

Home is Where the Heart is

Home is where the heart is. This must be why, when so many people come to Unity, they express feelings of “coming home.” Our hearts are where we hold the knowledge of what is really important to us. In our hearts we hold those we love, our true values, and our conscious connection with God. At Unity we seek to strengthen and empower that connection with God, that Divine connection.

From that Divine connection, all else flows. At Unity we discover that Divine connection is within us. That Divine connection gives us the recognition of our own true spiritual nature. That Divine connection is wisdom that is guiding us every moment. That Divine



Unity Peace Wall Tile

connection is our source of radiant health. That Divine connection is our source of abundance. That Divine connection is our source of peace. As that Divine connection expands in our awareness, we realize our true home is in God.

This month, you may choose to enhance that Divine connection by attending the special workshop on the heart’s transforming power with Rev. David, or the new WAVE service with Sheila Gautreaux, one of our classes, or our uplifting services each Sunday. As you experience your Divine Connection growing in your life—welcome home.

—Reverend David McArthur

Advanced HeartSkills (*Learn Cut-Thru*®—*A HeartMath*® Technique)

A Workshop with Reverend David McArthur

Saturday, February 18, 9:00 am - 1:00 pm • Free-will offering

Are you tired of getting your buttons pushed? This is the button remover. Are you tired of your reactions in which you act more like a child than a wise adult? This is the reaction remover. Is there something that you really want in your life? This is the creative power.

Learn advanced techniques of personal transformation, based on the research and wisdom of HeartMath. If you attended a prior HeartMath workshop, this is the next step. If you haven’t learned about HeartMath, come and discover your heart—you will be glad you did.

The techniques you learn in this powerful seminar will show you how to use the amazing transforming power of your heart to remove the buttons, heal the reactions and create what you want. This is going deeper into your heart and putting the power of your Spirit to work, freeing you from past patterns that have limited you. This is not working your stuff out. This is cutting through it. This is creating with your heart power, what you really do want. Discover what true freedom is.

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

1871 Geary Road, Walnut Creek, CA 94597 (925) 937-2191 • www.unitycenter.net



Upcoming Events

Guest Speaker Bill Englehart

Sunday, February 12 • 9:30 and 11:30 services

Bill Englehart is an ordained Unity Minister who is currently serving as the senior minister at Unity Church in Marin County. He is a powerful and memorable speaker with a passion for sharing the practical application of Unity teachings. Before being called to ministry, he was an expatriate living in London, working for a Fortune 50 company as an International Human Resources Director. Bill is a Black Belt Martial Artist and an accomplished Black and White photographer, who has had several art gallery shows. Bill also serves on the Board of Trustees for Unity School.



His talk, "Spiritual Rules of the Road," will be based on spiritual lessons and truths that are derived from humorous, poignant, and insightful experiences with cars. These insights reveal very practical applications of spiritual lessons to help us on the road of life! He invite you to come take a drive with him on Sunday, February 12.

Fabulous Wednesdays At Unity: Two Brand-new Wednesday Experiences Coming!

Wednesdays at 7:00 pm

Every Wednesday we have a unique and powerful spiritual experience at Unity of Walnut Creek. Each are different and offer you as a spiritual seeker the chance to experience your spiritual self in a different way. Wednesday is the night to be at Unity!

The 1st Wednesday is Healing Night. Our healing nights are very meaningful and supportive of the community of healers that are gathered at Unity. These healers, with your support, prayers and attunement, are here to share their transformative energy with you as you create the sacred space to maximize the gift of the life force that flows through them, blessing you.

The 2nd Wednesday is "THE WAVE" Service with Licensed Unity Teacher

Sheila Gautreaux. Beginning Wednesday, February 8, join Sheila for a trend-setting service called "THE WAVE" ("Wide Awake and Vibrating Energy").

New!!

Experience Truth teachings with a new approach featuring Spoken Word Artists, New Wave Musicians, cutting-edge messages and an interactive segment where you get to ask questions, get coaching with difficulties in your life around the evening's theme, and leave energized as you cross over into the second half of your week.

February's theme is "Lookin' 4 Love in all the Right Places" featuring Ifamodupe, Award-Winning Spoken Word and Recording Artist.



The 3rd Wednesday is WOW (Women of Wonder) night. Our amazing Women of Wonder evenings continue to be a dynamic fun and fulfilling experience. This very successful creative program is one for our women to treat themselves to.

The 4th Wednesday is Board Meeting night. Our Board of Trustees meets to care for the business of our spiritual community. It involves very powerful attunement and in-depth care. If you would like to experience how an organization is guided with Spiritual Principle, join us.

New!!

The 5th Wednesday is In-depth Time with Rev. David. When those fifth Wednesdays come along as it does this month (February 29), Rev. David provides an in-depth spiritual experience for our community. Some evenings may be the experience of a powerful heart technique such as Cut-Thru. Another may be exploring our spiritual experiences as we share together events such as Near Death Experiences or Past Life Recall. Ask questions, share your experiences and join in the deeper current of the spiritual flow. Each time is different and each time is a unique and powerful journey into your own spirituality.





February Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group *with Newt Bailey*.. 10:30 am
 Nia *with Kathy Bate*..... 10:30 am
 Movement Class for Seniors *with Tra H. Boxer*..... 1:30 pm
 HeartMath Study Groups (closed groups) 7:00 pm
 The Twelve Powers *with Ron Salazar* 7:00 pm
 Spiritual Principles *with Kathleen Sims*..... 7:00 pm

Tuesdays

Course in Miracles *with Linda Goldey*..... 10:30 am
 Support in Healing from Loss (4th Tuesday of the month).....6:00 pm
 HeartMath Study Group (closed group)..... 7:00 pm
 Heart Skills *with Rev. David & Jeannie Fuson*..... 7:00 pm
 The Third Appearance *with Hope Ford* 7:00 pm
 Insight Meditation *with Ernie Isaacs* 7:30 pm

Wednesdays

Nic-Anon..... 6:30 pm
 Healing Night (1st Wednesday)..... 7:00 pm
 “THE WAVE” Service (2nd Wednesday) 7:00 pm
 Women of Wonder (3rd Wednesday)..... 6:30 pm
 Board Meeting (4th Wednesday) 7:00 pm
 In-depth Time with Rev. David (5th Wednesday) 7:00 pm
 Lessons in Truth *with Sheila Gautreaux*..... 7:00 pm

Thursdays

Sheng Zhen healing qigong *with Alison Tucker* 10:30 am
 HeartMath Study Group (closed group)..... 7:00 pm
 Sheng Zhen qigong *with Alison Tucker*..... 5:30 pm
 The Compassionate Universe *with Susan Galvan*..... 7:00 pm
 Choir Rehearsals 7:30 pm

Fridays

Office closed
 Singles Group meal (2nd Friday of the month)..... 6:00 pm

BePeace Foundations Course

June 22, and June 24-26 • 9 am - 5 pm

BePeace is a powerful spiritual practice that is a major part of our commitment to create true peace in our lives and in the world. The BePeace Foundations Course is a 32-hour experiential course that teaches individuals of all ages easy-to-learn techniques to master living and speaking peacefully. The course is 90% experiential practice so these skills can be attained and integrated into your life. Once this dynamic combination is mastered, you will be prepared to walk the talk of peace as never before. In the 4-day BePeace course you will learn to build heart/brain coherence, tap your heart guidance, connect with others through empathy and honesty, use the BePeace Path, a high impact exercise for resolving conflict, and live your life with wisdom and compassion.

During the 4-day course, you will have the opportunity to connect deeply with yourself, learn the concepts, tools, and practices of BePeace and, return to daily life with skills that really work. With other like-minded peacemakers and peace builders from around the region, you will have time to share ideas and make plans to “pay it forward” in your own community. If you are interested in spreading the practice of peace, this course will propel you down that path. With BePeace, you can embody wisdom and compassion each day as you peacefully create a world that works for all. **Look for registration information in the next Centerpoint.**

Fridays

Singles Group meeting (2nd Friday of the month) 7:00 pm
 Videography *with Shari Dyer* 7:00 pm
 A Course in Miracles *with Garrett Riegg* 7:00 pm

Saturdays

Prepare homeless bag lunches (call the office for dates)9:00 am
 Toni Roberts (2nd Saturday of the month)..... 10:00 am

Sundays

Sunday Services 8:00 (Meditative), 9:30 and 11:30 am
 Laughter Yoga (2nd Sunday of the month)..... 10:45 am
 Men’s Group (4th Sunday of the month) 1:00 pm
 Poetry Group (1st Sunday of the month)..... 1:00 pm
 De-Stress Workshop (1st Sunday of the month) 2:00 pm
 Awakening the Dreamer (2nd Sunday of the month) 2:00 pm
 Drumming Circle (3rd Sunday of the month) 5:00 pm
 Urantia Study Group (2nd, 4th Sunday of the month).....6:30 pm

February

Sunday 2/5

Leadership Training (see CommUnity Connections) 2:00 pm
 De-Stress Workshop *with Ciel Gierke* 2:00 pm

Wednesday 2/8

“THE WAVE” Service *with Sheila Gautreaux* 7:00 pm

Sunday 2/12

Guest Speaker Bill Englehart9:30 & 11:30 services

Saturday 2/18

Advanced Heart Skills Workshop *with Rev. David*.....9:00 am

Monday 2/20

Office closed for President’s Day (classes are in session)

Saturday 2/25

Crab Feed (Centre Concord) 6:00 pm

Wednesday 2/29

In-depth Time with Rev. David 7:00 pm



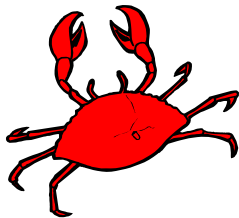
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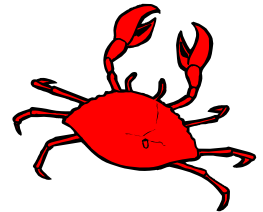
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February 2012 Centerpoint

All You Can Eat



PASTA & CRAB FEED



Saturday, February 25, 6 – 10 p.m.
Centre Concord, 5298 Clayton Road, Concord

- ◆ Crab, Pasta, Salad and Garlic Bread
- ◆ Dessert
- ◆ No Host Bar (wine, beer and soft drinks)
- ◆ Entertainment
- ◆ Dancing (we'll have an outstanding DJ!)
- ◆ Basket Raffle Drawing, Play-dates & Dessert Auction

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. No tickets will be sold at the door. For more information, contact the office.



Please like us on Facebook • www.facebook.com/unityofwalnutcreek

Rev. David McArthur, Senior Minister • Susan Galvan, Assistant Minister

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 - 1:30 pm • Mon - Thurs 10 am - 5 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)& Y.O.U. (High School): 11:30 only