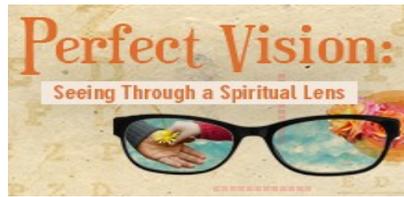


Unity of Gulfport

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



January, 2020

New Beginnings - Wiping the Slate Clean



I heard someone comment about a clean slate and it that caused me to think about the expression 'wiping the slate clean', and how we often use expressions without really thinking about where they came from and what they might once have meant.

Here is what I discovered about the origins of the term 'wiping the slate clean' and this is what I discovered.

Years ago, people could go into a grocers or pub etc. and buy things "on account". A record of transactions and money owed was written on a slate. At that time, the debt was to be cleared on payday and it was always a great day when the debt was paid, and the slate wiped clean. Although slate was eventually replaced by paper or electronic record, the term '*wiping the slate clean*' still remains in usage in this context.

Also, during Victorian times, young schoolchildren wrote on slate boards made from a piece of quarry slate in a wooden frame. A pencil, also made of slate was used to write the letters. The advantage of slates over paper was that they could be wiped clean and used again and again. This was friendly with the environment! Children had to bring a dampened cloth or sponge to school so that they could wipe their slates clean at the end of the lesson and start again but often they would use their own spit and the cuff of their sleeve!

The third explanation for the expression 'to wipe the slate clean' is a nautical one. The course steered and distances covered by a ship were recorded during each watch on a slate and after they were entered into the official log at the end of a watch, the slate carrying the ongoing recordings was wiped clean ready for the next watch to keep a fresh record.

I think I like this one the best. It indicates that at any point in your day or your life, you may change your course. No matter that you may have spent the first 40, 50 or 60 years with substance abuse problems, problems with low self-esteem, abusive relationships, unforgiveness, at any given time, you may wipe the slate clean and start over.

*This thought holds no power over me.
I release it and let it go.*

Unity Minister Mark Fuss says that his younger years were filled with chaos, disharmony and a lot of sadness. He had learned from his childhood religion that he was broken and in sin. He carried this with him into adulthood - He says: "The thought I'm not good enough played repeatedly in my mind like a broken record or a looping tape. It was an overwhelmingly negative tape reinforcing feelings of shame and lack."

He says, he stumbled upon a Unity Church where he was met with love and acceptance and told that he was worthy, his life mattered and that he had responsibility for his life. He was improving but it was slow.

He said one day, "Once again, the job I'd wanted had gone to someone else. That evening, feeling miserable, I went to choir practice at church." He says, "In the company of friends, my spirits began to lift. When the new sheet music was handed out, I read the lyrics. The song we were to learn was "I Release and I Let Go" by Rickie Byars Beckwith." The lyrics are:

I release and I let go
I let Spirit run my life
My arms are open wide
I'm only here for God.

"As the music swelled around me, the power of those words grabbed my heart. "I release and I let go." I realized I could let go—the negative tape playing in my mind held no power over me."

"I could release it and choose a new thought. I could choose a new life by changing my thoughts about. We can do that too. Every time a troubling thought comes your way, you may pick up your magic eraser and erase it away."

We all have the power to let go of self-defeating thoughts. What thought do you need to deny and release today? You can begin again ... and again ... and again ...

Here's to New Beginnings and Wiping the slate clean for 2020.

Happy New Year and New Life! Rev. Judy

NEW CLASS!

Saturday, January 18th

Please join Angie O'Neal for a workshop:

Ready! Shift! Go!

Emotional Transformation Through Creative Process.

Two time slots:

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

All materials will be provided for this class and will include a basic book-binding instruction. Love offerings will be accepted, but no cost is involved other than a small materials cost if applicable.

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

CLASSES

AND

EVENTS!

Want to learn more about The Law of Attraction and Abraham Hicks?

Join a discussion group at Unity Church of Gulfport on Monday nights from 6:30 to 8:30 pm.

We will be reading and discussing the book: *"The Law of Attraction: The Basics of the Teachings of Abraham"*.

There will be 6 Monday sessions beginning January 13, 2020 through February 17, 2020.

