

This week, Sunday January 2, 2022
Burning Bowl/White Stone Service
A collaboration with Unity Ottawa and Unity Kitchener

[Click here](#) to join service

Meeting ID: 822 3257 2226 Passcode: 783482

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

Join us for a co-creative experience with Unity Kitchener, where the Burning Bowl ritual meets the White Stone Ceremony! We also welcome Unity Montreal to this "two-fer", in which we will let go of that which no longer serves us through a ritual of release. The spiritual practise



of letting go makes room for the new! We will then "name the new" with the White Stone ceremony in which a divine quality is discerned that will guide you through the next phase of your becoming in the year 2022!

You are invited to have the following available to optimize your participation in these rituals: small sheet of white paper, pencil or pen, a candle placed in a ceramic or metal bowl (optional), a light coloured stone or piece of ceramic tile or small white card, and a black sharpie.

Absolute Word for Sunday January 2, 2022

Clarity

Time invested in my DIVINITY
brings more clarity.

When I gaze toward the sky on a moonlit night, I expect to see twinkling stars and constellations. When I use a telescope, I can see details with much greater clarity.

This example could describe my spiritual life as well. I may go about my day mindful of my blissful feelings and kinship with all the people. These things and more are the fruits of my faith.

I also find clarity during times of intentional contemplation. When I meditate upon the TRUTH, I feel the presence of my DIVINITY filling my awareness and touching my heart. This clarity informs my thoughts, feelings, words and actions, bringing my faith to vivid life.

Time invested in my DIVINITY
brings more clarity.

Missed a service, or want to enjoy one again?
[Click here](#) to go to the USCO YouTube channel.



SPIRITGROUPS info session

JANUARY 4TH 2022 @ 6:00 PM

*Email Cheryl to sign up
mcunitykitchener@gmail.com*

in partneship with Unity Windsor,
Unity Ottawa and Unity Kitchener

[Click here](#) to register for January 4th Info session.



SPIRITGROUPS Host training

email Cheryl to sign up
mcunitykitchener@gmail.com

JANUARY 5TH, 2022 @ 6:00

- basic facilitation skills
- get more out of SpiritGroups

Unity Windsor, Unity Ottawa and Unity Kitchener

[Click here](#) to register for the January 5 Host training.

Next week, Sunday January 9
we join Unity Kitchener to hear guest speaker

Rev. Paul Hasselbeck.

**Unity Prayer Workshop
with Rev. Dr. Paul Hasselbeck to follow service.**

12:15 – 1:15 PM

Suggested Love Offering \$25.00


[Click here](#) to pay and register.



SPIRITGROUPS
INSPIRING WITH CONNECTIONS

Sharing Wisdom 3

UNITY OTTAWA, WINDSOR
& KITCHENER




DISCOVERING LEARNING CONNECTION

**Wednesdays, starting January 12th, 2022
from 1:30 - 3:30 pm for 7 weeks.**

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for 7 weeks.**

Join us as we explore wisdom, shared by a teacher, such as Brene Brown AND of course, wisdom that each of us will bring to the group.

Each week will be different as we reach into the box of chocolates and choose what topic and speaker to bring forward. There are so many Ted talks and YouTube videos to choose from. Do you have a favourite, someone who inspires you?



SEND YOUR HOLIDAY NEWS, JOKES,
BIRTHDATES, SERVICES, ETC., TO
THE HAPPINESS CONNECTIONS
NEWSLETTER

Fellowship Strengthens Community

connectionsunityottawa@gmail.com



At this special time of year, please consider USCO in
your Christmas giving.

Christmas Giving

How you can give:

1. Search the Tithe.ly app for Unity Church of Ottawa and follow prompts.
2. Make a donation at www.unityottawa.org.
3. Send an 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 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.



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.



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

Upcoming Sunday Services (all on Zoom)

January 2, 2022: (Unity Kitchener joins us)
Joint White Stone/Burning Bowl Service with Unity Kitchener

January 9, 2022: (we join Unity Kitchener)
Rev. Paul Hasselbeck

January 16:
Rev. Dr. Jane Simmons
