

Unity Spiritual Center Of Gulfport

1700 E. Railroad Street
P.O. Box 1025
Gulfport, MS 39502
www.unitygulfport.com



March, 2020

Why We Changed our Name

We've had the name *Unity Church of Gulfport* since 2008, doing business as *Unity of Gulfport*. After a lot of discussion with members of the congregation, the Board decided it was time to change the legal name of the entity to *Unity Spiritual Center of Gulfport*. With this article, I will explain why.

People generally come to Unity Centers because they have experienced a spiritual awakening. Sometimes they had teachings in the church of their youth that left them bewildered and confused. Therefore, the word *church* itself can have negative connotations.

The legal name, *Unity Church of Gulfport*, has served us well but it does not really convey the current spirit and mission of this spiritual community. As we have talked many times in the past, when a person has been called to something new and higher, they've been given a new name. In the Bible, Abram received the name Abraham, Sarai became Sarah and Simon's spiritual awakening was affirmed by the name Peter.

Plus, in today's digital age, names matter more than ever. Some experts say that online, people take a few seconds to read about you, based upon how much the name attracts them. *Spiritual Center* conveys a deeper and broader meaning. Not only are we here to worship together on Sundays, but we're also here to evolve our Christ Consciousness in all ways.

So, we lovingly release the name *Unity Church of Gulfport* and thank it for serving us well. We embrace our new name and the vision of being a center that is open to all that Spirit would have us be. Our leaders and facilitators are dedicated to *walking the talk* and allowing the Universe to inform us in all that we do. May *Unity Spiritual Center of Gulfport* continue to thrive and radiate peace, love and wisdom into our lives, this community and the world.

Thank you everyone who attends our Sunday Services or any of the other events that we offer. We love you, we bless you, we appreciate you. We behold the Christ in you to do great things and so it is. Amen.

Lovingly, Rev. Judy



If you consider yourself spiritual but not religious or spiritual AND religious, or you are questioning your childhood faith or simply looking for something more, Unity may feel like a homecoming.

If you are new to Unity Spiritual Center of Gulfport, you'll find a community of real people, led by leaders who emphasize their real-world, real-life experiences to guide our community toward an authentic and abundant life.

Unity is a spiritual movement that honors all paths to God; sees God as good and everywhere present; and affirms the spark of divinity expressing as each one of us.

Unity Spiritual Center of Gulfport welcomes you, fellow traveler, and prays that you find what you are looking for here. Join us every Sunday at 10:30 am for inspiring celebration services, expressing our vision, mission and values through the Sunday messages, prayer and uplifting music.

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The membership of Unity Spiritual Center of Gulfport is committed to:

- ◆ Sunday services that are infused with love and messages of truth.
- ◆ High quality music and other expressions that inspire and transform lives.
- ◆ Transformative education for youth and adults.
- ◆ Numerous opportunities for fellowship and spiritual growth.
- ◆ The expression of Love and Truth through active outreach ministries.
- ◆ Bringing wholeness and healing to the spirit, mind and body.
- ◆ Active participation and ownership of the mission and vision of our spiritual community.
- ◆ Creating a physical environment that realizes our vision.
- ◆ Financial abundance and fiscal responsibility.

Our Vision

Centered in Love, we see ourselves continually holding the Light for all; our members, our community and the world.

Our Mission

We inspire spiritual growth through honoring many paths, education, fellowship, prayer, sacred service, and abundant living.

Saturday, March, 14th

Please join Angie O'Neal for a workshop:

Two time slots:

- 1) 10a-12noon
- 2) 1p-3p



All materials will be provided for this class (or bring your personal journal). Love offerings will be accepted, but no cost is involved other than a small materials cost if applicable.

RSVP: to FB Events and reference which time slot you plan to attend.

Ongoing workshops will be held the 3rd Saturday of each month of 2020 for the same time slots as above.

RR Street Acoustic Café

Presents:

Daniel Boling
Friday, March 13



5:30 Potluck
6:30 Music Starts

A suggested donation of \$15-20 is requested for the musician.

Bring a dish to share and come enjoy the music with us!

Potluck Dinner



**Unity Spiritual Center
Of Gulfport**

**Potluck Schedule
for 2020**

Sunday, January 19th
Sunday, February 16th
Sunday, March 15th
Sunday, April 19th
Sunday, May 17th
Sunday, September 20th
Sunday, October 18th

(after church in fellowship hall)

Monthly Activity Calendar

Mar 1, 8, 15, 22, 29	Sun	9:15 am 9:30 am 10:30 am 12:30 pm	Discussion Group Live Music Meditation Sunday Service Films of Interest w/Steve
Mar 15	Sun	11:30 am	Pot Luck
Mar 5, 19	Thu	5:30 pm	Toastmasters Group
Mar 3, 10, 17, 24, 31	Tues	6:00 pm	Book Study
Mar 6,7	Fri,Sat	8:30 am	Healing Touch Seminar
Mar 9	Mon	6:15 pm	Women Within
Mar 13	Fri	5:30 pm	RR Street Acoustic Café
Mar 14	Sat	10:00 am	Art Workshop / Angie
Mar 25	Wed	6:30 pm	Sierra Club
Mar 27	Fri	5:30 pm	Steak Night VFW LB
Mar 31, Apr 2	Tue, Wed	8:30 am	Massage Therapy EO

Are you interested in Gentle Stretch Meditation?

