

This Sunday, October 24
A Cross-Canada Sunday Service Experience
1:00 p.m. ET

[Click here](#) to join service

Meeting ID: 852 7454 3185 Passcode: 474920

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

The times call for us to innovate and adapt. Digital church must become our default if we want to reach more people. Deciding that digital is your default doesn't mean you'll never gather in person. On the contrary, if you really embrace it, it will mean you gather more people in person because you're reaching more people. Our focus for Sunday services – or whatever day you choose – must not be on gathering but on connecting. During this experience, we will connect, focus on engagement and experience an embodied, online experience you can carry back to your home church –aka “Sunday Service”.

Unity Cross-Canada Sunday Experience
October 24 – 10 a.m. PT/ 1 p.m. ET
(Zoom doors open 30 min before)



Featuring Revs Ogun Holder and Kelly Isola
Music by David Roth

Please note the time of service for this special event is 1:00 p.m.
We will not be having our regular 10:30 a.m. service on Sunday
October 24.

Missed last week's Service?

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

Next Sunday, October 31
Day of the Dead Serenity Service
with our Prayer Partners

Join us for a contemplative prayer and meditation service based on the Mexican traditional Day of the Dead. In this celebration, the spirits of departed loved



ones are honoured.

Suggestions for your at-home experience:

- Create a small altar (Ofrenda) in your own home or light a candle.
- Have photos or other mementos of loved ones you wish to honour.
- Have a pen and some slips of paper handy.

Using Nature to Heal the Spiritual Self By Mallory Herrmann



The leaves are turning shades of gold and there is a chill in the air. What better time to refresh our soul with nature's glories and to give thanks for its splendour. **For more inspiration, visit unity.org**

"What is Unity?" workshops

9-10:30 pm AT / 8-9:30 pm ET / 7-8:30 pm CT / 6-7:30 pm MT / 5-6:30 pm PT

Hosted by Wendy Karr, Licensed Unity Teacher and friends

- Mon 4 Oct:** Introduction to Unity – founding and growth
- Mon 18 Oct:** Unity's Five Basic Principles – our core beliefs and how we express them
- Mon 1 Nov:** Unity's Affirmative Prayer and Silent Unity – the foundation for over 100 years
- Mon 15 Nov:** The Unity Community – the big picture of Unity worldwide

Pre-registration for each session is required by noon ET the day of the workshop:

unitycanada.adulted@gmail.com

There is no fee; voluntary donations to Unity Canada gratefully received



**Wendy Karr
LUT**

To register for any of these classes, [click here](#)



Unity Worldwide Theme for October is Zeal

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

Unity Ottawa's 5 Principles

With thanks to the team of Penny Thompson, Marie-Josée Martin, Lyn Atterbury, Ann Therriault and Cheryl Driskell.

And a special thanks to Marie-Josée for this beautiful graphic presentation.

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 messages, feature 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



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, 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
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)

October 24: ** note time of 1:00 p.m.

Special Sunday Experience, Live from the Unity Canada Conference, with Rev. Ogun Holder and Rev. Kelly Isola

October 31:

Day of the Dead Serenity Service with our Prayer Partners

November 7:

The Power of Release with Rev. Roxanne Buckle
