

*Spirit always says YES!*

At Unity Spiritual Centre, you'll find a faith, a philosophy, and a way of living. Explore how to live spiritual principles that inspire your personal and shared awakening.

Explore practical teachings to help you live a healthy, prosperous, and meaningful life.

Join online or in-person!  
on YouTube *Unity Spiritual Centre*

Ultimately, we are here to help you discover and live your best life now!

### **What are the teachings of Unity?**

Unity aims to demonstrate that the teachings of master teachers of the ages can be lived every day. Its followers believe that the true "Church" is a "state of consciousness in mankind." Unity teaches that each person is a unique expression of God, that each person is sacred, and each person is worthy.

Here are some ideas to consider:

*People are good. ...*

*Thoughts create experiences. ...*

*Prayer is connection. ...*

*Action is needed.*

## **See you on Sundays for**

**Guided Meditation @ 10:00**  
**Inspirational Message & Music @ 10:30**

*Refreshments and  
Conversation @ 11:30*

## **Everyone Welcome!**

**...better LIFE starts here.**

*Bring your Kids*  
*Funday school for Kids 3-10yrs*  
*every 4th*  
*Sunday @10:30*

*POTLUCK lunch on the 3rd*  
*Sunday of every month*  
*after the presentation.*

*Bring a dish to share*

*Come out and discover*  
*powerful stories, presentations,*  
*conversations, resources and community to*  
*help you discover and live your best life now.*

**Check out our website for  
future events and classes**  
[www.unityspiritualcentre.com](http://www.unityspiritualcentre.com)

Contact  
[admin@unityspiritualcentre.com](mailto:admin@unityspiritualcentre.com)

**UNITY SPIRITUAL  
CENTRE**  
invites you to

**Free Photo  
with SANTA  
& gift raffle**



**December 2**  
**10am-3pm**  
**289 Queenston Rd. Hamilton**

## Special Holiday Events

### free photo with Santa day Sunday December 2nd @ 10am-4pm

You are invited to bring your kids for a free photo with Santa. Get a chance to win a special gift too by joining the free raffle of many great toys and gifts.

Come early as there is no appointment necessary. First come first served.

*Please arrive by 3:30*

*as Santa has to get back to the North Pole to make some more toys.*

### volunteer appreciation lunch

Sunday December 3rd @ 11:30  
immediately following service

This is a time to appreciate and express gratitude for the wonderful community here at Unity, and enjoy a catered meal together.

**By reservation only.**

Please claim your spot in advance by signing up or contacting Brenda at [admin@unityspiritualcentre.com](mailto:admin@unityspiritualcentre.com)

### holiday potluck lunch

Sunday December 17th @ 11:30

Let's celebrate the holiday season together. Bring a favourite dish to share.

### taize style angel service

Sunday December 10th @ 10am-11:30

This is a time of reflection and meditation, contemplate your loved ones who have passed or are no longer in your life due to distance or circumstance.

You will have the opportunity to write a short note of what's on your heart to them, and hang it on your Christmas tree or place it somewhere prominent for the holidays.

### the twelve powers candle lighting service

Sunday December 24th @ 10am-11:30

The Candle Lighting ceremony is to intentionally focus on the 12 Natural Abilities/Powers within you to create your best life.

**...come out and meet your inner team.**

#### **The Twelve Powers – General Concepts**

Everyone HAS THEM whether you are conscious of them or not.

Everyone is ALWAYS USING them.

They DO NOT CARE how they are used.

They can be OVER DEVELOPED OR UNDERDEVELOPED.

**Find out what's calling to be focused on in your life?**

### burning bowl releasing service

Sunday December 31st @ 10am-11:30

Release the past. Welcome the new. When it's time to clear out unwanted memories and conditions from our lives, a burning bowl ritual offers a sacred and powerful way to release negativity. The burning bowl makes space for new beginnings. It can be done at any time. Unity offers a Burning Bowl Ceremony at the close of each year, followed by a ceremony where your new intentions are set for the new year.

### white stone ceremony service

Sunday January 7th @ 10am-11:30

This is a great way to begin the new year. Find out what word will guide your way. This sacred ritual is based on a Bible passage in Revelation that says, "Let anyone who has an ear listen to what the Spirit is saying. To everyone who conquers (overcomes) I will give a white stone, and on the white stone is written a new name that no one knows except the one who receives it." This ritual of giving a new name can be found in many spiritual practices. A similar ritual is the Native Vision Quest in which a person seeking to know his or her purpose or position in the tribe goes into the wilderness alone to commune with Spirit and is given a new name.