

UNITY[®]

Spiritual Center of Panama City

Inspiring & Empowering Personal Transformation

Celebration Service Sunday 11:00am

Summer Series: "Our 12 Powers"

August 6 - Our 12 Powers: Order

August 13 - Our 12 Powers: Zeal

August 20 - Our 12 Powers: Release

August 27 - Our 12 Powers: Life

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 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

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unitypcf@gmail.com www.unityofpanamacity.org



Please Share Us!

Ongoing

The Quest Class

Sundays 9:30am

Silent Meditation

Sundays 10:00am Chapel

Mindful Yoga Jill Jordan

Monday's 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

8/13 Rap with the Rev

Sunday @ 12:15pm

8/19 Women's Group

Noon-2:30

8/25 Community Drum

Circle Friday 7:00pm

8/26 Serving with Spirit

Facility Day

8/27 Monthly Raffle Drawing

8/27 Potluck Luncheon

Save the Date!

**September 13 & 14 – Unity's
World Day of Prayer**

**September 16 – Interfaith
Council Potluck Dinner**

**September 16 - Youth
Ministry Volunteer Training**



Rev. Joanne Burns
“Minister’s Message”

We will wrap up the summer series with our innate twelve powers awakened and energized. We move forward with a sense of balance in our accelerated God given abilities to inspire and empower personal transformation... our own and all those here in Panama City!

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

Contemplate and choose to accept your divine attributes. What it looks like:
what we believe (faith),
when, where and for what we stay the course (strength),
what we judge and when we apply what we know (wisdom/judgment),
what we desire, need, require and for whom we have the highest regard (love),
what we master or have dominion over (power/dominion),
what we visualize (imagination),
what we know (understanding),
what we choose (will),
when and what we organize, sequence or adjust (order),
what we are passionate about (zeal),
what we deny or get rid of (elimination),
what we vitalize or enliven (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. Your 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 Rosa Peralta

The Metaphysical meaning of prosperity is defined at truthunity.net: “Spiritual prosperity is founded on the understanding of the inexhaustible, omnipresent substance of Spirit as the source of supply”. My very loving dog, Maya took on a life challenge. Maya was diagnosed with cancer on her right leg. All efforts were made to save her leg but in the end she had her leg amputated and became a “Tripod”. I was told by many well-intentioned people how sorry they were for Maya’s “misfortune”. Subsequently, as I prayed and meditated, my awareness shifted to realizing I could apply my **Prosperity Consciousness** of the one substance as the source of all instead of embracing the fears I had for Maya. I recognized the omnipresence of Spirit allowing me to center my faith in Love as the one source of supply. I took the opportunity to grow spiritually by not embracing my human self-fears but by embracing my spark of divinity. I am thankful to know that everything is in Divine Order. Rev. Gail Dobert, director of Silent Unity states “I often

end my prayers with, I let go, knowing it is so - and gratefully so it is.” Today, Maya continues to recover from her surgery by giving and receiving Love every moment of everyday!

Spiritual Thoughts
By Lynn Gilbert

It was a great morning in Lynn Land. Good people, sunny summer day in the Panhandle (translated burn your brains hot), feeling motivated and enthused at our Unity PC direction, and ready to tackle some projects I have put off on the home front. Yep, spiritually strong, physically motivated, generally happy in that benign life is good way. Oh my how quickly things can change. By the early afternoon the shift started with some financial distress, while doing errands there came from seemingly nowhere a soaking rain storm, my wet sandals got slick and keeping them on was as big a job as staying upright on the post office floor, my favorite pair of sunglasses broke just because they felt like it, the umbrella channeled water over my head and onto the driver’s seat while I was getting back into the car and a tension headache arrived with gusto. In a matter of hours, I went from optimistic to pessimistic, can’t, and my spiritual confidence in all things went into hiding from all things. It is my joy that the I AM who sings within is waiting patiently to guide me to my exact right place. A bump on the path is never the end of the path. May you feel The Presence of Love.

Chaplain's Corner

By Susan Zecchini

Once I saw a billboard with a picture of a rowboat and a man rowing in a stormy sea. The caption said, "Pray to God in the tempest, but keep rowing." It struck a chord in me and I remember it, though I saw it long ago. Self-effort and Grace go hand in hand.

According to Myrtle Fillmore "*anyone can follow the principles of Truth and be healed*". It requires more than simple prayer, however. Her teachings on healing indicate that one must engage in regular spiritual practices that encompass mind, body, and soul." "Myrtle Fillmore is an inspirational example of how powerful faith and prayer can be. Her teachings continue to guide people in the healing process. For more of Myrtle Fillmore's teachings, read the book "Healing Letters."

Quotations taken from the article Teachings from Myrtle Fillmore
By Angie Olson, and can be found at Unity.Org.

