

Centerpoint

UNITY CENTER OF WALNUT CREEK

Our Time is Now!

We are nearing completion of our building project that started as a collective vision and was held by this community for transformation of our spiritual home. The vision from Spirit was not just for the renewal of our facilities. It was to call forth the compelling energy, truth, understanding, love, peace and power that flow through us when we come together in the name of Spirit. It is now time to turn our attention and intention toward our future. As we enter this new phase, renewed and filled with Spirit's energy of transformation, it is time to express the power that is God's vision within us, for us and for the world. It is time to 'be the divine expression' that Spirit is calling us to be.

We invite you to join us as we embark on our next 10 year journey forward. This journey to 2020, with 20-20 vision, will honor and invite the transformative power of Spirit to flow through us. As it does, we will focus on positively appreciating the best of this dynamic center of consciousness and Spirit, known as Unity Center of Walnut Creek. We will engage in a strategic process that was born from positive psychology and is called Appreciative Inquiry. Simply stated, by asking, appreciating and affirming what we do best, we can discover the dream that Spirit has placed in our hearts. Are you ready to play? Here's a sample of what we may ask: Looking back, what was your most affirmative moment in your Unity experience? What is special to you about Unity Center of Walnut Creek? What do you feel our Unity does best?

Q. Are you wondering how truly important your answers might be?

A. They are vitally important! In fact, they are so important that over the next four months, we will interview everyone who is willing to share their experience of Unity Center of Walnut Creek!

Q. Will we really interview everyone?

A. Yes! In July we will train individuals to conduct interviews. Interviews will be held through September.

Q. What happens after the interviews?

A. We'll launch into an action phase that will begin with a special event for the entire congregation in October. This October Summit marks a special time when we will:

- choose our priorities,
- make the commitment to follow-through,
- define the steps to take,
- identify the teams who will be responsible, and
- move with Spirit to manifest our dreams.

Participating and lending your voice to co-create our 2020 Vision will be an opportunity for you to be heard. It is also an extraordinary opportunity to deepen your connection to your Unity community and to help shape its future. We sincerely hope you will join us in opening your heart and radiating your light as that beautiful expression of God that you are.

—Reverend David McArthur
& our 2020 Vision Team



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



Upcoming Event

Discover the *Fellowship of Presence* through the exploration of PRAISE

A Workshop with Richard Miles • Sunday, July 11 • 2:00 - 4:00 pm

“The idea that we, as humans, are somehow separate from, and independent objective observers of the life we share on the planet Earth, is an infinitely extrapolated mistaken notion.”

—Brendan O’Regan, First Director of Research, Institute of Noetic Science

Feelings of isolation, loss of purpose and meaning, and a sense of separation from others and nature are common experiences in today’s world. If we seek a sense of safety, connection and love with others and nature, how can we best proceed?

The experience of presence in connection with another, called “Direct Engagement” by my late friend and colleague Doug Boyd, author of books about Native American shamans, is a blessed event. We may experience it unexpectedly when someone brings an infant or toddler into the room and she makes direct eye contact, smiles and lights up our world. Little children have true presence and are likely to share it with glee. How can we gain that experience together? How can we build a true fellowship of presence? Let’s play a word game with PRAISE.



In the Level One Perception (toddler /pre-school) phase, when we see something new, we want to recognize it, make it known. We assign it attributes – colors, shapes, etc., so we can recognize it again, then we identify it with a name. Once we have done this, we may feel somewhat safe with the new “known,” and can extend out to the next new unknown. Perception, Recognition, Attribution, Identification, Safety, Extension. P-R-A-I-S-E

In the Level Two Perspective (approx. school age) phase, we may soon discover that things look different depending on where we are when we see/hear them. Who is looking/hearing? Where am I in relation to “it,” them/her? Perspective, Respect (look again), Attention, Insight, Security, Exploration. P-R-A-I-S-E

In the Level Three Participation (maturing into adulthood – teen years) phase, we discover we may not be separate, objective observers. We become involved in the process of looking and hearing and sharing with others in the *Fellowship of Presence*. Participation, Rapport, Appreciation, Involvement, Serenity, Engagement. P-R-A-I-S-E

In this dynamic workshop, we will be moving through this three level process including, music, chants, readings, and learning to honor and respect one another. Through surprisingly simple shared experiences, we will diminish long-held fear of “the other” and build the *Fellowship of Presence*.

