



# UNITY<sup>®</sup>

## Spiritual Center of Panama City

### Inspiring & Empowering Personal Transformation

#### Celebration Service Sunday 11:00am

November 26 – A New Thought Advent = Faith  
 December 3 – A New Thought Advent = Peace  
 December 10 – A New Thought Advent = Love  
 December 17 – A New Thought Advent = Joy  
 December 24 – 'Twas the Night Before New Thought  
**December 24 – Christmas Eve Candlelight Service 6pm**  
 December 31 – Burning Bowl Service  
 January 7, 2018 – White Stone 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.*

(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

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Please Share Us!

#### **Ongoing**

##### **Silent Meditation**

Sundays 10:00am Chapel

##### **Shanti Yoga Nikki Chan**

Mondays 5:15pm

##### **A Course in Miracles**

Tuesdays 6:30pm

##### **Meditation Darce Blakely**

Wednesdays 11am

##### **Wednesday Exploration**

*On Hiatus in Nov & Dec*

##### **Tong Ren Healing Susan**

**Zecchini** Thursdays 12:30pm

##### **Shanti Yoga Nikki Chan**

Thursdays 5:30pm

##### **Shanti Yoga Nikki Chan**

Saturdays 9:30am

#### **Monthly**

**12/10 Rap with the Rev**

**12/11 NEW: Reiki Share**

**12/16 Women's Group**

**12/17 Christmas Potluck**

**12/17 Christmas Concert**

**12/24 Christmas Eve**

**Candlelight Service 6pm**

**12/31 Burning Bowl**

#### **2018**

#### **Save the Date!**

**1/3/18 Un-Decking the Halls**

**1/7/18 White Stone**

**Ceremony**





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

December brings familiar holidays and prayerfully visualized plans for the New Year. A heart filled with gratitude for 2017 is where I begin.

First, gratitude for Becky Fuller who has created this Newsletter for almost four years! Becky has done a stellar job in making sure people have access to information about our activities and columns of interest. She is handing over the reins to the next incarnation of this communication channel. Be sure to thank Becky personally for her years of support and follow through with the many contributors each month thus Inspiring and Empowering Personal Transformation!

If you are interested in serving on our Communications Team and assisting with the new channel of communication as what that will be unfolds, please speak with me personally.

In order for this community to move into greater fiscal and ecological responsibility; WE are planning on going a bit more “GREEN” in 2018. That means, more electronic communication and less printed; or a shift in printing usage to use the same

financial resources used toward printing to reach like-minded individuals in the outer community and inviting them to join us for activities, events, classes, SpiritGroups and Sunday Celebration.

That said we need accurate contact information from you. Please fill out a NEW Community Connect Card if you have changed your house, cell, email or address in the year of 2017. Doing this now will assist our end of year tithing reports to be sent out smoothly. This will also self-identify the congregants without internet access so we can communicate to them in non-electronic form.

**Take the time now to familiarize yourself with our website and weekly email update.** These will become critical ways to communicate as we become a bit more “GREEN” in 2018.

Namaste’  
Rev. Jo

**Abundance & Prosperity**  
*By Michael Grant*

I establish myself in the limitless substance of God, and I have abundance. The words do not become True because you affirm them... you affirm them because they are True. Prosperity translated is “according to hope or go forward with hope,” it’s not a condition of life, but an attitude about it. Your attitude is yours to reconcile.

**Philippians 4:11-13**

I’ve been broke many times, but I’ll never be poor. Poverty or lack is a state of mind, a choice. Be wary of

your thoughts... they become your actions.

**2 Corinthians 9:6-8**

To strengthen that belief and live prosperous we must work at it. Take steps to understand the world we’re in and peace abides. Be ignorant of it or ignore it and your spirit will be unsettled.

**Proverbs 3:13**

Here are some guide steps for your journey:

**Proverbs 15:22** (get help),  
**Proverbs 24:27** (Planning),  
**Proverbs 28:20** (discipline),  
**Proverbs 13:11** (ethical),  
**Proverbs 19:2** (knowledge and patience),  
**Ecclesiastes 11:2**  
**(Diversify)**

In closing; this world, at this time, is truly of man and capitalism is the way. Know this and do not let it consume you.

**Matthew 6:19-21**

**Spiritual Thoughts**

*By Lynn Gilbert*

December, the month that brings forth from we beings journeying the earth life the best and sadly for some the worst we have to offer our fellow travelers.

I am the first to admit it is not my personal favorite time of year and I struggle to separate the spiritual from the secular. Over the years I have gotten it down to a fine science of one word that becomes my mantra through the season. Kindness, it costs nothing and when delivered with a smile can actually bring comfort and peace in the midst of chaos. Of course the person receiving the kindness must accept it in order for it to work for them. But whether they accept or not it does wonders

in keeping my spirits on a path of meaning during this season when so many different religions have days that celebrate their faith path. It is not so much a matter of shutting out the noise and commercial overtone of the season as it is a practice to walk IN but not be OF a world that looks for things to complain about and reasons for insult. The more I have practiced this the more joy I have found in the season meant to remind us of our Creator's love and the sure confidence we have in that great Light residing within us. It is ours to share in Love and Kindness in all seasons. Perhaps this is the greatest gift of all. May your light shine and your blessings be many in this the Season of Love.

