

**This Sunday August 15 at 10:30 a.m.
In Our Darkest Night, There Is A Spark Of Light!
with Sherry Hursey**

[Click here](#) to join service.

Meeting ID: 814 5908 4995 Passcode: 685712

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

Just when the caterpillar thought the world was over, just when it all seemed dim, there was nothing left to do but discover that even as darkness turned into light it became a butterfly. If nature can do it, so can we.

Through a combination of stories and songs filled with lyrical life lessons, Sherry Hursey (accompanied by her husband Rick Cowling) will share her magical journey, transformational insights and discoveries that have led to healing, purpose, passion and spiritual awakening.



Sherry Hursey has been the Music Director for Unity Of The Oaks for nearly 10 years and discovered Unity when she first moved to Los Angeles at age 14. She is an award-winning actress, vocalist, writer and producer whose face and voice are very familiar to television, radio and film audiences worldwide. Most recognized as Ilene on the hit series *Home Improvement*, or Kirsten Dunst's mother in the Universal blockbuster *Bring It On*, Sherry has an extensive list of credits from stage to screen. Spreading her wings and following the call of her spirit, Sherry wrote, produced and starred in the uplifting musical pilot, *Lilly's Light*, which aired on PBS and was the winner of the KIDSFIRST BEST AWARD!

**Lilly's Light film showing has been postponed!
New date will be announced soon.**

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

Affirmative prayer is foundational to Unity. *Affirmative* means agreeing with a statement, being supportive, hopeful, or encouraging. Through our prayers, we affirm the truth of our spiritual nature as divine beings having a human experience.

[Click here](#) to join with the Prayer Partner from 9:45 to 10:15 am. You will benefit from the gift of private, affirmative prayer, a helpful reminder of spiritual principle. The Prayer Partner will receive you from the Zoom Waiting Room at her earliest convenience as she may be praying with another congregant when you arrive.



Next week August 22: Serenity Service on the Power of Will with our Prayer Partners

Join our Prayer Partners as they lead us in a Serenity Service on the Power of Will. Through music, silence and prayer, we will deepen further into our embodiment of Will.



Unity Worldwide Theme for August is Will

To read more about the Power of Will [click here](#) and click on the tab for August.



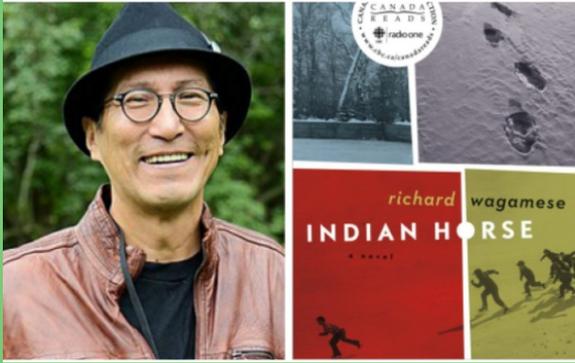
Michael Swinwood's Full Moon Meditation

Saturday August 21 at 7:00 p.m.

[Click here](#) to join.

Join us to discuss the first book we will be studying in the Bridging the Divide Book Club!

Indian Horse by Richard Wagamese



Saul Indian Horse, a young Ojibway from proud northern Canadian clans, has a tormented past that includes being kidnapped and taken to a residential school where nuns and priests cruelly punished the children in the name of Christianity.

A young priest recognizes Saul's gift for hockey, but despite unimaginable success in the sport, deep-rooted demons grip Saul, resulting in blinding rages fuelled by alcohol. His

painful journey to inner peace takes him to the depths of despair and near death.

This book, selected for the 2013 Canada Reads contest, is a stunning, gritty story of survival and resilience that unfolds with genuine raw emotion on every page. A must read.

August 26 and Sept 9 from 12:00 to 1:30 p.m.

Click [here](#) for Zoom link.



Prayer is what centres us, strengthens us, and gives us peace. Affirmative prayer has the power to transform our lives. And prayer has always been at the heart of Unity.

We invite you to watch the video and find out more at unity.org/wdop

And we affirm “No matter the circumstances, all is well with my soul.”



Unity Spiritual Centre Hamilton invites us to join their new enrichment class based on *You Can Heal Your Life* by Louise Hay. The class teaches love of the self and release of guilt to become mentally free and physically healthy. You will only begin to change your life when you learn how to

love yourself properly.

The classes will be held on Saturdays, starting on October 2 from 10:30 a.m. – 12:30 p.m. Early bird fee (before September 15) is \$60.

To register for the class [click here](#)

Required text is *You Can Heal Your Life* by Louise Hay.

Save the dates! Unity Fundraiser!

Develop your intuitive awareness – NEW online course led by Intuitive Author and Unity Ottawa member, Cheryl Jiala Driskell.

This course will help you further awaken that amazing Intuition that is already reaching out to flourish through you. Discover the ways to Listen, Feel, See and Know your intuitive nature. Know the inner voices that are talking to you. Which one is the healthy guide? Dive into your heart to surrender more deeply into the guidance that is accessible to you.



Cost is \$100 with **ALL proceeds returning to your Unity community.**

Tuesdays from 7:30-9pm (EST), October 12th, 19th and 26th, November 2nd and 9th.

For more information: [click here](#)



New booklet from Unity Worldwide Ministries

Every family is unique, but all families share challenges along with moments of joy. In good times—and even in times of hurt, fear, or doubt—we can see the power of God in action.

The Spirit of Family: Faith, Inspiration, and Healing offers personal yet practical accounts of how to learn and grow as you navigate family relationships.

Request your free copy [here.](#)

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)

August 15:

In Our Darkest Night, There Is A Spark of Light! with Sherry Hursey

August 22:

Serenity Service on the Power of Will with our Prayer Partners

August 29: (we join Unity Windsor)

"Divine Will and Other Conundrums" with Rev. David Old
