

# UNITY<sup>®</sup>

## Spiritual Center of Panama City

### Inspiring & Empowering Personal Transformation

#### **Celebration Service Sunday 11:00am**

#### **Summer Series: "Our 12 Powers"**

- July 2 - Agustin Peralta Four Agreements
- July 9 - Our 12 Powers: Power
- July 16 - Our 12 Powers: Imagination
- July 23 - Our 12 Powers: Understanding
- July 30 - Our 12 Powers: Will

**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.*

**A Cup O' Consciousness** Bookstore Hours: Sunday 10:00am-  
1:00pm, 10:00am - 4:00pm Tue, Wed & Thurs

**Office Hours:** 10:00am - 4:00pm Tue, Wed & Thurs

#### **The Five Unity Principles**

1. *There is only one Presence and one Power active as the universe and as my life, God the Good.*
2. *Human beings have a spark of divinity within them. The Christ spirit within. Their very essence is of God, and therefore they are also inherently good.*
3. *Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.*
4. *Prayer is creative thinking that heightens the connection with God-Mind and therefore brings forth wisdom, healing, prosperity and everything good.*
5. *Knowing and understanding the laws of life, also called Truth, are not enough. A person must also live the truth that he or she knows.*

#### **Board of Trustees**

**President & Leadership Council Chair-** Bob Flora

**V. P. & Activities Team Board Liaison -** Brian Skoskie

**Secretary & YFM Board Liaison -** Chris Durm

**Co-Treasurer & Financial Planning Liaison -** Michael Grant

**Co-Treasurer & Financial Administrator -** Brian Humboldt

**Outreach Team Board Liaison -** Susan Hettick

**Member -** Jean Kenerson

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Please Share Us!

#### **Ongoing**

#### **No Quest Class in July**

On Hiatus- Next meet 8/6

#### **Silent Meditation**

Sundays 10:00am Chapel

#### **Mindful Yoga Jill Jordan**

Mondays 5:15pm \$5/person

#### **A Course in Miracles**

**Agustin Peralta & Lynn**

**Gilbert** Tuesdays 6:30pm

#### **Meditation Darce Blakely**

Wednesdays 11am Chapel

#### **Wednesday Exploration**

**Rev Jo** Wednesdays 6pm

#### **Unity Singers Practice**

Wednesdays 6:00pm

#### **Tong Ren Healing Susan**

**Zecchini** Thursdays 12:30pm

#### **Monthly**

#### **7/9 Rap with the Rev**

Sunday @ 12:15pm

#### **7/23 Potluck Dinner**

#### **7/28 Community Drum**

**Circle** Friday 7:00pm

#### **7/30 Monthly Raffle Drawing**

\$100 Gift Card for Alice's on  
Bayview

#### **Special Events**

#### **7/14 Spiritual Poetry**

**Susan Hettick** 6:30pm

#### **Four Agreements Workshop**

**Agustin Peralta**

7/2 Sunday 12:30pm-2:30pm

7/8 Saturday 9:00am-11:30am

7/15 Saturday 9:00am-11:30am

#### **7/15 Women's Group**

**Meeting** Noon-1:30



**Rev. Joanne Burns**  
**“Minister’s Message”**

Join me this summer to awaken your innate twelve powers and learn how these accelerated abilities can inspire personal transformation.

Jesus said “the Kingdom of God is in the midst of you”. One way to awaken to the activity of the Divine is to explore Our Twelve Powers. By using these “keys to the Kingdom” in a healthy and balanced way, we unlock the power we have to evolve. Through attention to our thoughts, words and actions, we can deny the activity of ignorance and affirm the activity of the Universal life force.

Let’s work toward spiritualizing ourselves and our community toward the next and higher level on the ever moving spiral of energy.

A Unity version of Ecclesiastes 3:1-8.

“For everything there is a season and a time for every matter under heaven...”  
a time to grow in faith,  
a time to develop strength,  
a time for spiritual judgment,  
a time for love,  
a time to grow in power,  
a time to use imagination,  
a time to mature in understanding,  
a time to do the will of God,  
a time for law and order,  
a time for zeal,  
a time for renunciation,  
a time for life.

