

UNITY[®]

Spiritual Center of Panama City

Inspiring & Empowering Personal Transformation

Celebration Service Sunday 11:00am

Summer Series: "Our 12 Powers"

- June 4 - Our 12 Powers: Faith
- June 11 - Our 12 Powers: Strength
- June 18 - Our 12 Powers: Wisdom
- June 25 - Our 12 Powers: Love

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

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 their thinking. Everything in the manifest realm has its 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
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Outreach Team Board Liaison - Susan Hettick
Member - Jean Kenerson

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Please Share Us!

Ongoing

The Quest

Sundays 9:30am Uni-Teen

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 Chapel

Wednesday Exploration

Rev Jo Wednesdays 6pm

Unity Singers Practice

Wednesdays 6:15pm

Tong Ren Healing Susan

Zecchini Thursdays 12:30pm

Monthly

6/11 Rap with the Rev

Sunday @ 12:15pm

6/25 Monthly Raffle Drawing

6/23 Drum Circle

6/25 Potluck Dinner

Special Events

6/4 Teen Spaghetti Luncheon Fundraiser

6/17 noon-1:30

Women's Lunch Meeting

6/18 Father's Day

6/24 Serve with Spirit

Facilities Day 8am-2pm

7/2, 7/8, 7/15

Four Agreements Workshop

Agustin Peralta



Rev. Joanne Burns
“Minister’s Message”

With June arrives the celebration that school is out for summer! There is a playfulness in the air at Unity Spiritual Center!

However, the school of living a mindful life is in session every day. The Law of Mind action (Unity Principle #3) does not sleep, rest or take a vacation. There is no change to the daily assignment of focused attention to the activity of our thoughts.

During this summer, I invite you to allow yourself the inner honesty to be purposeful in the thoughts you think - knowing they have the power to create that which you are thinking about in your life experience. I invite you to allow yourself to be totally intentional to the power of your “yes” and the power of your “no” agreements you are making with the Universal Life Force. Weigh within your mind the “pros” and “cons” of each mental thought, word and idea - before you put into the universe. Ask yourself - “Do I really want that to show up in my life?” If not - change your thinking... now!

My intention for you is for a joy filled abundant summer shared with your spiritual loved ones at Unity. My intention for our Spiritual

Center is a moment of conscious reflection, so we can be open, willing and ready to embrace the new school year, new friends and new studies with a refreshed heart, mind and soul.

Join me this summer to awaken your innate twelve powers and learn how these accelerated abilities can inspire personal transformation and equip you to co-create a harmonious inner world - which naturally produces a harmonious outer world. Namaste’ Rev. Jo

Teen Program:

Sunday, June 4th, our Teens will be hosting a luncheon fundraiser.

Proceeds assist teens attend Unity retreats, with other Unity teens!

Serve with Spirit Facilities Day

Saturday June 24, 8am-2pm
Team Leader: Brian Humboldt. Please sign up in the foyer. A list of items to do will be posted prior to the work day. Bagels & beverages provided.

Happy Birthday!

- Mark Culuris 6/12**
- Tommy Wilson 6/19**
- Linda Arrington 6/20**
- Terry Johnson 6/24**
- Jay King 6/24**
- Arlene Cook 6/24**

June Raffle

Drawing Sunday, 6/25



Abundance and Prosperity

By Claudia Gamin

Unity Spiritual Center asked for volunteers to set up and staff a booth at the annual Earth Day celebration in McKenzie Park on April 22, 2017. An abundance - over 40 of you showed up for the event! We shared the love and abundance of our spiritual community all day long! Thank you for setting up, doing face painting, making prayer flags, handing out fliers, cleaning up, and talking with all patrons at the event to show our support of Earth Day! The more we are involved in positive community interaction, the more we will attract people to get to know us better. We have so much positivity to share with our world and it is certainly refreshing to know we always get what we put out there! When I think of Abundance, I remember the power of the law of mind action! Basically, if I want more abundance in my life, I start by recognizing and blessing the abundance I already see, and sometimes it grows just thinking about it! Gratitude for abundance is a state of mind that allows more positivity to flow in my direction, so I feel happy inside, regardless of outer appearances. This power is very important! During life challenges, when we pray, appreciate family and friends, and remain grateful no matter what the world challenges seem to be, we increase our emotional abundance! Give all and you have all.

Unity Yard Sale

Saturday, Oct. 14 Start saving your treasures!

Spiritual Thoughts

By Lynn Gilbert

Recently Spirit spoke and without any hesitation I said, "right on let's do it!" My soul now sings and excitement is humming throughout my being.

Wish I could say Spirit speaks and I often jump on the bandwagon. Frankly, half the time I do not have a clue because my head is too loud to hear that still small voice. Other times I convince myself that was not Spirit. I recognize that is indeed Spirit talking but the God Being of which I am a part is obviously confused as to which portion of the one child it is talking to. Sorry can't do it. Maybe later. Really God? I have been known to shout out to the Ethers, "Oh for pity sake! You have got to be kidding me! God, this is so not what I need! Can you not see what I am already dealing with?"

It is a testament to the loving nature and patient humor of our Creator that I have not been crispy fried by a lightning bolt. Although now that I think about it the house has been struck a couple of times and one cable guy probably quit his job after a near miss and the cat won't sit next to me in a storm.

My plan is to spend more time saying yes and less time shouting no.