Cost is \$10 per session; a portion will be donated to Unity Church.

Grace Jaeger will be facilitating the discussion and may be contacted at gjaeger@gmail.com, 612-986-4730, or on Facebook at <https://www.facebook.com/gjaeger>.

RR Street Acoustic Café

Presents:

Brooks Williams



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 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

Jan 5, 12, 19, 26	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 Jahncke
Jan 19	Sun	11:30 am	Pot Luck
Jan 2, 16, 30	Thu	5:30 pm	Toastmasters Group
Feb 1	Sat	7:00 am	Toastmasters Training Event
Jan 21, 28	Tues	6:00 pm	Book Study
Jan 13	Mon	6:15 pm	Women Within Open Circle
Jan 18	Sat	10:00 am	Ready! Shift! Go! / Angie O'Neal
Jan 24	Fri	5:30 pm	Steak Night VFW Long Beach
Jan 25	Sat	10:00 am	Cacao Experience / Tim Smith
Jan 29	Wed	6:00 pm	Sierra Club
Feb 28	Sat	6:30 pm	RR Street Acoustic Cafe

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
Monday 6-7:30 pm	Practicing the Presence
Tuesday 8:00 am	Gentle Yoga with Tracy
Tuesday 9:15 am	Women's Prayer Team
Tuesday 6:00 pm	Book Study

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

Are you interested in Gentle Yoga?

Tracy George is an exceptionally gifted Yoga Instructor. At present, she offers a one hour session which is open to everyone at 8:00 am on Tuesdays.

She is open to another session at 10:00 a.m. on either Thursday or Friday. If that interests you, which day would you prefer? You may respond on our church page on Facebook or email to admin@unitygulfport.com



Daily Word Calendar January

sun	mon	tues	wed	thur	fri	sat
			1 New Year	2 Guidance	3 Intention	4 Surrender
5 Relax	6 Epiphany	7 Comfort	8 Pray for Others	9 Energy	10 Prosperity	11 Forgive
12 Inner Peace	13 Persevere	14 Power	15 Grow	16 Patience	17 Joy	18 Creativity
19 Faith	20 Character	21 Strength	22 Zeal	23 Grace	24 Balance	25 World Peace
26 Let Go, Let God	27 Protected	28 Freedom	29 Healing	30 Discover	31 Divine Order	

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 - Jan 13th, 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

A New Year To-Do List

By Rev. Kelly Isola



Tools for planning and affirming your spiritual journey

As a new year unfolds, I find myself not only reflecting on the year that just ended but also looking ahead with great expectation. I find myself wondering what will emerge and how will this spiritual journey of being and becoming unfold.

Here's a to-do list for each one of us for the new year. It focuses on cocreating a world that works for all and seeing our great expectations transform our world.

Remember that the force moving the stars is the same force that moves the human heart. Embrace this cosmic view, and you will know that this force is alive in all things.

Open yourself to the movement of the stars and the movement of your heart. Realize you are a necessary part of the interconnectedness of all life.

Checklist for Cocreating a Transformative New Year

- ◆ I recognize that I am a sparkling gift from the cosmos. It is time to unwrap myself and share myself with the entire world.
- ◆ I sing love songs to my soul. It's not about carrying a tune; it's about playing the symphony that is me.
- ◆ I treasure my loved ones, even when they seem unlovable. It is in those toughest moments they are saying most loudly, "Somebody, please love me."
- ◆ I look each day in the mirror knowing: I am love made visible.
- ◆ I am an angel and an ancestor with this planet. My presence makes a difference—and also leaves **an echo of perfection** for those who are yet to be born.
- ◆ I find adventure in every day. I have courage to do new things, big and small, and know this inspires others to unwrap themselves for the world too.
- ◆ I recognize with every sadness I am blessed to have a heart cracked wide open. One of the great mysteries in life is that by feeling our suffering we also invite in the possibility of feeling great joy. Suffering and joy are your partners in wholeness.
- ◆ I delight in knowing my light has already illuminated darkened paths. My gaze has lifted broken spirits. My gentle life has changed the destiny of all I have touched.
- ◆ I carry the peace of the world within myself.

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