



**There is an ancient street
whose cobblestones stretch
before us. On this street
are the doorways of infinite
possibilities. On this street is life,
beauty, and the fun of the warm hearts
we will meet. As we walk our own street
through this New Year, we are guided by
Infinite Wisdom and prospered by Divine Love.**

Oviato, Italy photographed by David McArthur

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

Welcome Back Max & Rama!

Sunday, January 29 • Rev. Max Lafser will be the guest speaker at all services

• Afternoon Workshop with Rev. Max and Rama Vernon • 2:00 - 5:00 pm

Rev. Max Lafser served Unity of Walnut Creek as our much loved Senior Minister for five years. With his wife, Rama Vernon, who was the founder of Center for International Dialogue and the Yoga Journal, they shared a rich “applied spirituality” that embraced world peace engagement. These two dynamic teachers are returning for a powerful Sunday in which we get to experience ancient Vedic knowledge (that Rama will soon be publishing in her new book) and the powerful message of peace that is expressed in our beautiful peace wall, which Max led us in creating. These two good friends of Unity are outstanding teachers bringing us a deep and transformative experience.

Their workshop, *Ancient Philosophy for Today's World*, leads us into the global movement “Season for Nonviolence.” These two very special people, who have led activities that have had profound impacts on the consciousness of peace in our world, will bring us into the experience of Patanjali's Yoga Sutras, the ancient knowledge upon which their powerful world peace work is based.

For this life-changing event, wear comfortable clothes, come ready to breathe, chant with Rama, and watch yourself become supple in mind, body and soul as you experience a broader understanding of the many paths to the same source.



Heart Ministry Invitation

Sunday, January 8 • 2:00 – 3:30 pm • Introduction

Saturday, January 21 and February 4 • 9 am – 5 pm • Training for Heart Ministry

You are invited to prayerfully consider Heart Ministry at Unity.

Because you may be one of the many people in our spiritual community who have a deep experience with and commitment to prayer, we are extending to you this special invitation to consider joining those dedicated souls who do the powerful and very meaningful work of providing the prayer and care support for our spiritual community.

Becoming a Heart Minister means opening oneself to a sacred commitment and responsibility by becoming an instrument of caring support for our spiritual family here at Unity. Our Heart Ministers hold all of us in prayer, work with our prayer requests, and are the personal spiritual presence responding to our needs, whether at home, hospital or on Sunday mornings.

If you are interested, please reserve two Saturdays (January 21 and February 4) for the training that is necessary to step into this spiritual role. Come to an introduction to Heart Ministry on Sunday afternoon, January 8, for a chance to hear about Heart Ministry and the training, responsibilities and opportunities involved. Are you ready for your next level of spiritual service? If so, Heart Ministry may be the way Spirit is calling you to serve.





New Classes

Unity Center of Spiritual Learning • January 9 - March 2

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

It is our desire to offer equal access to Unity classes. If you have an access need, please let the office or teacher know.

Movement Class for Seniors

Mondays at 1:30 pm with Tra Holloway Boxer

We do not stop moving because we get old; rather, we get old because we stop moving. This class is an opportunity for participants to become more aware of how they move in their daily lives, and experience gentle, slow movements (standing and/or sitting) that can lessen joint stiffness, increase flexibility and balance. In this class we will focus on natural breathing techniques and graceful movements that help relieve stress and increase awareness. Please wear comfortable, loose clothing.

Tra Holloway Boxer is a licensed therapist, educator and life coach. She worked in alternative education in Berkeley and was the principal of an alternative high school in Piedmont. Tra served as the Director of that city's adult school for three years before retiring from education. Tra's private practice and teaching has focused on the care of individuals and families leading to wholeness.



