



1764 Lisenby Avenue (850)769-7481 APRIL 2017

## Celebration Service Sunday 11:00am

April 2 - Arvel Bird Guest Speaker & Musician  
April 9 - Palm Sunday - Celebrate Your Christ  
April 16 - Easter- What does Easter mean to you?  
April 23 - Earth Sweet Home  
April 30 - Prayer of Faith

**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

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

## **The Five Unity Principles**

1. *There is only one Presence and one Power in the universe  
and in my life, God the Good.*
2. *Human beings have a spark of divinity within.  
Our very nature is of God; therefore we are inherently  
good also.*
3. *We create our experiences by the activity of our thinking.*
4. *There is power in affirmative prayer, which we believe  
increases our connection to God.*
5. *Knowing and understanding the laws of life are not  
enough. We must live the Truth we know.*

## **Unity Spiritual Center Board of Trustees**

**President & Leadership Council Chair-** Bob Flora  
**V. P. & Activities Team Board Liaison -** Brian Skoskie  
**Secretary & YFM Board Liaison -** Chris Durm  
**Treasurer & Financial Planning Liaison -** Michael Grant  
**Financial Administrator -** Brian Humboldt  
**Facilities Team Leader & Board Liaison -** Terry Johnson  
**Outreach Team Board Liaison -** Susan Hettick  
**Member -** Phoebe Masker  
**Alternate -** Jean Kenerson

[unitypcf@gmail.com](mailto:unitypcf@gmail.com)

[www.unityofpanamacity.org](http://www.unityofpanamacity.org)



Please SHARE us with your friends!

## **Ongoing**

### **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

### **Wednesday Exploration**

**Rev Jo** Wednesdays 6pm

### **Unity Singers Practice**

Wednesdays 6:15pm

### **Tong Ren Healing Susan**

**Zecchini** Thursdays 12:30pm

## **Monthly**

### **4/2 Meet the Minister**

12:30pm (First Sunday only)

### **4/8 Asana Yoga Jill Jordan**

Saturday 9am Love Offering

### **4/22 Asana Yoga Jill Jordan**

Saturday 9am Love Offering

### **4/12 Rap with the Rev**

Sunday @ 12:15pm

### **4/15 Serve with Spirit Day**

Saturday between 10am-2pm

### **4/16 Monthly Raffle Drawing**

### **4/23 Easter Potluck Dinner**

Bring A Dish to Share!

### **NEW! 4/28 Community Drum Circle**

## **Special Events**

### **April 1 Arvel Bird**

**Animal Totem Workshop**

**\$20**

### **April 2 Arvel Bird**

**Live Concert \$15**

### **April 22 Earth Day Booth**



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

Spring has certainly bloomed a number of wonderful new experiences!

Our Unity Spiritual Center of Panama City’s Annual Membership Meeting is now past and we honor our past Board of Trustees for their hours of service and dedication. We welcome our new Trustees and new slate of Officers. See the Officers list on page 1. In addition to a new slate officers, we once again consciously and intentionally shift from an Operations Board to Advisory Board. What does that mean?

Operations Board – During the time when there was no minister the Board functioned more as a “Operations Board” ensuring the needs of the business and activities were managed, often being the ones to do the details of the work.

Advisory Board – now that there is a Minister in place the duties are once again shifting somewhat to be more of an “Advisory Board”. The Senior Minister runs the operations including but not limited to Worship, Education and Administration; and the Board sets parameters of the Senior Minister and approves policies (but not procedures). Staff under the direction of the Senior Minister, have the freedom to operate within those parameters and create

procedures in which the overall ministry operates and functions.

Spring forth with a mighty faith to do the things that are yours to do! Namaste’  
Rev. Jo

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

***Happy April Birthday!***  
***Paula Merck 4/14***  
***Michael Grant 4/14***



## **“Easter Egg Hunt Event Volunteers”**

Mark your calendar to join in the Easter fun! Youth Ministry is asking for volunteers to stuff plastic eggs the week prior to Easter, and hide the eggs Easter morning while the youth are in their classrooms. All supplies are already on hand. **Please do not bring candy to Unity.**

J and I prefer to stimulate the kids with positive messages and toys that increase social interaction and community building. Sign up with Paula.



## **Raffle - Family Easter Basket**

**Drawing on Easter Sunday, April 16**

## **Abundance and Prosperity**

**By Kathy Weeks**

I have returned time and time again to a verse my Dad and I shared and discussed many times in the 1980’s.

My Dad was a strong spiritual person, and lived his faith. At this time he was making a decision to discontinue his dialysis treatment, and was asking for the support of the family.

Jeremiah 29:11

**“For I know the plans I have for you”, declares the Lord, “plans to prosper you and not to harm you – plans to give you hope and a future”.**

Prosperity to me is the knowing that God is the Source and I am the channel.

It is not about the material “things” that I acquire. Prosperity is about the guidance, love, hope and grace that is given to me through my spiritual practice and reinforced daily. My needs have always been met, and my wants diminish as I do an inventory of what is really important.

This Truth is shown to me and reinforced by reading Unity literature, the recent introduction to The Quest, re-reading Edwene Gains The Four Spiritual Laws of Prosperity and affirmations from the Daily Word.

A Daily Word quote I would like to share that resonates with me –

**“I relinquish false ideas of insufficiency or lack. I allow Spirit to fill, nourish and prosper me in every area of my existence”.**

9/14/2016

## **Spiritual Thoughts**

**By Lynn Gilbert**

Spring is upon us! There are flowers to plant, beds to weed, and outdoor joy to be experienced before the high heat of a Gulf Coast summer decides to make its' self known to one and all.

