



1764 Lisenby Avenue (850)769-7481 February 2017

Celebration Service Sunday 11:00am

- February 5 "Crucial Conversations" (Chapters 1, 2, 3)
February 12 "Safety in Sharing" (Chapters 4, 5)
February 19 "When Emotions Speak" (Chapters 5, 6)
February 26 "Loving Actions" (Chapters 6, 7, 8)

Based on the book Crucial Conversations
Available in the Unity Bookstore

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.*

Bookstore Hours: Sunday 10:00am-1:00pm
Office/Bookstore 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.*

Want to become a Unity Member?

Unity 101 Membership Class

February 19

www.unityofpanamacity.org unitypcf1@gmail.com



Find us on:
facebook

Please like & share us!

Ongoing

Silent Meditation

Sundays 10:00am Chapel

NEW! 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

NEW! Wednesday

Exploration Rev Jo

Wednesdays 6-7:30pm

Unity Singers Practice

Wednesdays 6:15pm

Tong Ren Susan Zecchini

Thursdays 12:30-1:30pm

Monthly

2/5 Monthly Raffle Drawing

NEW! 2/11 Yoga Movement

Jill Jordan Saturday 9am

Love Offering

2/11 Yoga Nidra Jill Jordan

Saturday 10:15am \$10/person

2/12 Rap with the Rev

Sunday @ 12:15pm

2/18 Serving with Spirit Day

Saturday between 8am-2pm

2/26 Potluck Dinner

Bring A Dish to Share!

Special Events

NEW! 2/6 Life of Prayer

Class Rosa Peralta Mondays

6:30pm 5 week class SEE credit

2/19 Unity 101 Membership

Class 1:00-4:pm

1/30-4/4 Season for Non-

Violence agnt.org



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

Love is in the air! Building healthy and fulfilling relationships is paramount to fulfilling our mission statement: We are a vibrant, welcoming, loving community that inspires personal transformation by living Unity Principles and growing in Spiritual Consciousness.

What a better way to share your love for Unity Spiritual Center of Panama City than by participating in a greater way! That could look like attending Sunday Celebration more than you have in the past, or joining in one of our classes and study groups, or volunteering during the week with handling various tasks, or pitching in on our monthly Serve with Spirit facilities day, or offering to serve on one of the multiple volunteer teams needed for the community to function.

Thank you for filling out the 2017 Adult Education Class Survey! Your top three choices were affirmative prayer, meditation and metaphysics. Because you asked, an Affirmative Prayer class begins Monday evenings Feb 6th at 6:30pm. This five week class is available for SEE Unity credit. Make sure you sign-up for all classes and activities. It is important so materials can be prepared ahead of time for you. A

meditation class is tentatively scheduled for after the Easter holiday.

We are communicating with you in multiple ways: monthly UP-Date insert in the bulletin; monthly Rap with the Rev open forum meeting; monthly Newsletter; weekly Mailchimp email (sent from info.unitypcf@gmail.com); newly revised and informative website:

www.unitypanamacity.org

Stay tuned into what's happening in your Spiritual Community! Share what's happening and bring a friend!

Namaste'

Rev Jo

February Poem

By Diane Batch

So Peaceful

The only sound heard are waves crashing

The sun oh so brilliant
Jewels on the gulf

Or are they teardrops from heaven?

Happy February Birthday to You!

2/2 Jodi Johnson

2/4 Luella Stubbs

2/4 Gayle Woody

2/10 Bob Flora

2/11 Justin Wilson

2/15 Gayle Paynter

2/18 Nan Francis

2/22 Jill Jordan

2/26 Chris Durm

Abundance and Prosperity

By Mary Jo Siers

Abundance and Prosperity are two words that frequently come to mind in our material world. Possessions, family,

friends, health, jobs, talents or abilities are too often subjects of conversation. But we do remember that all good things are gifts of God! God is the source of supply and support for all our needs and desires, the power-giver of our divine inheritance as we are his creations. It is the fear of the material conditions, the fear of this or that, thoughts of lack that limit us. Once we let go of our limitations, we are opening the channel for prosperity to flow in our life according to how much of it we are ready to accept in our consciousness. Also, let us not forget to be thankful and grateful for that we desire before we receive it.

Gratitude releases a flow of good in one's life. We can begin to express gratitude for the good that is ours now - the beauty of nature, friends and loved ones, for the infinite blessings of God and for the fulfillment of every need.

Spiritual Thoughts

By Lynn Gilbert

The Love month is upon us once again and in my heart I see the timing as a perfect opportunity to realign Christ mind and life walk. In the months since February 2016 and February 2017 a lot has happened in all our lives. Personally I sometimes compare mine to a roller coaster ride. I don't care for roller coasters and just as soon not be on the "adrenalin inducing scare your pants off" ride. Life happenings cannot be so easily avoided however. I often forget that it is the spiritual that grounds me to wholeness - not the

corporal existence - which is the very definition of constant change and choice.

This month I dedicate to remembering we are here to extend the Love from which we are all created. Part of that extension is to remember we are all of the core, at the core, sharing the core of our Divine Creator. In the presence of the Divine there are no buts to excuse ourselves from what we judge too difficult to do or don't want to do. In the presence of the Divine is benign good will (God Will) to all creation. God loves Itself and we are the Wholeness of that Self.

