

Centerpoint

UNITY CENTER OF WALNUT CREEK

It's Happening !!!!



Sunday, August 2

**Services begin in the Lakeside Room
Heather Farm Community Center
301 N. San Carlos, Walnut Creek
8:15 am, 9:30 am & 11:00 am**

We opened to Spirit's vision. We said yes to Spirit's direction. We responded with the talent and commitment of Spirit expressing through our wonderful community. We held to the dream Spirit had inspired in us. Spirit's vision for the renewal of our Center is now coming into manifestation as we continue to be guided by Spirit and to support one another in our temporary locations. Your faith, your support and your love is Spirit expressing in our Center right now. Thank you for bringing us successfully to this exciting part of our journey.

Monday, August 3

**Our office and classroom space opens at
1800 Oak Park Blvd. in Pleasant Hill**

Tour this wonderful facility at our Open House
on Sunday, August 9 from 1:00 to 3:00 pm



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



Celebrating Our Past



Lisa Nichols

On Sunday, July 5, we had a very special service “Celebrating our Past.” Lisa Nichols led us through a review of the highlights of our years since the Center’s founding in 1948 by Rev. Marie Giles. We had a delightful video moment of experiencing Rev. Carol Ruth Knox (who followed Rev. Giles) teaching in our sanctuary. David Brooks shared his experience of this marvelous minister who built Unity Center into the largest Unity ministry west of the Mississippi at that time. Rev. David talked about Rev. Knox’s death and its impact on our Center.



David Brooks

We had video messages from all the minister’s since that time. Rev. Marge Britt reminded us we hold a mystical consciousness and Rose Trandby shared the inspiration she had received from Rev. Marge. Rob Seidenspinner told about the opening and connection he experienced with Rev. Culliver who had a virtual message for us as well.



Rob Seidenspinner

The dynamic team of Lafser, Leonard and Lynch each gave us their blessings and Rev. Max Lafser reminded us that this renovation was a part of the 2010 Vision that they had established ten years ago. Ron Salazar told of some of the spiritual nuggets he had learned from Rev. Max as well as Gene Lynch and Suzanne Leonard who served us at the beginning of the Millennium.



Rose Tranby

We remembered the peace wall which was built during Rev. Max’s time. We then had a special presentation by Pat Morgan on the meaning and symbolism of the Art that has for so many years decorated our sanctuary wall. The art will be lovingly taken down before construction and our history team will be looking at how to honor its memory and the wonderful history of our Center in our renewed facilities.



Pat Morgan

We are so blessed by all the wonderful leaders who have guided our Center. We have shared our spiritual journey together and our Center has been a place of blessing for many, many people throughout the years.



Ron Salazar





Class Previews: One Night Only

All classes held at 1800 Oak Park Blvd.

All classes on free-will donation basis (suggested donation \$10)

Introduction to Loving, Lasting, Spiritual Partnerships with Kathleen Sims

Monday, August 17 • 7:00 - 8:30 pm

The world is changing and a new model of relating is being called into Being from on HIGH. What we once thought would work to create a successful relationship no longer produces the fulfillment we are all seeking. Relationship can be your chosen vehicle to enlightenment. Learning about and mastering conscious relating can bring you back HOME to your Self. Throw out your old habits and unnatural methods for relating. Learn how to manifest and manage a relationship of the future NOW - - - one that includes a vision of spiritual growth, unconditional love and deep fulfillment.

Kathleen E. Sims, D.D., C.H.T., is co-founder of The Center for Conscious Living, in Pleasant Hill. She provides soul-based counseling and coaching, spiritual/cellular healing, transpersonal hypnotherapy, and soul mastery workshops. For 25 years, Kathleen has been a catalyst for deep, individual change, moving clients away from intellectual theory and into an actual cellular change of their consciousness. Her recently released co-authored book, Wake Up Women—Be Happy, Healthy & Wealthy, reached #1 on the Barnes & Noble Bestseller list for Women's Books and #7 overall Bestseller.