Stretching and Meditation are key to your health and wholeness. Gentle movement stimulates the blood flow, bringing oxygen to every cell in your body. You'll feel better and more peaceful. You're welcome to join us Tuesday mornings for 40 minutes beginning at 8:30 am.



Weekly Meetings

Sunday 9:15 am	Discussion Group
Sunday 9:30 am	Live Music Meditation
Sunday 10:30 am	Sunday Service
Sunday 12:30 pm	Video Series with Steve
Tuesday 8:30 am	Gentle Stretch Meditation
Tuesday 9:15 am	Women's Prayer Team
Tuesday 6:00 pm	Book Study / Marion

Monthly or twice Monthly Meetings

2nd Monday 6:15-8:30	Woman Within
1st & 3rd Thurs 6 pm	Toastmasters
First Friday 6:30 pm	Music Night
Last Wed 6:00 pm	Sierra Club
4th Friday 5:30 pm	Steak Night

Please join Mary Frost:

**Fri & Sat
March 6 & 7
8:30—6:00**

Seminar:

Foundations of Healing Touch

Learn Wellness & Prevention Care

Which

Treats the Whole Person

Non-invasive

Profoundly relaxing

Harmonizing

Can be used anywhere

(Participation earns CEUs)

What is a Woman Within Open Circle?

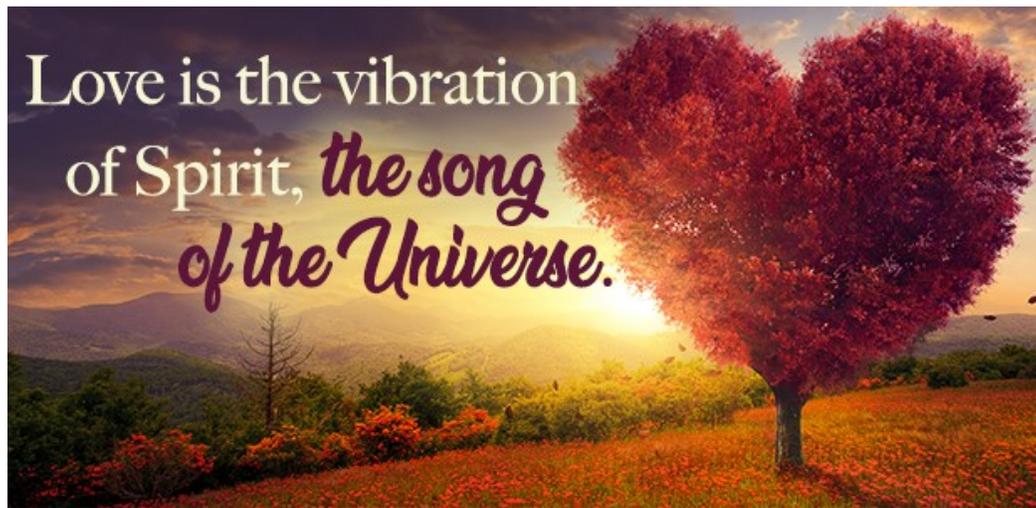
Come experience a community of conscious and authentic women. If you choose, while you are here, you may work on an issue that's coming up in your life. You are also welcome to simply come and be present. Women are amazed at how much can be gained from an evening in one of these circles which is typically 4-12 women. The circles are free and they are a gift to the community by a non-profit organization called Woman Within womanwithin.org. The motivation is to share the power of circles with as many women as possible.

2nd Monday - Mar 9th, Location: Unity of Gulfport

1700 E. Railroad St. Gulfport 39501 Time: 6:15pm to 8:30 pm

Please advise if you are attending Tonia Andersen misnola@gmail.com or 757 771-2732





Committing to the Love Vibration

To continually live in the love vibration takes considerable commitment and vigilance. It is all too easy to regress into fear, judgment, or self-righteousness. No matter how spiritual we think we are, we are still having the human experience of trials and tribulations, progress and relapse.

And it's all right. We don't have to deny or condemn our human vulnerabilities. The goal is to be positive and let the intelligence of our heart guide us.

Prayer, meditation, inspirational readings, and service to others are all excellent ways to attract connection, wholeness, and love. Other strategies include:

- Seeking the good in everyone and everything.
- Bringing trust to adversity.
- Being grateful for all that we have.
- Taking the high road in any conflicted situation or relationship.
- Creating a sacred space of peace and beauty in which to renew.
- Caring for living things.

Love is the elixir for joy and the antidote to pain. Love fuels the fire of our passion. Love lifts us from our limitations to our potential. Love transcends time and space. Love transmutes differences and prejudices. Love heals. Love is the vibration of Spirit, the song of the Universe. Love is the alpha and the omega.

Learning to live in the love vibration is why we are here. It is our individual and collective purpose. It is the secret of life that is hiding in plain view. When we live in the love vibration, we graduate this life with honors.

Excerpted from [Sacred Secrets](#), now available as an e-book!

Shirley Marshall, Ph.D., human development educator and energy medicine practitioner, guides people in reclaiming their personal and spiritual power.