

JANUARY 2011

Centerpoint

UNITY CENTER OF WALNUT CREEK



Photo by Chadeayne Roush

Live your life each day as you would climb a mountain. An occasional glance towards the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point.

—Harold B. Melchart

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



Upcoming Events

A Weekend with Karen Drucker

Concert on Saturday, January 8 at 7:00 pm • Love offering

Guest Speaker on Sunday, January 9

“Let Your Light Shine” Workshop on Sunday, Jan. 9 at 2:00 pm • Love Offering

Karen Drucker enjoys creating music (and teaching others to do the same) that becomes personal to the listener... music that people can sing together, music that heals and inspires. She has recorded 11 CDs of her original inspirational music, and now travels around the country performing and speaking at conferences, retreats, and churches. She also does concerts, workshops, and organizes her own spiritual retreats.



During the “Let Your Light Shine” workshop, we will look at:

- How much we are shining our lights
- The ways we diminish our lights
- Ways to amp up our wattage

How many of us were taught as children to be seen and not heard, or when expressing ourselves in some way got the message we were “too much”? And yet we are all divine and unique, here on this earth to shine our lights and be all of who we are. Through songs, stories, exercises and humor, we will stop hiding our lights.

Awakening the Dreamer, Changing the Dream: The Symposium

Saturday, January 22, 1:00 - 5:00 pm by the Pachamama Alliance

Attend the Awakening the Dreamer, Changing the Dream Symposium and come together with conscious, aware people who care about what’s happening in the world, our community and with our families. As humankind balances on the brink of the greatest transformation in our species’ history, the voices of our collective society are more important than ever before.

Through dynamic group interactions, leading edge information, and inspiring multimedia, participants of this half-day event are inspired to reconnect with their deep concern for our world, and are empowered to make a difference. Designed with the collaboration of some of the finest scientific, spiritual, indigenous and activist hearts and minds, the Symposium explores the current state of our planet from a new perspective, and connects participants with a powerful global movement to create and reclaim our future. It is an exploration of four questions:

Where Are We? An examination of the state of spiritual fulfillment and environmental and social well being

How Did We Get Here? Tracing the root causes that have lead to our current imbalance

What’s Possible for the Future? Discovering new ways of relating with each other and with the Earth.

Where Do We Go from Here? Considering the vision and possibilities we want to be and create in the world - and our personal and collective roles

If you are ready to be inspired and moved to action, and to be introduced to a thriving community of committed cohorts, then join us in exploring the most critical concerns of our times, and discover new opportunities to make a real difference in accelerating the emergence of an environmentally sustainable, spiritually fulfilling, and socially just human presence on this planet!

<http://awakeningthedreamer.org>





New Classes

Classes held at 1871 Geary Road • January 10 - March 5

Drop-ins Welcome • All classes on free-will donation basis (suggested donation \$10-\$20 range)

To guarantee equal access to Unity classes, we hope to be able to rearrange class locations to meet the needs of the students.

The Spiritual Alchemy of Grief

Mondays at 7:00 pm with Beth Bottorff

Drawing from the works of Elizabeth Kubler-Ross, Carl Jung, and others, this workshop addresses the issue of loss as opportunity for growth. Grief is an inevitable part of life that can come from many experiences—the death of a loved one, the loss of a job, or a changing relationship, to name a few. Understanding grief and its impact on mind, body, and spirit, can help us to cultivate balance through even the most challenging of times. In this class we will explore grief through the framework of spiritual alchemy. Like the medieval alchemists who sought to change lead into gold, we will open to the richness of our own unfolding journey, cultivate compassion, clarity and an awareness of grief's inherent gifts.



Beth A. Bottorff, MA, received her training in Transpersonal Psychology and Marriage and Family Counseling through the Graduate School for Holistic Studies at JFK University where she also served on staff. Her relationship with the grieving process began over twenty years ago when her father was diagnosed with terminal cancer. She has worked with children and families in the child welfare system for the past ten years and conducts trainings throughout the Bay Area on human development, personal growth and grief and loss.

