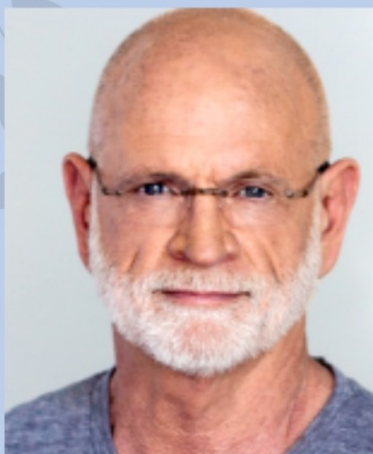
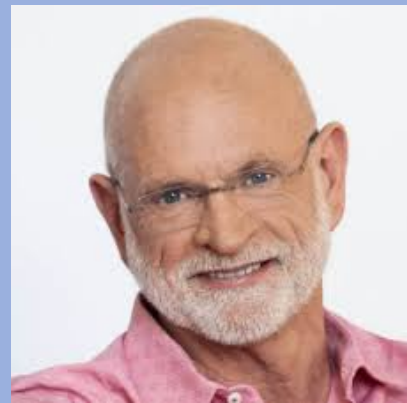


This week, Sunday January 9, 2022  
we join Unity Kitchener:  
"Simpler is Deeper" with Rev. Paul Hasselbeck  
Meeting ID: 195 915 846 Passcode: 016155  
[Click here](#) for phone-in instructions.

Sometimes complexity gets in the way of going deeper. Complexity sometimes impedes application. I find this to be especially true of Metaphysics. Let's explore Unity Metaphysics in plain English!



REV. PAUL HASSELBECK

## UNITY PRAYER WORKSHOP

WHAT IS IT? PART 2

JANUARY 9TH, 2022  
1:00 - 3:00 pm EST

*Rev. Paul Hasselbeck will be facilitating another Unity Prayer workshop*

Suggested love offering \$25

Unity Ottawa & Unity Kitchener

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

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

## Inner Guidance

I engage my DIVINE WISDOM; I create my unique spiritual path.

Tending to my spiritual life keeps me attentive to the whispers of my heart and in tune with my inner guidance. My inner guidance relies on the POWERS of WISDOM, UNDERSTANDING and WILL. I am grateful for those moments when I rely upon my spiritual intuition to discern my path forward.

Sometimes, my inner guidance feels far away and hard to access because of my chattering mind. At those times, I seek the assistance of trusted friends, advisers and the wise counsel of my minister or spiritual counselor. They pray with me, listen with empathy, and provide support until I find my innate wisdom and inner guidance. Then, they share my joy of success. I am grateful for those who walk the path alongside me.

I engage my DIVINE WISDOM; I create my unique spiritual path.

### Next week, January 16: Journey to Awakening with Rev. Dr. Jane Simmons

Our spiritual journey is very often described in terms of a heroic journey - a quest that includes letting go of what is, spending time in the wilderness, also known as liminal space, and then emerging from the wandering to be reborn into something greater than was known previously. Each one of us has the same quest - to use whatever is happening in our life to help us awaken to a deeper understanding of who we truly are. Join Unity Minister, Rev. Dr. Jane Simmons to begin our exploration of the heroic journey with her talk title "Journey to Awakening".



## Fellowship Happiness Connections - to help lighten our day!

*Fellowship Happiness Connections!*



### FRIENDS

WHEN YOU HAVE A FRIEND WHO CHECKS ON YOU, AND WANTS NOTHING BUT THE BEST FOR YOU WITHOUT MOTIVE. KEEP THEM CLOSE, BECAUSE SUCH SOULS ARE HARD TO FIND.

[www.connectionsunityottawa.com](http://www.connectionsunityottawa.com)

I really think tossing and turning at night should be counted as exercise



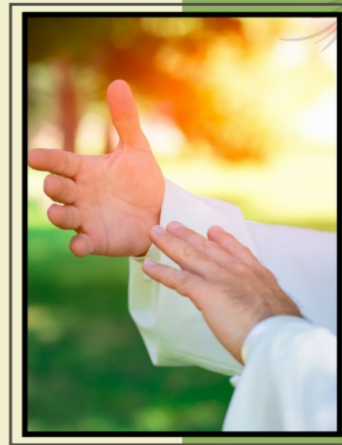
[www.connectionsunityottawa.com](http://www.connectionsunityottawa.com)

UNITY OTTAWA, KITCHENER  
& WINDSOR

SPIRITGROUPS

# Qigong 3

*Mondays, starting January 17th  
@ 9:00 am EDT for 7 weeks*



SPIRITGROUPS  
INSPIRING INFINITE CONNECTIONS

[Click here](#) to register.

UNITY OTTAWA, UNITY WINDSOR  
AND UNITY KITCHENER

## Metaphysics In The Bible

**10 Weeks**

Starting, January 12th  
from 3:33 to 5:00 pm EST

**HOST BY TAMMY MAXINE &  
CLAUDIO SILVAGGI**



SPIRITGROUPS  
INSPIRING INFINITE CONNECTIONS

"We are presenting an opportunity to explore the mystery of lost knowledge. The commonly shared story of the virgin mother and her son, specifically. Using metaphysics in the Bible, we proved to ourselves and the world that we all come from the same spirituality, unlabeled."

To register, message Claudio [here](#).

# Sharing Wisdom 3

UNITY OTTAWA, WINDSOR  
& KITCHENER



DISCOVERING



LEARNING



CONNECTION

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

## Wednesdays starting January 12th from 1:30 – 3:30 pm 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?

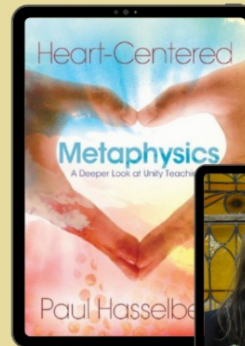
[Click here](#) to register.

## Metaphysic 1

This course is a wonderful start to understanding Unity Metaphysics  
Open to ALL... members and non-members.

STARTING JANUARY 15, 2022

No Required Prerequisite For This Course  
Heart-Centered Metaphysics Series  
PROVING THE TRUTH WE KNOW



Wendy Karr, LUT

E-mail [lutrep.unitycanada@gmail.com](mailto:lutrep.unitycanada@gmail.com) for more information and to register



### 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!

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## 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.

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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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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 9, 2022:** (we join Unity Kitchener)

Rev. Paul Hasselbeck

**January 16:**

Journey To Awakening with Rev. Dr. Jane Simmons