If growing in Spirit through balancing these twelve powers is a challenge, remember that your personal growth is the most rewarding thing you will ever do. You individual contribution to the greater awakening of humanity is the most important thing you ever do. It’s worth the effort.  
Namaste’  
Rev. Jo

**Abundance and Prosperity**  
*By Rose Flora*

Over the years of my life, abundance and prosperity have had different meanings. As a child, perhaps that meant we would have enough money for ice cream and Hershey’s syrup for Saturday night! As a working teen, prosperity and abundance was paying for my books and buying cool clothes. As a single mother it was having enough money to provide rent, food, and clothes, for my family. Now I know giving and receiving include those things, but also love, peace, forgiveness, and maybe just a smile.

There are many spiritual resources that are associated with Abundance and Prosperity, including our Unity **Prosperity Core Value**; We manifest abundance in all aspects of our individual lives as well as our spiritual and greater community. The Course in Miracles states “To give and to receive are one in truth.” At times, I may become confused in knowing whether it’s Ego or Spirit acting in my life. But I also know that I have never been separate from God, never will be, never can be; I know that as I

give I receive and as I receive I give, it’s an endless loop. I know we all have this amazing power to choose.  
Namaste.

**Spiritual Thoughts**  
*By Lynn Gilbert*

We label our doing in so many ways, have to, want to, expected to, need to, better do. What I find for myself is that no matter the label I apply at any given moment it is my center being that tells the story beyond labels. If my soul sings I am indeed on a Spirit-fed path and my potential for bringing God’s good to those around me is greatly enhanced in all things great and small. At this moment my soul is belting out songs of joy unlimited and the inner peace I cherish is a peace with exuberance and energy lighting its way. All of this because I stepped up without condition or hesitation to what my soul knew to be my greater good. I have, as do we all, something valuable to give. We all of any age have much to share but those of us in that certain age have a lifetime to pull from in order to lift up and help others to grow in a positive light. We are none perfect, but remember our greatest mistakes are often our most positive lessons to share. The Divine One whispers gently never too old, never too tired, never too poor, but always just right to get My job done. This is why you are here.

**July Raffle: \$100 Gift Certificate for “Alice’s on Bayview”**

This is the new restaurant owned & operated by the Masker Sisters, Drawing 7/30

## **Chaplain's Corner**

By Susan Zecchini

This week our focus is on Love, number 4 of the 12 Powers. Love is the unifying force between ourselves and our God, and between us and each other. God's love, the spark of divinity existing in each of us, unites us. There are times in each life when we cannot see or feel that divine spark, but it is still there. Sometimes we may feel alone, afraid or worried. In our minds, we know we can trust in the God of our understanding, but situations may obscure the feeling. We need reassurance from another.

Love takes many forms. One of them is compassion. When someone comes to a Prayer Chaplain with a concern, we become a trusted ally. We have all known the feeling of separation. We listen with love to their situation, and form a prayer. This prayer reminds us of our unity with God and each other. You can depend on us to keep your complete confidence. Our goal is to help you re-connect with your Divine Self, to relax into Infinite Love and trust your God's love to act in accordance with your highest good.

### **Unity is founded in the Power of Prayer**

The power of prayer is the bedrock our beliefs. At Unity of Panama City our chaplains are available to support you in prayer while at Sunday service.

In addition, we have prayer intention slips located in the

seat backs of all our sanctuary chairs as well next to the prayer box located at the rear of our sanctuary. Once a prayer intention is made and placed in the prayer box, Rev. Jo and the prayer team pray over them for seven days. They are then sent to **Silent Unity** where they will be prayed over for another 30 days. To learn more about affirmative prayer visit our website. All prayer intentions and requests are kept in the strictest confidence.

If you are in need of immediate prayer please contact **Silent Unity at 1-800-NOW-PRAY (669-7729)**

### **Unity Profile** **Chris Durm**



Chris was born in Illinois and moved to Panama City when she was four years old. She received a BA in elementary education from the University of South Florida. She lived briefly in Miami, Baltimore, and 20 years in rural Tennessee. She moved back to Panama City in 1992 to care for her parents. "I could not believe how Panama City and the beaches had changed." Chris was the librarian at Northside School for 18 years before retiring with over 40 years. She loves reading, cooking, and sitting by the water. She was introduced to Unity as a young adult by her Aunt Dorothy and Uncle Bill Wainright who were organizers of Unity of

Panama City, and has been a member here since 2008. Chris has 4 children, 14 grandchildren, and 1 great grandchild. Unity has helped validate ideas she already knew to be true, such as the importance of love, forgiveness, and being non-judgmental. She finds it amazing the power we have in our lives and how easy it is to be joyful and at peace. She confirms that good comes out of experiences that don't at first appear positive. Chris is very thankful for all the people in her life that have helped her on her spiritual journey. Chris currently serves on our Board of Trustees as the Board Secretary and is the Board Liaison to the Youth Ministry Department.

