

JANUARY 2010

Centerpoint

UNITY CENTER OF WALNUT CREEK



*“To accomplish great things, we must not only act,
but also dream; not only plan, but also believe.”*

Anatole France

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



Upcoming Events

The Prayer Experiment: A Workshop with Sheila Gautreaux

Sunday, January 31, 2:00 - 4:30 pm • Cost: Free-will offering
1800 Oak Park Blvd., Suite A

Sheila Gautreaux, author of *Praying Through a Storm*, returns to share with us the scientific formula for using prayer in the laboratory of our everyday life and to have it work for us in the midst of challenges and chaotic circumstances.

This workshop is based on the proven and provable scientific principals of energy that, when understood, applied and trusted upon, take our prayer requests from the “third-dimensional realm of probability to the fourth-dimensional realm of possibility or potential.” (from *Praying Through a Storm*)

Participants will learn about energy, acquire the formula for using energy to empower prayers and discover how to use the formula in their everyday lives. Come and learn how prayer works and how to make it work for you, and enjoy the experience of deep meditation and prayer with this devoted student of Truth.

Sheila Gautreaux is an ordained Interfaith Minister, Licensed Unity Teacher, inspirational speaker, author, Radical Forgiveness Coach, opera singer, columnist, mother and grandmother. For the past 10 years, she has been presenting the esoteric teachings of Jesus and the Bible, along with tools for understanding and deepening the experience of prayer, meditation and forgiveness, in classes and workshops throughout the U.S., Canada and the Caribbean. She is the founder of Spiritual DIVAS: Divinely Inspired Visionaries . . . Awakened, a motivational and empowerment process for women. Sheila Gautreaux is an exciting and highly-praised speaker on spiritual principles and practice, forgiveness, relationships and women's empowerment.



Sheila Gautreaux will be our guest speaker on Sunday, January 31

Praying in Color: A Workshop with Ciel Gierke

Saturday, January 16, 1:00 - 4:00 pm • Cost: Free-will offering
1800 Oak Park Blvd., Suite A

Learn how to pray using the right side of your brain! “Maybe you love color. Maybe you hunger to know God better. Maybe you are a visual or kinesthetic learner, a distractible or impatient soul, or a word-weary pray-er. Perhaps you struggle with a short attention span, a restless body, or a tendency to live in your head.” Ciel will be teaching how to Pray in Color and then facilitate as you practice and work on Drawing a New Path to God the rest of the time. You do not need to be artistic or creatively inclined—this is prayer, not artwork, although you may be surprised at how beautiful your prayers will look on paper.

Ciel Gierke has been a nurse for more than 30 years. She is a Heart Minister, a licensed HeartMath 1:1 provider, a certified BePeace group facilitator, as well as a teacher of stress management and parenting classes. Ciel is working on a Ph.D. in Holistic Ministry and has started writing a book on prayer.



The Four Great Spiritual Principles of Prosperity

In the Great Depression, Unity co-founder Charles Fillmore invited the world to awaken to the spiritual reality of God's abundant provision and published his ground breaking book, *Prosperity*. He gave us the understanding of how we as spiritual beings are entitled to and can draw forth from the universal substance of the Divine Presence all that we need in abundant supply. This January, as our world seeks to move beyond its fear and belief in lack, we will learn these great spiritual principles in our Sunday services.



New Classes

Classes held at 1800 Oak Park Blvd. • January 11 - March 4
Drop-ins Welcome • All classes on free-will donation basis (suggested donation \$10)

World Religions

Mondays at 7:00 pm with Susan Galvan, M.A.

