

UNITY[®]

Spiritual Center of Panama City

Inspiring & Empowering Personal Transformation

Celebration Service Sunday 11:00am

September Theme: Back to Basics

September 3 - Labor Day – Golden Rule

September 10 – Power of Prayer – Myrtle's Way

September 17 – The 4 S's of Community – Spirit,
Service, Social, Skills

September 24 – Super Charged Spiritual Community

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.*

(Mission key actions: Inspire & Empower Personal Transformation)

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

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

Member - Jean Kenerson

1764 Lisenby Avenue (850)769-7481

unitypcf@gmail.com www.unityofpanamacity.org



Please Share Us!

Ongoing

Silent Meditation

Sundays 10:00am Chapel

Mindful Yoga Jill Jordan

Monday's 5:15pm \$5/person

A Course in Miracles

Tuesdays 6:30pm

Meditation Darce Blakely

Wednesdays 11am Chapel

Wednesday Exploration

Rev Jo September Hiatus

Tong Ren Healing Susan

Zecchini Thursdays 12:30pm

Monthly

9/10 Rap with the Rev

9/10 Spirit Group

Connections

9/10 Uniteen/YOU

Fundraiser Luncheon

9/13 & 14 Unity's 24 annual

World Day of Prayer

9/16 Women's Group

Noon-2:30

9/16 Interfaith Council

Potluck Dinner

9/16 Youth Ministry

Volunteer Training

9/22 Community Drum

Circle Friday 7:00pm

9/23 Serve with Spirit

Facility Day

9/24 Membership Meeting

Please bring foods appropriate to take into the Sanctuary

Save the Date!

10/7 Pet Blessing Service

10/14 Rummage Sale

10/21 Volunteer Appreciation

B-B-Q hosted by the Board



Rev. Joanne Burns
“Minister’s Message”

As the fall “back to school” season calls us into a new year of learning, we joyfully inspire and empower personal transformation.

This fall we have a number of opportunities to expand our spiritual growth. First is Silent Unity’s 24th annual World Day of Prayer beginning Wed. Sept. 13 and ending Thurs. Sept 14. Our congregation will be open for those who wish to meditate and pray. There will be four stations in recognition of the many aspects of prayer.

Next we have “Spirit Groups” our modern small group ministry program. While in the comfort of local living rooms, we will explore a video based spiritual discussion titled “Infinite Connections” which is the beginners guide to creating heaven on earth.

Then on Sat. Sept 16, our center will host a local Youth & Family Ministry training with Rev. Marygrace Sorensen, CSE, LUT, M.Ed. She is a fun and gifted facilitator. Unity centers from within a 200 mile radius will join us for this event. See the registration flyer in our lobby for details and to sign up.

Finally, we invited the Interfaith Harmony Council congregations to join us for a potluck the evening of Sept 16. This is a wonderful

opportunity to share a meal, time and learn more of other faiths, traditions and cultures.

We are beginning a wonderful “back to school” season with our Unity youth classrooms expanding in every age; nursery, toddlers, elementary, middle and high school. Be sure to take a moment to share an encouraging word with our youngest Unity students as they too begin a new year of learning.

As our master teacher says, to enter the kingdom of heaven you must first have the heart of a child.
Namaste’
Rev. Jo

Abundance & Prosperity

By Brian Humboldt

Prosperity - the condition of being prosperous.

Prosperous - having success, flourishing, well-to-do, well off, favorable.

Abundance - a great or plentiful amount, fullness to overflowing, affluence, wealth.

So often we use these words together when describing our well-being, but have you ever thought about our Spiritual Community this way? Let’s define Spiritual Community and take a look at it. Spiritual Community - shared values, harmonious gatherings, supportive environment, loving, alive and welcoming - it would seem that our Community is prosperous and abundant, and it is. Our part in continuing this is: Setting our intentions, and visions for our Community daily. Holding the Community in its highest good, while our actions

support our intentions, mission and vision. Finally, let’s remember to keep in our consciousness our beautiful grounds, peaceful sanctuary, wonderful facility upgrades, daily activities, weekly message, ample hugs and our shared love for the Community. It takes all of our “Time, Treasure and Talent” to continue our prosperity and abundance. So; jump right in! We are a soft, safe place to land.

Spiritual Thoughts

By Lynn Gilbert

Many have been dismayed at recent events brought on by a thought system that though defeated in a world war which was never eradicated. My first reactions were fear and anger that we are facing a widening divide. In 1966, friends and I found ourselves stopped on 15th street by men in sheets backed by a burning cross. One young woman we hid on the floor of the back seat under whatever we could throw on top of her. She was what would have been considered the wrong color. Lights were shined in our faces, we were questioned and for the first time in my life I KNEW real fear.

Although the people of the current event were not hiding under bed linens, however, their eyes burned with that same insane power of hate.

"Love one another even as I have loved you." Words of Jesus, though oneness with God, will of Universal mind, my choice to obey. I will myself to see past my own fear to the light within all souls. May we each heed the call to be the light that channels God into those who have forgotten Divine Love? May we respond with Love.

