

September

CALENDAR

All services are in the Sanctuary. Children's Ministry for Nursery through 3rd grade is available during 9:30 & 11:30 am Sunday services; Nursery through High School during 11:30 am service. Meditation every Sunday between services at 11 am in Rm #301.



Spirit Expressing is a seven-week program beginning Sunday, August 29. This year's theme is "Loving Life, a Journey of Gratitude & Being."

Workbooks will be distributed to you at your first meeting if you are participating in a home study group. If you would like to participate on your own, please pick up a workbook today at the Welcome Center in the Lobby or download one at www.firstunity.org.

During the seven weeks of Spirit Expressing, we have a fun tradition – each Sunday we wear a particular color to Sunday services, as we collectively raise our vibration through our spiritual growth. Join in the fun - the colors are shown below.

Sunday, September 5 — Spirit Expressing, week 2

GROWING WITH INTENTION | First Unity commits to inspiring people to live their greatest life through Sunday services, our online presence and beyond. We understand that as more people embrace the Unity teachings, the world is more loving, healthier, safer and a more abundant place for all.

Sunday, September 12 — Spirit Expressing, week 3

INCLUSION AND DIVERSITY | First Unity is a diverse and vibrant community of all people. The individuals and families that call Unity their community express divinity in a myriad of ways.

Sunday, September 19 — Spirit Expressing, week 4

LEADING EDGE | First Unity is known as a leading edge and dynamic community around the world. Through innovative use of the arts, technology and human resourcefulness, our community models excellence in all we are and do.

Sunday, September 26 — Spirit Expressing, week 5

SACRED SERVICE | First Unity encourages people to lead through sacred service. We recognize that service to others in our community and in our world promotes a consciousness of oneness.

Soulfire Rhythm Rally

Friday, September 3 | 7 to 9 pm | Wings Parking Lot

Always different and always exciting, this drumming circle with First Unity's drum ensemble Soulfire and sponsored by DrumQuest is family-friendly fun. Weather permitting it is held in Wings parking lot; in case of rain Friendship Hall.

Youth & Family Open House and Graduation

Sunday, September 5 | 12:30 to 1 pm | Rm #202 and Uniteens/YOU Rm #401.

Our parent orientation is open to anyone who would like to know more about YFM. Learn about our Sunday curriculum and how you can partner with the teachers in presenting and practicing spiritual principles with your child. You also will be given the opportunity to register your child for the upcoming Sunday school year. An Open House will immediately follow the parent orientation. Enjoy this opportunity for you to meet and get to know your child's new teachers. Each parent will also receive a packet with classroom policies, expectations and teacher background.

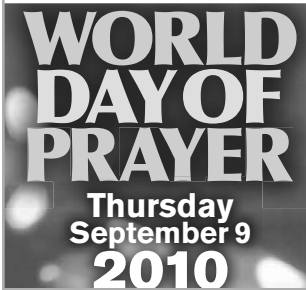
Open Casting Call - Christmas Musical

September 7 & 8 | 7 to 9 pm | Sanctuary

Calling all actors, singers, musicians and stage hands! Come to the open casting call for the Christmas musical "Bethlehem 12-25-0000 the beginning." The story is about the birth of Jesus told by the animals. Call 527-2222 x108 for more information.

World Day of Prayer

Thursday, September 9 | 6:30 to 8:30 pm | Friendship Hall & Sanctuary



Unity's World Day of Prayer 2010 takes on an international and interfaith flavor this year! We begin with a bring-a-dish meal from 6:30 to 7:30 pm. Our prayer service begins at 7:30 pm and will include elements from Rosh Hoshanah and Ramadan, both of which fall on World Day of Prayer. Everyone is welcome at this family-friendly celebration of global oneness. Sign up in Friendship Hall if you plan to bring a dish.

OMNI: An Experience of Creative Energy

Friday, September 10 | 7:30 to 8:30 pm | Sanctuary

The theme for September is *The Tree of Alchemy*. Featuring live painting, spoken word, music and more. Open to the essence of your creative spirit at this new service happening every second Friday in the Sanctuary. If you enjoy the experience of Spirit through music, multi-media, art and prayer, this will move you.

Healing the Gulf



**The Power of Intentions
Workshop & Gulf Blessing
with Dr. Masaru Emoto**

September 11, 2010
1 to 4:30 pm, blessing at 7 pm

*"Water has memory,
and we have the
power as individuals
to collectively come
together to heal
the consciousness
surrounding the
Gulf." ~Dr. Emoto*



This event will support National Wildlife Federation's efforts to restore wildlife in the Gulf of Mexico.

SPONSORED BY:



Join special guests Dr. Masaru Emoto & Kumari Mullin at this unique experience!

Dr. Emoto's latest research findings show us that we have the opportunity to make a difference through our alignment with love and gratitude. He believes our consciousness can serve to bring healing on a global scale to Gulf waters and its inhabitants.

Following the workshop at Unity Campus, we will relocate to Pass-a-Grille Beach for a ceremonial blessing of the Gulf and sea life.