Unity Principles with Reverend David McArthur

Tuesday, August 18 • 7:00 - 8:30 pm

We talk about living according to our Spiritual Principles. What are those principles? What are the universal truths that are at the core of our Unity practices and teachings? Many of us have put lots of effort into our spiritual practices such as meditation and prayer. What are the principles that are behind these actions? Join Rev. David McArthur in an evening spent exploring these principles and discovering how deeply they can effect our lives.

If you have been interested in learning more about Unity and its teachings or about the core understandings of spiritual growth itself, this is an evening for you. These principles are life transforming. You will not look at the world the same as you did before this evening.



Introduction to Healing Nights with Tom Bradica

Wednesday, August 19 • 7:00 - 8:30 pm

Join us for an introduction to Healing Nights that are held on the first and third Wednesdays. On the first Wednesday, various healers from within our group share and guide us as we experiment with and explore their personal healing modalities. Others contribute with music and meditation. There is always plenty of hands-on and group healing. The third Wednesday evening is less structured and more involved with direct energetic and hands-on healing, alignment and attunement.



Class Previews: One Night Only

All classes held at 1800 Oak Park Blvd.

Conscious Eating For Spiritual Health *with Angie Lambert and Sheri Miller*

Thursday, August 20 • 7:00 - 8:30 pm

When it comes to eating, most of us experience a gap between our ideal aspirations and our actual practices. The demands of life and poor eating habits can take us further away from our spiritual nature. Conscious eating is an essential component to our well being and helps us move toward greater fulfillment on our spiritual path.

One of the greatest pitfalls in our American diet is the overconsumption of sugar. Sugar comes in many disguises, some that are healthy and some that are not. Learn the difference between simple sugars and complex sugars, the pros and cons of artificial sweeteners, which sugars offer nutritional value, how to deal with sugar cravings and how to make better choices.

Certified Holistic Health Educators Angie Lambert and Sheri Miller have both reversed serious, chronic health conditions through conscious eating and conscious living. They teach from the heart what they know and what they've experienced first-hand about the healing power of food and the healing power of the spirit. Many who attend their classes have major breakthroughs as a result of putting conscious eating into practice.



Living with Passion, Prosperity and Peace *with Will Scott, MA*

Monday, August 24 • 7:00 - 8:30 pm

This is a divinely-inspired evening offering you tools to open the gateways to immense riches within yourself! **You** are the Magnificent Creator of your own life. Join us for this potentially life-altering event.

- What would your life be like if you truly embodied the power of YES?
- What if you could unravel the programs of limitation that keep you from creating the change you desire in your life?
- Would you like to live passionately without attachment to the outcome?
- What is the secret to finding a greater peace in all things?

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.





Class Previews: One Night Only

All classes held at 1800 Oak Park Blvd.

A Course in Miracles Preview with Garrett Riegg

Tuesday, August 25 • 7:00 - 8:30 pm

The universe is a grand miracle. Equally grand is the power of miracles in every heart. *A Course in Miracles* was transcribed by a skeptical psychologist from an inner voice speaking as Jesus. It is a course in mysticism that powerfully changes lives. It is a path to inner peace using love to dispel fear, doubt and guilt. Please join us to study the Text, the Workbook, and BePeace/theosophic corrolaries that will impact your life and relationships. This class is a continuing group, but newcomers are welcome and strongly encouraged to get a preview.

Garrett Riegg, J.D., is a an active member of Unity Center, having served as a Trustee, Heart Minister and teacher. He has also been active in the United Lodge of Theosophists, and with his Consciousness MeetUp. A graduate of Berkeley Law at the University of California, Garrett practiced law for over 33 years, and is now semi-retired. Garrett has lectured on Quantum Mechanics, cosmology, history and metaphysics at numerous institutes and conferences around the world.



Walking the BePeace Path with Alexandra True

Wednesday, August 26 • 7:00 - 8:30 pm

Do you have a conflict in your life that just seems impossible? An interpersonal issue that you've maybe even tried to solve, but that still lingers on--no matter what? Let's take the journey together down the "BePeace" path and see what unfolds.

