

# Centerpoint

UNITY CENTER OF WALNUT CREEK

## BePeace Conference

March 6 & 7, 2009

Friday 7:00 - 9:00 pm • Saturday 9:00 am - 5:00 pm

Learn how to BePeace from  
World Peace Leader

*Rita Marie Johnson*

- Teacher of BePeace to the new Departments of Peace from around the world
- Founder of the Peace Academy of Costa Rica
- Leader who, through the children of Costa Rica, is bringing to an entire nation the skills to...



Feel Peace, Speak Peace and Be Peace.

*More than 40 people from our Center have gone to Costa Rica to learn BePeace from Rita Marie Johnson*

**BePeace**<sup>®</sup>  
Feel Peace. Speak Peace. *BePeace.*

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



# Upcoming Events

## BePeace Conference

**Friday, March 6, 7:00 - 9:00 pm • Saturday, March 7, 9:00 am - 5:00 pm**

**Cost: \$77 (Includes Friday and Saturday; See Registration Form on Page 7)**

Unity Center of Walnut Creek has invited Rita Marie Johnson to come from Costa Rica to share with us the powerful, peace-creating technique call BePeace. We are also inviting peace-loving people from around the Bay area to come hear Rita Marie and experience BePeace. Friday evening Rita Marie will share with us about the exciting work of her Peace Academy of Costa Rica, the development of BePeace and the international enthusiasm around this powerful process.

Saturday starting at 9:00 am we will be involved in learning and practicing this transformative process. At 5:00 pm we will complete our training and join in an hour of joyous celebration with all the people who have joined us in learning the BePeace techniques. We will have begun a sacred journey into our own power to create peace within ourselves and to express peace to the people around us.

Unity Center has supported The Peace Academy of Costa Rica with tithes and gifts and by journeying to Costa Rica twice to learn these peace skills. We hold in our hearts Rita Marie's mission to bring the BePeace skills to all the children of Costa Rica through their school system. This work has progressed in wonderful ways with cooperation by the government and the eager participation of teachers and volunteers. Rev. David and his son Peter have spent time in Costa Rica teaching the heart skills, which are one of the modalities at the root of the BePeace techniques.

We are pleased to share the exciting process with the churches and peace groups of the Bay Area. There will be limited seating and we are expecting tickets so sell out early. We encourage you to get your ticket to this special experience right away.

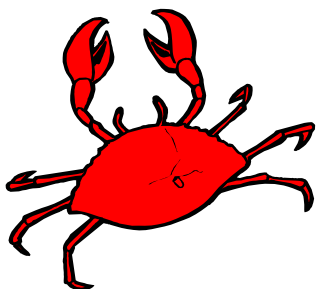
*Rita Marie Johnson is founder of the Rasur Foundation and the Academy for Peace of Costa Rica. Rita Marie's quest for world peace led her to Costa Rica, a nation without an army or defense agreements. She served the United Nations' University for Peace in Costa Rica from 1999-2002. In 2000, she published The Return of Rasur: The story that holds an answer to peace education in our time, which led to writing and producing a musical, Rasur, decreed a cultural event of national interest by the President of Costa Rica.*

*In 2002, Rita Marie discovered a synergy between two social and emotional learning methods that evolved into the transformative practice of BePeace. The Academy, which in 2005 won the Changemakers Innovation Award: Building a More Ethical Society, works with the Ministry of Education and is training teachers to implement BePeace in Costa Rica's schools. Rita Marie will be providing training in BePeace for Costa Rica's future Ministry for Peace. This September she will be training the leadership of the National Departments of Peace from around the world the practice of BePeace as they gather for their world conference in Costa Rica.*

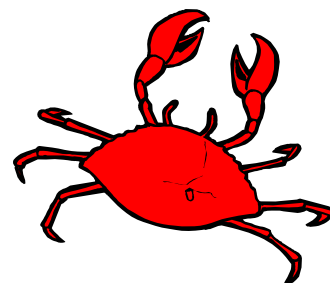


**See Page 7 for Registration Form**

**BePeace**  
**Feel Peace. Speak Peace. BePeace.**



Unity Center of Walnut Creek



**All You Can Eat**

# **PASTA & CRAB FEED**

Saturday, February 28, 6 – 10 p.m.

Centre Concord

5298 Clayton Road, Concord

- ◆ Crab, Pasta, Salad and Garlic Bread
- ◆ Dessert
- ◆ No Host Bar
- ◆ Entertainment
- ◆ Dance Floor
- ◆ Basket Raffle Drawing

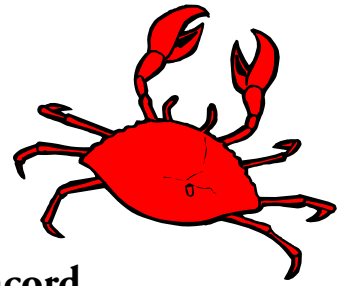
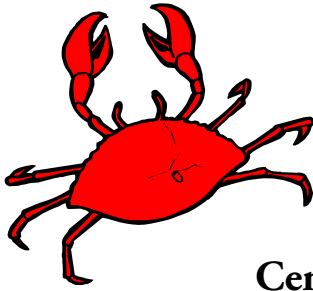
**Tickets - \$40 adults    \$15 children (12 yrs and under)**

**Invite your family and friends to Unity's old fashioned  
Crab and Pasta Feed. Order your tickets early,  
as we sold out last year.**

Ticket Information – Leslie Tremaine (925) 228-8427

Email: [ltremaine@sbcglobal.net](mailto:ltremaine@sbcglobal.net)

5132 Smith Drive, Martinez, CA 94553



**Ticket Order Form  
All You Can Eat Pasta & Crab Feed**

**Centre Concord, 5298 Clayton Road, Concord  
Saturday, February 28 • 6:00 - 10:00 pm**

**Purchaser's Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Number of Adult Tickets** \_\_\_\_\_ **x \$40 = \$** \_\_\_\_\_

**Number of Child Tickets** \_\_\_\_\_ **x \$15 = \$** \_\_\_\_\_

**Tax Deductible Donation:**

Enclosed is a tax-deductible donation \$ \_\_\_\_\_

***Total Amount Remitted (Tickets + Donation) = \$*** \_\_\_\_\_

**Payment method:**

Cash  Check

Credit Card **Name on Card:** \_\_\_\_\_

**Card Number:** \_\_\_\_\_ **Expiration Date:** \_\_\_\_\_

**Make checks payable to: *Unity Center of Walnut Creek. Mail completed registration form and payment to Unity, 1871 Geary Road, Walnut Creek, CA 94597***

**If you would like to donate a prize for a raffle basket or donate a raffle basket, please call Leslie Tremaine 925-228-8427**



# Upcoming Events

## “The Immortal Now”

### An Afternoon with Patricia Grabow

Sunday, February 8 • 2:00 - 4:30 pm

Several months ago Rev. David discovered his friend Patricia Grabow was in the area so he invited her to stop in (even though only a few people were able to learn about her coming) and share about her latest book which had just been released. Because those who heard her were very inspired by the spiritual knowledge she was sharing, we have invited her to return and help us explore these powerful spiritual concepts.

*The Immortal Now: Ascension and the Nature of the Present Time*, by Patricia Grabow, assisted by Christine Kauffman and Charlotte McArthur, is an amazing “one power” understanding of our true spiritual reality. Rev. David’s mother, Charlotte, assisted Patricia in bringing her books into reality. Patricia’s return to life after dying in England is a part of the dramatic understanding underlying this powerful exploration. Patricia will be offering to support a group of our people in their studies of the book. Those who participate in this study project will have the opportunity to create a workbook to be published as a companion to the book.

## Howard Martin, Guest Speaker and Special Presentation

Sunday, February 15 • 9:30 and 11:30 services

2:00 – 3:30 A Special Presentation featuring The Global Coherence Initiative

We have studied Howard Martin’s book, *The HeartMath Solution*, learned from him on our trip to the Institute of HeartMath, and practiced heart skills he helped develop and introduce to the world.

On Sunday, February 15, he will be speaking at the 9:30 and 11:30 services on a heart practice that is crucial for our times. At 2:00 pm you are invited to attend a compelling, experiential presentation about a project that will change our world.

The Global Coherence Initiative ([www.gcoherence.org](http://www.gcoherence.org)), sponsored by the prestigious Institute of HeartMath, is a science-based initiative that is uniting many thousands of people in heart-focused care and intention to shift global consciousness from instability and discord to balance, cooperation, and enduring peace. Howard will share details about this project that Jack Canfield, Co-Creator of the *Chicken Soup for the Soul* series has called “perhaps the greatest experiment in the history of the world.”

At this special event, you’ll learn about the Global Coherence Monitoring System. This advanced system will consist of a worldwide network of sensing stations designed to measure fluctuations in the Earth’s geomagnetic fields to better understand the interactions between humans and our global environment. It’s like listening in to the brain waves and heart rhythms of the planet.

What if the effects of our collective heart-based emotions and intentions could be measured? Find out how this can be possible and how you can support this world-changing initiative.





# Our Unity Community

## Wife Swap Party!

**Friday, February 27, 7:00 pm**

The Petersen family (David, Susan and Victor) were chosen last fall to be on "Wife Swap." Their episode will be airing on Friday, February 27 at 8:00 pm. We're having a big party at Unity Center that night beginning at 7:00 pm and you're invited!

We will have live TV, and the Petersen's will lead a Question and Answer session after the show (They will finally get to really share about their experience!) There will be desserts and drinks provided. Please join us!

If you can't join the party, be sure to tune in at 8:00 pm on ABC (local channel 7). The episode to look for is the Petersen and Vaughn families.

## Integral Healing Groups

**A Collaboration between Unity Center and the Health Medicine Forum  
Saturdays beginning February 28**

We at Unity Center are partnering with the Health Medicine Forum (founded by Dr. Len Saputo, a world leader in integrative healing). Together we will offer a unique service to the community called the Integral Healing Group—an appointment-only service to people with unresolved illness. The patient meets for one hour with a group of practitioners from a variety of disciplines. The practitioners will listen and share their insights with the patient. This is not a time of treatment; rather it is an opportunity to open for the patient a depth of understanding of the potential in their path to wholeness.

The practitioners' time is donated and there is no charge to the patient although love offerings are accepted. We are beginning with Saturday hours only. We encourage our practitioners in the healing arts to connect with the Health Medicine Forum to join in this service.

No single discipline has been able to solve all the health issues we face. In fact, more than 50% of Americans currently suffer from a chronic disease. There are obviously enough diseases to go around, but there are clearly not enough solutions to manage them. The idea of working together to see if we could do better by collaborating seems like a wise route to take.

To date, the Health Medicine Forum has completed more than 100 group sessions –previously called healing circles. We have learned to ask prospective patients two questions –

Why are you participating in an Integral Healing Group?

What do you hope to gain from the experience?

Prior to participating, we ask that a patient provide a written health autobiography that covers their physical, emotional and spiritual health from birth to present.

This is ambitious and enormously rewarding work for all those involved. If you are interested in any aspect of this on-going project, please contact the Health Medicine Forum at 925.210.7414 or [info@healthmedicine.org](mailto:info@healthmedicine.org).

## Classes Continuing in February

*All Classes Start at 7:00 pm*

### Manifest Your Soulmate

*Mondays with Kathleen Sims*

### The Spiritual Alchemy of Grief

*Mondays with Beth Bottorff*

### Universal Laws of Abundance

*Tuesdays with Reverend David*

### Conscious Eating for Spiritual Health

*Wednesdays with Angie Lambert and Sheri Miller*

### Unity Principles and Where They Come From

*Thursdays with Mike McGarvey and Ron Salazar*





# February 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

- Hatha Yoga with Barbara Bureker ..... 1:30 pm
- Manifest Your Soulmate with Kathleen Sims..... 7:00 pm
- The Spiritual Alchemy of Grief with Beth Bottorff..... 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
- Universal Laws of Abundance with 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
- Conscious Eating with Angie Lambert & Sheri Miller.....7:00 pm