Seating is limited; Pre-registration is encouraged. Tickets are \$35. LIVE BROADCAST tickets \$17.



**Purchase tickets and learn more at
WingsBookstore.com or call (727)522-6657.**

4500 4th Street North | St Petersburg, FL 33703

How to THRIVE not just SURVIVE the hard times in business

Wednesdays, September 22 – October 13 (4 wks) | 7 to 9 pm | Friendship Hall



A thriving business now IS possible! If you want to thrive in your business, take advantage of the opportunity to learn from nationally recognized TV personality and author Michelle Boudreau this fall. Michele is teaching this 4-week series at First Unity to help you gain immediate action steps for your business success, including the marketing and sales tools she has used to help add to the over \$2 billion in revenue per year at HSN and others.

Learn about branding your business for success, customer retention and building your current customer base, lead generation and conversion and continued revenue growth. This affordable workshop is offered for only \$35 per class. There is limited space available — call 527-2222 x107 or register online at www.firstunity.org now to save your seat!

Michelle Boudreau is an accomplished businesswoman, author and real estate investor with 25 years experience in the Fortune 500 corporate world. Take advantage of this unique opportunity to learn from Michelle tools that will help you succeed!

Autumn Equinox Celebration

Thursday, September 23 | 7 to 9 pm | Courtyard

Celebrate and thank Mother Earth for the bountiful harvest and the fruit that is not yet harvested. In the cycle of life fall, the third quadrant, is a time of ending that symbolizes releasing and letting go. Bring your drums, your rattles and sit out under the stars and make music and sing. This is a family event. Casual attire. Held outdoors, weather permitting, inside location if rain.

Broadway's Alive!

Friday, September 24 | 7 to 9 pm | Sanctuary

A fun-filled, evening of all Broadway music, song and dance at First Unity. Everyone is invited; for more information about participation please call 527-2222 x 108 or email musiced@firstunity.org. Love offering.

SPCA Pet Walk

We will participate in the SPCA Pet Walk on **Saturday, October 16** at Straub Park. Last year we raised money for SPCA Tampa Bay and had lots of fun, too! Leashed pets are invited. To register, please go to www.3KPetWalk.org, click on "Become a Walker" and on "Join a Team." Select First Unity of St. Petersburg. Registration is \$10 per walker and pets are free. Learn more in Friendship Hall at the CommUniteam table.

Spiritual Education Program

Our Spiritual Education program offers many classes to inspire you in your spiritual goals. Registering is easy—reserve your seat today!

Sign up at www.firsttunity.org or in Friendship Hall. Dates and locations of classes may occasionally change. Please call 522-6657 for up-to-date information. Payment can be made in advance at the church, online at registration, or at the door. Call 527-2222 x107 seven working days prior to the class/event for childcare reservations (\$5/child, \$10/per family).

Food-Life Synergy – “Catching On To It”.....

Wednesdays, September 1, 8 & 15 | 7 to 9 pm | Rm #301

Food/Life Synergy is an introductory workshop into plant-based cuisine, raw/living food preparation and a whole body approach to wellness. The cornerstone of the program is a balance between diet, detox and water intake, exercise, sleep, mindfulness and social structure. Each workshop with facilitator Virginia Grabowski provides a fun and engaging atmosphere, step-by-step meal preparation, tips for improving all sectors of life and instructions for success. Juicing, new techniques, sprouting and germination, blending and dehydrating, “Easy Vegan/Raw” meals prepared and enjoyed. \$20 per class.

Emotional Freedom Technique/Meridian Tapping.....

Saturdays, September 4 and 18, October 9 and 23 | 2 to 4 pm | Rm #301

The daily hands-on practice of EFT and meridian tapping will empower you with a quick and efficient way to release current and past hurtful thought patterns. This practice opens you up to new and constructive ways of expressing yourself, supports your meditation practice and enhances your ability to listen within. Please bring to each class ample drinking water, a pen and paper and what you aspire to achieve from the practice of EFT and meridian tapping. Facilitated by Juanita Christy and Megan Gray, M.A. \$10 per class.

Taking Care of the Little Girl Inside the Busy Woman.....

Sunday, September 26 | 1:30 pm to 3:30 pm | Sanctuary

Women today are extremely busy with packed calendars and a sense of overwhelm—no matter what age or stage of life. The little girl inside you may feel neglected and she is an important part of who you are. She has so much to contribute to your life—playfulness, creativity, connection, curiosity. This program with Bobbi Gemma will help wake her up and enliven the fullness of who you are.

