
Sun Jan. 10, 10:30 a.m. joining with Unity Kitchener

**How to Stay Centered, No Matter What!
with Rev. Dr. Paul Hasselbeck**

[Click here](#) to join service.

Meeting ID: 195 915 846

Passcode: 016155

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



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. He has 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

**** Spiritual Cafe**** Tues. Jan. 12 at 11 a.m. - noon

Join Rev. Roxanne for a short meditation, debrief, discussion and integration of the Sunday lesson from Unity Kitchener. All are welcome!
[Click here](#) for Zoom link.

SUN Jan. 17: Mony Dojeiji: The Call for Faith



Unity Kitchener joins us to hear Mony Dojeiji speak about the Faith it took to create her new book, *CHANNELINGS*, a collection of messages she has scribed over the years with various Wisdom Teachers. The new year calls us to anchor in Faith, that unshakeable knowing that we are not alone in our journeys and that, despite what our outer eyes may show us, God is all good and active in everything, everywhere.

Mony is a spiritual storyteller and award-winning author. With her pilgrim husband, Alberto Agraso, she creates and publishes books and artwork of the Spirit whose purpose is to extend Love in the world. Her newest book, *CHANNELINGS*, a collection of messages she has scribed over the years with various Wisdom Teachers, is in itself an act of Faith and of trusting what cannot be physically seen or touched, but merely felt in the heart as a calm certainty.

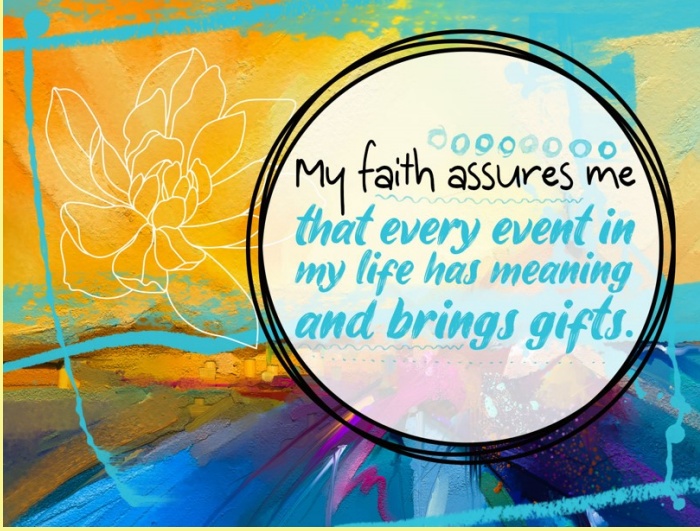
CHANNELINGS is available on www.amazon.ca.

For more information: www.walkingforpeace.com

**Unity Worldwide
Theme for January is
Faith**

[Click here](#) for Faith video.

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



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](#).



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!

It's Community Circle time!



Join us after fellowship on January 24th for our Community Circle! This is your chance to hear what the Board has been up to and to ask questions and share your feedback.

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

Upcoming Sunday Services (all on Zoom)

January 10:

USCO joins Unity Kitchener: How To Stay Centred, No Matter What, with Rev. Dr. Paul Hasselbeck

January 17:

Unity Kitchener joins USCO to hear Mony Dojeiji speak about the Faith it took to create her new book, *Channelings*

January 24:

Video: A mentoring moment with Rev. Dr. Martha Creek, Sacred Sites and Spiritual Evolution with Linda McCabe