

# Centerpoint

UNITY CENTER OF WALNUT CREEK

## Creating Our Destiny

Unity's 2020 Vision project brings you Destiny Day!

After conducting hundreds of interviews of members of our community...

After a day and a half where over eighty people selected the top four areas of Unity of Walnut Creek to take forward to a new level, and...

After months of research and creative planning by our self selected teams, we are ready to invite our entire Unity community to gather to hear the vision and plans to bring forth the Divine Destiny of Unity of Walnut Creek.



You are invited to join with the members of our community to hear the exciting ideas and plans from our teams and enter into the vision that Spirit is bringing forth to guide our future.

On Saturday, April 16, from 10:00 am to 3:00 pm, our teams will share their inspired visions. They will show us the amazing transformative possibilities

for our community. It will be exciting. It will be fun. It will be a great time to make new friends in our community; and it will be an in-depth experience of the power of united hearts and minds to create an inspired destiny. Become a part of this new and exciting creation.

### Rev. Larry Wynn, Guest Speaker

#### 9:30 & 11:30 am services on Sunday, April 17

Larry Wynn is with us to facilitate our 2020 Destiny Day on Saturday, April 16 and will be sharing with all of us at our Sunday services.

*Rev. Larry R. Wynn is an organizational and leadership consultant who has worked with more than 50 churches, religious organizations and nonprofits helping them envision and design their future. Larry has a Doctorate of Ministry degree and three masters; is a Licensed Unity Teacher and an Ordained Minister. Larry merges spiritual principles and cutting edge technologies like Appreciative Inquiry, Nonviolent Communication, HeartMath and Radical Forgiveness into his work. Rev. David appreciated Larry's empowering leadership when he served as the Chief Operating Officer at Unity Village. Larry has been guiding our 2020 Vision Team as they lead us on this exciting journey for our Center.*



*For more complete details concerning the information in this newsletter, please see our website, [www.unitycenter.net](http://www.unitycenter.net)*



# Upcoming Events

## A Spiritual Retreat for Women

May 6-8 • Casa San Felipe Youth Retreat Center, Lafayette

Led by Rev. Susan Galvan, this spiritual retreat for women will include meditation, music, silence, creativity, play and movement as together we embrace the Divine Heart of the Feminine within our own hearts.

Cost is \$200, which includes meals and dorm-style lodging. Registration in the Book Center and Sundays on the patio starting on March 27.



## Sheng Zhen Qigong with Alison Tucker

Thursdays at 10:30 am & 5:30 pm

Note the corrected description of the class:

Sheng Zhen qigong, the qigong of unconditional love, benefits the body, mind, emotions, and spirit. The 10:30 am class will focus on Sheng Zhen healing qigong, a form with gentle movements done sitting in a chair (so suitable for most everyone, but check with your health practitioner if you have any concerns.). The sitting form, Awakening the Soul, will also be covered in some morning classes. The 5:30 pm class will focus on a Sheng Zhen form called Jesus Standing that involves gentle movements done while standing and that cultivates the power of love; it is best to take the full series, since a sequence of movements will be taught.

## Continuing Classes • Drop-ins Welcome

**Bringing Your Spiritual Practice to Life!** • Mondays at 2:00 pm with Janet Carol Ryan • Join us for an exploration of the benefits and blessings of various forms of meditation, affirmative prayer, and inspirational readings.

**Love: It's Not What You Think!** • Mondays at 7:00 pm with Kathleen Sims • Looking at and dissolving the obstacles to love transforms our relationships into vehicles for spirituality, depth and meaning in our everyday lives.

**Movement Class for Seniors** • Tuesdays at 10:00 am with Tra Holloway Boxer • An opportunity for participants to experience gentle, slow movements, standing and/or sitting that can lessen joint stiffness, increase flexibility, balance and relieve stress.

**Spiritual Practices** • Tuesdays at 7:00 pm with Rev. David and Jeanne Fuson • A class rich in experience that holds the potential to open the door to the true goodness that God holds for you.

