

# UNITY<sup>®</sup>

## Spiritual Center of Panama City

### Inspiring & Empowering Personal Transformation

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

**November Theme: The Expanded Trinity**

November 5 – The Infinite Face of God

November 12 – The Intimate Face of God

November 19 – The Inner Face of God

November 26 – New Thought Advent 1 = Faith

Thanksgiving Day Thursday November 23

**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

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Please Share Us!

#### **Ongoing**

##### **Silent Meditation**

Sundays 10:00am Chapel

##### **New! Shanti Yoga Nikki Chan**

Mondays 5:15pm

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

Tuesdays 6:30pm

##### **Meditation Principles & Practice (SEE) Rev Jo**

Tues 6:30-8pm

##### **Meditation Darce Blakely**

Wednesdays 11am Chapel

##### **Wednesday Exploration**

*On Hiatus in Nov & Dec*

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

**Zecchini** Thursdays 12:30pm

##### **New! Shanti Yoga Nikki Chan**

Thursdays 5:30pm

##### **New! Shanti Yoga Nikki Chan**

Saturdays 9:30am

#### **Monthly**

**11/5 DAYLIGHT SAVINGS TIME (Fall Back)**

**11/5 Evening Fall Hike**

**11/10 Movie: Rooted in Peace 7pm \$10**

**11/11 Pet Blessing Service**

**11/12 Rap with the Rev**

**11/18 Women's Group Noon**

**11/24 Community Drum**

**Circle** Friday 7:00pm

**11/25 Serve with Spirit**

**Facility Day**

**11/26 Thanksgiving Potluck**

#### **Save the Date!**

**12/5 or 6 Decoration Day**

**12/24 Candlelight Service**



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

Gratitude is the mindset for the fall season and remembrance of Thanksgiving. I am grateful for all the wonderful people and activities at Unity Spiritual Center.

My prayer for each of you is that you can recognize how much you have to be grateful for in your own life. The daily practice of gratitude is a time proven way to acknowledge the activity of God, our source of all life. Focusing on the positive, we vibrate in a higher frequency and become a magnet for more.

At Unity Spiritual Center, we the leadership, are grateful for the volunteers who show up to serve both within our community and in the outreach projects that have recently become a solid part of our contributions to the outer community. We are grateful for the connection and growth participants are experiencing in the SpiritGroups program and on-going classes. We are grateful for the dedication to your individual spiritual growth that is visible by the attendance at our classes, events and activities offered by Unity. We are grateful for the financial contributions into “Change of Change Angel” which supports outreach project expenses and the “Matching Funds” campaign which supports our new

Capital Funds account specifically for facility and grounds repair and upkeep. We are grateful for your tithe each week to our general fund which supports the existence of this spiritual community. We are grate for our committed members and your attention to the business details. We are grateful for the opportunity to inspire and empower others in expansive new thought philosophy and universal truth.

In short, we are grateful for you. What are you grateful for?

**Namaste’**  
Rev. Jo

**Abundance & Prosperity**

*By Bob Flora*

Is there a secret to happiness? All of us would like to be happy and safe. Then why don’t we always feel that way, if that’s our desire? Maybe it’s because we sometimes also create other feelings, feelings of anger, or frustration or fear toward things which appear to be keeping us from our happiness. The feeling we really want seems to be gone because we have blocked it out by focusing on the anger, frustration, or fear. It is difficult to be where we want to be at that moment. But the anger and frustration didn’t take away the happiness. We just turned our focus and attention away from it. So you have to practice being more aware of when this happens to you. As I was writing this, I was thinking that this is going well, so I was happy about it. All of a sudden, the delete function got its way, and my focus was not on being happy at that moment.

That’s when I took a deep breath and refocused. I began again.

**Spiritual Thoughts**

*By Ron Holdaway*

If you’ve been around Unity even for a short time, you notice we talk a lot about prayer. Several years ago I took a class at Unity Village titled, Life of Prayer. It was my first, deep immersion in the Unity practice of affirmative prayer. I had read Charles Fillmore and Emile Cady books and their thoughts on prayer but it wasn’t until this class that I understood why we talk so much about prayer. For me, and I suspect most of us, our concept of prayer has been based on the experiences from our traditional Christian churches. Others have had an Eastern philosophy about prayer. What I’ve learned is prayer is about one thing – connecting with the Oneness within. It is the belief that we are separate from God for which we pray to correct this thought. We are NOT separate from the One Divine Universal Presence which is in us. When we take this belief into our prayer and meditations and we are changed at depth. In the class at Unity Village, I learned the concept of Praying without Ceasing. In every moment, we can be mindful of the Presence of God in us, around us and present in everyone else in our lives. Whether you are just beginning a Spiritual Practice of consistent prayer and mediation or have a years-old practice, there is ALWAYS more; there’s always a deeper awareness available to us. I invite you to listen to Rev. Jo’s recent

Sunday talk on prayer during the second message in the Point of Power Series (date: 10-8-17). You can find her talk on our YouTube channel. (<https://youtu.be/RDAfU--3kGU>) You can feel the power of the Divine expressed through her message and her experience. Also, attend this month's class on Prayer and Mediation to start your Spiritual Practice or to continue to go deeper into the depths of the Divine Presence of our being. Blessings and Love, Ron Holdaway, Licensed Unity Teacher Candidate

## Unity Prayer Tools:

If you are in need of immediate prayer, please contact

**Silent Unity at  
1-800-NOW-PRAY  
(669-7729)**

## The Daily Word

is available in booklet form in "A Cup O' Consciousness Bookstore" & available online.

