

unity[®]

Our Mission and Vision



Mission:

To transform consciousness and empower lives



Vision:

A world powerfully transformed through a growing movement of shared spiritual awakening

What We Offer:



Sunday Enrichment

Inspiring talks, meditations and music



Affirmative Prayer

Confidential spiritual care



Small Groups

Connection and community

- ✓ Inclusive and welcoming
- ✓ Non-denominational
- ✓ Practical spiritual tools for everyday life



Are You:

Spiritually curious?

Looking for a supportive spiritual community?

Looking for practical tools for inner peace and resilience?

The Five Principles

Unity teachings reflect five universal principles that have run like a thread through many of the world's religions for thousands of years:

1. There is only One Power. One Presence Everywhere all the time. Some of us call it God, Love, Energy, Source, Infinite Intelligence.
2. Human beings are innately good because they are expressions of this Energy.
3. Our thoughts have creative power to influence events and determine our experiences.
4. Affirmative Prayer and Meditation connect and align us to our own spiritual nature and our Oneness with all that is.
5. Spiritual principles apply in daily life. We apply these truths in our thoughts, words, and actions every day.

Open Sundays

810 King St. E
Cambridge, ON N3H 3P2
(entrance on Church St.)

519.894.0810

office@unitykitchener.org



We Are a Global, Inclusive,
Spiritual Community

Online and In-Person
Spiritual Enrichment Gatherings

Sunday Enrichment

Attend in person or via Zoom at 10:30am ET

810 King St.E • Cambridge, ON N3H 3P2
(entrance on Church St.)

www.UnityKitchener.org

Sunday Enrichment

Inspiration • Connection • Transformation

Our hybrid Sunday Enrichment gathering is the heart of our community. Join us in person or online for an uplifting experience that nourishes the heart, mind, and spirit.

INSPIRING TALK

Affirmative prayer is the highest form of creative thought. It includes the release of counterproductive, negative thoughts, as well as holding in mind statements of spiritual truth.

AFFIRMATIVE PRAYER

We hold a time of affirmative prayer for the highest good for all.

MUSIC AND MEDITATION

Together we experience uplifting music and guided meditation.

CONNECTION

We are a welcoming inclusive community.

INSPIRATION TO LIVE YOUR TRUTH

We provide practical tools and spiritual insights to support personal growth and deepen spiritual awareness.

HYBRID

Attend in person at 810 King St. E
Cambridge, ON or join us live on Zoom.
Everyone is welcome!

Small Groups

Big Impact

Small Groups are the heartbeat of our community. We meet regularly online and in person to connect, learn and grow together.

- SpiritGroups
- Visioning & Intention Setting Circles
- Workshops
- Book Studies

AFFIRMATIVE PRAYER AND MEDITATION

In Unity, **Affirmative Prayer** is a spiritual practice that helps us focus on possibility, wholeness, and the good already present in our lives.

In **Meditation**, we quiet the mind, open to guidance and the experience of inner peace, clarity, and joy.

Visit Our Website



Newsletter Sign Up



Weekly inspiration, upcoming events, and more!

Our 12 Spiritual Abilities

The Tools for Conscious Living

As we use these abilities, we become more aligned with our true nature and the Divine Presence within us all.

FAITH Blue Trusting the process of life and surrendering to the flow of love, wisdom, and even events	STRENGTH Light Green Resilience and courage to overcome adversity	WISDOM Yellow Insight and understanding to see and learn from reflection
LOVE Pink Unconditional love, kindness, and compassion in action	POWER Purple Tapping into the Divine power within and uplifting others	IMAGINATION Light Blue Creative vision to dream, explore, and envision new possibilities
UNDERSTANDING Gold Seeing the world through the eyes of others	WILL Silver Focus and determination to pursue our goals	ORDER Dark Green Finding harmony and divine order in our lives
ZEAL Orange Passion and enthusiasm to live with purpose	ELIMINATION Russet Releasing negativity and letting go of what no longer serves us	LIFE Red Vitality, connection and the fullness of being

The 12 creative abilities provide a system for soul growth. Our minds can be a link to Spirit through these 12 capacities. We can paint the life we want by focusing on understanding and cultivating them.

A positive path for spiritual living

Transform Consciousness and Empower Lives

A world powerfully transformed through a growing movement of shared spiritual awakening.



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