



1764 Lisenby Avenue  
(850)769-7481  
[www.unityofpanamacity.org](http://www.unityofpanamacity.org)  
[unitypcf@gmail.com](mailto:unitypcf@gmail.com)

MAY 2017

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

May Theme: Prayer

May 7 – “I Behold the Faith in You”

May 14 – “Mother’s Day & Serenity Prayer”

May 21 – “Faith As Strong and As Big As a Grain of Mustard”

May 28 – “Sacred Service”

**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

**Unity 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**

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**V. P. & Activities Team Board Liaison -** Brian Skoskie

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**Outreach Team Board Liaison -** Susan Hettick

**Member -** Phoebe Masker

**Alternate -** Jean Kenerson



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## **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**

### **5/7 Meet the Minister**

12:15pm (First Sunday only)

### **5/14 Rap with the Rev**

Sunday @ 12:15pm

### **5/17 Leadership Council**

Wednesday 3pm

### **5/21 Monthly Raffle Drawing**

### **5/26 Drum Circle**

### **5/28 Potluck Dinner**

## **Special Events**

### **5/4 National Day of Prayer**

### **5/13 Interfaith Harmony**

**Council Potluck Dinner**

### **5/15-6/19 NEW Class!**

**Jesus’s Teachings**

**Rosa Peralta, LUT**

### **5/20 Foster Children**

**Outreach Service Day**



## **Rev. Joanne Burns** **"Minister's Message"**

This is an exciting time at Unity Spiritual Center! With every new day, we see the ever expanding activity of God at work in the constant evolution of the mind, body and spirit of our spiritual community. And yet the familiar teachings of Unity continue to comfort our minds and hearts while asking us to expand - individually and collectively. (I love it!)

Unity emphasizes and is inclusive of all that Jesus demonstrated but is not exclusive of Truths revealed by other masters and teachers. The name Unity denotes a synthesis of the greatest concepts that have ever come to the mystic mind and heart of humanity. The philosophy and teaching of Unity is nothing new to the world.

Unity incorporates:  
The laws of Moses  
The love of Christ  
The ethics of Buddha  
The contemplation of Lao-tzu  
The morals of Confucius  
The deep spiritualization of the Hindus  
The mystical revelations of the saints of the Middle Ages  
The laws of parallels and compensation of Emerson

The logic of Kant  
The spirituality of Swedenborg  
The beauty of Browning  
The service of Mother Teresa  
The surrender and humility of Gandhi  
The vision and freedom of Martin Luther King  
The faith and confidence in each person's own interpretation of God, humankind, and the universe.

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 Birthday!**



**Serena Latiolais 5/7**  
**Susan Zecchini 5/29**

## **Abundance and Prosperity** **By Bob Flora**

We would all like to expand our awareness of abundance and prosperity. We can start by focusing on the things in our lives for which we are grateful. Thinking of dear friends and family members always works. Some like to focus by naming things alphabetically: air, breathing, children, dad, earth, food, etc. We can also make more room for positive thoughts by rooting out old negative ones. How about "I am grateful for the abundance of time that I have today to finish my article

for the newsletter" rather than "why does this seem to be taking so long because I'm beginning to feel stressed and impatient?" And certainly, writing out and speaking positive affirmations about abundance and prosperity increases our awareness in those areas. Some affirmations that work for many are: "I dwell in the midst of Infinite Abundance", "The Abundance of God is my Infinite Source", "God provides for me in wondrous ways" and "My mind is now open to receive God". As individuals, having the willingness to increase our awareness helps to expand the collective consciousness of abundance and prosperity in the universe.

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## **Spiritual Thoughts** **By Lynn Gilbert**

I never know when I sit down for Spiritual Thoughts what words from heart and mind will flow onto this screen. A bit of prayer, a little meditation, sometimes there is some pacing and hair pulling but always the Spirit within guides what I share. What begins as a blank screen ends up overflowing to the point that often I spend as much time reducing content as I do building it. I find this exercise of building and reducing reflects my life path. I arrived here a blank page ready to be filled with all things life on earth. And fill the pages I have in my own unique way. All of what we label the good, bad, ugly, and beautiful are reflected within my life experience. The learning of life for me has been all about the opposites

and sometimes all those contrasting thoughts make me really tired, a bit morose, and frankly not the person I aspire to be.

But Hark! There is an upside to all these overfilled life pages. My golden years are my reducing years and I decide what to keep and what to let go. My collection of opposites once reduced is truly a lifework of beauty dedicated to reflecting only the Divine.

May you be blessed and always willing to discard what does not serve your Divine good.

