

This Sunday, May 2 at 10:30 a.m.
The Power of the Word with Rev. Roxanne Buckle

[Click here](#) to join service.

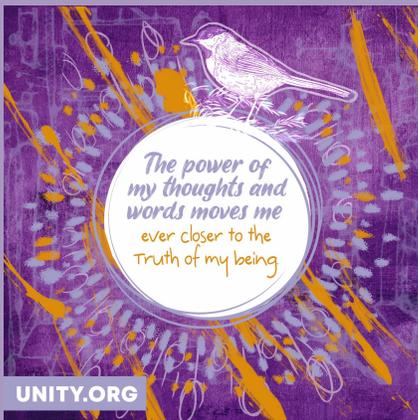
Meeting ID: 884 9471 6031 Passcode: 027429

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



One of the most important ways we can utilize our faculty of Power for inner transformation as well as to gain mastery of our material life is through the power of the word. Unity co-founder Charles Fillmore said words are "the vehicles through which ideas make themselves manifest" (source: *The Revealing Word*) This Sunday's lesson will explore the sub-faculties of Power:

concentration, mastery and authority and how we utilize these to have dominion over our thoughts and feelings.



Unity Worldwide Theme for May is Power

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

Spiritual Café

Tuesday May 4, 10:00 a.m.

Join Rev. Roxanne for a deeper and continued exploration of the Power of Power/Dominion. This café will feature an expanded



meditation, some great music and discussion of concentration, mastery, and authority. All are welcome.

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

Next week, May 9 we join Unity Kitchener for The Metaphysics of Mary with Rev. Nickie Golden



The Metaphysics of Mary will explore how we can call upon the wisdom of Mary to live in our divine nature as human beings. Mary invites us to balance our spiritual intelligence with heart-centered emotions as we apply the Law of Mind Action to live a life of joy.

Board of Directors comings and goings

At the recent AGM, the Board welcomed three new members and said “so long” (not good-bye!) to two.

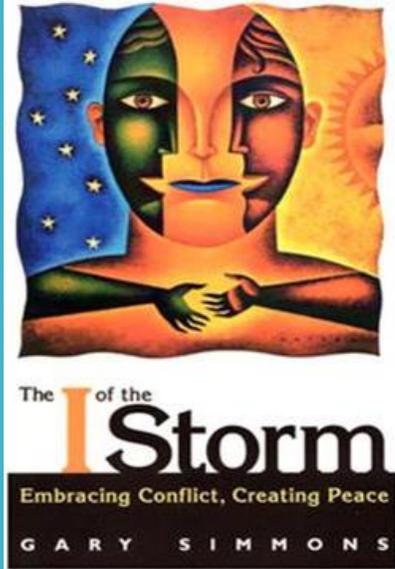
The new Board members are: Lyn Atterbury, Treasurer; Candace Mayrand, Member at Large; and Ann Therriault, Secretary. Welcome to you all and thank you for being willing to serve USCO as Board members.

Two Board members, Deb Maloney and Stephen Whiteley, have completed two terms – six years – of service and have retired from the Board. From the bottom of our hearts we thank them both for their service. We were blessed indeed to have had Stephen and Deb on the Board and will miss them.



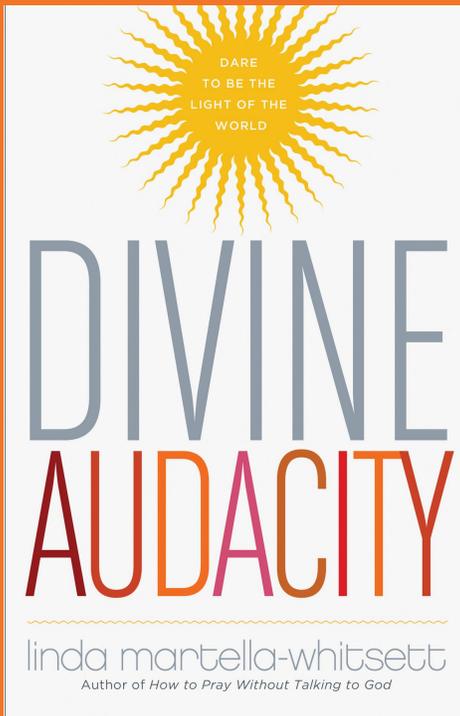
The I of the Storm

This book offers a transformational



approach to working through conflict. This Spirit Group series provides opportunities for guided self-reflection and tools for shifting our paradigm around conflict. Beginning Tuesday, May 18 from 1-3 p.m.

[Click here](#) for more details and to register.



Divine Audacity

This book applies the radical presumption: I am divine. My nature is one with the divine nature of God. I am able to express the highest spiritual principles in the midst of everyday situations. In this Spirit Group, we will discover what it means to dare to be the light of the world. These groups will be offered on two different days and at different times via Zoom.

For classes starting Tuesday, May 18 from 7-9 p.m. [click here.](#)

For classes starting Wednesday, May 19 from 2-4 p.m. [click here.](#)



There are moments when we all need the encouragement of Truth—affirmations that we're worthy and loved and that God's presence and light are always with us.

In the new Unity booklet, **Messages We Need to Hear: From the Writings of Martha Smock**, you'll find reassurance, healing, and uplifting guidance for everyday life.

To request your free downloadable copy [click here.](#)

SPIRITUAL TOOLS AND PRACTICES

Unity Offers Practical Tools for Nourishing Spiritual Life

Unity is often described as “practical Christianity.” At the heart of the Unity philosophy is regular and individual practice. When we recognize our divine nature, as Unity legend Catherine Ponder said, “We should get busy claiming our heritage of health, wealth, and happiness.” Wherever you are on your spiritual journey, explore these practical spiritual tools to nurture your divine spirit and create a more prosperous, healthy, and happy life.

To add to your toolbox [click here](#).



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.



How you can give:

1. Tithe.ly app, search for Unity Church of Ottawa and follow prompts
2. Donate at www.unityottawa.org

3. 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!

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

Upcoming Sunday Services (all on Zoom)

May 2:

The Power of the Word with Rev. Roxanne Buckle
(Unity Kitchener joins us)

May 9:

The Divine Feminine with Rev. Nickie Golden
(we join Unity Kitchener)

May 16:

The Power of Dominion with Rev. Paul Hasselbeck