



UNITY[®]

Spiritual Center of Panama City

Inspiring & Empowering Personal Transformation

Celebration Service Sunday 11:00am

October Theme: **Point of Power** (Book by Paul Hasselbeck)

October 1 – God (Chapter 1&2)

October 8 – Prayer & Meditation (Chapter 3&4)

October 15 – Law of Mind Action (Chapter 5&6)

October 22 – Cause & Effect (Chapter 7&8)

October 29 – Enthusiasm (Chapter 9&10)

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

1764 Lisenby Avenue (850)769-7481
unitypcf@gmail.com www.unityofpanamacity.org



Please Share Us!

Ongoing

Silent Meditation

Sundays 10:00am Chapel

New! Shanti Yoga Nikki Chan

Mondays 5:15pm Starts 10/9

A Course in Miracles

Tuesdays 6:30pm

New! Meditation Principles & Practice (SEE) Rev Jo

Tues 6:30-8pm Starts 10/24

Meditation Darce Blakely

Wednesdays 11am Chapel

Wednesday Exploration

Rev Jo 6pm

Tong Ren Healing Susan

Zecchini Thursdays 12:30pm

New! Shanti Yoga Nikki Chan

Thursdays 5:30pm Starts 10/5

New! Shanti Yoga Nikki Chan

Saturdays 9:30am Starts 10/7

Monthly

10/1 Teen Fundraiser Brunch

hosted by Uniteens & YOU

10/7 Pet Blessing Service

10/8 Rap with the Rev

10/14 Rummage Sale

10/15 Unity 101 Membership

10/21 Volunteer Appreciation

B-B-Q hosted by the Board

10/21 Women's Group Noon

10/21 Volunteer BBQ hosted

by the Board

10/22 Youth Ministry – ALL

Volunteers Meeting 12:30

10/22 Monthly Potluck

10/27 Community Drum

Circle Friday 7:00pm

10/28 Serve with Spirit

Facility Day

Save the Date!

11/5 Evening Fall Hike



Rev. Joanne Burns
“Minister’s Message”

October is upon us; the cool weather is a welcome blessing. I have always loved the fall season and the turning of autumn leaves. In addition, October now has a special place in my heart as it is my anniversary date as Minister of Unity Spiritual Center of Panama City. WOW - a whole year!

So much growth and evolution has taken place! Board: Leadership training, team-building, encouraged reading & a Sunday checklist for them to open & close the facility. Marketing: website revision, center name to increase awareness in the outer community, promotions & publicity. Bookstore: name, logo & signage, consignment vendors, new inventory and profits to continually reinvest and tithe to the Unity general fund. Administration & Financial Record keeping, organization & shifting into alignment of current best practices. In-reach support in the way of more cards and calls to congregants. Outreach is happening in a number of different avenues. Youth Ministry Education department classroom environment reorganization, volunteer training and now using standard Unity curricula for all ages. Adult Education classes continue to be offered, Wed Exploration and now SpiritGroups across PC

& PCB. Leadership Council training called Engagement Mastermind participated in by all Staff, Board and Team Leaders. Well Done Team!!!

To honor all those who's contribution is invaluable to Unity, a Volunteer Appreciation B-B-Q is planned for October 21 from 4-7pm here at Unity, hosted by the Board. Plan to attend so we can appreciate you. All are welcome!

It takes a community to serve a commUNITY. Thanks for being an integral part of all we do and intend to do as we continue to grow on our collective spiritual path.
Namaste'
Rev. Jo

Abundance & Prosperity

By Melissa Arrant

I have an abundance of time. Through this affirmation one recognizes that time is what we make of it. We often go about our lives thinking time is finite and catch ourselves saying “I don't have time.” Is this really the truth or have we developed a pattern of negative thoughts surrounding time? Time is indeed infinite and in abundance. We only need to recognize through our innate spiritual wisdom that this is so. At any time we can stop, go within, and acknowledge our connection to the infinite and the timeless. As the days turn cooler and the days appear shorter, let us remember the prosperity and abundance of time that surrounds us. May we choose activities that enrich our spiritual prosperity and abundance. May we start each day acknowledging the

opportunities of the day ahead.

“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”
From Gatha for Waking Up
by Thich Nhat Hahn

Spiritual Thoughts

By Becky Fuller

Most of you in my spiritual family here at Unity know that we have been moving through some challenges over the past few months, but what you don't know is how important the support of each and every one of you has been. Even though I have not had the opportunity to be here physically as often as I wanted, I have been here in spirit and have felt your love and care even when I was not present. I have felt my Christ presence and yours in my prayers, just sitting peacefully and even in the stress of making hard decisions. The tools I have learned in our Unity classes help me preserve patience and mindfulness – staying in the moment and knowing there is a Divine Plan has been key. Calling on the presence of God through prayer and meditation and connecting to the Christ spark within has seen me through some very long days and nights. I bless you for being here and being Unity. We don't always know how we impact others in our lives but I'd like you to know I thank you and what you do and say do make a difference. I love you, I bless you and I behold the Christ in each of you.