**Forgiveness First** • Wednesdays at 7:00 pm with Alexandra True • Discover the depth of your own inner resource and capacity to forgive and enter into a place of freedom and peace.

**Introduction to "The Nature of the Soul"** • Wednesdays at 7:00 pm with Glen Knappe • An introduction to "The Nature of the Soul," a book on the Art and Science of Meditation, by Lucille Cedercrans.

**Sheng Zhen Healing Qigong** • Thursdays at 10:30 am & 5:30 pm with Alison Tucker • See correction above

**The Awakening Self** • Thursdays at 7:00 pm with Rev. Susan Galvan • Clarity, understanding and companionship can make all the difference in our ability to embrace positive change so that it becomes transformation.

**Creating Infinite Wellness** • Thursdays at 7:00 pm with Will Scott • We are focusing on methods of creating and maintaining wellness in the areas of physical health, financial success, spiritual well-being, emotional health and more.

**Popcorn with Purpose** • 1<sup>st</sup> Friday at 7:00 pm • In April, we will be showing "Spiritual Liberation"—a day in the life of Michael Beckwith, the founder and director of Agape International Spiritual Center. In May, we will be showing "Beautiful Dreamer." Joe and Claire were high school sweethearts, newly married when World War II called Joe to duty. When Joe's plane goes down, Claire is expected to grieve and move on, but she can't. As news surfaces that Joe might be alive after all, Claire is faced with a challenge that only love can conquer.

**A Course in Miracles (The Urtext)** • Fridays at 7:00 pm with Garrett Riegg • A Course in Miracles is a universal path to inner peace using love and forgiveness to dispel fear, doubt and guilt.

**Cultivating Connections in Community** • 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Fridays at 7:00 pm with Charlie Paduano • We are exploring the gifts of community in your life and the ways to nurture, develop and expand those connections and your communities through discussion and exercises.



# April Calendar of Events

## Ongoing Events

### Mondays

Communication Coaching Group..... 10:30 am  
 Nia with Kathy Bate..... 10:30 am  
Bringing Your Spiritual Practice to Life\* with Janet Ryan.. 2:00 pm  
 HeartMath Study Groups (closed groups) ..... 7:00 pm  
Love: It's Not What You Think!\* with Kathleen Sims .. 7:00 pm  
Tools for Integrating ...\* with Tra Holloway Boxer (closed) ..7:00 pm

### Tuesdays

Movement Class for Seniors with Tra Holloway Boxer ..... 10:00 am  
 Course in Miracles with Linda Goldey..... call the office for info  
 Meditative Yoga with Sandy Stober..... 5:30 pm  
 HeartMath Study Group (closed group)..... 7:00 pm  
Spiritual Practices\* with Rev. David & Jeanne Fuson ..... 7:00 pm  
 Insight Meditation with Ernie Isaacs ..... 7:30 pm

### Wednesdays

Nia with Kathy Bate..... 5:30 pm  
 Nic-Anon..... 6:30 pm  
Forgiveness First\* with Alexandra True. .... 7:00 pm  
The Nature of the Soul\* with Glen Knape..... 7:00 pm  
 Healing Night (1<sup>st</sup> Wed. of the month)..... 7:00 pm

### Thursdays

Sheng Zhen Qigong Class with Alison Tucker ..... 10:30 am  
 HeartMath Study Group (closed group)..... 1:30 pm  
Soul Seeds\*\* with Susan Galvan (closed)..... 1:00 pm  
 Sheng Zhen Healing Qigong with Alison Tucker..... 5:30 pm

## HeartMath® Retreat at HeartMath

### Saturday, May 21

We have been invited back to the HeartMath retreat center for a very special retreat. Come on a journey deep into the experience and knowledge of your heart. It will be led by internationally-respected HeartMath trainers who are acknowledged world leaders in the understanding of the spiritual and transformative power of the human heart. Those who have taken HeartMath trainings, seminars or classes, or have been a part of a HeartMath Study Group are invited to join Reverend David and Toni Roberts at the HeartMath's beautiful retreat facility nestled in the redwood forests of the Santa Cruz mountains.