Happy Father's Day!
June 18



Unity Profile **Michael Grant**



Michael was born in Eatonton, Georgia and grew up in small town USA - Monticello, Georgia. Raised by a single mom as the youngest of five siblings, he worked from the young age of ten on egg farms picking vegetables, feeding hogs and generally doing necessary farm chores.

First and foremost Michael enjoys spending time with his family – beautiful wife Kiki, daughter Michelle, age 4 and son Michael Jr, age 2. Lately he's become fascinated with cars and found a new hobby. He enjoys history and movies – his favorite movies are about martial arts. Finance is a special interest and a career as well, luckily for us, as Michael is currently serving as the Treasurer on Unity's Board of Trustees. There was a Unity next door to his apartment in Tampa and Michael attended there about six months before moving to Panama City. He didn't think there would be a Unity here, but found us when he drove by and saw our sign. He has been in Panama City since 2009 and has been attending ever since. What Michael likes most about Unity is the importance of inclusion, not exclusion, at Unity and the principle that God is a part of each of us.

Summer Series: **Our 12 Powers**

This summer's series "Our 12 Powers" explores our innate gifts of Spirit. These abilities belong to each of us, our "mission possible" is to consciously and masterfully apply these spiritual ideas to our everyday living. These innate abilities work both individually and in conjunction with each other. Because of this, our 12 Powers may be underdeveloped, balanced or overdeveloped and show up in a different expression.

Join us to learn more about each of these 12 fabulous abilities and practice using them to bless your life experience.

In addition to Our 12 Powers being explored weekly in our Sunday 11am Celebration Service, they will also be the focus of Rev. Jo's discussion in her Wednesday Exploration beginning June 7th from 6-7:30pm and offered for SEE Continuing Education Credit.

SEE Students taking this course for credit must attend 9 out of 12 Sunday / Wednesday sessions.

Required book: Power Up by Paul Hasselbeck and Cher Holton; highly recommended book: Twelve Powers of Man by Charles Fillmore. Books available in "A Cup O' Consciousness Bookstore". Sign up in the foyer. Suggested \$10 love offering for each Wednesday evening session.

Watch Rev. Jo on YouTube or listen to an audio of a service on our web page at:
unityofpanamacity.org

Chaplain's Corner

By Susan Zecchini

Confidentiality is one of the corner stones of the Chaplain's Program. You can have complete trust in your Chaplains when sharing a prayer need with us. It is a matter of respecting boundaries. Nothing you say to us will ever be repeated to anyone, not even another Chaplain. In fact, we don't even think about it once the matter has been released to Infinite Spirit. Our role is to listen in order to understand your situation, then pray from the heart. If you are comfortable, we can join hands, share a deep cleansing breath, and direct our attention from our minds to our hearts and put the matter into prayer form. We then express our gratitude for all of our blessings and release our concern into God's care. Even though we can each pray ourselves, there are times when it is helpful to have someone to connect with who can guide us and pray together. You may notice some weeks that Prayer Chaplains will turn to the Chaplain on duty to share something on our hearts. I have done this many times and find that I get a new perspective and feel uplifted every time.

Volunteer Opportunities:

(Inquire in the office)

Office Helpers

Cutting photos from magazines for the Youth Ministry Class

(A take home project.)

THANKS IN ADVANCE!

Upcoming Classes & Events:

The Quest

Sundays 9:30am

Join anytime and begin Your Spiritual Journey of Rediscovery!

Mindful Yoga

Mondays 5:15pm

Jill Jordan \$5 LO

A weekly offering at Unity Spiritual Center focus's on using yoga to calm the mind.

Wednesday Exploration

6-7:30pm with Rev. Jo

Join in a weekly opportunity to explore in depth the concept of the previous Sunday's talk.

Rap with the Rev

Sun, June 11 at 12:15pm

Women's Group

Sat, June 17, 12-1:30pm

Childcare Available

Come on gals, help us decide what our Unity Ladies Group is all about! We'll have a pizza lunch and chat! Rose Flora will facilitate the first meeting. We'll have a great time. Signup sheet is in the lobby or call the office.

Serve with Spirit

Facilities Day

Saturday June 24, 8am-2pm
Fun, Friendship with Bagels & beverages provided.

Community Drum

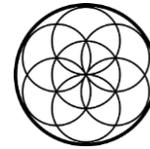
Circle - June 23

4th Friday 7:00pm

The Four Agreements With Agustin Peralta

SAVE THE DATE!

Three Part Workshop.
After Service Sunday July 2 and Saturdays July 8 and July 15. Details soon!



**Interfaith
Harmony
Council**

by Rose Flora



Wow, what a great time we had at the Interfaith Potluck. There were 35-50 people in attendance as Unitarian Universalist Fellowship hosted the event Saturday, May 13th.

We were so happy to see representatives from Temple B'nai, Bay County Islamic Society, Unitarian Universalist Fellowship, Emerald Coast Pagan Community and Unity members Bob and Rose Flora, Rosa and Agustin Peralta, and Kathy Weeks.

It was so nice to visit with everyone in an easy relaxed environment. Plus, there was so much food, yummy!!

Plan to attend the next Interfaith Potluck, on September 16 hosted at Unity.

All Unity congregants are welcome just bring your favorite dish to share.

This is a wonderful way to meet people of different faiths, support one another, and see and feel the commonalities we share.