

Tonight, Thursday December 9 at 7 p.m.

**Join Rev. Roxanne for
"Blue Christmas, A Service of Wholeness and Healing."**

[Click here](#) to join service

Meeting ID: 863 5621 7324 Passcode: 009576

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

The Christmas season can be a time of celebration and joy AND it can also be a very difficult time of year. It can be a time when the significant weight of carrying grief, depression, anxiety, financial stress, and uncertainty bubbles up. The public tone of the season often just does not resonate with what is going on in our private, inner experience. By honouring and shining a light on the changes, transitions, and losses that have occurred in our human experience, we can move into a greater place of acceptance and peace. You are invited to have up to 5 candles on hand to light.



**Sunday December 12, we join Unity Kitchener for:
The Five Spiritual Love Languages with Rev. Ogun Holder**

[Click here](#) to join service

Meeting ID: 195 915 846

Passcode: 016155

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

The original 5 Love Languages are grounded in the human experience of relationships. We are also spiritual beings, so the question becomes how do we speak and live the language of Divine Love? Join Rev Ogun on an exploration of five Divine truths that will lead us to loving ourselves fully. Only then can we connect with another for a truly fulfilling relationship. Only then can we experience lasting liberation and



justice.

Missed last week's Service?

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

Next week, Sunday December 19 "Childlike Joy" with Rev. Cynthia Vermillion- Foster

Often when we think about joy, images of a small child come to mind. A child's joy can be infectious, causing those around them to open their hearts and experience life in a lighter, more wonder-filled manner. And that lightness, joy and wonder are truly essential to birthing the Christ.



****SAVE THE DATES**** Two Special **Evening** Advent Services with USCO and Unity Kitchener joining together!

Tonight! **Thursday Dec 9 - 7:00 p.m.** Blue Christmas: A Service of Wholeness and Healing hosted by USCO, with Rev. Roxanne Buckle.

Wednesday Dec 22 - 7:00 p.m. Christmas Candlelighting Service hosted by Unity Kitchener

Week Three of ADVENT

Now is a time of
opening to love!

I receive LOVE graciously
and reflect it to the
whole world.


unity.org

Happiness Connections
UNITY Fellowship News!


WE WELCOME
YOUR
CONTRIBUTIONS!




WE INVITE OUR UNITY FAMILY
MEMBERS TO SHARE THEIR
THOUGHTS, FEELINGS, NEEDS,
HUMOUR, CELEBRATIONS,
CONTRIBUTIONS, OR STORIES
WITH US!




Is there
somebody's
Birthday you would
like noted?!



Is there something
humourful that
happened to you
and could make
someone else smile?



Do you have a little
inspiration to share?



Are you prepared to
get together?
Where would that
be and when? Just
checking in!

Please send your contributions to connectionsunityottawa@gmail.com

The Absolute Word
by Rev. Paul Hasselbeck

My Love Guides the Way!

Sunday December 12, 2021

LOVE

LOVE is one of the 12 POWERS. It is our ability to desire, unify, harmonize, and, yes, love. In *Jesus Christ Heals*, Charles Fillmore said, "God is love; that from which all loving springs." (pg. 29) He also said, "God is not loving, God is love, the great heart of the universe and of man, from which is drawn forth all feeling, sympathy, emotion, and all that goes to make up the joys of existence." (pg. 27)

During this Advent season, I remember and experience the rebirth of the Christ in me. I remember I am the one turning the POWER of LOVE into loving. The love I give is the love I experience.



I express love in my thoughts, feelings, words, and actions. Through love, I transform perceived negativity into a blessing. Centered in love, I guide my way.



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.

Unity Ottawa's Five Principles

God is Love;
the One Power and One
Presence in everything,
everywhere.

I am an expression of God,
and therefore inherently good.

The light of my heart
guides my thoughts to create
my highest good.

I align with God
through prayer, meditation,
and contemplation.

I do my best to live the
Truth I know.

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



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.



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
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)

December 9 at 7:00 p.m.: (Unity Kitchener joins us)

Blue Christmas, A Service of Wholeness and Healing with Rev. Roxanne

December 12: (We join Unity Kitchener)

Advent 3: The Five Spiritual Love Languages with Rev. Ogun Holder

December 19:

Advent 4: Childlike Joy with Rev. Cynthia Vermillion-Foster