In the late 1960s, Richard Miles dropped out of the marketing world to explore the amazing phenomenon of the UC Berkeley People’s Park riots and the Flower Power carnival in the Haight-Ashbury. The underlying story seemed to be a huge shift of our perception of the world - from the idea of industrial exploitation to the realization of our relationship within the natural systems of life on the planet. This shift is still in progress, but not necessarily understood by many. In the early 70s, he managed a series of large conferences, exploring how we view our world, especially in medicine, psychology, and spirituality. He joined the Health Science Department of San Jose State in 1977, and began to teach at JFK University in 1979, becoming an Associate Dean of the new Graduate School of Consciousness Studies in 1982. He moved to Minneapolis to work with the Health Professions Institute, then returned to the Bay Area to teach at Cal State Hayward. He has since worked as a writer and consultant to groups of professionals organizing “integrated” health centers.



New Classes

Classes held at 1800 Oak Park Blvd. • July 19 - August 20

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

Celebrate All Your Relationships - For Couples and Singles

Mondays at 7:00 pm with Kathleen Sims

We're waking up to the fact that what we once thought would work to create successful relationships, often hasn't given us the fulfillment we are all seeking. We're beginning to realize something is missing. The world is changing and a new model of relating is being called into Being from on 'High'.

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. You will discover that coming back HOME to your Self with acceptance helps you connect more deeply with others.

You will experience how relationships can become a vehicle for Learning, Love, Joy & Celebration, from seeing the True Essence in others. Through this process a new bond is made, making it possible to accept others fully and help bring out the best in them—thus awakening Divine love in the heart and transforming one's quality of relating.

This class will offer thought-provoking information, experiential processes, visualizations and knowledge from 'On High' about deep ways of connecting and seeing through the illusion to Truth in all your relationships. From this place, appreciation and celebration fills your heart and your relationships.

Kathleen E. Sims, C.H.T., C.R.C., is Co-Director of 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. In addition, Kathleen is the President of Certain Solutions, a visionary management consulting firm. All her work promotes the art and science of conscious loving and living through manifesting one's purpose, vision and heart's desires.



Lessons in Truth

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

For the past 100 years, Unity students around the world have been blessed by this little book, written by Dr. Emilie Cady, and it has been a guide in their quest for Truth and spiritual understanding. Millions of lives have been changed by this book, including Oprah and Maya Angelou.

Lessons in Truth by H. Emilie Cady is a clear, concise representation of New Thought philosophy and metaphysical Christianity. The spiritual concepts presented in these twelve lessons show us how to increase our personal empowerment and enhance our spiritual growth. Dr. Cady teaches that our lives can be transformed by the power of our thoughts, words, and beliefs. She encourages us to find our truth as it is written in our own hearts and then apply these truths in every area of our lives.

Born in 1848, Dr. Cady was a turn-of-the-century homeopathic physician who treated her patients both medically and spiritually. Her approach to healing was simple, clear, and rooted in her own experience. She was inspired by biblical teachings and influenced by Emerson. Cady was a contemporary of Emmet Fox, Charles and Myrtle Fillmore, Ernest Holmes, and other great minds of the New Thought movement.





