



Please note there will be no service this Sunday December 26. Everyone stay well and have a very Merry Christmas!

A Holiday Greeting from Unity CEO Jim Blake




**Next week, Sunday January 2, 2022
Burning Bowl/White Stone Service**

Join us for a co-creative experience with Unity Kitchener, where the Burning Bowl ritual meets the White Stone Ceremony! In this "two-fer" 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 specific name is discerned that will guide you through the next phase of your becoming in the year 2022!



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
