

Unity Spiritual Center Of Gulfport

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May 22, 2020

May 20, 2020

Greetings friends,

In response to the guidelines handed down from the governor's office regarding the re-opening of houses of worship, our Board of Directors has decided to begin services on May 31.

To do this, we offer the following thoughts, procedures and guidelines:

- ◆ The sanctuary will be open for the 10:30 a.m. service. A decision will be made at a later date about use of the fellowship hall.
- ◆ The sanctuary will be sanitized before and after each service.
- ◆ There will be no children's service for now. Children will sit with their families in the sanctuary.
- ◆ Bringing your own face mask is recommended. Disposable masks will be available at the church.
- ◆ Gel sanitizer will be provided upon entrance.
- ◆ Disinfecting wipes will be provided for doorknobs and restrooms.
- ◆ The offering plates will be located at the back of the sanctuary and will not be passed from person to person.
- ◆ Everyone will be asked to maintain social distance.
- ◆ Everyone is asked to refrain from holding/shaking hands.
- ◆ Please greet each other by simple acknowledgment rather than touch.
- ◆ We ask that anyone who does not feel well not attend.
- ◆ A list of attendees will be kept in case the need for notification arises.
- ◆ Also, very importantly, we will continue to monitor local cases of COVID-19 and will adjust plans as necessary.



We are in prayer about this situation and pray for healing on all levels for our families, our communities, and the world.

Let us each do our part by praying for a downturn in cases and a vaccine to be discovered soon. We have faith that God is always present in every situation, but we remember that we must be responsible and do our part.

Be well. Rev. Judy and the Board of Directors

How to Cultivate Serenity

By Victor M. Parachin

Each day brings opportunities to take action, build resources and develop strategies for cultivating serenity and peace. Here are eight serenity suggestions:

1. Remember one of Jesus' great promises: "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid" (Jn. 14:27). The peace he leaves with us is the peace of experiencing God's presence. No matter what your circumstances are, claim that gift through prayer by daily affirming the peace and serenity of Christ in your life.

When challenges and traumas emerge, be encouraged by this observation from New Testament scholar Dr. William Barclay, who says that the peace of Christ does not mean the absence of trouble. He writes in his book on the Gospel of John, "The peace which Jesus offers us is the peace of conquest. No experience of life can ever take it from us, and no sorrow, no danger, no suffering can ever make it less. It is independent of outward circumstances."

2. Pay careful attention to your mental and spiritual attitudes. Are you being guided by fear or by faith? We are what we think. The mind is like a garden, and thoughts produce fruit. Abundant thoughts produce plentiful fruit; meager thoughts produce poor fruit. Review your thinking to be certain that the focus is upon faith and triumph, not despair and defeat.

3. Use the power of music. Back in the eighteenth century, German author Johann Paul Friedrich Richter noted "Music is the moonlight in the gloomy night of life." Today there is scientific evidence that music can soothe frayed nerves.



At Baltimore's St. Agnes Hospital, classical music was provided in the intensive care units. "Half an hour of music produced the same effect as ten milligrams of Valium," says Dr. Raymond Bahr, head of the coronary-care unit. "Some patients who had been awake for three or four straight days were able to go into a deep sleep." Other studies show that music can lower blood pressure, basal metabolism and respiration rates, thereby lessening physiological responses to stress. To increase serenity during times of high stress, make a point of listening to music that you truly enjoy.

4. Employ the therapy of laughter. "A cheerful heart is a good medicine," declares the writer of Proverbs (17:22). That biblical wisdom is now confirmed by science. According to W. F. Fry, M.D., a psychiatrist and associate clinical professor emeritus at Stanford University Medical School, humor is a "direct antagonist to the three major negative emotions—anger, fear and depression." There are times when we should just laugh at problems. Purposely taking time out to watch a television or film comedy not only helps us laugh but helps us look at our challenges from a different perspective.

5. Don't expect perfection from yourself. Remind yourself that being human means making mistakes. If you make a mistake, forgive yourself and take the necessary steps to reclaim your life. Tone down negative and harsh thoughts of yourself by recalling how God views you: "You are precious in my sight, and honored, and I love you" (Isa. 43:4).