In this class, each week we will explore one of the major religions of the past two thousand years, including Hinduism, Buddhism, Judaism, Christianity, Islam, Confucianism, and Native American spirituality. Because each spiritual movement arises from a particular time, place and people in history, shaping both the beliefs and behaviors of the participants, we will seek to understand the underlying structures, concepts and worldviews of the various faiths. Ultimately, the goal is to share a glimpse into each of these sacred traditions through the eye of the heart, opening to the wisdom, beauty and power of each. Highlights include a video of the Mevlevi Whirling Dervishes in their first-ever US appearance and a guest class with my husband, a Sun Dancer, gourd dancer and pipe carrier, on Native American religion and culture. Text: *The Religions of Man*, by Huston Smith



Susan Galvan has a lifelong interest in religion. As a child in Denver, she got up early each Sunday and took the bus to different churches across the city, doing her own survey of religion – including Judaism, Catholicism and Christian Science. After creating and directing the M.A. in Interdisciplinary Consciousness Studies at JFKU for 7 years, she became the Minister of Unity of the Spirit in Berkeley and Orinda for 13 years, a new church originally inspired by the ministry of Rev. Carol Ruth Knox of UCWC. Recently, she taught “life planning” (helping financial clients to live from the heart) to financial advisors in the US, UK, Netherlands and Australia.

Universal Laws: How We Really Create Our Lives

Tuesdays at 7:00 pm with Reverend David and Jeanne Fuson

You do create your life experiences, through the Universal Laws. You can create the life you dream of, through the Universal Laws. The popular book, *The Secret*, introduced the public to one of the laws. This course explores many laws in depth and how you can use them to manifest your heart's desires. Reverend David has extensive expertise and recognition in the understanding and teaching of the Universal Laws. His book, *The Intelligent Heart*, and his father's book, *Your Life, Why It Is The Way It Is and What You Can Do About It*, are the result of over sixty combined years of research on both their parts into the Universal Laws. Rev. David has presented lectures and seminars on the Universal Laws around the country including major conferences at the Edgar Cayce Headquarters in Virginia Beach, one of the finest sources of material on the laws.

Learn how to harness these powerful laws; bringing them together to create for yourself the life you really dream of in your heart. Move beyond the unconscious creation most of us experience. Become a conscious creator. That's when life gets fun! Text: *Your Life, Why It Is The Way It Is and What You Can Do About It*

Jeanne Fuson is an educator and Heart Minister at UCWC. She is studying the Unity Principles and Universal Laws.



Feeling Peace and Speaking Peace

2nd & 4th Tuesdays at 7:00 pm with Alexandra True
Aegis Senior Living, Main Activity Room, 4756 Clayton Road, Concord

The revolutionary inner and outer peace skills developed by the Peace Academy of Costa Rica are offered to our community through the skills of Alexandra True. This is an extraordinary opportunity to create a true consciousness of peace in your world.





New Classes

Classes held at 1800 Oak Park Boulevard, Suite A

Experience “The One” in Everyone

2nd & 4th Wednesdays at 7:00 pm with Kathleen Sims

In this class you will experience how to shift from ego-based relating to essence-based relating. Relationships are experienced exactly as they are because they reflect our current level of conscious awareness.

Learn how to clear your perceptions, see the Truth and open your radiant heart. Experience the true authentic person to whom you are with, no matter what’s ‘showing up’.

Learn an entirely new way of being with others. Experience the context of Namaste and create a sense of belonging and deep connection – easily. Imagine by just bringing forward your presence in relationships, the quality of them will naturally transform before your very eyes, making the miracle, that relationships can be, possible.

Kathleen E. Sims, C.H.T., C.R.C. is Co-Director of the Center for Conscious Living in Pleasant Hill, and the founder of the Center for Conscious Relationships, providing soul-based counseling and coaching, spiritual & cellular healing, transpersonal hypnotherapy, and Soul Mastery Workshops. Her work promotes the art and science of conscious loving and living through manifesting one’s purpose, vision and heart’s desires. A catalyst for deep, individual change for over 25 years, Kathleen moves people away from intellectual theory and into an actual cellular change of consciousness. She has studied extensively: psychology and philosophy, many energy healing modalities, the mystics, A Course in Miracles and Universal Principles. She is a co-author of Wake Up Moments of Inspiration and is currently writing the book, Manifesting Your Soulmate.



