

Please join us via Zoom this Sunday Nov 1, at 10:30 a.m. for

***A Course in Miracles: Walking the Path, Part 1***  
with  
**Mary Anne Buchowski**

[click here to join Zoom service](#)

or for instructions on how to phone in

[click here](#)

passcode: 083493  
meeting ID: 882 7425 2754

**SUN November 1**  
***A Course in Miracles: Walking the Path, Part 1***  
with  
**Mary Anne Buchowski**



The modern spiritual classic, *A Course in Miracles*, is not only a book offering radically transformative teachings but is also an immensely practical spiritual path, a course in learning to live those teachings and experience their countless gifts.

In the first of a two-part talk, Mary Anne will tell the fascinating story of *A Course in Miracles* and share her passion for the Course and her journey over many years of learning, walking, and teaching it.

Mary Anne Buchowski is a world-renowned, long time teacher with the Circle of Atonement in Sedona. The Circle is a bridge to the wisdom of *A Course in Miracles*. She worked for the Circle in Sedona for several years returning to Ottawa in 2004, and founded, with her husband James Gregory, Course Oasis, the Circle's first satellite organization. Additionally, Mary Anne is responsible for the Circle's Teacher-of-Pupils Training Program and

study group leader training and support. She works and teaches from her home base in Ottawa.

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**SUN November 8**  
***A Course in Miracles: Walking the Path, Part 2***  
**with**  
**Mary Anne Buchowski**



In this second of a two-part talk, Mary Anne will take us deeper into what it means to be a Course student and to walk its path, especially during uncertain and turbulent times such as these. She will also share resources to help us along the path.

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**SUN Nov 15**  
**Power as Presence and Presents**  
**with**  
**Rev. Dr. Martha Creek**



**Presence has the power of the universe. No skills, knowledge, techniques,**

or platitudes provide an ultimate solid ground of our being. Presence is powered up, peaked up and deepened through diligent, consistent practice and application. Discover the Power Within You through the Presence that IS you.

Widely known in New Thought, Martha's trainings approach deep inner work as an adventure with a sense of curiosity and wonder. A master of the art of right questioning, she calls forth the most stubborn and self-defeating patterns to create a new way of being, literally. Ordained in Religious Science and Divine Science, Martha has served as Great Lakes Unity Consultant, and is a member of Unity Institute faculty. She has attended Emerson Theological Seminary (Masters and Doctorate), Byron Katie School for The Work, and Hoffman Institute. She is a Healthy Congregations Facilitator and Trainer.

See more at [www.marthacreek.com](http://www.marthacreek.com)

## WARRIOR I AM AND FROM THE BATTLE I EMERGE TRIUMPHANT



Join Michael Swinwood for a Scorpio Full Moon meditation **Oct. 31 at 7 pm**

[Zoom link here](#)

Scorpio is the great constellation which influences the turning point both in the life of humanity as a whole and the life of the individual human being. The unique quality of Scorpio energy helps individuals and humanity as a whole to test itself, and through trial and error to mature into planetary understanding and spiritual unfoldment.



There's a free app that might be of interest to you. Insight Timer contains the largest library of free guided meditations and music tracks on Earth. On the app you will find free insightful talks, courses, music and events featuring "big name" presenters.

To learn more and to download the app:

[www.insighttimer.com](http://www.insighttimer.com)



## Invitation from Daniel Nahmod

California-based Singer/Songwriter, Producer and Humanitarian Daniel Nahmod invites you to join his Water Circle Group, powerful experiences in which 5-10 people gather privately on Zoom, for 90 minutes a week for 6 weeks, to talk about work, relationships, spirituality, family, feelings, and more. Each session begins with a reading or two, a song, and then a question to get the conversation started.

These Groups may be the ideal antidote to the loneliness many are experiencing during social distancing.

THURSDAYS at 8:00 PM Eastern until November 19

[Click here to join](#)

See more offers on Daniel's website [www.danielnahmod.com](http://www.danielnahmod.com)

And please consider contributing to Daniel's pledge drive to support his work.

The Universal Law of Giving and Receiving tells us that as we give, so do we receive.

We invite you be an active partner in the Divine Flow, Substance, Nature and Presence that we are, that USCO is, by contributing easily and regularly even when we aren't meeting in-person on Sunday.



**Here's how we can give:**

1. Download the tithe.ly phone app, search for Unity Church of Ottawa and follow prompts

2. [Donate here using Paypal](#)

3. Send an e-transfer through your bank, using *officeunityottawa@yahoo.ca* as the recipient

4. You can send a cheque to the office mailing address:

Unity Spiritual Centre Ottawa  
Box 21587, 3080 Carling Avenue  
Ottawa, ON K2B 0A3

Thank you for your generosity!

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**Theme for November**

**Unity Worldwide Theme and Affirmation:**

The theme for November is Interconnection.

**Affirmation: Like rivers flowing from one Source, we are all connected.**



Unity Worldwide Ministries provides excellent resources for going deeper with the themes.

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

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Do you miss socializing with your church friends?

Please contact: [lovdydesjardins@yahoo.ca](mailto:lovdydesjardins@yahoo.ca)

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We are very grateful for the loving, inclusive community that USCO is, and we are blessed by many congregants who volunteer their time to support our Mission: Allison Jonassen, Brenda Mason, Deb Maloney, Debrah Martin, Sherri Steinman, Linda McCabe, Lyn Atterbury, Merry Way, Stephen Whiteley, and Susan Hagar.

Special thanks to Board Vice President Linda McCabe and Operations Assistant Sheila Purcell for creating and coordinating exceptional online services, week after week, and to Board President Susan Hagar for providing inspired leadership, guidance and support.

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### Upcoming Sunday Services (all on Zoom)

November 1: *A Course in Miracles* Part 1: Mary Anne Buchowski

November 8: *A Course in Miracles* Part 2: Mary Anne Buchowski

November 15: *Power as Presence and Presents*: Rev. Dr. Martha Creek

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### About USCO

Sunday Service: 10:30 a.m.

[Visit our Website](#)

email: [officeunityottawa@yahoo.ca](mailto:officeunityottawa@yahoo.ca)

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STAY CONNECTED:

