

# Centerpoint

UNITY CENTER OF WALNUT CREEK

## Shoes 4 Unity

Unity around the world is committed to relieving a symbol of poverty for children and their parents with a gift each minute of the coming year.

This Christmas, as we celebrate the gift of Divine Love through the Christ child, would you like to give a real, practical, life-changing gift of that love? Your Unity family in Walnut Creek, with the more than 1,000 other Unity communities, is combining our power of giving to bestow a practical, meaningful blessing of love to people in our own communities and around the world. This gift is a pair of shoes.

With 113 million people living on less than \$2 a day, shoes are not a possibility for many. Three hundred million children need shoes right now and don't have them. Would you be willing to give a new pair of shoes to someone in need if the cost was only \$5?

Many adults in villages and cities are also in need of a pair of shoes. Do you have any extra shoes in your closet? Would you like to share those with someone who goes without? Together we can make this happen.

Unity made a commitment that this year we would give 525,600 pairs of shoes to people in need. That is one pair every minute. We have partnered with a wonderful organization called Soles4Souls to make this goal possible. They have put together an amazing system that effectively utilizes our used shoes and new ones they obtain from major shoe manufactures to bring the shoes, new and used, to places in local communities and throughout the world where they are needed.



Shoes made a difference to Ana, a second grader who lives with her family in the South Bronx, New York (America's lowest income district). She came with 450 classmates to a Soles4Souls/World Vision event and left with a new pair of shoes and a wide grin. "Now I'm ready to go back to school!"



They made a difference to Rafael. Rafael is 3 and has never owned a pair of shoes, just like his 5 brothers and sisters. His mother, who lives alone with the children outside the Tegucigalpa City Dump in Honduras, said she is happy her children will be able to walk to school three miles down the dirt road more safely. (Honduras has a high prevalence rate of Hookworm infection, and many children like Rafael are at direct risk for infection.) Rafael received a new pair of shoes on a Soles4Souls distribution trip.

**On Sunday, Dec. 13, bring the extra shoes in your closet.** They will be piled in the middle of our service and blessed as we send them on to those without shoes throughout the world. You may want to wear a pair you are giving and leave them at the door for a "shoeless service." [This will be a very special service you won't want to miss!] On December 6, 13 and 20 you can also sponsor shoes for:

- An individual for \$5
- A school for \$100
- A family for \$25
- A village for \$250

Shoes are a symbol of the spiritual power of understanding. Share the understanding with the world that we share with our children each Sunday.

**"You are loved, special and important.  
God loves you and so do we!"**

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



# Holiday Events

## Grief Basics with Beth Bottorff-Seidenspinner

**Saturday, Dec. 5, 10:00 am - 12:00 pm**  
**1800 Oak Park Blvd. • Love Offering**

This class will offer a brief introduction to the grieving process. We'll explore the nature of grief, the pathway through the grieving process and reflect on how we can use grief as a doorway to deepen our relationship with Spirit.

It will also be an opportunity to cultivate awareness for the Service of Remembrance on Tuesday, December 8, 7:30 pm, hosted with Reverend David. The service is a special way to honor and include everyone we love in the holiday season.

## Remembrance Service

**Tuesday, Dec. 8, 7:30 pm**  
**1800 Oak Park Blvd. • Love Offering**

As joy-filled as the Christmas season is for us in many ways, it is often a time when we feel most strongly the loss of those dear to our hearts who were special to our lives and to Christmases in the past. Our Remembrance Service is a time to honor those who are no longer able to share in our Christmas on this earthly plane. You are invited to bring your memories of someone dear to you—bring a picture, a favorite story—light a candle and honor the place that wonderful person holds in your heart. Rev. David and Beth Bottorff-Seidenspinner will lead us in a simple service of sharing. Both tears and laughter are welcome.



## Unity Christmas Party

**Saturday, December 12, 7:00 – 11:00 pm**  
**Walnut Creek Civic Center**

**\$20/person if purchased in advance; \$25 at the door**

Join in this festive season to celebrate and socialize with your Unity Community as we eat and dance to a wonderful DJ and great music from the last 50 years!

Sign up Sundays to help make this even more fun for you. Your Christmas Party ticket team will be in the back of the Lakeside Room to get your involvement in two ways: 1. You can volunteer to: decorate, greet and take tickets, put out food, bartend, or clean up. The shifts are short and if everyone attending takes one time slot for one job, it will be so cool. 2. We also need to know if you will be bringing either your favorite hors d'oeuvre or favorite dessert to share.

Tickets will be available on Sundays at Heather Farm and at the office at 1800 Oak Park Blvd. Monday through Thursday. This will be a sell-out event for all of the adults at Unity. Come in dressy attire.



## Christmas Caroling at the Kensington Retirement Home

**Friday, December 19, 7:00 pm**  
**Meet at the Unity parking lot**  
**(1871 Geary Road)**

Friends and family are invited to share the spirit of the season through song with our neighbors at the Kensington Place Retirement Home. This annual tradition always fills everyone's hearts with joy.



*Sunday services held at Heather Farm Community Center, 301 N. San Carlos, Walnut Creek*

*Office location and classes at 1800 Oak Park Blvd., Pleasant Hill*



# December Calendar of Events

## Ongoing Events

### Mondays

Communication Coaching Group..... 10:30 am  
HeartMath Study Groups (closed groups) ..... 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  
HeartMath Study Group (closed group)..... 7:00 pm

### Wednesdays

Healing Night (First Wed. of the month) ..... 7:00 pm

### Thursdays

Qigong Class..... 10:30 am  
HeartMath Study Group (closed group) ..... 1:30 pm  
Gentle Meditative Yoga with DiAnna Moffit..... 5:30 pm  
Choir Rehearsal\* ..... 7:30 pm

### Fridays

Office closed

### Saturdays

Toni Roberts (2<sup>nd</sup> Saturday of the month) ..... 10:00 am  
Facilitated HeartMath Group with Ciel Gierke..... 10:00 am

*\*If you're interested in joining the choir, email Choir Director Rick Stober at rick@unitycenter.net or call the office for Rick's telephone number.*

### 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 (1<sup>st</sup> Sun/mo meet on deck at Heather Farm)  
Global Coherence Initiative (New study group!) ..... 6:30 pm

## December

### Saturday 5<sup>th</sup>

Grief Workshop with Beth B. (Oak Park Blvd.)..... 10:00 am

### Sunday 6<sup>th</sup>

HeartMath Workshop with Rev. David (Heather Farm) ..... all services & 2:00 pm

### Tuesday 8<sup>th</sup>

Remembrance Service (Oak Park Blvd.) ..... 7:30 pm

### Saturday 12<sup>th</sup>

Christmas Party (Walnut Creek Civic Center) ..... 7:00 pm

### Sunday 13<sup>th</sup>

Shoes 4 Unity Drive (Heather Farm) ..... all services

### Friday 19<sup>th</sup>

Caroling (Kensington Place Retirement Home)..... 7:00 pm

### Thursday 24<sup>th</sup>

Christmas Eve Family Service (Heather Farm) ..... 5:30 pm  
Christmas Eve Candle Lighting Service (Heather Farm) .. 8:00 pm

### Thursday 31<sup>st</sup>

Burning Bowl Service (Heather Farm) ..... 7:00 pm

**HeartMath<sup>®</sup> Solution Workshop with Rev. David**  
**Sunday, December 6 • Part 1 will be during the Sunday service**  
**Part 2 will be from 2:00 - 5:00 pm • Heather Farm**  
**Free-will Offering**

This will be a workshop in the dynamic power of your own heart. Many people have made a commitment to bring a greater consciousness of peace to the world. To do that, we have to find the deep peace that exists for us all in the midst of life's greatest stresses and challenges. That peace is in your heart, and this is how to get there. Learn how to connect with your spirit at any moment...experience the power and wisdom of your heart... understand the difference between love and emotionalism...and much more. If you could transform your...anger to care...worry to wisdom...fear to peace...stress to harmony in 60 seconds—would you be healthier, happier, more in touch with what was really important in your life? Learn to do all of these things.



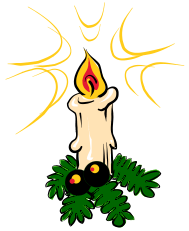
# Unity Center

OF WALNUT CREEK

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

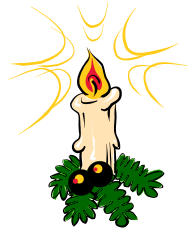
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December 2009 Centerpoint

## Christmas Eve Candle Lighting Services



Thursday, December 24 • Heather Farm

### 5:30 pm Family Service

Our Unity children have created a very special service for you this Christmas. Parents and children will greet you as you enter and joyous Christmas carols will begin our time together. The children have a special play to remind us of the deeper meaning of the Christmas story. If you would like your heart to be truly open this Christmas, watch as the young ones light their candles and hold them high acknowledging that the Christ light shines in them. Your heart will know that sacred light shines in you as well.

### 8:00 pm Christmas Eve Service

Sacred music both joyous and profound will embrace you as we celebrate this holy night together. The music will call angels to join us and you will feel the touch of their peace on your heart. We will feel the thrill again as we hear the ancient story that is about a birth that is taking place in our hearts this Christmas. Our candle lighting is about one of the most profound and beautiful of all spiritual revelations—the awareness of Divine Love living in your heart.

## New Year's Eve Burning Bowl Service

Thursday, December 31, 7:00 pm • Heather Farm

It's time to let go! Let go of all those concerns from your past year. Burn them up. Release them. Attend our New Year's Eve Burning Bowl service and enter the new year without the baggage of the old one. Then create what you want for the New Year. Intend the new, write it down and we will hold it till it is sent to you well into your year to remind you of the new creation you will be bringing forth.

**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 - 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\*:** 8:15 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

\* at Heather Farm Park Lakeside Room, 301 N. San Carlos, Walnut Creek