What is BePeace? BePeace is a practice of coherence through appreciation. It is the way to connect to universal human needs through empathy and honesty. With BePeace, comes the empowerment to embody wisdom and compassion and peacefully create a world that works for all.

Open your heart to the possibilities and you may be surprised at how easy it is! Join us for an evening of experimenting with this technique to connect with others in a new and different way.

Alexandra True is an Ordained Interfaith Minister whose passion is to work with those who are learning the communication process of BePeace and Nonviolent Communication in the San Francisco Bay Area.



Curious About Coaching? An Introduction to Coaching with Veronica Wolfe, CPCC and Rob Seidenspinner, CPCC

Thursday, August 27 • 7:00 - 8:30 pm

Here's your opportunity to explore life coaching with two certified coaches! Rob and Veronica invite you to into their co-active playground of self-discovery where curiosity and intuition are encouraged. As you experientially explore coaching techniques, you will inevitably connect more deeply with yourself and with your classmates. A live coaching session will be offered each week.





Annual Fun-Raising Event

Unity Spooktacular & Auction!

Saturday, October 31, 2009, 6:30 p.m.

Shadelands Arts Center, Walnut Creek

Come as you aren't and HAVE FUN! Don't miss this great event that will feature silent and live auctions that support Unity's numerous and spirit-filled programs. The Auction Committee has a fabulous evening planned of music, dancing, food, desserts, no-host bar and more – mark your calendars now! Watch for upcoming information on ticket sales.

You will love the boo-tiful and unique items and services to bid on in both auctions:

- Build Your Own Wine Cellar collections
- Dining, specialty items and surprises
- Healing treatments
- Tickets to sporting and entertainment events
- Winery tours and tastings
- Our very popular "Instant Win" items
- Much, much more!

Your donations are needed and appreciated! Donation forms are available on the website (www.unitycenter.net) and after services. Here are some ideas to spark your imagination:

- A bottle or two of wines you enjoy for the wine collections
- Time shares, cabins, boat rides, frequent flyer miles
- Tickets to plays, concerts, sporting events, movies, museums, etc.
- Spend a day with you in your unique job or hobby
- Group events for "Instant Win" items – tea party, golf outing, hike, exploring a historic site, ping pong tournaments, bowling party, etc.

Look for additional information in upcoming communications and after services. You can also call Kathy Bate at (925) 937-6296 for more information or to volunteer to help plan this exciting event!





August Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group..... 10:30 am
 Hatha Yoga with Barbara Bureker..... 1:30 pm
 HeartMath Study Groups (closed groups) 7:00 pm

Tuesdays

Book Club 10:00 am
 HeartMath Study Group 10:00 am
 Course in Miracles with Linda Goldey 10:30 am
 Meditative Yoga with Sandy Stober 5:30 pm
 HeartMath Study Group (closed group) 7:00 pm

Wednesdays

Healing Night (First Wed. of the month) 7:00 pm
 Hands-on Healing Night (Third Wed. of the month) ...7:00 pm

Thursdays

Qigong Class..... 10:30 am
 HeartMath Study Group (closed group) 1:30 pm
 No Choir Rehearsal in August..... 7:30 pm

Fridays

Office closed

Saturdays

Toni Roberts (no meeting in August) 10:00 am
 Facilitated HeartMath Group with Ciel Gierke..... 10:00 am

Sundays

8:15 (Meditative) Sunday Service in Heather Farm Club Room
 9:30 & 11:00 am Sunday Service in Heather Farm Lakeside Room
 1:00 pm Poetry Group (1st Sun/mo meet on deck at Heather Farm)

