



1764 Lisenby Avenue

(850)769-7481 January 2017

Celebration Service Sunday 11:00am

- January 1 Burning Bowl Ceremony
- January 8 White Stone Ceremony
- January 15 Prudence Bruns – TM: A Spiritual Journey
- January 22 Happy Birthday UPC!
- January 29 Happy New Year – Again!

Our Vision: *Centered in the Light of God, we joyfully co-create a harmonious world that works for all.*

Our Mission Statement: *We are a vibrant, welcoming, loving community that inspires personal transformation by living Unity Principles and growing in Spiritual Consciousness.*

Bookstore Hours: Sunday 10:00am-1:00pm
Office/Bookstore: 10:00am - 4:00pm Tue., Wed. & Thurs.

The Five Unity Principles

1. *There is only one Presence and one Power in the universe and in my life, God the Good.*
2. *Human beings have a spark of divinity within. Our very nature is of God; therefore we are inherently good also.*
3. *We create our experiences by the activity of our thinking.*
4. *There is power in affirmative prayer, which we believe increases our connection to God.*
5. *Knowing and understanding the laws of life are not enough. We must live the Truth we know.*

Burning Bowl Ceremony 1/1/2017 11:00am

White Stone Ceremony 1/8/2017 11:00am

Twelve Powers Movie 1/20 7pm & 1/22 1pm

A Season for Non-Violence begins 1/30

www.unityofpanamacity.org unitypcf1@gmail.com



Find us on:
facebook.

Please like & share us!

Ongoing

The Quest Juanita Sechrest

Tuesdays 2:30pm

A Course in Miracles with

Agustin Peralta & Lynn

Gilbert Tuesdays @ 6:30pm

Unity Singers Practice

Wednesdays 6:15pm

Meditation Darce Blakely

Wednesdays 11am

Tong Ren Susan Zecchini

Thursdays 12:30-1:30pm

Monthly

Yoga Movement 1/14

Saturday 9am Love Offering

Yoga Nidra 1/14

Saturday 10:15am \$10/per

Rap with the Rev 1/8

Sunday 1/8 @ 12:15pm

We Care Facility Day 1/21

Saturday between 8am-2pm

Potluck Dinner 1/22

Monthly Raffle Draw 2/5

Special Events

1/1 Burning Bowl

Ceremony

1/4 UnDeck the Halls 10am

1/8 White Stone Ceremony

1/14 Vivian Kevan Memorial

Saturday 2pm

1/15 Vison Board Workshop

Sunday 1pm Cat Brillard

1/20 Twelve Powers Movie

7:00pm & 1/21 1:00 pm \$10

1/30-4/4 Season for Non-

Violence agnt.org



Rev. Joanne Burns **Minister's Moment**

OH Happy day!

It's a New Year - filled with the consciousness and creativity of new beginnings!

Now that we have celebrated the re-birth, the awakening of the CHRIST SPIRIT within, we know that we are connected to our source at all times, with every breath. Having this knowledge in our intellectual *minds* we have the opportunity to put our gifts of understanding and wisdom to use and apply this Truth to our *lives*.

One of our five Unity Principles states "It is not enough to know these Truths, we must live the Truth we know."

Congratulations on stepping into this great awakening!

We at Unity Spiritual Center of Panama City are preparing ourselves to assist you on your spiritual path in a greater way. At least that is our highest intention.

If you have not already filled out the 2017 Adult Education Class Survey, please do. This survey will assist in providing classes that are of interest to you

at the time you are available to participate in them.

Also, in this New Year there are multiple volunteer opportunities available and ways to give and live your Truth that are currently being offered and created anew. Please choose to attend "Rap with the Rev" (the new name for what was called Community Chat) on the second Sunday each month.

If you are not receiving our weekly email (sent from info.unitypcf1@gmail.com) please first check your spam and then contact the office to provide your email address.

