

APRIL 2008

Centerpoint

UNITY CENTER OF WALNUT CREEK



*Every time you choose peace in response to conflict,
a greater consciousness of peace is created in the world.*

*Every time you choose hope in response to doubt,
a greater consciousness of hope is created in the world.*

*Every time you choose generosity in response to lack,
a greater consciousness of generosity is created in the world.*

*Every time you choose love in response to resistance,
a greater consciousness of love is created in the world.*

Thank you for those choices. You are a blessing to us all.

—Rev. David McArthur

Yosemite National Park (Photo by David McArthur)

For more complete details concerning the information in this newsletter, please see our website, www.unitycenter.net



New Classes

Unity Center of Spiritual Learning Classes April 7 - May 30

Drop-ins Welcome • All classes on Free-Will Donation Basis (suggested donation \$10)

Mastering Practical Intuition

Mondays at 7:00 pm with Will Scott, MA

This is a fun, transformative, experiential course in developing your innate ability to “know” what is so beyond the ordinary physical and mental perceptions. You will learn how to listen and understand what is being communicated to you by your inner self and your physical body. You will learn to apply your intuitive abilities in all areas of relationship, business, work, play, health and spirituality. Intuition is not something mysterious that only some people have. It is an integral facet of your being, and just like anything else we do, practice is required to improve your ability to use the skill.

Will Scott, MA is a master healer and facilitator. He has been teaching classes and helping clients transform their lives and heal themselves for over 25 years. His classes are always experiential, interactive and fun.



Keys to the Kingdom

Tuesdays at 7:00 pm with Mike McGarvey and Rev. David

Learn Unity’s prosperity principles and challenge yourself. One of those principles is tithing (giving 1/10th of all you receive to where you are spiritually nourished). Tithing is required to participate. In order to give yourself permission to test it out, we will return all that you tithed during these weeks if you choose. Tithing does work and that’s our guarantee!! Keys to the Kingdom will help you identify and change any limited beliefs you have about abundance, happiness, and success. This is not a course about simply getting more money or material things; it is actually a guide to developing a higher level of spiritual awareness. Required text: *Keys to the Kingdom Workbook* (available for purchase in class)

Mike McGarvey has been at UCWC since 1991. He’s served in every area except choir and minister. He’s shoveled out storm drains in the rain, served on the Board (treasurer and President), ran the nursery, and served at least a dozen years in Youth Ed. Mike has taken 25 classes at Unity Village and is our Sunday Coordinator.



Journey into Prayer and Meditation

Wednesdays at 7:00 pm with Jeanne Fuson and Rev. David

Prayer and meditation connect us to Spirit. People all over the world and throughout time have received guidance, peace and renewal through meditation and prayer. In our journey, we will explore how different spiritual paths use these powerful tools. We will visit a different culture or process each week to enrich our experience as we connect to the Divine within each of us. Gems gathered from Native Americans, Buddhism, Silent Unity, music, and more will enrich our participation in prayer and meditation each evening. If you are new to prayer or meditation, or your heart says its time to renew and strengthen this most important part of your life, join us. Come join a supportive group of fellow seekers in a life-transforming journey into meditation and prayer. Recommended book: *Praying Through a Storm*, by Sheila Gautreaux-Lee

Jeanne Fuson is an educator and Heart Minister at Unity Center of Walnut Creek. Prayer is an integral part of her life. Rev. David McArthur has been teaching these beautiful practices for more than thirty years.





April Calendar of Events

Ongoing Events

(HeartMath and POD groups that are closed are not listed here, but are on the This Week at Unity poster at the Center)

Mondays

- Communication Coaching Group *with Ali True*..... 10:30 am
- Hatha Yoga *with Barbara Bureker* 1:30 pm
- Mastering Practical Intuition *with Will Scott**..... 7:00 pm
- Women of Unity (Third Monday of the month) 7:00 pm

Tuesdays

- Book Club 10:00 am
- Course in Miracles *with Linda Goldey*..... 10:30 am
- Meditative Yoga *with Sandy Stober*..... 5:30 pm
- Keys to the Kingdom *with Mike McGarvey & Rev. David**....7:00 pm
- Insight Meditation *with Ernest Isaacs* 7:30 pm

Wednesdays

- Senior Peer (Second & Fourth Wed. of the month) ... 10:00 am
- 12 Step Meeting - Nicotine Anon 6:30 pm
- Healing Night (First Wed. of the month) 7:00 pm
- Hands-on Healing Night (Third Wed. of the month) .. 7:00 pm
- Journey into Prayer... *with Jeanne Fuson & Rev. David** ...7:00 pm

Thursdays

- 12 Step Meeting - O.A.H.O.W. 10:30 am
- Spiritual Insight Through Expressive Arts *with Sonia Wijts** ...7:00 pm
- Choir Rehearsal 7:30 pm



Spiritual Insight Through Expressive Arts

Thursdays at 7:00 pm with Sonia Marie Wijts

If you ever wondered why you've done things even when they didn't make sense or have ever acted in a way you couldn't understand, this is the class for you. We will use a mindful approach to probing your subconscious through an integrative sensory approach using expressive arts modalities like drawing, movement, and music, as well as relaxation, visualization, grounding, and chakra cleaning. You will go

on a journey of discovery and use art to express what was hidden, as well as solidify the gained insights. No art experience is required. A \$5 materials fee will be collected the first class.