New Classes

Classes held at 1800 Oak Park Boulevard, Suite A

The Spiritual Quest

Wednesdays (7/21, 7/28, 8/11 & 8/18) at 7:00 pm with Rev. Susan Galvan, MA

This is the second part of a two-part course on the journey to wholeness through spiritual awareness. The first four weeks focused on “Essentials for the Quest.” The second four weeks, “The Labyrinthine Path,” will explore the journey itself, and what arises as we approach realization, including trust, transformation, the role of will, and consecration. Exercises in each class will ground the steps as we take them. Text: *A Very Condensed Traveler’s Guide for the Spiritual Quest*, available in class for \$10.

Conscious spiritual development has been the focus of Susan’s own path, her studies, and her work with others since 1970. Her Master’s Thesis is on “The Evolution of Consciousness in Humans.” 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.



How to Let God Help You

Wednesdays at 7:00 pm with Ron Salazar

In our study of Myrtle Fillmore’s writings in the book *How to Let God Help You*, we will explore the Spiritual beliefs of the “Mother of Unity.” Through reading her correspondence to people all over the world who asked for her Spiritual counsel, we will begin to see the Christ within Myrtle Fillmore. Let us visit with Myrtle as she “dishes out metaphysical advice as we can imagine our mothers would—with grace, occasional gentle humor, and no-nonsense maternal wisdom.” Let us meet the woman who was not only the inspiration for Charles Fillmore finding the Christ within himself, but to thousands of people to heal their bodies and their souls.

Ron Salazar has been a truth student for almost 20 years. He began following the New Thought Path in 1988 through the 12-Step Spiritual Path. The 12-Step Path’s foremost tenant is that God lives within each of us, and by keeping a conscious contact with God we will connect to the Spiritual Power that resides in all of us. He 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 over 200 of the 250 credits of the SEE Spiritual Growth Program at the Unity School of Christianity. He is a member of the Board of Directors.



Spiritual Insight through Drawing with Pastels Thursdays at 7:00 pm with Sonia Wijts

Use powdery pastels, other media, and visualization to express inner motivation and guidance. Even though I would be happy to share some techniques and the results of your drawings will be very colorful, this is not a drawing class. You don’t need to be an artist to participate in this journey of discovery. The aim is to bring out some information and develop an awareness of hidden talents and motivators so you can reach for the stars. Remember a picture is worth a thousand words!

This is the second set of classes and it is best to sign up for all five classes since they build on each other. The supplies fee is \$5 and suggested love offering is \$10.

Sonia is currently the Art Director for the Center for Adaptive Learning in Concord. She earned a BA in Studio Art and an MA in Psychology with a specialization in Expressive Arts Therapy.





New Classes

Classes held at 1800 Oak Park Boulevard, Suite A

The Immortal Now

Thursdays at 7:00 pm with Patricia Grabow

Following a brief near-death experience 28 years ago, Patricia Grabow began receiving channeled messages foretelling who she would meet and what to do to prepare a series of four books to help people change their perspectives on world events and 2012. Now Patricia is returning to Walnut Creek to offer a multilevel spiritual experience with a series of five workshops focused on the book *The Immortal Now: The Ascension and the Nature of the Present Time*. The book contends we are going through the ascension with all life now, and you will experience new meaning for the events of 2012 with One Power, the heart, and All That Is, replacing a fear-based paradigm with the perspective Patricia experienced when she died. Find a new light on the idea of Armageddon, earth changes, peace, the nature of the present time, the nature of reality, and the step beyond quantum physics—no time, and no death as real.



Patricia Grabow began her unusual journey 28 years ago when she began her work of creating, as foretold, the four dictated books. Patricia has a master's degree from the University of Alaska, where in her professional life she worked with Native American education in rural Alaska teaching and documenting Yup'ik Eskimo legends, stories, and spirituality. Her life has taken her from Montana to Asia to Washington DC, Washington state, Alaska, and back to Montana. She has three children and now (with the youngest born May 26, 2010) two grandchildren!