We will have a workshop in advanced HeartMath and learn of new heart discoveries. We will experience a heart-filled environment that also nurtures the mind and soul. Registration information is in the Book Center (register by May 8).

The Awakening Self\* with Susan Galvan..... 7:00 pm  
Creating Infinite Wellness\* with Will Scott..... 7:00 pm  
 Choir rehearsals (email Rick Stober at rstoiber3@yahoo.com) ..... 7:30 pm

### Fridays

Office closed  
Popcorn with Purpose (1<sup>st</sup> Friday of the month)..... 7:00 pm  
Course in Miracles with Garrett Riegg ..... 7:00 pm  
Connections with Charlie Paduano (2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Fridays) ..7:00 pm

### Saturdays

Prepare homeless bag lunches (4/2, 4/9, 4/16) ..... 9:00 am  
 Toni Roberts (2<sup>nd</sup> Saturday of the month) ..... 10:00 am  
 Facilitated HeartMath Group with Ciel Gierke ..... 10:00 am

### Sundays

Sunday Services ..... 8:00 (Meditative), 9:30 and 11:30 am  
 Laughter Yoga (2<sup>nd</sup> Sunday of the month)..... 10:45 am  
 Poetry Group (1<sup>st</sup> Sunday of the month)..... 1:00 pm  
 Awakening the Dreamer (2<sup>nd</sup> Sunday of the month) ..... 1:30 pm  
 Drumming Circle (3<sup>rd</sup> Sunday of the month) ..... 5:00 pm  
 Urantia Study Group (2<sup>nd</sup>, 4<sup>th</sup> Sunday of the month)..... 6:30 pm

## April

### Saturday 16<sup>th</sup>

Destiny Day..... 10:00 am

### Sunday 17<sup>th</sup>

Larry Wynn, guest speaker ..... 9:30 & 11:30 am

### Sunday 24<sup>th</sup>

Easter Services..... 8:00, 9:30 and 11:30 am



# Unity Center

OF WALNUT CREEK

1871 Geary Road, Walnut Creek, CA 94597

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April 2011 Centerpoint

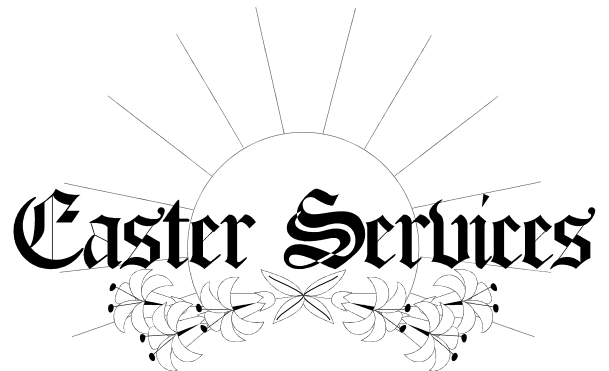
## Easter in our New Sanctuary

Sunday, April 24 • 8:00, 9:30 & 11:30 am

The triumph of life over death, of the spiritual over the physical, of hope over despair, is why Easter is such a joyous celebration at Unity. We celebrate the goodness and power of God expressed to us through Jesus' resurrection.

Enjoy the magnificence of our choir, the power of inspired truth, the magical beauty of our musicians and soloists, and the delight of our children's choir as this celebration of life and goodness fills our new sanctuary.

Bring your family and friends to join our spiritual family as these services of great joy express the fullness of our hearts and the beauty we find within all of life.



**Childcare program provided  
at 9:30 & 11:30 am services**

***Rev. David McArthur, Senior Minister • Don Eggleston & Susan Galvan, Assistant Ministers***

**How to Reach Us:**

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

**Prayer Requests** (925) 937-2191

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

(24 Hour Prayer) (816) 969-2000

**Business Hours:** Monday - Thursday 10:00 am - 5:00 pm; closed Friday

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

**Retail Book Sales:** Sunday 9:00 am - 12:30 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 & 11:30; Y.O.U. (High School): 11:30 only