

Unity of Gulfport

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



September 2019

Divine Assignments

Spiritual Author and teacher Cheryl Richardson posted a story recently about remaining at peace while in the middle of seeming catastrophe.

She says that in the middle of having their front steps and walkway repaired, they discovered a serious water problem. The wood beams and facade under the front door had completely disintegrated and the stone siding on the front of their home might need to be removed to repair large patches of rotted wood.

She said she stood staring at the house while the supervisor explained the problem and was totally dazed and disoriented at the extent of the damage. She then walked into the house, shut the front door, and burst into tears.

Then, she says that she sat down on the sofa and did two things:

She says, "First, I searched for someone to blame. Was it the framers, architect, or builder's fault?"

After trying to assign blame, she then began imagining the worst-case scenario. She visualized thousands of dollars flying out, being woken up by banging nails and screaming saws, and spending months trying to convince contractors to get the repairs done in a timely fashion.

It took two days to calm down. On the morning of the third day, she reminded herself "that they had a great team of professionals who helped build their dream home. Everyone had the best of intentions and while mistakes might have been made that contributed to the problem, certainly no one involved intended to create this mess."

After being able to focus, she saw that she could resist the reality and suffer, or she could "accept reality and take it on with grace and grit." She chose grace and grit.

She renamed the water problem a "divine assignment" and decided it was put in her path to strengthen some important skills.

She then gave herself some ground rules:

- ◆ Stay calm and centered.
When the stress became overwhelming, she remembered to get centered.
- ◆ Be loving and kind to everyone involved.
No one intended for this to happen and everyone felt bad and pointing fingers wouldn't help.
She said, "Not only that, but loving people is so much easier than being mean and nasty."
- ◆ The last rule of engagement was her saving grace:
Maintain a higher perspective.

She said that, "as unpleasant as it is to be dealing with a massive problem that could mean rebuilding the front wall of your home, the truth is that this is a first world problem. There are refugees who have been forced out of their communities, parents desperate to feed their children, and people struggling to find clean water. We're blessed to even have a home."

From that higher point of view, she started to feel grateful and saw that they were indeed fortunate to have found the problem before it became a full-blown crisis. It's amazing what a shift in perspective and a little love can do.

Sometimes we're holding onto a perspective that is causing us great anxiety and pain. We're so busy assigning blame and getting into the "worst case scenario" type of thinking that we cannot see the bigger picture.

When we finally settle down enough to be willing to see the bigger picture, that higher perspective will come like a gift from the heavens. The problem will not look as daunting – the solution will come.

Ask yourself this: Am I willing to allow this challenge to become a teachable moment? Rather than seeing it as a challenge – how may I view it as an opportunity? What I hope you'll take with you this week and month is the knowledge that when challenges come, we have the ability to lovingly work our way through them. The sooner we are willing to see the higher perspective, the sooner the spiritual solution will arise. My wish for you is that you will have a month of sailing through clear waters – with loving solutions and peaceful hearts and minds. Be well and continually blessed.

Rev. Judy

Unity World Day of Prayer is September 12, 2019

How Can You Participate in World Day of Prayer?

We invite all to **submit a prayer request** and **light a virtual candle**. You can join for the events at [Unity Village](#) or other Unity centers. Follow our hashtag [#WDOP2019](#) and join us at the [Unity Facebook page](#) to connect with our reflection questions and watch live events.

Sign up for [Unity4Today](#) to receive email updates and announcements.

What Is World Day of Prayer?

Held annually on the second Thursday in September, World Day of Prayer unites Unity and draws in New Thought partner communities for a 24-hour period of prayer practice. In prayer, we dissolve our personal bor-

Guiding Prayer

Breathing in to prayer, I am in awe of the unbound spirit, the in-finite presence within and around me. God is vitality in my breath, beauty in the natural world, strength in my determination, and compassion in my acts of service. I recognize God in the spaciousness of the universe as well as in my limitless dreams.

Let me set my sight beyond where I have seen before, into the vast reality of divine power and presence. Let me draw upon divine power and presence in order to ful-fill my great potential.

In the harmony of prayer, my heart beats to the rhythm of God. The pulse of in-finite life moves me, nourishes me, and

“Silent Unity. How may we pray with you?”