### **Mother's Day** **May 14**



### **Office Help:**

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

### **Pizza Basket Raffle** **Drawing Sunday, 5/21**



### **Unity Profile** **Cort Posnansky**



Cort was born here in Panama City and has lived here his entire life. We encourage and prayerfully send him on next month as he heads to the University of Florida to begin his path toward becoming an astrophysicist! Spending his childhood in Bear Creek he and his friends played and in the woods and enjoyed mountain biking. Favorite things are his new motorcycle and father-son bonding on their bikes. A self-confessed computer nerd, he built his own computer hardware while astrophysicist Neil deGrasse Tyson maintains his position as Cort's hero.

When he was about four, around 1998, his mom Annjala found Unity and he has been here ever since. He says growing up in the Youth Program at Unity has shaped the way he views the world. He learned that he controls how he thinks and the things he focuses on he finds. He enjoys the intelligent conversations with like-minded people that he finds here. What he likes most about Unity is the acceptance of people with diverse religious backgrounds and that all are welcome at Unity. Cort has spent many years assisting in the AV booth with Steve Cook and will be missed greatly. Namaste, Cort.

### **May 7** **"I behold the Christ in You"**

In sharing a few of Unity's Classic Prayers, this week we explore the power within I Behold the Christ in You, written by *Frank B. Whitney*.

### **May 14** **"Mother's Day and Serenity Prayer"**

Although not a classic Unity Prayer, it is well known in Unity Centers as we have a deep connection with the use of the Serenity Prayer, written by *Reinhold Niebuhr*. I trust many Moms have used this gem of a prayer!

### **May 21** **"Faith As Strong and As Big As a Grain of Mustard Seed"**

**Rev Monica Driscoll**

(Rev. Mo) has served in the Unity movement for over 30 years becoming a licensed Unity Teacher in 1993 and then an ordained Minister in 2012. In addition to being a Ministry Consultant for UWM, Rev. Mo is the author of *States of Mind*, a two-CD interpretation of the Beatitudes and is nearing completion on her first book, *Climb Out*, a humorous tale of finding God while growing up in the dysfunction of a large family.

### **May 28** **"Sacred Service"**

Rosa Peralta, LUT, will share about soul growth in regard to acts of service. These concepts can be applied to our Spiritual Center, family, community, and interest groups. Sacred Service is more than volunteering oneself; it is an act of service from the soul perspective.



## **Chaplain's Corner**

By Susan Zecchini

One of the goals of a Prayer Chaplain is being a good listener. In our training we are taught to listen with empathy. This means using our hearts and paying complete attention. We listen for feeling as well as meaning. We have no judgement about what is being shared. It is a rare and wonderful feeling to be heard and understood, and a privilege to have your trust. After hearing the prayer request, we pray with you, knowing fully that with God, all things are possible. When I pray with others or by myself, I envision an enormous pair of hands, God's hands, larger than the Grand Canyon. They are cupped together as if holding water. My requests fall as if they are grains of sand into those loving hands and I am reminded of a saying I once heard: "Do not tell God how big your troubles are. Tell your troubles how great your God is."

## **YOUTH Program:**

Our growing youth program continues to expand, as does our need for volunteer's increase. Anyone willing to serve one Sunday a month for any age groups, please contact Paula Merck, Volunteer Coordinator or J. Menck, in person, via phone or email.

## **Teen Program:**

**SAVE THE DATE!**

**Sunday, June 4<sup>th</sup>, our Teens will be hosting a luncheon fundraiser.** Proceeds assist teens attend Unity retreats, with other Unity teens!

## **Earth Day 2017**

By Claudia Gamin

Bay County's Earth Day Event on Sat., April 22nd at McKenzie Park. Mother Earth showed up in her best and gave us an absolutely gorgeous day! Unity Spiritual Center volunteers set up early, anticipating many friends and visitors. Thanks to all who came out to support this annual event!



## **Upcoming Classes & Events:**

### **New Class!**

### **Jesus's Teachings**

**May15 - June 19th**

**Rosa Peratla, LUT**

Traditionally, we have looked at Jesus Christ as the "Great Exception" through the teachings ABOUT Jesus. This Unity class will embrace Jesus of the "Great Example". We will study what he taught us THROUGH his teachings. Come join us for

an exciting and enlightening journey to learn how to apply those teachings to your everyday life. **Note, this is a five-week class - there will be no class on Memorial Day May 29.**

## **"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.

## **The Quest**

**Sundays 9:30am**



## **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.

## **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 May 24 & 31.)

## **Community Drum**

**Circle - May 26**

**4<sup>th</sup> Friday 7:00pm**