ONGOING GROUPS & MEETINGS

Children's Unity Voices. Our children's choir for ages 4 to 13 is open to all children! If your child would like to be a part of this choir and has a friend who does not attend First Unity but would also like to be a part of the choir, they are also welcomed. We also have opportunities for assistants to help with the children during these practices. Email musiced@firstunity.org or call 527-2222 x108 to sign up or for more information. Practice held **Sundays from 10:45 to 11:15 am, Musical & Technical Arts office.**

CommUniteam. Want to help others in our church, community and the world? Join the CommUniteam to get involved in outreach at First Unity. **Second Mondays, 6 to 7 pm, Conference Room.**

Ladies Auxiliary. Topics and presenters vary each month. Everyone is welcome. **2nd & 4th Fridays, 11 am, Rm #301.**

Prayer and Healing Service. A sacred space of prayer, meditation, and quiet music. Chaplains are available for prayer and hands-on healing by request. **Wednesdays, 6:30 pm, Sanctuary.**

The Suncoast Community Institute of Noetic Sciences (SCIONS). Sunday, September 26 beginning at 5 pm with a potluck. Learn about cutting-edge research such as the science of love. Join conversations about new and innovative happenings and tools we can practice ourselves as well as within our families and communities. Suggested donation \$5. Learn more about IONS at www.noetic.org. **Friendship Hall.**

Silent Unity Prayer Service. Silent Unity is the international prayer ministry of Unity that was founded in 1890. **Wednesdays, 12:10 pm, Conference Room.**

Sober Spirits. Alcoholics Anonymous. **Wednesdays, 7:30 pm, Rm #200.**

Sunday Meditation. Every Sunday join us at 11 am for meditation in **Rm #301 in The Learning Center.**

Work In Progress. AA book study meets **Thursdays, 10 am in Rm #301.**

A SPIRITUAL CAMPUS OF UNITY

Wings Bookstore
4500 4th St North
St. Petersburg, FL
(727) 522-6657
WingsBookstore.com



First Unity
460 46th Ave North
St Petersburg, FL
(727) 527-2222
FirstUnity.org



ONGOING CLASSES

“After Hours” Active Meditation facilitated by Leigh Antonsen is the process of witnessing while being engaged in activity. Through structured activity and movement it helps to release stress, rebalance the mind and purify the body. Release limiting thought forms and cultivating the silent witness within you. Please bring a meditation pillow or yoga mat. Arrive early, as the doors will close promptly at 7 pm. A love offering is appreciated. **Every 2nd and 4th Thursdays (September 9 & 23) at 7 pm at Wings Bookstore.**

A Course In Miracles is a modern-day expression of the demonstrations and teachings of Jesus focusing on letting go of thoughts and pictures in our minds that cause us to suffer. **Thursdays, 7 pm in Rm #301.**

Oneness Blessings (Deeksha) every Wednesday evening. After a meditation, each participant will receive one or more Blessings. A love offering will be accepted. **7 pm, Rm #401.**

Yoga every Tuesday and Thursday. Strengthen your cardiovascular system, tone and stretch your muscles, and improve your mental fitness at our ongoing yoga class! Bring a mat. Suggested love offering is \$10. **6:45 pm, Rm #401.**



ENCORE *Thrift Shoppe*

An upscale thrift store at First Unity of St Petersburg

4500 4th Street North | (727) 257-0393

STORE HOURS Wed - Sat, 10 am to 5 pm & **Sundays**, 10 am to 3 pm



DID YOU KNOW? You can watch our Sunday messages LIVE on Sundays or on-demand anytime? Watch again or share with friends—just visit **firstunity.org!**



After Hours Events at Wings Bookstore

Wings Bookstore is now offering a variety of events after the store closes. We ask that you arrive early, as the doors will be locked promptly at closing time to allow the sessions to be uninterrupted.

A full and updated schedule is available on our website at WingsBookstore.com. A love offering for these events is appreciated; please give as you are guided.



Connecting with the Angels | Monday, September 13 at 7 pm

Connect with the angels to receive their healing energy and Divine guidance. In this gathering, facilitated by Emily Andrews, the group will be guided through healing and releasing exercises designed to help connect with Angels to receive their guidance. Please call Wings at 522-6657 to reserve your seat for this gathering.

Reiki Share | Thursday, September 16 at 7 pm

Are you curious about Reiki energy healing, and want to give it a try? Are you a Reiki practitioner looking to share your gifts with others? Join our circle of Reiki practitioners and community members to welcome this relaxing, restorative energy into your life! No prior experience with or knowledge of Reiki is necessary.

Mystical Poetry Love Fest | Friday, September 17 from 6:30 to 8:30 pm

All mystical poets, regardless of century, gender, age, or tradition, express the one, living, vibrant, undeniable truth: There is only One Spirit, One Love, and that Spirit wants nothing more than to touch and be touched by you. **Janet Conner**, author of *Writing Down Your Soul*, will share her ecstatic love for the mystical poets, Hafiz in particular, in the first Mystical Poetry Love fest anywhere in the Tampa Bay area. Come prepared to be still, to listen, to open your heart and let God enter and abide there.

Celebrating the Inner Goddess | Monday, September 27 at 7 pm

This event with Emily Andrews and Victoria Hawkins is designed to empower women to align with the Goddess within. The celebration will include belly dancing and a guided imagery meditation to assist women in embracing their connection to the powerful feminine energy that desires to be expressed fully!