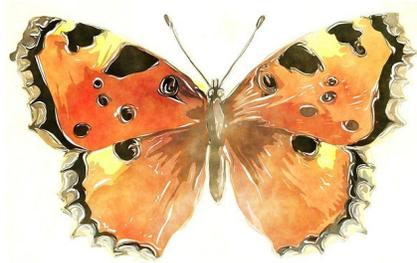
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6. Live one day at a time. Many people are deprived of peace of mind because they live with anxiety over the past and with fear of the future. The way to eliminate such anxiety and fear is to take one step after another and live one day at a time.

7. Take care of your soul. Ultimately, serenity and peace are gifts from God. "Let me hear what God the Lord will speak, for he will speak peace to his people ... to those who turn to him in their hearts" (Ps. 85:8). Today an increasing number of psychologists are noting the positive correlation between a person's faith and his or her serenity. Tapping into faith produces spiritual and emotional benefits.

8. Practice the art of taking a minibreak. Life must never be reduced to movement from one appointment to another and from task to task. Jesus is a good example. After a day full of ministry, he instructed his disciples: "Come away to a deserted place all by yourselves and rest a while" (Mk. 6:31). The daily grind of life should be broken by periodically doing something different and pleasant. Go for a bike ride on a quiet road, play a favorite childhood game, visit a local tourist site, or spend a few hours on a beach.



I feel God's protecting presence.

I celebrate life today!

Today is a new day in my story.

I am calm, peaceful, and relaxed.

Joy springs up from within me today.

I use my indwelling power to direct my energy.

I am blessed as I pray for others.

How the Kindness Journal Came to Be

By Sandy Eastwood

For more than 100 years, Unity employees have enjoyed a “culture of kindness” at work.

New employees regularly comment on it.

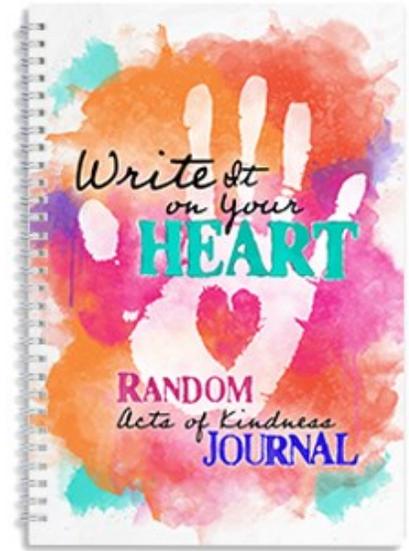
“Everyone is so nice here.” “You can feel how much everyone really cares about us.” “It’s not like other places I’ve worked.”

It’s Unity World Headquarters’ culture of kindness.

Recently, Unity employees had the opportunity to spread that kindness to the world.

In December 2017, Vivian Valencia, Director of Customer Care at Unity World Headquarters, submitted an employee suggestion—a journal about kindness. In her vision, this book would offer readers acts of kindness to try and space to journal about their experiences.

Find out more and order online at Unity.org!



A Special Thank You to Our Prayer Chaplains:
You are appreciated.

Janet Heren is our prayer chaplain for the week of 5/24/2020.

One of our prayer chaplains is holding sacred space for us every week. If you are in need of prayer, please know that our prayer chaplains would be happy to pray with you. Feel free to reach out to them. Silent Unity is always available for you as well. You may request prayer through the online form at Unity.org, or call to be prayed with at 1-816-969-2000.

PLEASE JOIN US!

Are you able to Zoom? If so, we are getting together on Sunday afternoons at 2:00 pm. We are sending out an invitation by email and also posting a notice on Facebook. Please look for those notices and tune in.

Also, the Tuesday Morning Women’s Prayer Team is meeting by Zoom on Tuesday mornings too. Zoom is very easy to download to your laptop or phone. Please stay in touch. If you need to reach us, call 228 871-7004 and leave a message. You may contact us by email at admin@unitygulfport.com. Stay in touch! We’ll be back together again soon.