Do you have a prayer request? There are several ways to contact Silent Unity, the 24/7-prayer ministry:

Call: [1-816-969-2000](tel:1-816-969-2000)

International: [01-816-969-2000](tel:01-816-969-2000)

[uPray mobile prayer app](#)

Write: Silent Unity, 1901 NW Blue Parkway, Unity Village, MO 64065-0001

Or use our [online prayer request form](#) at Unity.org

Monthly Activity Calendar

Sept 1,8,15,22, 29	Sun	9:15 am 9:30 am 10:30 am 12:00 pm 12:30 pm	Discussion Group Meditation w/Music Sunday Service Drum Circle Films of Interest w/Steve Jahncke
Sept 2	Mon	11:30 am	Unity Labor Day Party
Sept 6,7	Fri, Sat	8-5:30 pm	Healing Touch Class
Sept 15	Sun	11:30	Rev. Eunice (Guest Speaker) Potluck after Sunday Service
Sept 20	Fri	6:30 pm	RR Street Acoustic Café
Sept 21	Sat	10-1:00 pm	Cacao, Gamma Breathing, Sound Bath / With Tim Smith
Sept 8, 22	Sun	12:00 pm	Drum Circle (in Sanctuary)
Sept 10,17,24	Tues	6:00 pm	Book Study
Sept 2,9,16,23,30	Mon	6:00 pm	Practicing Presence with Tim Smith
Sept 4	Wed	6:00 pm	Managing Your Mood EO Class
Sept 25	Wed	6:00 pm	Sierra Club Meeting
Sept 5, 19	Thu	5:30 pm	Toastmasters Group

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 9:15 am	Women's Prayer Team
Tuesday 6:00 pm	Book Study

Monthly or twice Monthly Meetings

4th 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
Every Other Sunday:	12:00 noon:	Drumming

Daily Word Calendar

September 2019

sun	mon	tue	wed	thur	fri	sat
1 Abundant Living	2 Rest	3 Let Go, Let God	4 Discover	5 Divine Order	6 In God's Image	7 Joy
8 Ageless	9 Guidance	10 Dream	11 Remembrance	12 World Day of Prayer	13 Fearless	14 Renewal
15 Divine Wisdom	16 Prosperity	17 Faith	18 Inner Sanctuary	19 I AM	20 Confidence	21 World Peace
22 Healing	23 Awareness	24 Vitality	25 Affirmative Prayer	26 Begin Again	27 Centered	28 Pray for Others
29 Potential	30 Serenity					

The Railroad Street Acoustic Cafe

Presents:
George Enslie

Friday, Sept 20, 2019
Doors at 6:30 pm Concert at 7:00

We will have a potluck dinner, so bring a dish to share!
\$15 - \$20 Suggested Donation

Please join us **September 15th:**
Rev. Eunice
Guest Speaker (and potluck)

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.



4th Monday - Sept 23rd 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

What's in Your Spiritual Toolbox?

Unity Offers Practical Tools for Nourishing Spiritual Life

Wherever you are on your spiritual journey, explore these **practical spiritual tools** to nurture your divine spirit and create a more prosperous, healthy, and happy life.

Unity is often described as “practical Christianity.” At the heart of the Unity philosophy is regular and individual *practice*. When we recognize our divine nature, as Unity legend Catherine Ponder said, “We should get busy claiming our heritage of health, wealth, and happiness.”

What practice or tool will you use today to grant yourself greater access to the divine power in you?

- ◆ Affirmations
- ◆ Affirmative prayer
- ◆ Creative Work
- ◆ Forgiveness
- ◆ Journaling
- ◆ Meditation
- ◆ Self Care
- ◆ Self-reflection
- ◆ Visioning
- ◆ Social action
- ◆ Silence

Understanding How Affirmations Work

By Rev. Linda Martella-Whitsett

An effective affirmation is not wishful or magical thinking, and—this is important—it is not a prediction of how things will turn out. Rather, it is a statement of what is true here and now. The affirmations remind us of the spiritual principles behind life's events, like the sun shining behind the clouds.

An example might be about money. We don't affirm we'll be rich someday. Instead, we affirm what is true now and always.

- *The key to prosperity lies within me.*
- *I claim and affirm there is plenty of time and money, plenty of possibilities for me to thrive.*

What Is Affirmative Prayer?

Affirmative means agreeing with a statement; being supportive, hopeful, or encouraging. In North America some people say “affirmative” when they mean “yes.” To affirm is to make a positive statement. We call communication with God *prayer*. Many of us were taught to say “Dear God” in supplication to an entity outside ourselves, but our communication with God can change just as we do. God is good and therefore we exist in a universe of good. God living in, through, and as us is all good, affirmative, and positive. The place where we meet God is within ourselves, the inner sanctuary, the heart temple. We can retreat to this inner sanctuary anytime, anywhere.

What Is an Example of Affirmative Prayer?

Here is one simple way to pray affirmatively:

- Become still. Breathe intentionally and slowly to calm yourself.
- With each breath out, release resistance.
- With each breath in, mentally move your thoughts to your heart.

Why Positive Prayer Works

By Rev. Toni Stephens Coleman

In *The Handbook of Positive Prayer*, author Hypatia Hasbrouck says positive, affirmative prayer works because of the law of mind action. “Thoughts held in mind produce after their kind.” Or, “What we think about, we bring about.” We don't want to pray by focusing on our problems and restating all the difficulties and issues. We want to hold our thoughts on a higher plane. Hasbrouck says: “Positive prayer is the way to form a permanent attitude of mind that reflects the eternal, benevolent activity of God so that we may truly express our nature as children of God, created in God's image to express God's likeness here on Earth.”