

**This Sunday, November 14:  
We join Unity Kitchener for:  
"Is It A Bones or No Bones Day?"  
with Mel Horvath-Lucid**

**[Click here](#) to join service  
Meeting ID: 195 915 846 Passcode:  
016155**

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



What decides what kind of a day you are going to have?  
What would happen if we released the idea of the story we have  
created and embraced, instead, the fullness of our potential in each  
moment with grace, empowerment, and courage?

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### Missed last week's Service?

[Click here](#) to go to our YouTube channel and watch our recorded services.

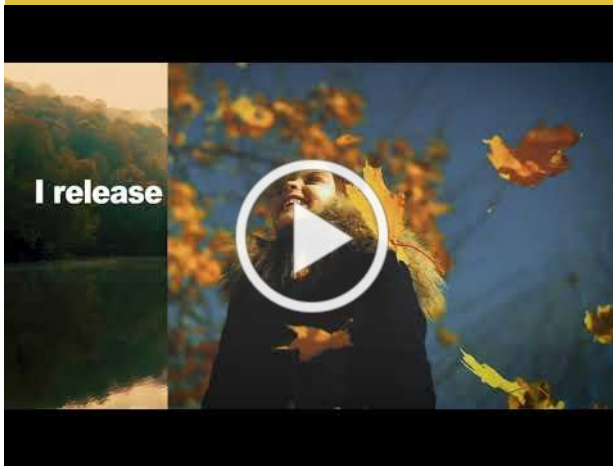


it's time to  
**RENEW YOUR  
MEMBERSHIP**

As we approach the end of another year, it's time to renew our memberships at USCO. To renew your membership, please [click here](#) and scroll down to the Membership Renewal form.

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**Next Sunday, November 21  
"Letting Go" with Rev. Dr. Martha Creek**



## Unity Worldwide Theme for November is Release

To read more about Release [click here](#) and click on the tab for November.

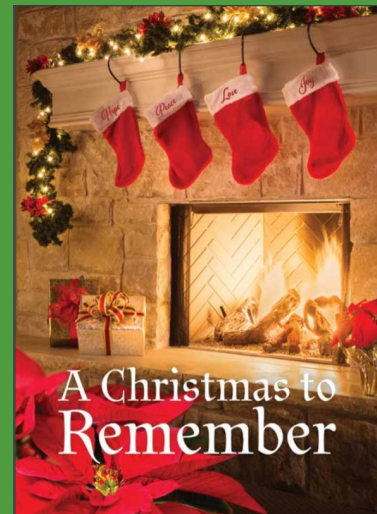
## Download Your Free 2021 Unity Advent Booklet

*A Christmas to Remember*, the new Unity Advent Booklet, will remind you of the importance of the season, and help you enjoy the promise and wonder of the holiday.

This booklet will enrich your celebration with special Sunday essays, personal stories, and daily reflections beginning November 28. You'll also explore your 12 divine powers for the 12 days of Christmas leading to Epiphany on January 6.

Use *A Christmas to Remember* to take a moment every day to focus on hope and faith, peace, love, and joy—gifts that endure, and can bring strength, connection, and renewal in this season and all year long.

To order your own copy [click here](#).



# The Resilient Nonprofit



If you or a colleague is interested in successfully creating a safer work culture due to Covid 19, for staff or volunteers, you might be interested in looking into this webinar.

Provided by Charity Village, it is an hour filled with intelligent guidance. November 25th from Noon to 1pm. To register [click here.](#)

## "What is Unity?" Workshops

Hosted by Wendy Karr, LUT and friends.  
All workshops take place at 8:00 to 9:30 p.m.