Chaplain's Corner

By Susan Zecchini

In Unity Principle number two, we see that, "Human beings have a spark of divinity within." We can fan the fire with spiritual practices. One such practice is Affirmative Prayer. If praying for a new home, for example, an affirmative prayer would be, "I am guided to the right and perfect home for me." By believing fully in the truth of this statement, we can change our thinking. Thoughts are powerful, metaphysically transmitting and attracting the things we focus on. We must be diligent, keeping our thoughts in line with our desired outcome.

According to unity.com, "By using an affirmative prayer approach, we can visualize and plan for the future with faith that the power of God is continually blessing our lives with unlimited possibilities. Affirmative prayer leads to an awakening of our spiritual selves. In faith, we pray giving thanks in advance that the Universe is meeting our every need."

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



Unity Profile

Lynn Gilbert



Lynn was born in Tampa, Florida and as an Air Force brat moved to many interesting places. The moves taught her to be independent and think for herself. Although she got in with the wrong crowd a time or two, she loves the experiences she shared with her older brother and a sister who has transitioned. Her favorites things are FOOD, gardening, nature walks at the beach or mountains and books. Lynn read Emmett Fox when she was living in North Carolina and the philosophy helped her during a tough time in her life. When she moved to Panama City her daughter-in-law suggested she try Unity as a spiritual source. As she walked in the door peace came over her and she felt as if she were "home". Unity has taught her to accept who she is, to acknowledge who she is here to be and to live in her truth without judgement of herself or others. She enjoys that here at Unity folks are from every background, of all ages and socioeconomic status and that we all come together in love and respect. Lynn feels the forgiving nature around our spiritual center which allows healing. Lynn is the Consciousness Circle Team Leader, on the Leadership Council and is the Youth & Family Coordinator.

Upcoming Classes & Events:

Wednesday Exploration

with Rev Jo on Sept Hiatus

Rap with the Rev

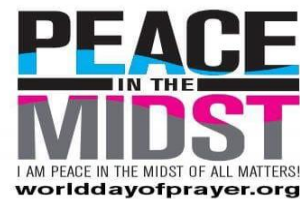
Sun. Sept 10, 12:15pm

Uniteen/YOU Fundraiser

Lunch September 10

Unity World Day of

Prayer Sept 13 & 14



*Unity Spiritual Center of
Panama City*

*hosts local celebration of
Silent Unity's Annual
World Day of Prayer,
"Peace in the Midst"*

*Beginning at 7pm Sept 13
Live stream from Unity
Village, MO.*

*Sept 14 Prayer Vigil from
7am-6pm and culminating
with Chaplain Closing
Prayer Ceremony at 6pm*

Inter Faith Harmony Council Potluck Dinner

September 16 (see article)

NEW Women's Group is Active! Join Us!

September 16

Our main objective is to enjoy each other, connect socially & spiritually and have fun!

SpiritGroups

Watch for more info on our local groups forming in all 4 corners of PC & PCB!

Unity Children's Ministry Training

September 16

Facilitated by Rev Marygrace Sorensen, Med, CSE, LUT
This workshop is for Unity Youth Directors, Teachers, Assistants, Parents, Teen volunteers and Board Members. Everyone welcome. Join us as we explore and work hands-on in ways to be in the classroom. Please register with the office. Registration fee \$40.

Community Drum

Circle - September 22
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.



Serve with Spirit Facility Day

September 23, 8am-2pm
Sign up for your project of choice and share your love with our beautiful campus!



Special Membership Meeting and Monthly Potluck Dinner

September 24
Please bring food items appropriate to bring into the Sanctuary and plan to attend this informative meeting. Non-members are welcome to attend.



PSCTPA

By Donald Chewning

PSTPA is my new Mantra – I think of it often.
It helps me to remember – The Five Unity Principles. I know them well, But sometimes I forget. I decided to make a Mnemonic hook – PSTPA I chose a word from each Principle – Much more can be said. But I want to remember - PSTPA
First is Power – the Presence of God the Good
Second is Spark – It is in Each of us
Third is Thought – we Create our Reality
Fourth is Prayer – we believe It works and connects us with Spirit.
Fifth is Action – a word I chose
To describe our need to Live It!
I took the first letter of Each of those words – PSTPA
So-
The Five Unity Principles
In easy to remember form –
Power
Spark
Thought
Prayer
Action
(Hand Clap) It works for me!

Happy Birthday!

Melissa Arrant 9/7
Becky Fuller 9/15
Ken Johansen 9/17
Claudia Gamin 9/27

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. Please add your name to the signup sheet in the lobby. Volunteers invited to assist with setup & clean up and all help is greatly appreciated. Let's welcome our interfaith friends with love & hospitality to our spiritual home. Rose Flora



Pet Blessing Service
October 7

Rummage Sale Oct 14
Time to sort through your abundance and save your donations!

Volunteer Appreciation BBQ
October 21!
Hosted by Board

Brian Skoskie Fall Hike
November 5!