

**This week, Sunday December 19  
"Childlike Joy"  
with Rev. Cynthia Vermillion- Foster**  
[Click here](#) to join service  
**Meeting ID: 856 3030 1312 Passcode: 229534**  
[Click here](#) for phone-in instructions.

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. This lightness, joy and wonder are truly essential to birthing the Christ.

Rev. Cynthia Vermillion creates spaces for individuals and communities to discover, release, and express their magnificence. An ordained Unity minister of 25 years, Cynthia served as the Director of Member Services for Unity Worldwide Ministries for 5 years. Cynthia served as the Regional Consultant and Regional Representative for Canada for 10 years. In these roles, Cynthia had the privilege of supporting, coaching and consulting with ministries throughout the US and Canada.



# Week Four of ADVENT

Now is a time of  
opening to Joy!

I relax, release and enjoy the  
wonder of the present moment.

unity.org

## Missed last week's Service?

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

Next week, Wednesday Dec. 22:  
**Special Evening Candle Lighting Service**  
at 7:00 p.m. with Unity Kitchener

## 'CHRISTMAS CANDLELIGHTING SERVICE'

Wed, December, 22th  
@ 7:00 pm on Zoom



Hosted by Unity Kitchener



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](mailto:connectionsunityottawa@gmail.com)

**The Absolute Word  
for Sunday December 19  
Joy**

I delight in being fully alive and joyous.

In The Revealing Word, Charles Fillmore shares, "Joy and gladness are strength-giving, especially if the relative mind is fixed on UNIVERSAL MIND, the UNIVERSAL PRINCIPLE." JOY is one of the many PRINCIPLES that make up GOD, the UNIVERSAL PRINCIPLE. The PRINCIPLE of JOY is present and available in ITS entirety in each of us.

I discover JOY when "leaning into" my DIVINITY. When I am joyful, I delight in sharing kindness and love this holiday season. I am compassionately loving as I align my heart with the PRINCIPLE of LOVE. My heart beats with a steady rhythm of love and joy.

I share joy with everyone. Every day is an opportunity to uplift others with a smile, considerate gesture, or a quiet word. I feel joy in my heart with each act of kindness.

I delight in being fully alive and joyous.



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.

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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)



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.



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

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## Upcoming Sunday Services (all on Zoom)

### **December 19:**

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

### **December 22 at 7:00 p.m.:** (we join Unity Kitchener)

Special Evening Candle Lighting Service

### **January 2, 2022:**

Joint White Stone/Burning Bowl Service with Unity Kitchener

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