

**This Sunday, July 4 at 10:30 a.m.**

**Understand This!**

**with Rev. Roxanne Buckle**

[Click here](#) to join service.

**Meeting ID: 822 3251 7020 Passcode: 609905**

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

Rev. Roxanne kicks off the month of Understanding with posing the following questions: Do you really KNOW you are more than human? Do you UNDERSTAND the spiritual laws that are active in your life? What are you PERCEIVING in the situations that show up in your life...problems or possibilities?



**Sunday July 18: Rev. Dr. Martha Creek**

**Workshop at 12:30**

**Liberated Living: Understanding the Power of Emotions**

The development of our spiritual maturity and true freedom requires that we get in touch with more of our human self...especially those scary emotions that arise! In Martha's Sunday lesson, followed by a 2-hour workshop, we will learn strategies, practices and approaches to encourage less pretending, less spiritual bypassing and more accepting of the full humanness of ourselves. In that way, we can learn to walk through, not fly over or camp out in, the 'shadow of the valley of death.'

**To register for the workshop and receive the unique Zoom link,**

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

Workshop Fee is \$25

**Missed last week's Service?**

[Click here](#) to watch our service on our YouTube channel.

## Spiritual Café with Rev. Roxanne Buckle

Tuesday July 6 at 10:00 a.m.

Join other Truth-seekers as we explore more about the Power of Understanding.

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



## Unity Worldwide Theme for July is Understanding

To read more about Understanding [click here](#) and click on tab for July.

Next week, July 11, 10:30 a.m.

We join Unity Kitchener and Unity Spiritual Centre Windsor on a virtual road trip. Music and wisdom provided by Deidrey Francois.



## Bridging the Divide Book Club

Two Unity Canada Board members and committed racial justice students,

Cheryl Rodgers and Rev. Roxanne Buckle, are happy to announce the launch of the *Bridging the Divide Book Club*. All are welcome to join the discussion which will serve initially as pre-Unity Canada Conference activities and then continue on afterwards.

**When:** The 2nd and 4th Thursday of the month, from 12-1:30 p.m. starting Aug 12.

**How:** No registration required; Zoom link will be provided closer to the date.

**What:** Read the book and join the discussion.

1st Book: *Indian Horse* by Richard Wagamese  
(August 12 & 26 and Sept 9)

2nd Book: *The Skin We're In* by Desmond Cole  
(Sept 23, Oct 14 & 28)

**Why:** We want to become ally's in the struggle for racial justice in Canada. Getting ourselves educated and discussing with others seems like a good step.

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If you missed any of Michael Swinwood's *Full Moon Meditations*, or if you want to experience them again, you can find them all on his [YouTube channel](#).



## Matter What

No matter what life throws at you, you always have inner powers to remain at peace. When you learn to use them—like tools from a toolbox—they will support you throughout all of life's experiences.

The booklet *How to Stay Centered, No Matter What* will uplift you with a deeper understanding of your 12 divine powers. Originally taught by Unity cofounder Charles Fillmore, the powers are presented in this booklet as concrete tools for every day, with practical tips, essays, and prayers.

[Click here](#) to request a copy of this booklet.



## New Spiritual Education and Enrichment (SEE) courses start in July

Learn about metaphysics, conversation skills, prosperity, healing and wholeness and much more.

[Click here](#) to see the full line-up of courses and to register for the ones you want to attend.

## 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](mailto: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](http://www.unityottawa.org)
3. E-transfer to [officeunityottawa@yahoo.ca](mailto: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!

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

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## Upcoming Sunday Services (all on Zoom)

### **July 4: ( Unity Kitchener joins us)**

The Power of Understanding with Rev. Roxanne Buckle

### **July 11: (we join Unity Kitchener)**

Music and talk by Deidrey Francois

### **July 18:**

Liberated Living: Understanding the Power of Emotions  
with Rev. Dr. Martha Creek (workshop at 12:30)

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