August

Sunday 2nd

First services at Heather Farm Community Center

Sunday 9th

Open House at 1800 Oak Park Blvd. 1:00 - 3:00 pm

Monday 17th

Introduction to Loving...Partnerships with *Kathleen S.* 7:00 pm

Tuesday 18th

Unity Principles with *Rev. David* 7:00 pm

Wednesday 19th

Introduction to Healing Night with *Tom Bradica* 7:00 pm

Thursday 20th

Conscious Eating with *Angie L. & Sheri M.* 7:00 pm

Sunday 23th

Rev. Richard Levy, guest speaker.....all services

Rev. Richard & Maureen Levy Workshop (Club Room at Heather Farm 2:00 pm

Monday 24th

Living with Passion...Peace with *Will Scott*..... 7:00 pm

Tuesday 25th

A Course in Miracles Preview with *Garrett Riegg*..... 7:00 pm

Wednesday 26th

Walking the BePeace Path with *Alexandra True* 7:00 pm

Thursday 27th

Curious About Coaching? with *Veronica W. & Rob S.* 7:00 pm

Groups no longer meeting at Unity

Insight Meditation with Ernest Isaacs

2940 Camino Diablo, Room 200, Walnut Creek
510-526-0711

Senior Peer

Contact Linda Schaefer at 925-335-8741

12 Step Meeting Nicotine Anon

Contact Sandy at 925-818-6635

12 Step Meeting O.A.H.O.W.

Visit www.oa.org

The location of homeless bag lunch preparation:

Each week's team is guided in their location by their team leader. If you'd like to participate, call the office at 925-937-2191 Ext. 20.

Unity Center

OF WALNUT CREEK

1800 Oak Park Blvd., Suite A, Pleasant Hill, CA 94523

ADDRESS SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Walnut Creek, CA 94597
Permit No. 424

August 2009 Centerpoint

“Spiritual Bailout for Turbulent Times”

A Transformational Workshop with Rev. Richard & Maureen Levy

Sunday, Aug. 23 at 2:00 pm • Heather Farm Club Room • Free-will Donation

In these tumultuous times, it has never been more important to develop a spacious mind of peace and an Open heart. Richard and Maureen Levy present teachings and a direct experience of the divine to move one forward into inner peace and a deeper sense of love and appreciation for yourself and others.

The Oneness Blessing, a loving energy that balances the activity of the brain, leads to the flowering of the heart, and helps the individual experience Oneness with all creation and with God, will be offered as part of the workshop. Rev. Richard will be speaking at all services.

Rev. Richard Levy's and his wife Maureen's spiritual paths began in earnest in 1972 when, as Richard called to confirm his nonstop flight from New York to Miami, not knowing why, he changed his reservations to a flight that left from an airport that was further from his residence and had a stopover on its way. Upon his arrival home, he found out that the flight that he was supposed to be on had crashed in the Everglades, killing everyone on board. He knew he had been saved by the grace of God, and that his life had a divine purpose. From that point on, his and Maureen's lives became a spiritual quest.

Richard and Maureen's spiritual quest has taken them on many adventures over their lifetime, including living in spiritual communities, studying Edgar Cayce, Paramahansa Yogananda, A Course in Miracles, Science of Mind, Unity Truth and Principles, Vipassana meditation, Buddhist philosophy, and most recently a trip to India to the Oneness University. Since returning from India, he and Maureen have integrated giving the Oneness Blessing into the Wednesday evening and Sunday morning services.

Richard became a Unity minister in 1981 and has served in many ministries in Washington, California, and Hawaii. He served at Seattle Unity as an associate minister in the late 80's and then returned as the senior minister in 2003. He also has an alternative ministry called Flexing Heart Ministry (www.flexingheart.com) in which he travels and has a steady following who receive his bimonthly CDs.



Reverend David McArthur, Senior Minister • Reverend Don Eggleston, Assistant Minister

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

Retail Book Sales: Sunday 9:00 am - 12:30 pm

Sunday Morning Service: 8:15 am, 9:30 am & 11:00 am

Sunday Morning Youth Education: Infants-13yrs: 9:30 and 11:00
Uniteens (Middle School): 9:30 & 11:00; Y.O.U. (High School): 11:00 only