### Thursdays

- 12 Step Meeting - O.A.H.O.W. .... 10:30 am

### Thursdays

- Unity Principles with Mike McGarvey & Ron Salazar.....7:00 pm
- Choir Rehearsal..... 7:30 pm

### Saturdays

- Prepare homeless bag lunches ..... 9:15 am
- Toni Roberts (second 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
- Poetry Group (First Sunday of the month) ..... 1:00 pm
- 12 Step Meeting - O.A.H.O.W. .... 4:00 pm

## February

### Sunday 8<sup>th</sup>

- Workshop with Patricia Grabow..... 2:00 pm

### Sunday 15<sup>th</sup>

- Howard Martin, Guest Speaker .....9:30 & 11:30 am
- Global Coherence Initiative Presentation..... 2:00 pm

### Friday 27<sup>th</sup>

- Wife Swap Party..... 7:00 pm

### Saturday 28<sup>th</sup>

- Crab Feed, Centre Concord, 5298 Clayton Rd, Concord ...6:00 pm

## BePeace Conference • March 6, 7-9 pm • March 7, 9 am - 5 pm



Price: \$77 (includes Saturday lunch and cocktail hour after conference)

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone \_\_\_\_\_

Check (payable to Unity Center of Walnut Creek)  MasterCard  Visa  American Express

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

Card number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Sec. Code \_\_\_\_\_

- Turkey Cranberry (turkey, cranberry sauce, stuffing and mayo on wheat)
- Philly Cheese Steak (sliced roast beef on a sourdough roll with mayo, sautéed onions and melted cheddar cheese)
- El Dorado (avocado, cucumbers, cream cheese, sprouts, tomatoes, sweet red onions and mayo on a sesame seed roll)
- Vegetarian Delight (sliced tomatoes, cucumbers, sweet red onions with Italian dressing topped with Provolone cheese on a soft roll)

- Seats are limited. If not registered by February 27, call for availability
- Doors open one hour before start of conference, both days.

Mail completed registration form and payment:

Unity Center of Walnut Creek,  
1871 Geary Road, Walnut Creek, CA 94597

www.be-peace.org • BePeaceUCWC@gmail.com

925-937-2191 Ext. 12

# Unity Center

OF WALNUT CREEK

1871 Geary Road, Walnut Creek, CA. 94597

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Walnut Creek, CA 94597  
Permit No. 424

## February 2009 Centerpoint

# Countdown to our Journey of Renewal!

Join us in our countdown as we approach our journey of renewal. While our Center is being renewed through our Love in Action project, we will journey to new sacred space for our services, classes and office functions. Our Sunday services and Children's Church will be held at Heather Farms in the beautiful Lakeside Room. Our offices and classes will also be in a temporary location that we are still researching.

Like the Israelites on their journey from an old consciousness symbolized by Egypt to their new consciousness in the Promised Land, we will have our temporary worship facility. Theirs was a tent. Ours will be much more comfortable and convenient. Theirs was in a desert. Ours will be beside a lake and fountains. Theirs was forty years. Ours will be from eight to twelve months. God provided abundantly for them and is also providing abundantly for us.

Our last service on Geary Road – the beginning of our journey – is April 5. We will have a joyous celebration as we bless our spiritual home for its renewal. The next Sunday, April 12, is Easter, which we will celebrate at the Dean Leshner Regional Center for the Arts. The following Sunday, April 19, we will be at Heather Farms. As we count down our Sundays, we will share about our move, celebrate our history in this building, bless the wonderful Sanctuary wall symbols that were created by our people and reach for a new, expanded, joyful, ever-more prosperous consciousness of God's goodness. Our Board Members will be leading these celebrations for us. Join us each Sunday as we count down to our sacred journey.

**Keep up-to-date at: <http://growingunity.com> (Bookmark this NEW url!)**



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

### How to Reach Us:

**Office** (925) 937-2191 and [office@unitycenter.net](mailto: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 & 11:30; Y.O.U. (High School): 11:30 only