## 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.

**Unity Spiritual  
Center's  
Inspirational Prayer  
Line**  
(850)784-4745

## Chaplain's Corner

By Susan Zecchini

Ofentimes when someone comes to pray with a chaplain, they have a particular outcome in mind. We've all had times when we would like Spirit to intervene and change a situation to our liking, or we would like to pray on someone else's behalf. The best we can do is to surrender our own desire and trust that God is in control. We must remember that we do not know from our humanness what is highest and best for ourselves or for another.

Once we surrender, we open space in our hearts to feel God's love. This is a way we can pray on someone else's behalf, that they feel God's love and presence within them and around them, and that the highest and best outcome is theirs. We are not pleading for a certain result. We are tenderly allowing the love from our Divine heart to connect to theirs, affirming with them their highest good.




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**12/6 Merlene Johansen  
12/9 Rose Flora  
12/10 Kiki Grant  
12/14 Phoebe Masker  
12/21 Juanita Sechrest**



## Unity Profile

### Steve Cook

An only child, Steve was born in Freeport, Illinois. As a toddler his dad passed away & mom moved to Clearwater. He met Arlene in Jr. High, attended Largo High School & a member of VFW National Championship Band from Largo in 1970. He coached baseball, softball, girls' basketball & soccer teams for 35 years. Majoring in Communications at Fla State he worked in television at Channel 13 for 23 years as Production Manager, Technical News Director and Master Control Operator. He was tech manager for instructional television for 16 years at Bay District Schools. Steve has been serving as Unity's Audio-Visual techie in residence for many years. It was back in 1976 that Arlene found a study group meeting Sunday afternoons in Truesdale Park in St Andrews and becoming active participants, became founding members of what was known originally as Christ Unity Church of PC. Unity has taught him that your growth and development is an interactive project and that you can put Unity principles to work TODAY! He enjoys the acceptance of the people of Unity, that there are no cliques, the comradery and friendship and that the folks at Unity are down to earth.

## Unity in the CommUNITY



### Oscar Patterson Elementary School

We have adopted this school and committed to assist with volunteers, projects & supplies mid- year.

#### Supplies for the New Year:

- ♥ Baby Wipes
- ♥ Disinfectant Wipes
- ♥ Facial Tissues
- ♥ Ziploc bags  
(quarts, sandwich, storage)
- ♥ Copy paper
- ♥ Uniforms (sizes 6-8 and 10-12 for boys and girls)

**NOTE: Volunteers must have a Bay District School Volunteer Application and Criminal Background Check on file with school.**

#### Positive Behavior Celebration

Volunteers Needed: A monthly event for the successful children. The LAST Friday Monthly 9am-12noon. Volunteers are welcome anytime.

#### IMMEDIATE NEED = English Language Arts

##### Volunteers Needed:

- Times available are -
- 7:45-9:15am
  - 9:15-11:30am
  - 1-2:15pm

For more information, please contact  
Team Leader: Kiki Grant

### Bingo Coordinator

New Coordinator needed. This team earns \$400. per month for our Unity by having fun! Please inquire in the office.



**November 18**

### Community Breakfast

Our Unity Spiritual Center Volunteers are awesome! 24 of us served breakfast to friends in the greater Panama City CommUNITY. Many thanks to all and to Team Leader: Bill Warner for harnessing all that energy!

### Fun Times:



**November 11**

**First Annual Pet Blessing Service** was conducted for our beloved companions by Rev Jo to everyone's delight. Another great day at Unity!

### Upcoming Classes & Events:

#### Monday

Shanti Yoga, Nikki Chan  
5:00pm Using chair & mat.

Reiki Share, Darce Blakely  
Second Mondays monthly  
6:30pm-7:30pm

#### Tuesday

A Course in Miracles Study  
Group - 6:30-8pm

#### Wednesday

Guided Meditation, Darce Blakely - 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

#### Rap with the Rev

**Sun., 12/10** 12:15pm  
Open dialogue about all that's happening at Unity!

#### Women's Group

**Sat., 12/16**, noon  
Join us to connect socially & spiritually and have fun!

#### Christmas Potluck

**Sun., 12/17**, Sign up to bring your favorite holiday dish to share such as the entree, sides or dessert.

#### Christmas Concert

**Sun., 12/17**, 1:30pm  
Join us for an afternoon of joyful holiday songs with Laura Derocher and Al Hill. A delightful musical treat!

#### Christmas Eve

Candlelight Service  
**Sun., 12/24** at 6pm,

#### Burning Bowl

Ceremony Sun., 12/31

#### White Stone

Ceremony, 1/7

#### Evening Meditation Group:

Meditation Principles & Practice class, is discussing the possibility to become an ongoing evening meditation group. If you are interested, please sign up in lobby with day preference.