

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

[Click here](#) to join service

Meeting ID: 836 1220 8011 Passcode: YUKN1F

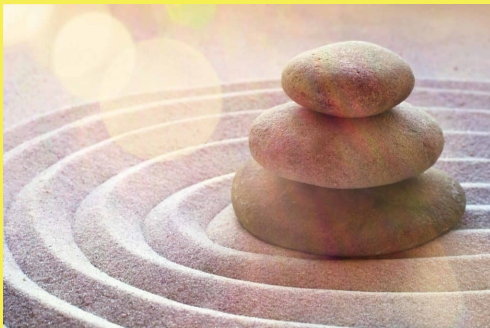
[Click here](#) for phone-in instructions.

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.



**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.

**Next Sunday, November 7:  
Rev. Roxanne on the Power of Release**



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.



### “What is Unity?” workshops

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

**Monday Nov 1:** Unity's Affirmative Prayer and Silent Unity – the foundation for over 100 years

**Monday Nov 15:** The Unity Community – the big picture of Unity worldwide

Each 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 gratefully received.

Spiritual  
Breathing  
teaches us  
that we are  
all connected  
in love.

Dan Brule

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 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](http://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](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 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)

### **October 31:**

Day of the Dead Serenity Service with our Prayer Partners

### **November 7:**

The Power of Release with Rev. Roxanne Buckle

**November 14:** (we join Unity Kitchener)  
Mel Horvath-Lucid

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