Spiritual Principles

Mondays at 7:00 pm with Kathleen Sims

Spiritual Laws, or Laws of Nature, are the unwavering and unchanging principles that rule our entire Universe and are the means by which our world continues to exist and thrive. Discover the simplicity of harmonizing with the immutable and essential power of Spiritual Laws to manifest lasting abundance and happiness into your life. By understanding and embracing these Laws, you discover the Source of *all that is, has been or ever will be*. You will experience thought-provoking discussion, exercises, visualizations and knowledge from 'on high' about living in truth, aligned with Principle. This class will reveal the relevancy and power of embodying and applying the highest Spiritual Principles to everyday life, thus awakening Divine love in the heart and transforming one's quality of living.

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.



The Twelve Powers

Mondays at 7:00 pm with Ron Salazar

Would you like to be more centered, more spiritually fulfilled, and better able to express your Christ nature in all areas of your life? Join Ron Salazar for this class devoted to a study of The Twelve Powers, based on the concepts from Charles Fillmore's *The Twelve Powers of Man*, written in 1930, describing the twelve spiritual powers with which God endowed us all. In this class we will explore each of the twelve powers in detail, its significance, its location in the body, the disciple associated with it, and ways to put the power to work for your greater good. Understanding and consciously applying these "gifts from God" can raise your level of consciousness and change your life.

Ron Salazar became a Unity Path follower in 1998 and found by 2000 he was being called to be a Unity Minister. In his 9 years as a Unity member he has completed the 250 credits of the SEE Spiritual Growth Program at the Unity School of Christianity. Ron also has completed the first two weeks of the three week leadership program to become a Licensed Unity Teacher.





New Classes

Heart Skills - Techniques of Transformation

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

Love is the transforming power. It is through our heart we access that amazing power. Rev. David will be sharing and guiding us into deeper heart skill and deeper heart connection. It is introductory (if you've not yet experienced HeartMath®), advanced (if you've worked with your heart before), and new (the heart frequencies of higher relationships and deeper peace). We will hologram, Cut-Thru® and enter "Point Zero." Are you ready for real transformation?

Would you like deeper connection in your relationships? Would you like more peace in your business world? Would you like more guidance in your decisions? Would you like an expanded experience of spiritual awareness? They are all possible through your heart.

Rev. David has been researching and teaching about love and the heart for over forty years. His extensive background with the Institute of HeartMath and his book, "The Intelligent Heart" are the foundations for the deep experience of the heart that awaits you in this class. Jeanne Fuson is an educator and Heart Minister at Unity Center of Walnut Creek.



The Third Appearance, by Walter Starcke

Tuesdays at 7:00 pm with Hope Ford

Walter Starcke's book, *The Third Appearance*, is subtitled *A Crisis of Perception*. This refers to the ways in which we still look out there for answers, for help and for signs that we are OK. In this class we will explore and uncover the truth of who we are as presented by Walter Starcke using proofs from science and mysticism. Please join me on this journey from mis-perception to understanding.

Since coming to Unity in 1992, Hope has been a very active volunteer. She has led SEE and chaired committees for SEE. She was also on staff for six years as Sunday Coordinator. Most recently, Hope presented 'Smile Anyway' to Women of Wonder.



Lessons in Truth

Wednesdays at 7:00 pm with Rev. Sheila Gautreaux

Based on the book *Lessons in Truth*, by Emily Cady, this class offers the student on the quest for Truth a powerful toolbox of principles and universal laws that offer guidance, direction and support. These form a solid foundation upon which to build a personal spiritual life but also teaches the foundational principles upon which the Unity Movement was built and drive its upwardly progressive movement today. This class consists of lecture, exercises and group activities.

Sheila Gautreaux is our new choir director, a Licensed Unity Teacher, ordained Interfaith Minister, Inspirational Speaker, Author, Radical Forgiveness Coach, Opera Singer, Columnist, mother and grandmother. She is the author of Praying Through A Storm: How Prayer Works, How to Make it Work For You, a book on the power and process of prayer.



The Compassionate Universe: Answering the Call to Spiritual Integrity

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

This will be a faith-in-action series on spiritual ecology and the power of the individual to heal the environment. Based on the book by Eknath Easwaran, this series points the way to a life that combines inner fulfillment, respect for Creation, and effective participation in the world. Together we CAN make a difference, when we are willing to do what it takes to live with spiritual integrity.