## **NEW!**

### **Prayer Line**

Unity Spiritual Center's Inspirational Prayer Line  
(850)784-4745

### **Chaplain's Corner**

By Susan Zecchini

The second Unity Principle states, "Human beings have a spark of Divinity within them. The Christ spirit within. Their very essence is of God and therefore they are inherently good". The spark of Divinity is within every one of us. Let that sink in for a minute. When we meditate, pray on that spark, it has the power to ignite a passion in us. The more we pay attention to that spark, which speaks to us from our own heart, the stronger it grows. Think of a tiny ember, as we blow on it gently, with the right fuel, it becomes fire. When we pray, we turn our attention inward and fan the fire. Our God lives within us as us. Not as we wish we were, but just the way we are. For me, this is the most important part of prayer. Anything negative is not us. It is just a false opinion or thought.

### **Unity Profile Rose Flora**



I was born & raised in Huntington, Indiana. I remember building snowmen & forts in the winter, catching lightning bugs & playing hide & seek in the summer evenings, raking leaves to line out a play house in the fall. We didn't have much, but some of my favorite memories are playing ping pong ball on the kitchen table, hoping the ball didn't go into the open oven door

(to help heat the kitchen) and melt, & being able to have 3 scoops of ice cream with Hershey's chocolate syrup on Saturday night. I still love ice cream! My favorite color is green & I have always enjoyed reading. Bob and I were church hopping trying to find a church home when my youngest son introduced us to Andrea and Steve Frame 15 yrs. ago. They attended Unity. Well, as many have said, once we attended a Unity service, we were hooked. It was so great to hear the open, accepting, and loving concepts that we were searching for. It was great to know that Unity existed, and it still is!! Blessings, Rose

## **Happy Birthday!**

Linda LaRoux 11/10  
Tom Miller 11/27



## **Upcoming Classes & Events:**

### **Monday**

Shanti Yoga, Nikki Chan  
5:00pm Using chair & mat.

### **Tuesday**

A Course in Miracles Study Group - 6:30-8pm

Meditation Principles & Practice, (Available for SEE Credit) Rev. Jo - 6:30-8pm

### **Wednesday**

Guided Meditation, Darce Blakley - 11am



### **Thursday**

Tong Ren, Susan Zecchini  
12:30pm

Shanti Yoga, Nikki Chan  
5:30pm Using chair & mat.

### **Saturday**

Shanti Yoga, Nikki Chan  
9:30 – 10:30am

### **Adopt-A-Highway**

Sat. 11/4, 9am-12pm  
Sign up in the lobby.  
Team Leader: Rob Raucci

### **Daylight Savings Time**

Set your clocks back  
one hour on Saturday  
evening November 4!

### **Fall Hike**



Sun. 11/5, one in the afternoon and one in the evening. We'll meet at the Unity picnic tables right after service. Bring a sack lunch so you can nourish up before hiking. Car pooling would be suitable as the first hike is about an hour's drive. Be sure to bring plenty of water, comfortable clothes and hiking shoes. Sign up in the lobby.  
Team Leader: Brian Skoskie

### **Movie: Rooted in Peace**

Friday 11/10, 7pm \$10  
Details & link to the trailer on our website.



### **Pet Blessing Service**

Sat., 11/11 10am on our Labyrinth.  
Bring your pet on a leash or in a carrier or a photo of your beloved companion if they prefer to share their love with you alone. Families welcome and encouraged to come.

### **Rap with the Rev**

Sun. 11/12, 12:15pm  
Open dialogue about all that's happening at Unity!

### **Community Breakfast**

November 18, 6am-10, we are the volunteers to cook, serve and supply breakfast for 150 guests from the local homeless and low income families in PC & PCB area. Only \$250.00 and a lot of love feeds our food insecure friends & neighbors.  
Team Leader: Bill Warner

### **Women's Group**

Sat., 11/18, noon  
Our main objective is to enjoy each other, connect socially & spiritually and have fun!

### **Serve with Spirit Facility Day**

Sat., 11/25, 8am-2pm  
Sign up for your project of choice and share your love with our beautiful campus!

### **Thanksgiving Potluck Dinner**

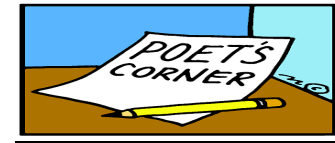
Sun 11/26, Unity will provide the meat. Bring your favorite holiday dish to share.

### **Oscar Patterson Elementary School**

We have adopted this school and committed to assist with volunteers, projects & supplies mid- year.  
Team Leader: Kiki Grant

### **"Change for Change Angel"**

Share your spare change to help fund outreach projects. \$81.00 raised Sept-Oct.



By Claudia Gamin

### **Evolution is Inevitable!**

Passion propels us ever forward  
Towards the point of no return.  
Musical majesty inspires our dreams  
Nebulae expands into Universal Love!  
Sparkles of light twinkle in each other's eyes  
Bringing us hope along the way.  
Imagination is alive and ever changing  
As we release and surrender  
To our Oneness, our Divinity, our Greatness!  
We will change the world!



**Holiday Decorating**  
12/5 or 6 TBD