Sonia Marie is currently the Art Director for the Center for Adaptive Learning in Concord. She earned a BA in Studio Art and an MA in Psychology with a specialization in Expressive Arts Therapy.

Saturdays

- Prepare homeless bag lunches 9:15 am
- 12 Step Meeting - OA 10:00 am
- Toni Roberts w/HeartMath Groups (2nd Saturday) 10:00 am

Sundays

- Sunday Services 8:00 (Meditative), 9:30 and 11:30 am
- Poetry Group (First Sunday of the month) 1:00 pm
- 12 Step Meeting - O.A.H.O.W. 4:00 pm

* Classes begin the week of April 7

April

Sunday 6th

- Rev. Sheila Gautreaux-Lee, guest speaker all services
- Radical Forgiveness Ceremony 2:00 pm

Monday 7th

New Classes Start

Sunday 13th

- HeartMath for Resilient Families *with Carolyn Janson*... 1:00 pm

Sunday 20th

- Town Hall Meeting 1:00 pm

| Unity Center Financials | | | |
|-------------------------|----------------|------------|---------------|
| | 2007 | | January 2008 |
| Income | \$410,576 | Income | \$33,785 |
| Expenses | <u>409,976</u> | Expenses | <u>37,076</u> |
| Net Income | \$ 600 | Net Income | \$ -3,291 |

**Have you seen the new designs for our Center?
Bring your thoughts to our Town Hall Meeting on Sunday, April 20 at 1:00 pm.**

Unity Center

OF WALNUT CREEK

1871 Geary Road, Walnut Creek, CA. 94597

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April 2008 Centerpoint

A Transformational Radical Forgiveness Ceremony with Rev. Sheila Gautreaux-Lee

Sunday, April 6 at 2:00 pm • Suggested free-will offering \$50

Based on a Native American healing circle ceremony, this largely non-verbal process preserves privacy and anonymity, yet has proven itself to be extremely powerful and effective in allowing people to forgive themselves and others, and to find peace and happiness. We walk the circle once to silently honor and witness our “story” of what happened. As we see others walk too, we realize we are not alone, and we honor their pain. After hearing a special Radical Forgiveness story, we walk the circle again and ask inwardly to come to a new place of forgiveness and peace. And it works! People leave with tears of joy and smiling faces. Don't miss this! It is entirely non-threatening and yet is likely to change your life forever!

Sheila Gautreaux-Lee is an ordained Interfaith Minister at Christ Unity Church Sacramento, Licensed Unity Teacher, Inspirational Speaker, Author, Radical Forgiveness Coach, Opera Singer, Columnist, mother and grandmother. She is the author of Praying Through A Storm: How Prayer Works, How to Make it Work For You, a book on the power and process of prayer. Sheila Gautreaux-Lee is an exciting and highly-praised speaker on spiritual principles and practice, forgiveness, relationships and women's empowerment.

Rev. Sheila will be our guest speaker at all services on Sunday, April 6

HeartMath for Resilient Families — “Living Heart-Centered Lives” with Carolyn Janson

Sunday, April 13, 1:00 – 3:00 • Suggested Free-will Offering: \$25/person; \$30/family

This workshop is for parents (& grandparents) *and* their children grades 3 – 7. As we each learn to connect with the wisdom of our heart, we discover answers within. Connecting heart to heart, we teach our children how to live a heart-centered life. Light Refreshments will be served 1:00 – 1:30 pm.

Carolyn Janson is one of Unity's Licensed 1 on 1 HeartMath Providers. Carolyn brings a wealth of experience as a Life Coach, classroom teacher, parent educator and facilitator. Carolyn was one of the creators of HeartSmarts™, a new curriculum for children grades 3 – 5.



How to Reach Us:

Office (925) 937-2191 and office@unitycenter.net

Dial-A-Thought (925) 937-0777

24 Hour Prayer Chain (925) 937-2191

Silent Unity / Unity Village, MO (800) 669-7729

(24 Hour Prayer) (816) 969-2000

Business Hours: Monday - Thursday 10:00 am - 6:00 pm; closed Friday

Daily Meditation: Monday - Thursday 12:00 pm - 12:15 pm

Book Center & Library Hours: Monday - Thursday 10:00 am - 7:00 pm

Retail Book Sales: Sunday 9:00 am - 1:30 pm

Sunday Morning Service: 8:00 am, 9:30 am & 11:30 am

Sunday Morning Youth Education: Infants-13yrs: 9:30 and 11:30
Uniteens (Middle School): 9:30; Y.O.U. (High School): 9:30 & 11:30