### **NEW Women's Group is forming!**

Saturday, June 17<sup>th</sup> the Women of Unity gathered to discuss what we can do to come together in community to share, serve and support. Each monthly meeting will be facilitated by a volunteer and that woman will select if our gathering will be a spiritual discussion, book study, social outing, service project (planning and/or implication) or an opportunity for spiritual support. We discussed how we as women can support other women of all ages, both in the spiritual community and in the outer community of the Emerald Coast. For more information, talk with Kiki Grant, Team Leader.

#### **Next Meeting:**

Saturday, July 15 from 12 to 1:30pm to discuss their expanded spiritual awareness of "The Four Agreements". Bring a bag lunch and share in the fun.

**In honor of the July 4<sup>th</sup> holiday, the office will be closed on Tuesday.**



## **Upcoming Classes & Events:**

**The Sunday morning Quest Class takes a hiatus during July**

**Mindful Yoga**  
**Mondays 5:15pm**  
**Jill Jordan \$5 LO**

No Yoga class on July 3.

**Wednesday Exploration**  
**6-7:30pm with Rev. Jo**

Join in a weekly opportunity to explore in depth the concept of the previous Sunday's talk.

**Rap with the Rev**  
**Sun, July 9 at 12:15pm**

**Spiritual Poetry with Susan Hettick**

**Fri, July 14, 6:30pm**  
From the classics to the mystics, you can listen, share, and create your own! Feed your soul through the beauty of poetry along with heart-warming music. This is one of our most popular evenings!

**Women's Group**  
**Sat, July 15, 12-1:30pm**  
Bring your lunch and join us!

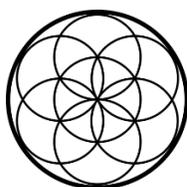
**Community Drum Circle - July 28**  
**4<sup>th</sup> Friday 7:00pm**

All ages welcome, extra instruments available.

## **The Four Agreements** **With Agustin Peralta**

**Sunday July 2: 12:30-2:30 pm**  
**Saturday, July 8: 9-11:30 am**  
**Saturday July 15: 9-11:30 am**

In his seminal book, *The Four Agreements*, Toltec Shaman don Miguel Ruiz has transformed the lives of millions around the world, illuminating a way of personal liberation using centuries old Toltec wisdom combined with modern physics and practical common-sense. Unity Spiritual Center's, A Course In Miracles co-facilitator, Agustin Peralta, facilitates a three-day workshop on the power of The Four Agreements. This class is intended to give you the tools for transformation and the ability to implement them in a way that brings harmony, happiness, love, peace and freedom to your life. Suggested Love Offering: \$10.00 per session. Required reading: The Four Agreements by don Miguel Ruiz



**Interfaith**  
**Harmony**  
**Council**

On behalf of Unity Spiritual Center, Rev. Joanne Burns accepted a special Friendship Award from the Bay County Islamic Society at their Sharing Ramadan event. The award was given for our "unwavering support and solidarity" to the Muslim community. Unity Spiritual Center is grateful for the award and for the love and friendship that the Muslim community so freely shares.

The award was also presented to our friends at the Unitarian Universalist Fellowship of Bay County. We are one!



## **My Magical Hands** **by Diane Frances Batch**

***As I enter this world***  
***I feel joy***  
***I feel peace***  
***and I feel love.***

***Magical hands***  
***My hands touch you***  
***My hands feel you***  
***My hands hold yours***

***My hands mend a skinned knee***  
***My hands heal a wound***  
***My hands wipe away a tear***  
***My hands heal a broken heart***

***Magical hands***  
***Spreading peace, joy and love***

***My hands pray***  
***and***  
***Before I die***  
***I feel joy***  
***I feel peace***  
***and I feel love***  
***Oh, my magical hands***

## **Happy Birthday!**

***Diane Batch 7/7***  
***Beverly Nield 7/9***  
***Jean Kenerson 7/10***  
***Annjala Posnansky 7/15***  
***Dottie Smith 7/21***  
***Ron Holdaway 7/31***

**Watch Rev. Jo on YouTube or listen to an audio of a service on our web page at:**  
**[unityofpanamacity.org](http://unityofpanamacity.org)**