Chaplain's Corner

By Susan Zecchini

In Reverend Jo's talk one Sunday, she spoke of the Four S's of Community: Spirit, Social, Service, and Skills. The Chaplain's Program incorporates all four. As Chaplains, we rely on Spirit to guide us in the prayers we say with you. We participate as a team in Social events like the World Day of Prayer. We lovingly offer our Service to Unity and to all of you. It is our pleasure to serve Spirit in this way. As Chaplains, we have a special set of Skills. We're well trained to pray affirmatively with you; we keep your prayers in the strictest confidence; we listen empathically, we pray from the heart and we release every request to God in complete assurance that the one power and one presence is already divinely at work.

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.

NEW!

Prayer Line

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

Unity Profile Susan Zecchini



Susan was born in Boston, Massachusetts and grew up nearby in Randolph. The oldest of four sisters, she had lots of kids to play with.

She graduated from Bridgewater State College and married her sweetheart in 1980. Their son, David, arrived in 1987. David was a fun kid, although he could be mischievous. One day she caught him playing "zip-line" with his best friend when they were about 6 years old. They stood on the roof of the dog house. One boy threw the ball and the 2nd boy hung on to the dog run and zipped across the yard!

In 2010, Susan escaped the Massachusetts winters and moved with a friend to PC. She soon found Unity and she has been here ever since. Unity has taught her to be kinder to herself when she doesn't "live up to my own expectations". The thing she enjoys most about Unity are the people. She also loves being a Chaplain as well as practicing Tong Ren Healing which she learned in MA when she was very sick. She now feels it's a mission and wants to help others who are ill.

Happy Birthday!

Marcia Pell 10/2

Kathy Hoffmaster 10/08

Wanda Kirkpatrick 10/12

Sally Stephenson 10/26

Rosa Peralta 10/28

Rev Joanne Burns 10/29

Rev Joann Dubrouillet 10/29

Dee Pasquale 10/29



Upcoming Classes & Events:

Monday

Mindful Yoga, will no longer be offered at Unity Center.

Shanti Yoga, Nikki Chan
5:15pm (Starting Oct 9)

Tuesday

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

Meditation Principles & Practice, (Available for SEE Credit) Rev. Jo - 6:30-8pm

Wednesday

Guided Meditation, Darce Blakley - 11am

Wednesday Exploration, Rev Jo - 6pm (Resumes Oct 10)

Thursday

Tong Ren, Susan Zecchini
12:30pm

Shanti Yoga, Nikki Chan
5:30pm (Starting Oct 5)

Saturday

Shanti Yoga, Nikki Chan
9:30am (Starting Oct 7)



Pet Blessing Service

Saturday, October 7 10am on our Labyrinth. Bring your pet on a leash or in a carrier or a photo of your beloved companion if they prefer to share their love with you alone. Families welcome and encouraged to come.

Rap with the Rev

Sun. Oct 8, 12:15pm

Rummage Sale

Oct 14 Please bring items for sale starting Monday, Oct. 9-13 between 10am-4pm or contact the office to reach Rosa or Gayle.

Unity 101 Membership

Class Sun. Oct 15, 1pm Unity Overview required for community membership. The curious also welcome to attend, your choice to become a member is yours and yours alone.

Women's Group

Sat., October 21, noon Our main objective is to enjoy each other, connect socially & spiritually and have fun!

Volunteer Appreciation BBQ

October 21 - 4 to 7 pm, You're cordially invited to celebrate – YOURSELF – our volunteers of Unity Spiritual Center! Our beautiful, vital, inviting community here is in large part due to its hardworking and dedicated volunteers. Unity Spiritual Center's Board of Trustees and Leadership would like to take this opportunity to show you, its volunteers, how much you are loved and appreciated in a way that Unity knows best—with good food & fellowship.

Please save the date and join us for this Volunteer Appreciation Event that honors and celebrates you!

THANKS FOR BEING AN INTEGRAL PART OF OUR COMMUNITY!

Interfaith Harmony



Council

A successful Potluck Dinner!

Thank you for all the help hosting the event!

New! Meditation Principles & Practice

Starts October 24

Unity SEE class and Ongoing practice group with Rev Jo Tuesdays 6:30-8pm

Community Drum

Circle October 27

4th Friday 7:00pm

Halloween Theme!

Drum under the stars on our Labyrinth. Love offering.



Serve with Spirit Facility Day

October 28, 8am-2pm Sign up for your project of choice and share your love with our beautiful campus!

"Change for Change Angel"

Share your spare change to help fund outreach projects.



By Susan Hettick

The Power

God's Love Light
Heals inner hurts,
Forgives mistakes
Very much the way
Wisps of fog are
Burned away by the
Noonday sun...
It is so bright,
So pure—so HOT—that
When you put your
If in It's Presence
Anything that is
Less than perfect
Melts... Dissipates...
burns up.
And, the energy
contained there
Is purified... transformed...
Back into LOVE.
*“It all fades into God...”
...The Power

Community Breakfast

On November 18, 6am-10, **we** are the volunteers to cook, serve and supply breakfast for 150 guests from the local homeless and low income families in PC & PCB area. Only \$250.00 and a lot of love feeds our food insecure friends & neighbors.

Team Leader: Bill Werner

Oscar Patterson Elementary School

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

Team Leader: Kiki Grant



Fall Evening Hike

November 5!