The Magic Sandbox

Fridays at 7:00 pm with Ali True

“Can you imagine experiencing the world as a great sandbox given for us to play in like we did as children? As we play, we can also open ourselves to the exploration of our edges, always creating new adventures of self-exploration as we let go of old out-dated beliefs about ourselves.” —Judith-Annette Milburn

The fun Magic Sandbox is a place where we gather to be spontaneous and creative; to trust in the sheer marvel of “isness”; to open our hearts to the wonder in the world. Instead of judgment or analyzing, we give permission to ourselves and to each other to open up to inspiration and playfulness. Through a variety of exercise and activities, we build trust and rediscover the magic that is all around us.

(Ali True takes fun very seriously!) Come play with us! Drop-ins welcome.

Ali True is an Ordained Interfaith Minister whose passion is to work with those who are learning the communication process of Nonviolent Communication in the San Francisco Bay Area.



Popcorn with Purpose (Movie Night!) Continues

Fridays at 7:00 pm with Ciel Gierke, Tricia Linden and Lisa Langille

To finish up the series of “spiritual cinema,” the following films will be shown: *Happenstance* on July 2, *Uncross the Stars* on July 9, and *The Man from Earth* on July 16. For descriptions of the films, see page 6.



Our Unity Community



eScrip—Effortless Funds for Unity (It's free, easy & secure!)

For years Unity has participated in eScrip, which raises funds for Unity through purchases from eScrip merchants. Vendors such as Safeway, Lunardi's, Macy's, restaurants and online sites such as Amazon, Coldwater Creek and many more participate. Unity receives various percentages from the suppliers. For instance, a recent La Veranda lunch netted Unity \$10 and an online purchase from Amazon for \$36 created a donation of \$2.60.

Last year at Safeway of Walnut Creek our members spent \$42,000 netting \$344 for our Center. Remember, if you need a new transmission, try Walnut Creek Transmission where a \$2,500 purchase sent a hefty \$50 to Unity. And don't forget to register your Macy's card if you are purchasing new furniture! In earlier years Unity received as much as \$6,000 but our current year ended with only \$2,000. Sign up today....it's effortless!

JOIN UP now for this pain-free way of donating. You can do this online or at the church on July 11 or July 25. If you are already registered, you need to keep your sign-up current. Make sure you are enrolled with the credit cards you are currently using and to update expiration dates online or at the table July 11 & 25. eScrip does NOT pass on any personal information and is a Secure Website.

Please enroll or update your information. Invite all your friends, relatives, neighbors, and work partners to do the same as it is free and simple and safe! The initial registration takes less than five minutes!

The person signing up the most new, non-Unity members in July (you tell us who you signed up) will receive a free dinner for two at one of the participating restaurants.

For questions, ask Jo Atwood 925-420-6706 or Barbara Tuck 925-513-1108.

<http://www.escrip.com>

Unity Center Group Number is: 3512480

Popcorn with Purpose (Movie Night!)

Fridays at 7:00 pm with Ciel Gierke, Tricia Linden and Lisa Langille

On July 2, we will be showing "Happenstance." This is an amazing French film starring Audrey Tatou which surprises us with its random coherence, telling a tale of six seemingly disconnected stories that are all somehow part of a whole. "The butterfly effect" describes the flutter of a butterfly's wings is enough to affect the course of events throughout the world, and this film shows how true that is. Watch as the story unfolds, reveling in the wonderfully random nature of life and the meaning that coincidentally finds its way through. It is in French with English subtitles.



On July 9, we will be showing "Uncross the Stars." When Troy (Daniel Gillies) loses his beautiful young wife, he follows her enigmatic last request: to drive to the desert and build his Aunt Hilda (Barbara Hershey) a porch, and to "uncross the stars." Once he arrives in Happy Valley, an Arizona retirement community, Troy meets Hilda's friends, a group of bawdy, wisecracking older women, and a Vietnam vet (Ron Perleman) who show him a different outlook on life and death. Troy's journey opens his heart in ways he never imagined possible.