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 **Donald Chewning**



I grew up in a magical beach town called Key Biscayne in the 1960's. We lived 3 blocks from the beach, and I would walk down with my mother and two sisters almost every day. We often walked two miles along the beach to Crandon Park, where there was a zoo, and train rides, and my favorite – an amusement park helicopter ride. I think Panama City Beach is very much like that, which is why I live here now. I went to college at Washington University in St Louis, and I took a job at First Missouri Bank where I became Branch Manager. In 1989 my bank was taken over and I was unexpectedly let go. I took the opportunity to move back to Florida and to join a construction company in Mexico Beach.

I discovered that the part of new construction I like best was the landscaping. After my dad passed, I built a house for my mother in Panama City. My son David was born in 2000, and that is the best thing that has ever happened to me. In 2007 I was invited to Unity by my friends Terry Ortiz and Ed Priestley. I found like-minded and friendly people there and have been coming back ever since.

Upcoming Classes & Events:

The Quest Class **Sundays 9:30am**

The Quest resumes after hiatus! This class is not only a journey of re-discovery but a way to live life. As I learn more about myself and share, chapter by chapter, my feelings, doubts and blessings, I am able to more perfectly become my Christ self. Please join us at any time during this journey. We meet Sunday mornings before the Celebration Service from 9:30-10:30am. Love offering.

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

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 with Rev Jo facilitating discussion. Suggested \$10. Love offering.

Rap with the Rev **Sunday August 13** **12:15pm**

Topics of Interest to you about your Spiritual Community!

Community Drum Circle - August 25
4th Friday 7:00pm

Please note during the hot and mosquito laden months of the summer the Drum Circle is moved into the Sanctuary! Love offering.

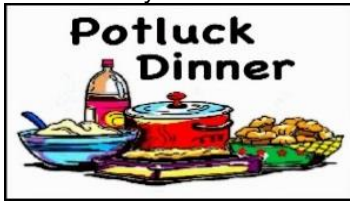


Serving with Spirit - Facility Day August 26
8am-2pm

Sign up for your project of choice and help out!

Monthly Potluck Dinner August 27

Bring a dish and share fellowship with the wonderful folks of Unity!



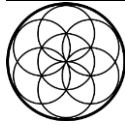
August Raffle:
Drawing 8/27

NEW Women's Group is Active! Join Us!

The Women of Unity have formed a group of like-minded women with the intention to do service projects, be a support and social group for each other, to have book discussions and serve as a Sunshine Team doing in-reach for Unity community members.

Bring a bag lunch and join us to Chat & Chill at **our next meeting – noon, August 19.** Our main objective is to enjoy each other and have fun!

Interfaith Harmony Council



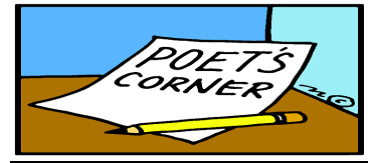
On Saturday, September 16, from 5-7pm, Unity will be hosting the Interfaith Harmony Council Potluck! This is an opportunity for our Unity community to come together with other faiths to share conversation and food. Adults and supervised children are welcome. **We appreciate if you would place a note of ingredients on your dish that you bring to share.** This helps everyone who may have allergies or other dietary restrictions for their health and well-being or grounded in their religious teachings. We look forward to seeing you there. we have such a great time at these events. Please add your name to the sign up sheet in the lobby.

Happy Birthday!

Jody MacCormack 8/6
Susan Hettick 8/7
Lynn Gilbert 8/15
Heidi Fowler 8/16
Jennifer Wilson 8/20

Rummage Sale Oct 14
Now Accepting Donations!

If you have items you would like to donate please contact Gayle Paynter or Rosa Peralta – we do have a small storage area and are limited to accepting furniture, jewelry and antiques there. We'll need volunteers to move these priceless items from storage to our spiritual center the week of the sale. Please hold on to all your other treasures until the week of the sale!



Untethered

I look at memories - some with fondness, some with tears,
Enjoying the tides of my Life.
God touches me and I am refreshed.

I ride the pink cloud above the landscape of my life,
Sparkles of light twinkle in each other's eyes.
Echoes of silence – silver threads of being –
ribboning from the great nothing.
I am eternally free.

Visions of song riding notes – vibrations of pure energy.
Entire universes and vanishing points,
Stars and Higher Powers,
Listening and really hearing the gentle breeze to the voice inside my head.
Musical majesty inspires our dream.

Melissa Samuels, Susan Hettick, Claudia Gamin, Diane Batch, Donald Chewning, Becky Fuller
July 14, 2017

Poetry Workshop Group Poem

Special Ceremony, Business Meeting:
Need a place for your reunion, wedding or seminar? Our facility may be an option!
Call 769-7481