Namaste'

Rev Jo

Happy January **Birthday to You!**

1/11 Roberta Carothers

1/18 Melissa Samuels

1/19 Carol Brooks

1/19 Brian Humboldt

1/19 Dan Francis

1/31 Kathy Weeks

Abundance and **Prosperity**

From the Daily Word
November 19, 2016

With a grateful heart I open to divine supply.

Prosperity is a state of mind, a focus on being happy, successful, and self-sufficient. When I focus my thoughts on those qualities, I begin to see more goodness in my

life. Staying focused may not prove easy if I am facing large debts or unable to afford the necessities. Such things may keep me from seeing the good around me. But when I choose to change my focus, my vision clears and I can once again see the blessings that have always been in my life. My attitude shifts from fear to gratitude. Today I remove the blinders from my eyes and change my focus on God's good. With a grateful heart, I open to divine supply, and I feel abundantly blessed.

Now therefore take your stand and see this great thing that the Lord will do before your eyes.

1 Samuel 12:16

Spiritual Thoughts **by Lynn Gilbert**

New Year, new beginning! I have ups and downs galore over the Thanksgiving through Christmas season but once we hit the New Year I am ready to roll out the red carpet and celebrate. There is something so freeing in letting go the negative, shining up the positive, and embracing the act of making room for God's good in not only my inner being but my outer being as well. It begins with our Burning Bowl Ceremony which sweeps my inner space of anything that does not serve my spiritual being. This makes room for new positive growth. I follow this up with a good physical clean and toss which makes room for calm living in my

sanctuary of home. The trick is I can't get complacent! I have to sweep my space and mind often. All the little foxes will sneak right back in if I don't and right behind them the big guys stand eager for an opportunity to play havoc in my life and outlook. Am I perfect at this? Not even close or I would do much better Thanksgiving through Christmas. I am however getting more proficient and this year is bound to be the best year yet.

May you be bountifully blessed throughout the year.



Visit the Unity Bookstore!
Watch for new items to come in the New Year.



Interfaith Harmony Council

Interfaith Council meeting to be hosted by UPC is January 23 at Unity of Panama City. It's open to anyone who is a member of Unity, or other represented faith on the Council. Join Rev Jo, Rose Flora and others for the opportunity to get to know our faith neighbors.

Please Support our Monthly Raffle –

tickets for the fundraiser are \$2 each or 6 for \$10 and are available in the rear of the Sanctuary on Sundays or in the office during office hours.

Next month's raffle is a donated \$100 gift card for Ferrucci Ristorante. The drawing will be on February 5 - just in time for Valentine Day!

Unity Profile **Juanita Sechrest**



I was born December 21 1937 in Vernon, Florida in a log cabin on the creek bank. I was the oldest of six children, 4 boys and a sister born when I was 12. She was more like a daughter than a sister for many years. We went to church and I loved the music of the fire & brimstone churches, but I didn't like their talks about hell and the devil. I really didn't believe it – they were just trying to make us behave! My grandpa was my father figure and he taught us how to fish and hunt before I started school. That's where I get my love of nature. My mama married my stepdad and we moved to St. Andrews when I was in the 4th grade. We lived close to the bay and swam in it a lot – it was a nice place to grow up. I love cooking, sewing and western movies. I also loved the woods – Tarzan was my first love! I met my first husband when I was 15 and we had four children together. I was married four more times and began to drink during these years. After my children were grown I attended a spiritual meeting with my mother on a Sunday afternoon where I fell in love with JoAnn Dator and the Unity message. Soon after I went to AA where I will celebrate thirty-five years

sobriety on January 3. I could not have done it without the spiritual lessons I have learned in Unity and Alcoholics Anonymous. Unity has taught me about choices in life and that I never do it alone, God is always with me with love!

January 1 **Burning Bowl** **Ceremony**

A Unity celebration of release and letting go in preparation of the new. A favorite among Unity students, friends and family.

January 8 **White Stone** **Ceremony**

Based in Biblical tradition, this ceremony compliments the Burning Bowl Ceremony as following the practice of release, in which we prayerfully receive a new name (focus or intention) in the practice of claiming our spiritual identity.

