
This week we will again be joining Unity Kitchener
Sunday, February 13th, 2022
For 'Seeing is Changing' with Rev. Kelly Isola
To join this service [Click here](#)

For phone-in instructions [go here](#).
Meeting ID: 826 3808 5950 Passcode: 149163

SEEING IS CHANGING

As we continue our journey with paradox, we are unwittingly healing our practices of “othering.” In previous weeks we looked at the power of our differences, looking beyond the behaviors that hurt, wound or separate, because seeing is relieving. In that relief, we then discover that SEEING IS CHANGING. The act of looking at something changes it – in fact, the fastest way to change someone or an experience is to see it differently. Join us for our continued dive into harnessing the power of our differences - the connection from which our personal and collective power is forged. In a world that often operates on "divide and conquer", by exploring differences we learn that what we think separates us is a means to define and empower us.



Praying in as a Compassionate Presence

I am a compassionate presence!

In periods of peaceful contemplation, I immerse myself in the unconditional love that joins our human family together which is manifested using our POWER of LOVE.

I see the people in my life anew. I behold their innate DIVINITY. I celebrate their humanity and their triumphs.

As I become aware of their troubles, my compassionate heart overflows with empathy and the desire to help in some way. I am patient. I listen with intention. I recognize their DIVINITY as

I recognize my own

As the awareness of DIVINE LOVE fills my mind and heart, I dissolve all memories of difficulties and feelings of discord. Centered in DIVINE LOVE, I deeply feel my DIVINITY and oneness with all people.

I am a compassionate presence!

(Rev. Hasselbeck)



Cross-Canada movie night

As introduced in the last issue of The Canadian Path, let's have our first Movie Night where we all watch the same movie and then connect a few days later for a discussion.

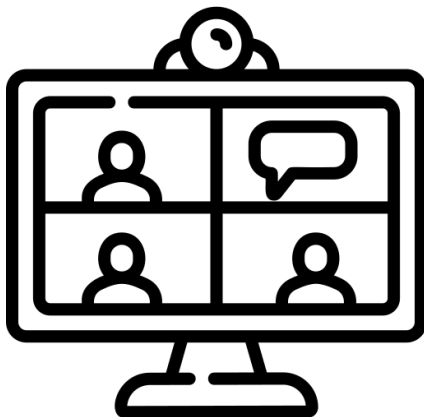
The theme for February's movie is Black History Month.

Everyone is welcome, whether or not you are part of a Unity community!
(Contact a Unity near you by clicking [here](#).)

Let's Honour Black History Month Together!

On Wednesday, February 16 (or at a time that works best for you) gather together within your spiritual community, with your friends, or on your own to watch these 2 short National Film Board films:

Remember Africville (35 mins) - [click here](#)
Journey to Justice (47 mins) - [click here](#)



Day After Movies Discussion

Then, on Thursday, February 17, anyone interested can join into our Zoom discussion at 8pm ET (7pm CT, 6pm MT, 5pm PT).

The Zoom link and passcode will be posted on the Unity Canada website [here](#) in advance of the meeting.

'Confidence Meditation With Silent Unity!'



Join us March 5th from 1-5pm with Rev. Cynthia Vermillion-Foster for a powerful presentation on the challenges faced by Spiritual Communities at this time.

“What is Spirit Seeking to Birth?”

"Over the past several months, I have had numerous conversations with spiritual communities that revolve around the question: “Where do we go from here?” It has been a challenging couple of years for all of us as we confront sticky issues on multiple fronts. And these sticky issues are not new – the past few years have merely intensified them.

Decline in ministry has been occurring for decades, and as members of our spiritual communities begin to consider life “after” COVID, some are considering the painful question of whether their community can remain viable. The question might be better phrased: “What does viability look like in this rapidly changing world?” or “How can we reimagine ministry for the 21st century?”

It light of the challenges, we might be tempted to look for quick solutions. And there may be a need to make some immediate decisions based on current realities. It is also important to look deeper; that we consider this situation from a spiritual perspective."

A link to this event will be provided when we receive it! **Please place this important date in your agenda.**



5 Online Spirit Groups are active now! If you would still like to join fellow Truth students from Unity Kitchener, Unity Windsor and Unity Spiritual Centre Ottawa, please have a look. They are an amazing adventure!

[Click here](#) for a complete list of Spirit Groups, information, and registration links.

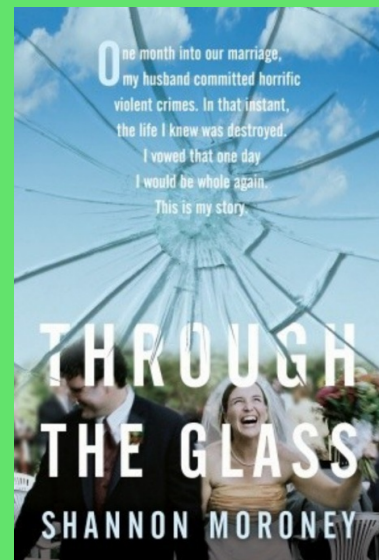
There are no fees to attend and participate in Spirit Groups, however Spirit Groups are made possible by the **love offerings** and generosity of Spirit Group participants and our Unity Spiritual Communities.

Bridging the Divide Bookclub reconvenes Tuesday Feb. 22nd from noon–1:30 p.m.

Hosted by Unity Canada Board members, Cheryl Rodgers and Rev. Roxanne Buckle, we will gather on the 2nd and 4th Tuesday of the month, from noon–1:30 p.m. All are welcome. The intention is to explore topics like anti-racism, Indigenous reconciliation and social justice. The book for Feb/Mar is on restorative justice.

"An impassioned, harrowing and ultimately hopeful story of one woman's pursuit of justice, forgiveness and healing.

[Click here](#) to join on Zoom.



SAFETY FIRST!



Updated Zoom Procedure

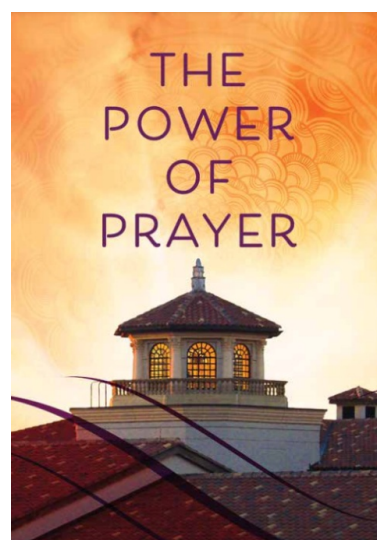
During the January 9 service, several outside people unexpectedly took control of the Zoom meeting. The service was ended and a new zoom link was sent out to community members so that the service could be continued.

If this happens again, despite our best efforts to prevent it, the following will take place:

1. The meeting will be immediately ended.
2. Please monitor your email as a new Zoom link will be sent to you via this newsletter.
3. We will reconvene via the new link and continue our service.

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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.



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

Upcoming Sunday Services (all on Zoom)

February 13, 2022: (we join Unity Kitchener again)
Seeing is Changing – Try Anything with Rev. Kelly Isola

February 20, 2022: (Unity Kitchener joins us)
Seeing is Loving – Never Give Up with Rev. Kelly Isola

February 27, 2022:
Serenity Service