



UNITY[®]

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

1764 Lisenby Avenue (850)769-7481
unitypcf1@gmail.com www.unityofpanamacity.org



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 mediations 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