It is also for me a time of personal and spiritual renewal when I am prone to embrace positive possibilities despite challenges of appearance. In other words, the arrival of spring invigorates my being on all levels as effectively as a well-timed dose of fertilizer. I bloom, and learn, and grow.

Always this time of year I journey back to personal basics, finding peace in the simplicity of nature's bounty and joy in all the gifts she presents. It is in the acceptance of these gifts and my happiness in my humble abode that seals my connection to our Creator.

In that connection to All That Is dwells my I Am. From that loving Being of which we are all extensions I find my smile, my heart, my love, my joy, they are my greatest gifts gladly received and willingly shared with each of you.

May you be blessed to find your spring whenever and wherever it is, embrace it fully, and share what you have received in glory. May you step into the flow that takes you beyond merely existing to fully living in the Light of God.



## **Unity Profile**

**Brian Humboldt**



Brian was born in Wareham MA, spent his early years being spoiled by his mother and brother. When he was 6 his family transferred to Japan where he began school. As the child in a military family they moved often. When he was 14 his family moved to Germany where Brian spent the next 13 years. Brian enlisted in the Air Force in 1968 and spent 4 years in Southeast Asia and Germany. When he left the AF he stayed in Germany and spent a number of years in the Carnival Business. Life situations changed and he returned to the US, where he wandered and explored until landing in Upstate NY. In 1978 he met and later married Gayle Paynter. They spent 20 years together in Upstate NY before moving to Panama City. Gayle and Brian began attending Unity in the early 90's while visiting PC, which they did often, when Brian traveled here on business. In the mid 90's they both began attending on a regular basis. Brian has been active in Church service work from the day he decided to join. He is excited about the next chapter and the direction our Spiritual Community is heading. He sees Unity growing and full of abundance as we enter into our exciting future.

## **April 2**

**"Arvel Bird -**

**Changing You, Changes the World"**

Using a palette of violin, fiddle, Native American flute and Irish whistle, Arvel Bird paints a canvas of music, wisdom and stories that honor his mixed blood American Indian and Celtic heritages.

## **April 9**

**Palm Sunday**

**"Celebrate Your Christ"**

Who is in the midst of you? Does the call of the Christ test you to be more than you are?

## **April 16**

**Easter Sunday**

**"What does Easter mean to you?"**

Beyond the new dresses and hats, the annual ceremony, Easter egg hunts, and chocolate candy bunnies, what does Easter mean **inside** of you?

## **April 23**

**"Earth Sweet Home"**

We celebrate and appreciate planet Earth, our beautiful "Home Sweet Home". With special music and Meditation by Brian Skoskie playing the Native American Flute.

## **April 30**

**"Prayer of Faith"**

In preparation for May 4, National Day of Prayer, we explore a few of Unity's Classic Prayers. We begin with The Prayer of Faith, written by Hannah More Kohaus.

## **Chaplain's Corner**

By Susan Zecchuni  
You may not know it, but one of the chaplain's duties is to hold sacred space. It is one of my favorite aspects of being a chaplain. Holding sacred space is an honor. We focus our attention on the vital spark of divinity in our hearts. We hold in reverence the hearts of everyone in the room. We feel the expansion of all of our hearts as love and reverence fill the Sanctuary. It may not look peaceful and serene. People greet each other, talk and laugh, but they are sharing love. We come together each week in joy and peace.

## **Upcoming Events:**



## **April 1 Arvel Bird Animal Totem Workshop** **Saturday 1:00pm**

Arvel will facilitate an Animal Totem Workshop sharing his message of hope, borne of his many years of healing modalities and in developing his Animal Totem Workshops. "Discover the Magic of Animal Totems" - WHO are your Power Animals? A culmination of his studies, insight gained from his students and his own personal experiences.

Tickets for the Workshop are available in A Cup O Consciousness Bookstore for \$20 or reserved online at [www.unityofpanamacity.org](http://www.unityofpanamacity.org).

## **April 2 Arvel Bird Concert**

### **Sunday 1:30pm**

Using a palette of violin, fiddle, Native American flute and Irish whistle, Arvel Bird paints a canvas of music, wisdom and stories that honor his mixed blood American Indian and Celtic heritages. Rev Jo says "Arvel's music has transformed my own life and has brought me deeper understanding and connection with our brothers and sisters in the animal world." Tickets for live concert on sale in A Cup O Consciousness Bookstore for \$15 or can be reserved online at [www.unityofpanamacity.org](http://www.unityofpanamacity.org)

## **Serve with Spirit** **April 15**

### **Come any time between 10am-2pm**

This monthly opportunity to maintain our facility & projects. Terry Johnson is the new Team Leader and Board Liaison. Thank you Rob, Dan, Terry, Paula, Chris, Claudia, Lynn and Becky!

## **Earth Day April 22**

Volunteer at the Unity booth at the Panama City Earth Day Event in McKenzie Park (setup begins at 8am) event 10am-4pm. **Please sign up with event coordinator Claudia Gamin to volunteer for a two-hour shift. Wear your Unity T-Shirt! Unity T-Shirts still on sale in our Bookstore.**

## **"Community Outreach May 20"**

Our Outreach Team will be facilitating "Foster Parents Afternoon Off" on May 20. Volunteers are needed from 10am-2pm. **Please sign up with event coordinator Gayle Paynter.**

**Office Help:** If you have some time, please offer to help in the office. Multiple tasks always need a helping hand. THANKS!

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

This weekly class offered at Unity Spiritual Center focus's on the use of yoga to calm the mind.

## **Asana Yoga** **Saturday 4/8 & 4/22** **9am Love Offering**

Monthly class – the rule in practicing asana is that it be "steady and comfortable".

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

(YOU Room) Join in a weekly opportunity to explore the concept of the previous Sunday's talk shared in a deeper dialog. (NOTE: No group gathering the evening of April 5 only.)

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

