sheila at [officeunityottawa@yahoo.ca](mailto:officeunityottawa@yahoo.ca)



## Unity Worldwide Theme for November is Release

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

## 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.

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# 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](http://dailyword.com)

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# The Canadian Path

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](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 many  
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!

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**Unity Spiritual Centre Ottawa is very grateful for the contribution of all of our sacred servers and staff.**

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**Upcoming Sunday Services**  
(all on Zoom)

**November 7:**

The Power of Release with Rev. Roxanne Buckle

**November 14:** (we join Unity Kitchener)

Mel Horvath-Lucid

**November 21:**

Martha Creek

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