May we all discover the ease of loving one another as our Creator Loves us. It is there that we find the peace of God.



[Visit the Unity Bookstore! Great new items for sale!](#)

Unity Profile Diane Batch



I was born in a hospital in Glen Head, New York on July 7 many years ago. What was it like growing up? Growing up – did I grow up yet? My family wasn't in the military, however, we moved numerous times – like every three years.

Dad did serve in the Army before I was even a figment of the imagination. My dad was self-employed running a delicatessen for sixteen hours seven days a week. Mom was a stay at home mom when we were younger taking care of myself and my two brothers. Can't say I had a bad childhood – just as challenging one. My favorite things are sunshine, friends, people, reading, the beach, dancing, gardening, visiting new places and challenges.

I found Unity when I connected with Kathy Hoffmaster at A Course of Miracles. Yes, I was looking for a miracle but not expecting it to show up as many new friendships. Unity has taught me that life is what we make of it and being "Christ" I can make choices for which path I want to choose. I want to choose the correct straight path.

What I love about Unity is the comradery and the positive energy.

FEBRUARY THEME:

"Crucial Conversations"

Based on the book Crucial Conversations available in the Unity Bookstore.

This month we consciously strengthen our skills to joyfully co-create a world that works for all by exploring relationships through our conversations. Seeing the divine in one another is easy when there isn't any disagreement or opposing viewpoints. This month we will practice what it takes to listen and communicate with an open heart.

February 5

"Crucial Conversations"

Relationships require honest and loving communication. Our day to day lives are filled with tough situations needing crucial conversations and how we handle them is often times the greatest area of our personal growth.

February 12

"Safety in Sharing"

Monitoring participants energy and behavior in conversations is equally as important as the words and tone of our voice. Keeping respect and the mutual purpose of the conversation in mind assists to recognize when someone turns to some degree of silence or violence as a communication style.

February 19

"When Emotions Speak"

Breathe deeply as emotions begin to join the conversation. Emotions don't just happen. We are each the creator of our emotional experience. Our individual triggers belong only to us. Courageous clarifying questions can save you from being taken hostage by unexamined emotions.

February 26

"Loving Actions"

It's easy for a conversation to get derailed. Recognizing the warning signs, and managing a communication failure takes awareness and compassion. It takes strength to admit you are

wrong and make amends, but it's definitely worth it! Continue to strive for the mutual purpose in the conversation and trust in stronger relationships for your efforts.

The Gandhi King
Season of Non-Violence
1/30 - 4/4 AGNT.org

Chaplain's Corner
Prayer For Protection
*The light of God surrounds us,
The love of God enfolds us,
The power of God protects us,
The presence of God watches over us,
Wherever we are, God is!----*
James Dillet Freeman

Make a Donation
On-Line with our NEW
PayPal Button



Along with the re-design of our web site we are now able to take donations on line. For your convenience we have installed a PayPal donation button. You'll see the button at the bottom of every page and of course on our donation page. Once you click on the button a PayPal Donation Page with our name on it will pop up. You can use PayPal itself to make your donation or any major credit card. Just enter your information and the amount. It's that simple. The PayPal donation button is for a one-time donation only. If you wish to make recurring donations, please see our office administrator.

Once we receive the donation we'll make sure to add it to your donation record so you receive a full accounting of all donations at the end of the year for tax purposes. We give thanks for the giver and the gift. Blessings!

NEW Classes

NEW! Mindful Yoga
February 6 @ 5:15pm
Jill Jordan

This weekly class offered at Unity Spiritual Center will focus on the use of yoga to calm the mind. Pranayama (breathing techniques) will be taught as well as asana (physical yoga postures) and the final relaxation (shuvasana) will end the journey on the mat giving the practitioner a connection of mind, body and spirit. Love Offering \$5 per person

NEW! Life of
Prayer Class
February 6 @ 6:30pm
Rosa Peralta, LUT

Life of Prayer gives you an opportunity to explore Affirmative Prayer, and Divine Nature. Come and enhance or begin a daily practice that includes the Silence, journaling, and upholding intentions of self and others.

NEW! "Wednesday
Exploration"
beginning February 8,
6-7:30pm with Rev Jo

A weekly opportunity to explore the concept of the previous Sunday's talk shared in a deeper dialog among a small group.

Serving with Spirit
Day February 18
Come any time between
8am-2pm Winter Hours

NEW! Awareness
Program "Respond
with Love" Bumper
Sticker Please pick up your **FREE** sticker at the Welcome desk.



Members Needed
for Bingo Fundraiser!

Have fun and support Unity. We are looking for people to join us on Thursdays 11am - 3pm or Saturdays 7-11pm. Please contact Linda at 850-896-9442 to select your spot.

Please Support our
Monthly Raffle

This month's raffle is a donated \$100 gift card for Ferrucci Ristorante. The drawing is February 5 - just in time for Valentine Day!



Choose your Birthday
gift for Unity Spiritual
Center today!