Conscious Eating For Spiritual Health

Thursdays at 7:00 pm with Angie Lambert and Sheri Miller (Jan 21 - Mar 11)

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.





New Classes

Classes held at 1800 Oak Park Boulevard, Suite A

The Lost Symbol and Scientific Spirituality

Fridays at 7:00 pm with Garrett Riegg

This class explores the intersection of leading-edge science with ancient mysticism and esoteric societies. Using excerpts from Dan Brown's exciting bestseller, *The Lost Symbol*, we will discuss new breakthroughs in noetic sciences and compare them to the once-secret teachings of Free Masonry. Masons played a decisive role in the founding of our country and the advancement of science, democracy and religious tolerance around the world. This is a sequel to Garrett's popular class on *The DaVinci Code*, with emphasis on parapsychology and history. (The book is not required.)



Garrett Riegg, J.D., is 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.

Don't Forget About These Ongoing Groups and Classes!

HeartMath Dialogue on Saturdays at 10:00 am. This is a focus group to help people who are learning the HeartMath tools refine their practice and to inspire others to begin learning the tools and/or join one of the Hub groups. Toni Roberts leads the group on the second Saturday of the month; Ciel Gierke leads the other three.

Poetry Group on the first Sunday of the month at 1:00 pm at Heather Farm.

Global Coherence Initiative Study Group...Sundays at 7:30 pm.

Communication Coaching Group...Mondays at 10:30 am.

Book Club...Every Tuesday morning at 10:00 am, a wonderful group of spiritual seekers gathers to explore together meaningful ideas of spiritual growth.

Linda Goldey leads **A Course in Miracles group** on Tuesdays at 10:30 am, giving an indepth look at this powerful course which has changed so many people's lives.

Meditative Yoga...Tuesdays at 5:30 pm with Sandy Stober.

Sheng Zhen Healing Qigong, the qigong of unconditional love...Thursdays at 10:30 am with Alison Tucker.

Gentle Meditative Yoga...Thursdays at 5:30 pm with DiAnna Moffit.

Healing Night on the first Wednesday at 7:00 pm. 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.

Choir...Thursdays at 7:30 pm. If you like beautiful music, singing with delightful people, having fun learning and growing with others, and inspiring and blessing our Center, the Choir is for you! 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.



Our Unity Community

UCWC Gives Heart and “Sole”



Shoes of every imaginable size and color came out of our closets last month to join a mountain of soleful giving. Three hundred million children worldwide need shoes. We are joining with more than 1,000 other Unity communities to help meet this need in a commitment to supply a pair of shoes for every minute of 2010 – that’s 525,600 pairs.

On December 13, the members of Unity Center of Walnut Creek responded to this call by donating more than 1,000 new and gently used pairs of shoes as well as more than \$3,000, which will be used to purchase almost 600 additional pairs of shoes. The donated shoes were packed up in 46 boxes by volunteers and sent for sorting and distribution around the world. Any donated shoes that are not wearable are recycled into ground covering for playgrounds, reducing the number that ends up in landfills. Thank you, Zelda, and your wonderful team of foot soldiers.

Love in Action Update

Thank you everyone for your faith in knowing that God is our Source as we breakthrough to the universal flow of financial abundance for our Center. Yes we are at breakthrough! As we write this, we have two banks who are willing to be channels of God’s abundance and provide financing for our Love in Action remodel. We are in the final stages of appraisals and negotiations with these banks. Keep your prayers coming. Visualize the construction starting in January and our return to our beautiful Geary Center this summer.

If you haven’t made a commitment to this wonderful project, you are invited to fill out a giving card, available at our services and office.

Spooktacular was:

- ✓ An amazing team of organizers,
- ✓ A Halloween party extraordinaire,
- ✓ An auction for fabulous opportunities,
- ✓ \$30,000 raised for our Unity,
- ✓ Creative costumes and fabulous food,
- ✓ Generosity, creativity, and love for our Center,
- ✓ All of the above.