Our last film of the season will show on July 16. It is called "The Man from Earth." When John Oldman retires after 10 years as a college history professor, his colleagues show up to say good bye as he packs his belongings. Friendly goodbyes soon turn into a prolonged interrogation when John tells a tale that few can accept. The Man from Earth raises more questions than it answers and creates thought-provoking discussion.



**Save your good items for our annual
Circulation Day being held on
Saturday, September 4**



July - August Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group..... 10:30 am
 HeartMath Study Groups (closed groups) 7:00 pm
Celebrate All Your Relationships with Kathleen Sims* ... 7:00 pm

Tuesdays

Book Club Cancelled
 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
Lessons in Truth with Rev. David and Jeanne Fuson* .. 7:00 pm

Wednesdays

The Spiritual Quest with Susan Galvan* (7/21, 7/28, 8/11,
 8/18)..... 7:00 pm
 Healing Night (1st Wed. of the month)..... 7:00 pm
How to Let God Help You with Ron Salazar 7:00 pm

Thursdays

Sheng Zhen Qigong Class *with Alison Tucker*** 10:30 am
 HeartMath Study Group (closed group)..... 1:30 pm
Spiritual Insight...Drawing with Sonia Wijts*..... 7:00 pm
The Immortal Now with Patricia Grabow 7:00 pm
 No Choir Rehearsals in July. Choir rehearsals resume on
 August 12..... 7:30 pm

Fridays

Office closed
Popcorn with Purpose (for dates see page 6) 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)

July

Sunday 11th

Fellowship of Presence workshop *with Richard Miles* (1800
 Oak Park Blvd) 7:00 pm

Monday 19th

Classes start

August

Sunday 15th

Janet Connor, guest speakerall services
 Welcome to the Romance workshop *with Janet Connor*
 (Heather Farm Club Room)..... 2:00 pm

*New Classes start the week of July 19

When you're in the grip of frustration, love can seem pretty much out of the question. Care is going to be a stretch. But appreciation is easy—even if it starts out kind of snide like, "I appreciate the fact I haven't fallen flat on my face ... yet." After a couple of stabs at it, you're going to stumble across one that sincerely touches you. Maybe it's your friends, your partner, your loved ones. One strong dose of appreciation can turn your perceptions around 180 degrees.

—Doc Childre and Howard Martin, *HeartMath Solution*

Unity Center

OF WALNUT CREEK

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

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July - August 2010 Centerpoint

Welcome to the Romance

A Workshop with Janet Connor • Sunday, August 15 • 2:00 - 4:00 pm

“Welcome to the Romance” is the foundational experiential workshop in deep soul writing. You will learn what writing down your soul is and is not, the three things that happen when you write this way, scientific explanations from psychology, biology, and brain wave function that explain why soul writing may well be the most effective spiritual practice, and you will learn the seven steps to get into the all-important theta brain wave state. Janet will lead you in a ten-minute soul writing experience so you can see and feel what this process is and how radically different it is from journaling.

In addition, Janet will give her signature talk on the message of the “mystery man.” And she will share her deep love of Hafiz, the Sufi mystical poet. Come prepared to fall in love with: writing at the soul level, your wise, loving inner Voice, mystical poetry, Hafiz, and, most profoundly, with your true Self...your Soul. In these few hours your whole relationship with Life could change.

Janet Connor will be the guest speaker on Sunday, August 15

Janet Conner is a writer, teacher, and speaker with a deceptively simple message: Everyone has direct and immediate access to the Voice of wisdom within. Through her books, workshops, tele-courses, retreats and other events, Janet teaches people how to connect with the Voice so they can activate the guidance, direction, and miracles they need to create the life they are here to live.

Her book, “Writing Down Your Soul: How to Activate and Listen to the Extraordinary Voice Within” (Conari Press), is enthusiastically endorsed by Larry Dossey, August Gold, and John Welshons among many of your favorite authors. “The Daily Word” invited Janet to write the feature article this March. Janet also created Spiritual Geography, the deep soul writing system that heals the broken heart. She is currently working on her new book, “You are a Lily.”



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