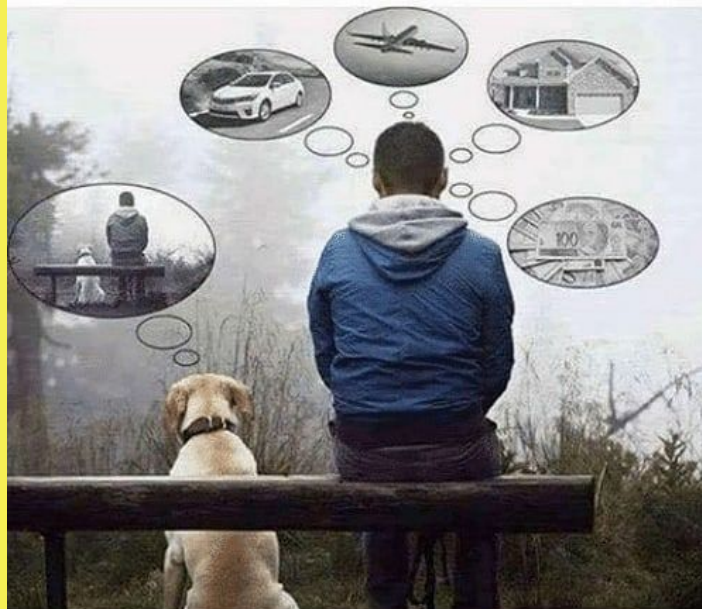


**Monday Nov 15:** The Unity Community - 'The Big Picture of Unity Worldwide'

This session requires pre-registration by noon the day of the workshop.

Email [unitycanada.adulted@gmail.com](mailto:unitycanada.adulted@gmail.com) for more info and to register.  
There is no fee. Voluntary donations to Unity Canada are gratefully received.

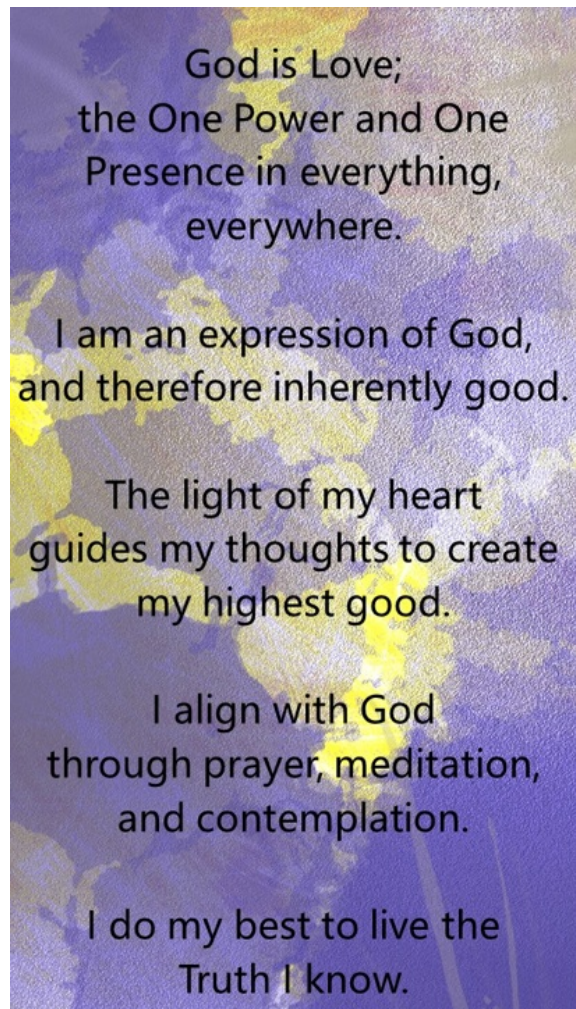
## This is why dogs are happier



Do have a meaningful saying or spiritual joke you'd like to share?  
If so, please send it to Sheila at [officeunityottawa@yahoo.ca](mailto:officeunityottawa@yahoo.ca)

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## Unity Ottawa's Five Principles



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**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. The magazine includes two months of daily affirmations, and messages, featured daily prayer articles and spiritual poetry. Subscriptions are available for print editions (regular size, large type or Spanish), as well as the new Digital Subscription Package, which includes the Online Magazine with audio, smartphone app, and daily email.

For more information and to subscribe, go to [dailyword.com](http://dailyword.com)

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# 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](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 many  
we 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)**

**November 14:** (we join Unity Kitchener)  
Is It A Bones or No Bones Day? with Mel Horvath-Lucid

**November 21:**  
Letting Go with Rev. Dr. Martha Creek

**November 28:**  
First Sunday of Advent Serenity Service with our Prayer Partners

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