Empowerment...Conversations from the Heart (Transform All Your Relationships)

Mondays at 7:00 pm with Kathleen Sims

Isn't love the one area in life we all so deeply yearn for, yet were never taught 'how to have'? In our lives we saw a lot of ineffective role models, illusory pictures and mixed messages all around us. In this class it will become crystal clear why your relationships are exactly as they are.

You will learn the profound difference between our essence self and the self we project and express in the world. Why we get 'hooked' rather than truly connect. The secret portal is hidden behind your fears and old hurts. Break the Code to mediocre relatedness.

Learn the essential steps to empowering love in your self and those around you. You will experience how relationships can become a vehicle for learning, love, joy and celebration from seeing the true essence in others. Through this process a new bond is made. Learn how to accept others fully, which gives all of us what we have always wanted.

This class offers thought-provoking information, experiential processes, tools and knowledge from 'On High' about deep ways of connecting and seeing through the illusion to Truth in all your relationships. From this place, deep connection and appreciation can be experienced and all your relationships flourish.

Kathleen E. Sims, C.R.C., C.H.T., is Co-Director of the Center for Conscious Living in Pleasant Hill, and the founder of the Center for Conscious Relationship, providing soul-based counseling and coaching, spiritual/cellular healing, transpersonal hypnotherapy, and soul mastery workshops. She has co-authored three best-selling books about true-life inspirational moments. All her work promotes the art and science of conscious loving and living through manifesting one's purpose, vision and heart's desires.





New Classes

Universal Laws of Abundance

Tuesdays at 7:00 pm with Rev. David and Jeanne Fuson

We have asked Rev. David to share with us his expertise in the Universal Laws applied to creating prosperity. In our times of economic chaos, we have an opportunity to use the spiritual power of the Universal laws to transform our prosperity consciousness and create abundance in our lives. This course is in-depth, powerful, practical and miraculous. Create abundance from a spiritual knowledge seldom shared with the world. It combines head and heart, mystical and practical, ancient and modern; and will change your life forever.

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



Videography - Making it Fun

Tuesdays at 7:00 pm with Shari Dyer

Have you enjoyed shooting those special videos of children or grandchildren? Have you been entranced by a beautiful internet video? Have you enjoyed the camera magic that brings Unity's services to DVD and streaming video? The video world is fun, magical and at the same time it can be very frustrating if you don't have a few pointers and some friendly help along the way. Unity's number one videographer, Shari Dyer, has offered to help overcome the frustrations and share the tips that make the magic come alive. You will explore this wonderful world of visual communication, an experience that will bless you from this class forward. At the same time this class opens the door for anyone who after this course might enjoy adding their skill to our videography team.

Shari got her interest in photography from her father, who was a professional photographer after WWII. While getting her B.S. in Radiologic Technology at Northern Arizona University, she worked as a TA for the Physics of Photography classes. In 1993, she bought her first camcorder. Her interest and work in videography led to making her first public DVD in 2003 for the Aikido world. Sales were quite encouraging. Keigan Productions was formed to allow for the production of more DVDs. Shari has been working in both still photography and videography ever since, always learning and always willing to help others with their own interest in this wonderful, creative field.



Giving Thanks to the Angels

Wednesdays at 7:00 pm with Glen Knape

The angels do so much for us, and we demand so much from them, but how often do we think to simply thank them for all they do? Giving Thanks to the Angels is a heart-focused meditation course. In each lesson, we identify a group of angels that constantly help humanity, and thank them for what we do. Along the way, we study what angels are, and what they do for us. Each lesson begins with an opening meditation, followed by a discussion of one of the types of angels, and closes with a "Giving Thanks" meditation. These heart-focused techniques are very accessible and easy to perform, yet the response of the angels is quite powerful and full of love and appreciation.

Glen Knape is a teacher, writer, editor, and publisher of numerous works on self realization and world transformation through meditation.





New Classes

Life Coaching Now!

Wednesdays at 7:00 pm with Veronica Wolfe, CPCC

Coach Veronica invites you to explore personal, spiritual and professional growth and possibility in a safe, compassionate setting. Classes include meditation, life coach skill mentoring, wisdom circle discussion, experiential exercises, and occasional guest coaches. Come connect with others in our community, experience the benefit of individual or group coaching, and leave with a deeper understanding and appreciation of yourself.



Veronica Wolfe, CPCC, ACC, blends deep spirituality with 10+ years of professional coaching experience. She is a certified graduate of the Coaches Training Institute (CTI) in San Rafael, CA and co-founder of New Thought Life Coaching at Unity. Veronica is a credentialed member of the International Coach Federation (ICF), past-President of the ICF East Bay Chapter of professional coaches, and a Northern CA member of the Professional Coaches and Mentors Association (PCMA).

The Way of the Mystic

Thursdays at 7:00 pm with Rev. Susan Galvan, MA

The mystical experience of union with God lies at the very core of all spiritual and religious teachings. The Sufi poet, Rumi, wrote of the soul's lament, of its yearning to be re-united with the spiritual Beloved. The way of the mystic is one of passion, of devotion, and of service. In this class, we will explore the mystical path emerging in Jewish, Christian and Islamic mysticism (Kabbalah, Christian mysticism and Sufism), in particular, and then discover the commonalities and universal themes and experiences they share. More recently, the compilation of anecdotal Near-Death Experiences from around the world reveals how consistent the elements of transcendental union prove to be, both in and out of the body. Finally, we will learn how to open to this sublime relationship with the Divine here and now.



For over 35 years, Rev. Susan Galvan has explored and participated in a wide range of spiritual and mystical paths and practices. At JFKU, as a department chair, she scheduled and hired faculty to teach graduate classes in Mysticism and Religion. She has participated with the Mevlevi Dervishes (of Mevlana Jelaluddin Rumi) in Turkey and with the Sun Dance at the home of the Sacred Pipe in South Dakota, and has offered incense at the shrine of the Buddha on Lantau Island in China. In addition, she has lead numerous retreats including the Divine Child Retreat, the Artist-Mystic Retreat and Silent Retreats held each year on New Year's.

Popcorn with Purpose (Movie Night!) Continues

1st Friday at 7:00 pm with Ciel Gierke, Tricia Linden and Lisa Langille

Movie night at Unity returns with *The Living Matrix*, a film on the new science of healing which has generated so much interest in our community. See page 7 for details.

A Course in Miracles

2nd, 3rd and 4th Fridays at 7:00 pm with Garrett Riegg

The miracle is a power that is accessible in every heart. The Course was dictated by Jesus to a skeptical psychologist. It is a mystical path to inner peace using love to dispel fear, doubt and guilt. Our study will include corollaries from science and theosophy. Beginners can self-study to catch up. We are on Lesson 76. Garrett Riegg and Regina Zasadzinski will lead the class.



Our Unity Community

Connections and Confections

Sunday, January 23 at 3:00 pm

New to Unity? Desire to connect deeper with our community? Want to know what's going on? If this is you, we invite you to join us and our Unity Board for tea and goodies!



Unity Homeless Lunch Program

Saturdays, January 1, 8, 15 at 9:00 am

All are invited to join our volunteers on the first three Saturdays of every month to make lunches filled with love and nutrition for our homeless neighbors. Contact James Choate at jameschoate@sbcglobal.net if you have any questions.



Welcome Susan Galvan

We welcome Susan Galvan to our Unity staff. Susan is stepping into the role of Community Life Minister. She will be assisting us in coordinating our many activities plus helping to develop groups and programs in support of our diverse community of spiritual seekers.

Susan's background includes creating and becoming Chair of the Interdisciplinary Consciousness Studies Master of Arts program at JFKU. In 1987, she pioneered and ministered to an all-faith church and community, Unity of the Spirit in Berkeley, originally an outreach ministry of Unity of Walnut Creek. After 14 years of successful ministry Susan entered the world of training for financial advisors helping their clients integrate a meaningful life with financial strategies. She and her husband, Blue— founders of Singing Eagle Foundation — have fostered and sustained a tutoring for dyslexic youth at the Orin Allen Juvenile Detention Center near Tracy since 2001. Susan brings a warm heart, many skills and much experience in the spiritual journey in her support of our Unity community.

Save these February Dates!
February 12 - HeartMath Seminar
February 26 - Crab Feed

Unity Healing Night

First Wednesday of the Month at 7:00 pm

Healer Charlie Paduano

Charlie's approach to healing is informed by his skills as a Reiki Master-Teacher, Inter-faith minister and massage therapist. Beginning at a young age, Charlie began to hone and develop his healing abilities caring for his mother who had rheumatoid arthritis. As an intuitive healer and counselor, Charlie uses these tools and more to help people reconnect to their bodies and spirit. Charlie has participated in Unity's healing evenings for 10 years and has played an integral part in creating a safe, loving and sacred space at our Center.



Laughter Yoga with the Petersons

Second Sunday of the Month at 1:00 pm

Laughter Yoga, known in India as Hasya Yoga, is the brainchild of Dr. Madan Kataria of Bombay, who developed an extensive system of breathing and laughing techniques



whereby anyone and everyone can laugh, without need of comedy or even a sense of humor. Laughter Yoga began with five people in 1995 and now there are over 5000 Laughter Clubs in 40 countries. Laughter Yoga can be done anywhere without any need for special props or clothing.

Laughter relieves stress, anxiety & depression, reduces pain, improves circulation, connects people, and fosters happiness. A presentation will include samples of Laughter & Breathing Exercises.

UCWC Financials as of 11/31/10

God is our instant, constant, abundant supply

Income YTD	=	\$347,014
Expenses	=	<u>363,494</u>
Net	=	\$ -16,480



January Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group.....	10:30 am
Nia with Kathy Bate.....	10:30 am
HeartMath Study Groups (closed groups)	7:00 pm
<u>Alchemy of Grief*</u> with Beth Bottorff	7:00 pm
<u>Empowerment*</u> with Kathleen Sims	7:00 pm

Tuesdays

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
<u>Laws of Abundance*</u> with Rev. David & Jeanne Fuson ...	7:00 pm
<u>Videography Course*</u> with Shari Dyer	7:00 pm
Insight Meditation with Ernie Isaacs	7:30 pm

Wednesdays

Nia with Kathy Bate.....	5:30 pm
Nic-Anon	6:30 pm
<u>Life Coaching*</u> with Veronica Wolfe.....	7:00 pm
<u>Giving Thanks to the Angels*</u> with Glen Knape	7:00 pm
Healing Night (1 st Wed. of the month).....	7:00 pm

Thursdays

Sheng Zhen Qigong Class with Alison Tucker	10:30 am
HeartMath Study Group (closed group).....	1:30 pm
<u>The Way of the Mystic*</u> with Susan Galvan	7:00 pm
Choir rehearsals (email Rick Stober at rstober3@yahoo.com).....	7:30 pm

Fridays

Office closed	
<u>Popcorn with Purpose</u> (1 st Friday of the month).....	7:00 pm
<u>Course in Miracles</u> with Garrett Riegg (2 nd , 3 rd & 4 th Fridays)...	7:00 pm

Saturdays

Prepare homeless bag lunches (1/1, 1/8, 1/15)	9:00 am
Toni Roberts (2 nd 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 (1 st Sunday of the month).....	1:00 pm
Laughter Yoga (2 nd Sunday of the month).....	1:00 pm

**Classes start January 10*

January

Monday 3rd

Office closed for New Year's Day holiday

Saturday 8th

Karen Drucker Concert	7:00 pm
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Sunday 9th

Karen Drucker, Guest Speaker	9:30 & 11:30 services
Workshop with Karen Drucker	2:00 pm

Monday 10th

Classes start

Saturday 22nd

Awakening the Dreamer Symposium	1:00 pm
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Sunday 23rd

Connections and Confections.....	3:00 pm
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Sunday 30th

Y.O.U. Sunday.....	9:30 & 11:30
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A Special Sunday—Our 9:30 and 11:30 services will be conducted by our Y.O.U.ers! Experience the dynamic spirituality of our Unity teens!

