

**This Sunday, December 5:
The Inner Advent Journey of Peace
with Rev. Roxanne Buckle**

[Click here](#) to join service

Meeting ID: 876 0488 0100 Passcode: 975071

[Click here](#) for phone-in instructions.

**Who doesn't want to
experience more peace?**

This Sunday, Rev. Roxanne guides us in an exploration of Peace, the theme of this Second Sunday of Advent. Keeping in mind that Advent means the preparation to birth our awareness of our divine nature, what is the role of peace in the Christmas story? (we'll look at some metaphysical interpretations). We'll look at how Peace is an inside job no matter what is happening 'out there' and finally, despite the fact that the word discipline gets a bad rap and can make me cringe, peace really is a discipline. Let's reshape our understanding of the word discipline as it relates to peace.



Missed last week's Service?

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

****SAVE THE DATES** Two Special Evening Advent
Services with USCO and Unity Kitchener joining together!**

Thursday Dec 9 - 7:00 p.m. Blue Christmas: A Service of Wholeness and Healing hosted by USCO, with Rev. Roxanne Buckle.

Wednesday Dec 22 - 7:00 p.m. Christmas Candlelighting Service hosted by Unity Kitchener

Thursday Dec. 9th at 7 p.m.
Join Rev. Roxanne for
"Blue Christmas, A Service of
Wholeness and Healing."



The Christmas season can be a time of celebration and joy AND it can also be a very difficult time of year. It can be a time when the significant weight of carrying grief, depression, anxiety, financial stress, and uncertainty bubbles up. The public tone of the season often just does not resonate with what is going on in our private, inner experience. By honouring and shining a light on the changes, transitions, and losses that have occurred in our human experience, we can move into a greater place of acceptance and peace. You are invited to have up to 5 candles on hand to light.



Coming
SOON!

'HAPPINESS CONNECTIONS'

Unity Ottawa Fellowship News

*You're
Invited!*

Just check your EMAILS on
Saturday Dec. 4th, and
respond by sharing your
thoughts, feelings, prayers,
needs, etc., with your fellow
USCO members/friends.

Let's navigate this life
journey together!

The Absolute Word for Sunday December 5, 2021
by Rev. Paul Hasselbeck: Peace

I claim PEACE no matter what.

In The Revealing Word, Charles Fillmore said, "By the term MIND, we mean GOD - the universal PRINCIPLE which contains all PRINCIPLES." The PRINCIPLE of PEACE is one of those PRINCIPLES. So, in my DIVINITY, I am DIVINE PEACE. In my humanity, I am peaceful.

I turn my thoughts and feelings to peace through meditation and prayer. When I experience a sunset, a gentle touch, or a comforting hug, I choose to experience peace too.

I can be peaceful inside regardless of what is happening outside. When I focus on peace, worries and troubles melt away.

The PRINCIPLE of PEACE is greater than any worldly condition or inner experience. Utilizing the PRINCIPLE of PEACE, I remain centered and calm. I don't move off-center in the face of minor irritations. Nor do they linger in my awareness.

I claim PEACE no matter what.



Unity Worldwide Theme for December is Life

To read more about Life [click here](#) and click on the tab for December.

ADVENT HAS BEEN SEEN AS AN EXPLORATION OF FAITH, AN INNER SEARCH OF THE MIND AND HEART.

WEEK TWO OF ADVENT

This Sunday we honour our
openness to PEACE

I affirm the PEACE of God as my welcomed companion.
unity.org



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.

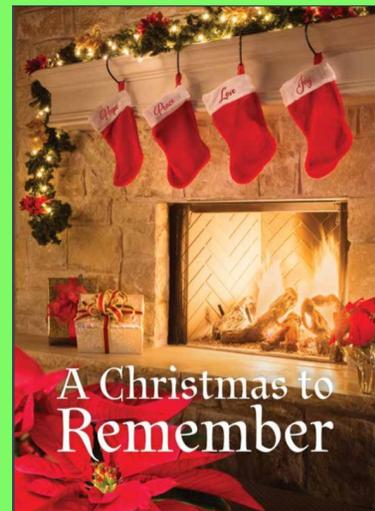
Download Your Free 2021 Unity Advent Booklet

A Christmas to Remember, the new Unity Advent Booklet, will remind you of the importance of the season, and help you enjoy the promise and wonder of the holiday.

This booklet will enrich your celebration with special Sunday essays, personal stories, and daily reflections beginning November 28. You'll also explore your 12 divine powers for the 12 days of Christmas leading to Epiphany on January 6.

Use *A Christmas to Remember* to take a moment every day to focus on hope and faith, peace, love, and joy—gifts that endure, and can bring strength, connection, and renewal in this season and all year long.

To order your own copy [click here](#).



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.

For more information and to subscribe, go to dailyword.com



The Canadian Path

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.



How many
we pray
with you?



How you can give:

1. Tithe.ly app, search for Unity Church of Ottawa and follow prompts
2. Donate at 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!

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

Upcoming Sunday Services (all on Zoom)

December 5: (Unity Kitchener joins us)
The Inner Advent Journey with Rev. Roxanne Buckle

December 12: (We join Unity Kitchener)
Advent 3: Love with Rev. Ogun Holder

December 19:
Advent 4: Joy with Rev. Cynthia Vermillion-Foster