After creating and directing the M.A. in Interdisciplinary Consciousness Studies at JFKU for 7 years, Susan 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. She is currently Community Life Minister here at Unity of Walnut Creek.





New Classes

Videography

Fridays at 7:00 pm with Shari Dyer

A seven class course on Videography will be held starting on Friday, January 20. Those who are volunteering to work in the A/V booth need to come to all seven Friday night classes. The classes are open to all interested people, however. Much of what you will learn is equally applicable to photography as well as videography.



Class 1: The Digital Camcorder: Parts, Menu, Lenses, Connections

Class 2: The Shot: Elements, Types and Vocabulary

Class 3: Shooting Techniques - Composition, awareness of challenges (lights, sound, etc) and how to deal with them, Shooting for the edit vs shooting for streaming video

Class 4: Sound, the Soundboard, Mics, other sound equipment.

Class 5: The Switcher - how it works, what to look for, what challenges are present.

Class 6: Basic Editing principals, what is involved, what an editor needs from a camera person.

Class 7: Evaluating video—yours, or a favorite movie. Review.

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. 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.

Popcorn with Purpose (Movie Night!) Continues

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

We will show the film, enjoying popcorn and beverages. Then we will discuss the meaning, messages and significance of the film as we each see it. Please come share the film and share your perspectives.

On January 6, we will be showing *Noel*, a brilliant holiday feature with an all-star cast starring Susan Sarandon, Penelope Cruz, Alan Arkin and a secret special guest star. This is a story that explores spirituality at every turn and leaves us pondering many of life's biggest questions, *Noel* is not your average holiday fare. It's Christmas Eve in New York City where an interesting cast of characters are playing out their dramas on an emotionally loaded day. Facing the loneliness of the season head on, this film seeks to offer an alternative to the "perfect holiday," bringing us a true sense of connectedness and the mystery and beauty of life instead. 96 minutes

On February 3, our film is *Opa!* Eric (Matthew Modine) is an archaeologist who finds unexpected romance on the Greek island of Patmos while searching for an ancient chalice. Will Eric toss away a lifetime of work - and the hope of fulfilling his father's deepest wish - for the love of a vivacious, independent woman? What choice does he have? 93 minutes in English.

On March 2, we will feature three shorts. The first one is *Touch*. In the isolation of city life, a connection is sparked between two strangers. This short film about an act of compassion won the Grand Jury Award for Best Short Film at the Florida Film Festival. (13 minutes) The second short is *Beautifully Esther*. When Esther's husband, a Hungarian immigrant, suddenly collapses, she must decide how to spend the rest of her days. (23 minutes) Our final one is *Mary Anne Goes to Market*. When Mary Anne visits the grocery store, she affects the life of everyone she meets. (9 minutes)





Our Unity Community

Singles Group

**Friday, January 13, 6:00 pm Dinner;
7:00 pm Activities**

Finally—it's here!

Singles Heart-based Connections!

The Support You've Been Waiting For!

- Spiritually inspired connections
- Warm, caring friendships
- Enjoy healthy food together
- Build an email activity list
- Dinner: Enjoyed between 6-6:40 for \$10 per person; RSVP required for dinner to SinglesUnityWC@aol.com
- Fun Activities, start at 7 pm, no RSVP necessary, Love Offering
- Second Friday of every month



Volunteer Training

Sunday, January 15, 2:00 - 4:30 pm

Volunteers! And this includes just about everyone in our community...Join us on Sunday afternoon, January 15, from 2:00 to 4:30, for our new Volunteer Training. Whether or not you are currently volunteering, you are invited to come to this workshop on volunteering as a spiritual practice. There will be discussions, exercises, and opportunities to assist you in recognizing and integrating spiritual awareness in all activities, as we become volunteers who "Follow Our Hearts and Radiate Our Light." The training will be mostly experiential, as we practice evoking the sacred intentionally, moment by moment, in simple everyday tasks and thus experience service grounded in Spirit and joy.