The Living Matrix Film [Includes HeartMath® scientists]

Showing at Unity on Friday, January 7 at 7:00 pm

Mind, intention, belief...can these factors influence healing? How do placebos work? Can science explain "miracle" cures? A ground-breaking new film, *The Living Matrix—The New Science of Healing*, addresses these questions and explores how quantum physics, energy fields, and consciousness directly affect our health and well-being. For the first time leading scientists, researchers, and holistic practitioners share the latest science and alternative concepts that are revolutionizing healthcare as we know it.

The film uncovers innovative breakthroughs and discoveries that will transform your understanding of how we heal. The most significant revelation is how energy and information fields are as influential as genetics in determining human health, physiology and biochemistry. The film illustrates the undeniable benefits of integrating alternative healing modalities into conventional healthcare and advocates shifting from a disease centered system to a healing centered model.



Unity Center

OF WALNUT CREEK

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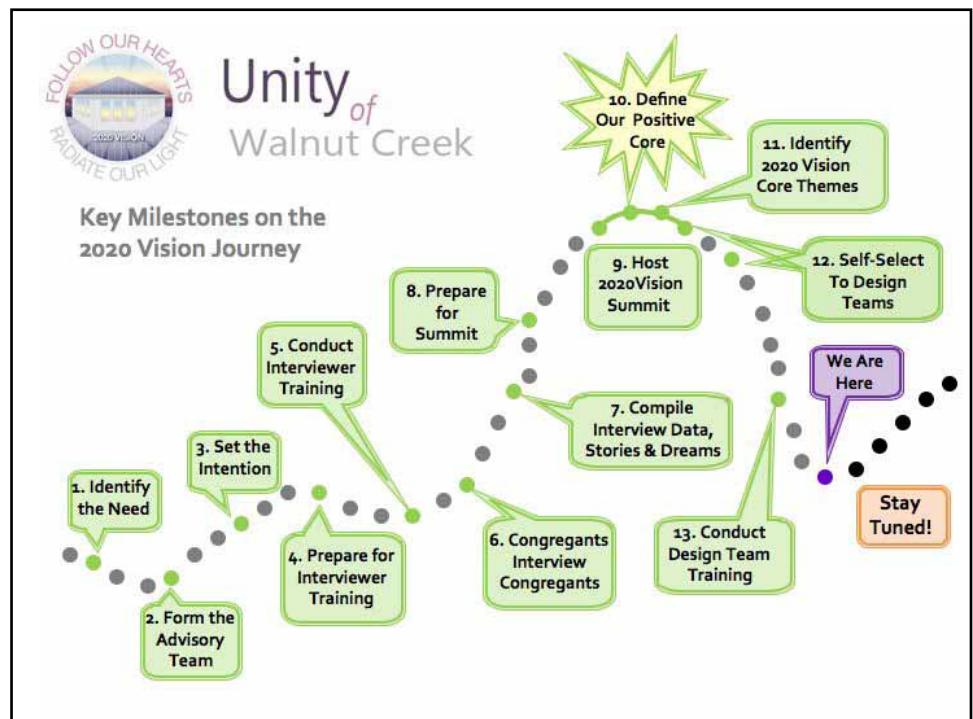
January 2011 Centerpoint

2020 Vision Update

After 200 interviews, 70 members of our community met for a day and a half at the 2020 Vision Summit on October 29-30, and chose the following four themes to focus on in the coming years:

- Children and Family
- Community Connection and Growth
- Community Service
- Spiritual Growth

After a full day of training and skill-building exercises on December 3, Design Team members are now ready to start creating dynamic plans to enhance each one of the four themes chosen.



Rev. David McArthur, Senior Minister • Don Eggleston & Susan Galvan, Assistant Ministers

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 - 12:30 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