

Please join us via Zoom this Sunday January 3, at 10:30 a.m.  
for

## White Stone Ceremony with Linda McCabe

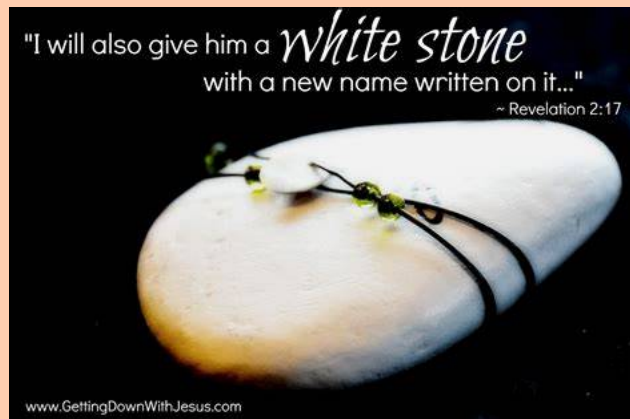
To join our Zoom service [click here](#)

meeting ID: 818 7646 9381  
passcode: 618816

or for instructions on how to phone in

[click here](#)

### Sun Jan 3, 2021 White Stone Ceremony with Linda McCabe



Join us for USCO's annual White Stone Ceremony.

**(Please have a white stone or suitable object available)**

The White Stone Ceremony is derived from an ancient teaching where a new name was written on a white stone indicating a clean slate. During this beautiful meditative service, Linda will guide you to receive a word, a "new name", which will serve as a guide for the coming year.

2021 will be a year of great changes and a new name could be one of the keys that can assist with the many transitions we may experience.

This is the first year we will not be meeting in person. This means you will need to obtain your own white stone or suitable object to hold during the service, and to write your new name upon. Soak it overnight in salt water to cleanse it. If you need a white stone, please email the office at

**Sun Jan. 10, 2020 joining with Unity Kitchener  
How to Stay Centered, No Matter What!  
with Rev. Paul Hasselbeck**



**Given the year we just wrapped up and any releasing we have chosen to do for bringing in the New Year, just how do we stay centered no matter what?**

**The answer my friends is NOT blowing in the wind; the answer is within! It all revolves around the CHRIST PRINCIPLE and the 12 POWERS in conjunction with who and WHAT you are choosing to be!**

**Rev. Dr. Paul Hasselbeck is one of Unity's leading Metaphysics authorities and has had a major role in bringing Unity's Metaphysics into the 21st century. With a genuine passion for clarity, precision and making Unity teachings understandable and user friendly.**

**Paul guides people to awaken awareness and deepen their understanding of a metaphysical approach to life. He is an author, teacher, speaker, and spiritual guide. He has a weekly blog (The Absolute Word) and podcast (MetaphysicalRomp2.com) which he cohosts with the Rev. Drs. Bil and Cher Holton.**

**Collaboration with Unity Kitchener**

**Starting in January, Unity Kitchener and USCO will be sharing services together, twice a month.**

**January 10, Unity Ottawa will join Unity Kitchener's Sunday service.  
January 17, Unity Kitchener will join Unity Ottawa's Sunday service.**

**We are excited to expand the experience of a shared spiritual awakening, together.**

**Happy New Year!**

2021

We have been through a challenging year. As we approach 2021 it is important to continue to release and eliminate all that no longer serves us. By discarding the no-longer-needed old, we open up space to welcome in the new.

Using our power of Faith, we welcome 2021 and the opportunities for spiritual growth it will bring.

## A Time For Giving



At this time of year please keep USCO on your list for giving.

1. Tithe.ly app, search for Unity Church of Ottawa and follow prompts
2. Donate at [www.unityottawa.org](http://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!

**Reminder: Spirit Groups start January 12!**

The first Spirit Group will join Unity Kitchener to study Sharif Abdullah's

book *Creating A World That Works For All*. Explore and expand your consciousness and go deeper into your understanding of the world in which we live and how you can make a difference.

Tuesday evening group begins January 12, 7 - 9 p.m., ends February 16.  
Wednesday afternoon group begins January 13, 1:30 - 3:30 p.m., ends February 17.

For more information and to register, [click here](#).

### Theme for January is Faith



To read more about Faith [click here](#) and then click on tab for January.

Do you miss socializing with your church friends?

Please contact: [lovdydesjardins@yahoo.ca](mailto:lovdydesjardins@yahoo.ca)

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

### Upcoming Sunday Services (all on Zoom)

- January 3: White Stone Ceremony with Linda McCabe
- January 10: USCO joins Unity Kitchener: How To Stay Centred, No Matter What, with Rev. Paul Hasselbeck
- January 17: Unity Kitchener joins USCO to hear Mony Dojeiji speak about the faith it took to create her new book, *Channelings*

[About USCO](#)



**Sunday Service: 10:30 a.m.**

[Visit our Website](#)

email: [officeunityottawa@yahoo.ca](mailto:officeunityottawa@yahoo.ca)

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STAY CONNECTED:

