

**This week we will be joining Kitchener
Sunday February 6th, 2022
For 'Seeing is Relieving' with Rev. Kelly Isola
To join this service [Click here](#)**

**For phone-in instructions [go here.](#)
Meeting ID: 838 2480 7738 Passcode: 953495**

As we continue our journey with paradox and harnessing the power of our differences, let's embrace the idea "SEEING IS RELIEVING." We encounter paradox often in the form of conflicts, resistance to change, fixes that fail and chronic issues that we can't seem to move beyond. We get stuck in our differences. For example, often we have trouble seeing a person beyond something they have done that we don't approve of. If we see someone bullying somebody, we might have difficulty seeing beyond their bullying behavior. They get defined by their worst behavior. They are a fellow human being who is potentially lovable by us, if we can see them. This is known as mercy. Seeing them completely is a combination of justice and mercy. Notice the tension between our accountability to stop the bullying and our call to love the bully. Join us Sunday to engage more deeply the experience of "seeing is relieving."



Praying in the Power of Dominion

Claiming DOMINION, I stand in my authority.

I am powerful because of my inherent DIVINE DOMINION. I am the only one in charge of my thoughts, feelings, words, and actions.

Even as I work to change my circumstances, I remember in my consciousness, I am not constrained by what is happening around me or to me. I use DIVINE DISCERNMENT and UNDERSTANDING together with DIVINE WILL to guide my way as well as choosing my best response in all situations.

When I recognize any limiting thoughts, I affirm my DIVINE IDENTITY and my personal sovereignty. In my mind, I am always free. I live with poise and confidence.

I feel strength manifested from my Divinity. Standing in my personal authority, I establish a positive, fulfilling direction for my life.

Claiming DOMINION, I stand in my authority.



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.

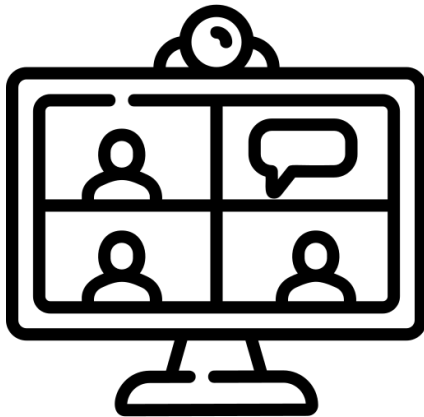
Everyone is welcome, whether or not you are part of a Unity community! (Contact a Unity near you by clicking [here](#).)

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.

'Silent Unity offers us another AMAZING Video!'



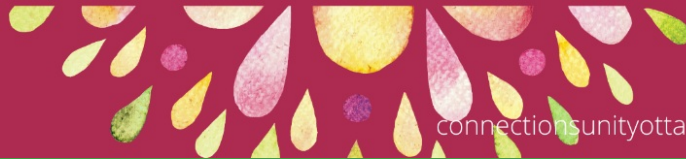
UNITY
OTTAWA.org



Create Your Reality!

"I AM SEATED IN MY WHOLENESS IN EACH
MOMENT, IT ENLIVENS AND INSPIRES ME."

"EACH AND EVERYDAY, GOOD THINGS
COME MY WAY!"



connectionsunityottawa@gmail.com



5 On-line Spirit Groups are starting now for 2022. Join fellow Truth students from Unity Kitchener, Unity Windsor and Unity Spiritual Centre Ottawa.

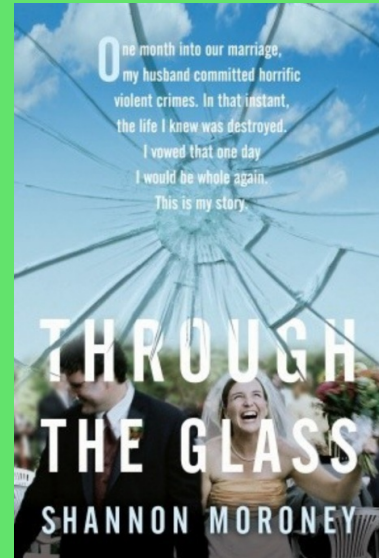
[Click here](#) for a complete list of Spirit Groups, information, and registration links

Bridging the Divide Bookclub reconvenes Tuesday Feb. 8 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.



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.

Did You Know?

Unity has been providing supportive prayer for over 130 years?

You can contact them for prayer 24/7 at unity.org/prayer or by calling 1-800-NOW-PRAY



How you can give:

1. Search the Tithe.ly app for Unity Church of Ottawa and follow prompts.
2. Make a donation at www.unityottawa.org.
3. Send an 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!

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.

For more information and to subscribe, go to 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, 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