Thank you to that wonderful team and generous people who made Spooktacular so very fun, delightful, delicious and successful! A special thank you to the organizers: Lisa Nichols, Kathy Bate, Marion Crew, Suzanne Perry-Paige, Leslie Tremaine, Diana Mesetz, Susan Miller, Tyler Snortum-Phelps and Lisa Langille.





January Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group..... 10:30 am
 HeartMath Study Groups (closed groups) 7:00 pm
World Religions with Susan Galvan* 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
Feeling and Speaking Peace with Alexandra True (2nd & 4th
 Tuesdays at Aegis Senior Living Main Activity Room,
 4756 Clayton Road, Concord) 7:00 pm
Universal Laws with Rev. David & Jeanne Fuson* 7:00 pm

Wednesdays

Experience "The One" in Everyone with Kathleen Sims* (2nd &
 4th Wed. of the month) 7:00 pm
 Healing Night (1st 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
Conscious Eating with Sheri Miller & Angie Lambert**. 7:00 pm
 Choir Rehearsal*** 7:30 pm

Fridays

Office closed
The Lost Symbol with Garrett Riegg* 7:00 pm

Saturdays

Toni Roberts (2nd Saturday of the month) 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)
 Global Coherence Initiative study group 7:30 pm

January

Monday 11th

Winter Class Session starts (Oak Park Blvd) 7:00 pm

Saturday 16th

Praying in Color Workshop with Ciel Gierke (Oak Park Blvd) .. 1:00 pm

Thursday 21st

Conscious Eating class starts (Oak Park Blvd) 7:00 pm

Saturday 23rd

HeartSkills Workshop with Rev. David (Oak Park Blvd) ... 9:00 am

Sunday 31st

Sheila Gautreaux, Guest Speaker (Heather Farm)all services
 Prayer Workshop with Sheila Gautreaux (Oak Park Blvd) ... 2:00 pm

*Classes begin the week of January 11

**Conscious Eating Class begins January 21

***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.

Save the Date for our Spectacular Crab Feed on February 27!

Helping Our Neighbors

Unity is helping the Monument Crisis Center provide food for our neighbors in their time of need. The Crisis Center is now serving about 7,000 people per month and their food stores are low. There is a particular need to help out just after holidays. Share your love and your food by bringing items from the list to our services at Heather Farm on Sunday only between 8:00 am and 1:00 pm, Sunday, January 10 through Sunday, February 7.

Food items needed are:

- Breakfast Cereal (low sugar)
- Instant Oatmeal
- Peanut Butter
- Canned Soup
- Canned meals
- Dry Soup
- Pasta, Rice, Pinto Beans
- Macaroni and Cheese, Pastaroni



Unity Center

OF WALNUT CREEK

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

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January 2010 Centerpoint

Advanced HeartSkills (*Using HeartMath® Techniques*)

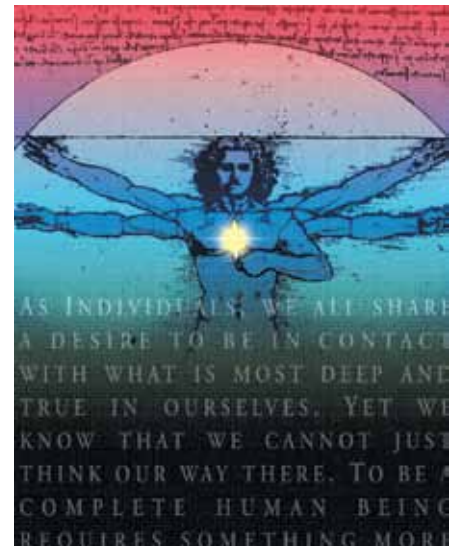
A Workshop with Reverend David McArthur

Saturday, January 23, 9:00 am - 1:00 pm • Free-will offering
1800 Oak Park Blvd., Suite A

- 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.



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