January 15 **“Transcendental** **Meditation: A** **Spiritual Journey”** **Prudence Bruns**

Breathe into each moment, relax and allow the Universe to unfold as it should and be fully present to the experience. Prudence Farrow Bruns is a teacher of the Transcendental Meditation Program who received her training directly from Maharishi on the historical 1968 course in Rishikesh India attended by, among others, The Beatles, Mike Love of the Beach Boys, Donovan and her sister

the renowned actress Mia Farrow. Over the years, Prudence has taught meditation to large numbers of people along the Emerald Coast. She is currently the Director of the NW Florida TM Program.

January 22 **“Happy Birthday!”**

Unity of Panama City was incorporated in the state of Florida on January 23, 1980. This is our official birthday! Join us as we share our gratitude for those who had a vision, built a legacy and empower ourselves to keep the torch lit for the generations yet to come.

January 29 **“Happy New Year-Again!”**

We celebrate the Year of Red Fire Chicken with our Chinese brothers and sisters. Why explore Chinese New Year celebrations, also known as the Spring Festival? Perhaps there is some wisdom to be gained knowing our Unity Spiritual Center was born on the Chinese New Year. It's a very auspicious day!

Vivian Kevan **Celebration of Life** **Service**

Saturday, January 14 at 2pm in the Unity Sanctuary.

Vision Board **Workshop January** **15 1pm**

Join Cat Brillard in a Vision Board exercise. Watch for more information in the bulletin & on the website. Always fun and always entertaining!

We Care Facility **Day January 21**

Come any time between **8am-2pm Winter Hours**

Your help in keeping our Spiritual home beautiful, maintained and safe is appreciated! December Volunteers were Nan & Dan Francis, Rob Raucci, Lynn Stires, Bob Flora, Lynn Gilbert, Paula Merck, Becky & Sarge Fuller, Rosa Peralta, Terry & Jodi Johnson, David Bast, Rev. Jo, Anna Davis.

Un-Deck the Halls **January 4**

Join in the fun as we lovingly pack away the trappings of another Holiday Season. 10:00am in the Sanctuary.

Men's Group or **Women's Group**

Please fill out a suggestion form in the lobby with your contact information if you are interested in a Men's Group or a Women's Group here at Unity.

Chaplain's Corner

The song says, "Christmas, Christmas time is here, time for joy and time for cheer". Sometimes though, the holidays bring sad memories of loved ones who have passed or of difficult times. Please remember that your Chaplains are always available to pray with you on Sundays and, if you would like, during the week. If you would like a Chaplain to pray with you at any other time, just contact the church office and a Chaplain will get in touch with you. We love the opportunity to pray with you, so please seek us out so that we can join with you in prayers. Blessings and love, Gayle Woody

Outreach

Cat Brillard and her team of Angels stuffed purses and totes for several organizations in the PC area – thank you everyone who helped and who donated. Joan Woods, Sally Stephenson, Lyn Stires, Jodi Johnson, Becky Fuller, Kathy Hoffmaster, Diane Jo, Dan Francis, Cat Brillard, Brian Skoskie, Dave, Terry Johnson.



The Gandhi / King **Season of Non-** **Violence 1/30 - 4/4**

"The annual 64 day campaign, co-founded in 1998 by Dr. Arun Gandhi and The Association for Global New Thought (AGNT), is an educational, media and grassroots awareness campaign focusing attention on the philosophy of attaining peace through nonviolent action. Spiritually guided citizen leaders in 900 cities in 67 countries have participated since the campaign began in 1998." Visit agnt.org for more information.

Members Needed **for Bingo!**

Have fun and support Unity. We are looking for people to join us on Thursdays 11am - 3pm or Saturdays 7-11pm. You don't have to play bingo; you can read, do your favorite crafts or watch your favorite device. For non-smokers, there are two separate rooms. No matter what you choose to do, you will be making money for Unity! Last month the team made \$450. Please contact Linda at 850-896-9442.tion and to select your spot.