

**This week, Sunday January 23, 2022,
(we join Unity Kitchener)**
"This or That, as Well as That and This" with Rev. Kelly Isola
[**Click here**](#) to join service.
Meeting ID: 811 3516 4412 Passcode: 609983
[**Click here**](#) for phone-in instructions.

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. Yet our ability to do "the work that in due season will encircle the earth," as co-founder of Unity Charles Fillmore says, depends upon us moving beyond some basic assumptions that have formed our choices but are no longer true, or may no longer be serving the greater good. We have to learn to discern between deeply held beliefs and rigidly held beliefs. Our rigidly held beliefs are always louder, separate us and oftentimes angrier. Whereas deeply held beliefs serve, heal and are always tempered by the power of love. Together we can harness the power of our differences!



Rev. Kelly Isola is an ordained Unity Minister, who has been doing online ministry for more than 10 years. She brings a wealth of expertise and experience to anyone navigating large scale change, in the paradoxical waters of *relevance and reverence*. Kelly shares her expertise in the classroom across 4 continents through her own classes, and as faculty for three seminaries, in the areas of Inclusive Ministry, Writing for the Ministry, and Trends in Ministry. She is the co-founder, with Rev. Ogun Holder, of project_SANCTUS, a safe, brave, online space to discover and be our Holiest self, and in so doing, together, create a world of equanimity, justice and love for all.



SPIRITGROUPS
INSPIRING INFINITE CONNECTIONS

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

The Absolute Word for Sunday January 23, 2022

I am praying with you

When I hear the words, "I am praying with you," I relax into the calm centeredness of a trusted friend's faith. I am reassured and feel my own faith growing stronger. Wherever my friend may be, I know the power of prayer is undiminished by distance.

Grateful for the gift of others' prayers with me, I welcome every opportunity to pray with anyone who asks. Having heard the prayer need, I let go of concern. In faith, I behold the DIVINITY within the one with whom I pray.

Knowing the TRUTH of another's wholeness, I release any thought of illness. I affirm DIVINE WISDOM for guiding decisions and DIVINE STRENGTH for relieving any weakness. I affirm DIVINE PEACE for peace of mind and DIVINE FAITH for supporting hope to those I hold in prayer.

I am praying with you.

**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.

One month into our marriage,
my husband committed horrific
violent crimes. In that instant,
the life I knew was destroyed.

I vowed that one day
I would be whole again.
This is my story.

THROUGH THE GLASS

SHANNON MORONEY

Celebrating a New Year - New You with Reverend Jeanmarie Eck

Click on the video below to enjoy Unity Houston's January 5 service.
Connect with us if you have more spiritual resources you'd like to share:

connectionsunityottawa@gmail.com



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.



The Course in Mindfulness

The Course in Mindfulness is a twelve-week program presented on ZOOM that begins with an introduction that provides the viewer with a broad overview of the course and what they will see and learn. Then they can make a commitment to attend the weekly sessions.

[Click here](#) to go to the website.

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 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

The Canadian Path

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)

January 23: (we join Unity Kitchener)
This or That, as Well as That and This with Rev. Kelly Isola

January 30: (Unity Kitchener joins us)
Serenity Service with our Prayer Partners

February 6: (Unity Kitchener joins us)
Seeing Is Relieving with Rev. Kelly Isola