EarthCare Covenant Ceremony

Sunday, January 8 during all services

Our spiritual knowledge of our oneness with all creation asks us to touch the earth with gentleness and wisdom. As a worldwide movement, Unity has embraced a commitment to the earth and its systems inspired by this oneness. We here at Unity of Walnut Creek will formally join in that consciousness at our services on January 8th by affirming our covenant with our worldwide Unity family.

Unity of Walnut Creek EarthCare Covenant

Our consciousness reveals that all of creation is connected as one. The story of creation reveals that we are to be good caregivers of the creation. As a people of faith, we commit to a renewed reverence for life and respect for the interdependent web of all existence. We honor our spiritual commitment to the care, support and defense of the balance between our individual needs and those of nature. We envision a world in which everything has intrinsic value and where all beings are assured a secure and meaningful life that is ecologically responsible and sustainable. We agree to transform our individual and congregational lives into acts of moral witness, discarding harmful habits for new behaviors that demonstrate our respect for this harmony and interconnectedness.

We declare our covenant with God to walk upon the Earth for the greatest good of all creation.



January 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
 HeartMath *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
 Women of Wonder (3rd Wed. of the month)..... 6:30 pm
 Lessons in Truth *with Rev. Sheila Gautreaux**..... 7:00 pm
 Healing Night (1st Wed. of the month)..... 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 (2nd Friday of the month) 6:00 pm
 Videography *with Shari Dyer (starting Jan. 20)* 7:00 pm
 A Course in Miracles *with Garrett Riegg (starting Jan. 20)* ...7:00 pm

Saturdays

Prepare homeless bag lunches (see note below)..... 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
 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

January

Sunday 1st

Treasure Mapping *with Deborah Diandra*..... 2:00 pm

Friday 6th

Movie Night..... 7:00 pm

Sunday 8th

EarthCare Covenant Ceremonyall services
 Introduction to Heart Ministry..... 2:00 pm

Monday 9th

Classes begin

Friday 13th

Singles Group (dinner)..... 6:00 pm
 Singles Group (activities) 7:00 pm

Sunday 15th

Volunteer Training 2:00 pm

Sunday 29th

Max Lafser, guest speakerall services
 Workshop with Max Lafser & Rama Vernon..... 2:00 pm

**Classes begin January 9*



Save the Date!



The Crab Feed will take place on February 25...



don't miss it!



New Group Forming

Support in Healing from Loss With Beth Bottorff-Seidenspinner

Tuesday, Jan 24 6:00 to 7:30 (every 4th Tuesday)

Our life experiences have taken us through the loss of people we have loved, and the loss of parts of our lives that we held dear. Our grief from these losses becomes a part of our road to healing. Beth's gracious wisdom and empowerment has helped many of us find understanding, connection and healing through these losses. She invites all in our spiritual community who are journeying through this part of life to come together to understand, care and heal. This special gathering of people will meet the 4th Tuesday of each month. Give yourself the gift of caring friends on your journey.



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January 2012 Centerpoint

Manifest Your Best Year Ever! *With Deborah Diandra*

Sunday, January 1 • 2:00 - 4:00 pm • \$15/person or \$25 for two if you bring a friend

Forget those resolutions and come have fun with us creating your own Treasure Map for the New Year.

In this workshop you will create through prayer, intention, words, and pictures what you would like to manifest in the New Year. If you have never done Treasure Mapping (or Vision Boards), you will be amazed at how effective this tool can be.

What to bring: scissors, glue sticks, 1-2 magazines, drawings, personal photos, prayers or mandalas. Poster boards will be provided.

For more information, directions or RSVP, call Deborah Diandra at 925-779-1503.

Deborah Diandra, master healer, visionary and teacher, has facilitated many classes, including ongoing Mastermind groups using New Thought and Principle. She has found Treasure Mapping a very simple and successful technique in creating and manifesting in her life. She is excited to share her stories and wisdom using this powerful New Year tool with you.



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