

**This week, Sunday January 30, 2022,  
Serenity Service with our Prayer Partners:  
A Year of New Beginnings:  
Anchoring into the Powers of Faith, Imagination and Gratitude  
[Click here](#) for phone-in instructions.**

2022 has been described as a Master Builder year by The Twinray. To prepare a clean slate we must release our challenges from 2021 and embrace the blessings. Bringing to mind the name you received during the White Stone Service, the Prayer Team will guide you using prayer, affirmations, music and meditation into a deeper connection with your name's purpose. Each of us has the power to create our own masterful plan for 2022. Bring your white stone and/or your new name. If you do not have a name, if possible, listen to the White Stone guided meditation prior to this Sunday.



**Community Circle  
This Sunday January 30  
after service!**

Join us on Sunday January 30, after fellowship, to hear about and discuss upcoming events and news in our community.



**The Absolute Word for Sunday January 30, 2022**

**World Peace**

I envision world peace!

Sometimes I wonder about my place in a world that is changing so rapidly. I realize many of the world's people may be wondering the same thing. Then I remember my DIVINITY; while the world may change, my DIVINITY does not therefore I meet change with equanimity.

Feeling fearful or insecure can overwhelm feelings of peace. I wonder whether

others are feeling the same way. As peace seems further and further away, I remember that the PRINCIPLE of PEACE is innate in everyone.

The PRINCIPLE of PEACE is part of my DIVINE IDENTITY. I remember all people are fully human and fully DIVINE. In our DIVINITY we are identical. I include all the world's people in my prayers envisioning us coming together using our inherent PRINCIPLE of PEACE to manifest World Peace.

I envision world peace!

**Next week, February 6  
Seeing is Believing - Try Anything  
with Rev. Kelly Isola**



**5 On-line Spirit Groups are starting now for 2022. Join fellow Truth students from Unity Kitchener, Unity Windsor and Unity Spiritual Centre Ottawa.**

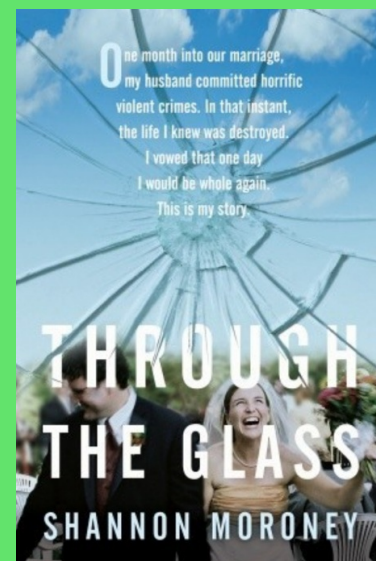
**[Click here](#) for a complete list of Spirit Groups, information, and registration links**

**Bridging the Divide Bookclub reconvenes  
Tuesday Feb. 8 from noon-1:30 p.m.**

Hosted by Unity Canada Board members, Cheryl Rodgers and Rev. Roxanne Buckle, we will gather on the 2nd and 4th Tuesday of the month, from noon-1:30 p.m. All are welcome. The intention is to explore topics like anti-racism, Indigenous reconciliation and social justice. The book for Feb/Mar is on restorative justice.

"An impassioned, harrowing and ultimately hopeful story of one woman's pursuit of justice, forgiveness and healing.

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





### **Updated Zoom Procedure**

During the January 9 service, several outside people unexpectedly took control of the Zoom meeting. The service was ended and a new zoom link was sent out to community members so that the service could be continued.

If this happens again, despite our best efforts to prevent it, the following will take place:

1. The meeting will be immediately ended.
2. Please monitor your email as a new Zoom link will be sent to you via this newsletter.
3. We will reconvene via the new link and continue our service.



### **The Course in Mindfulness**

The Course in Mindfulness is a twelve-week program presented on ZOOM that begins with an introduction that provides the viewer with a broad overview of the course and what they will see and learn. Then they can make a commitment to attend the weekly sessions.

[Click here](#) to go to the website.

**Did You Know?**



Unity has been providing supportive prayer for over 130 years?  
You can contact them for prayer 24/7 at [unity.org/prayer](http://unity.org/prayer) or by calling 1-800-NOW-PRAY



### 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](http://www.unityottawa.org).
3. Send an 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!

**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.

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



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.



**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 30:** (Unity Kitchener joins us)  
Serenity Service with our Prayer Partners

**February 6:** (Unity Kitchener joins us)  
Seeing is Relieving - Try Anything with Rev. Kelly Isola

**February 13, 2022:** (we join Unity Kitchener)  
Seeing is Changing - Try Anything with Rev. Kelly Isola

**February 20, 2022:** (Unity Kitchener joins us)  
Seeing is Loving - Never Give Up with Rev. Kelly Isola