

What is Spirit Calling You to Be?

Our transformational journey toward wholeness teaches us to expand our sense of self beyond the boundaries of body and ego. As we move into the path of service and give of our time, talents, and treasures, we discover that serving what lies beyond us creates a path of joy and spiritual enrichment for the human heart. Our 2020 Vision offers us new opportunities within the fellowship of our community. The torch is lit, the path shines with light before us, and you have that special gift we need to move forward. Volunteer and join our caravan of love as we act together to unfold what Spirit is calling us to be—to discover—to embody—and to manifest...while we HAVE FUN!



Spiritual Growth

- **Expanded course offerings**, from beginning to advanced, plus more Unity courses
- **SEE** (Spiritual Education & Enrichment) **Week** in August this year
- **HeartMath** classes, workshops and groups

Community

- A “**culture of welcome**” with **Host Teams** each Sunday (we need you for this!)
- **Participation Day** to create new small groups
- **Heart Volunteer Support Team** to support and sustain our volunteers

Youth & Family

- **Enriching curriculum and program design**
- “**Inspiring Integration Team**” connecting across generations and into community
- “**YOU Project: Acts of Kindness**” YOU selects service projects

Social Action

- **Humanitarian Outreach:** Crisis Center, Homeless Lunch, Unity Care Team for members
- **EarthCare Program** includes watershed restoring
- **Peace Education:** HeartMath, BePeace, Season for Nonviolence

Our 2020 Vision

awakens our hearts and illuminates our shared path as a community moving forward with Unity to fulfill all that Spirit is calling us to be.

Making Connections

1. Get your copy of our new Volunteer Guide at the Welcoming Table on Sunday morning to see what is needed and who to contact to get involved
2. Check the Bulletin Board outside of the CommUnity Room
3. Come to the next Participation Day in November
4. Email Community Life Minister Susan Galvan at susan.galvan@unitycenter.net
5. Watch for quarterly CommUnity Connections inserts in Centerpoint



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



Community Connections

Participation Day

Happiness is finding the place where you fit right in and feel at home, connected, valued and effective.

We find that place when we reach out and make connections by joining with others in small or large interest groups or by volunteering our time and talent on a committee that is supporting the Unity community and ministry.

Our first Participation Day, on May 22, was designed to open up awareness of opportunities for making those connections. Committee chairs described the activities of their committees



and the kinds of volunteer assistance that would be invaluable.

Then we opened up the floor to individual members of the community who came forward to propose various small and large groups that they wanted to either host or join as a member if created.

After these presentations, we moved to the CommUnity room where tables were hosted by the various presenters so that interested church members could find out more and sign up to participate.

The response was more than gratifying, it was amazing.

Wonder Woman!

The Energizer Bunny could learn a thing or two from Irene Estrella about perpetual motion and high energy states.

Whenever there is an event or a meal or a community member in need of assistance, Irene is there serving, supporting, cleaning, carrying and caring with a magnificent outpouring of energetic love and radiant cheerfulness. Irene ROCKS!



4th of July Picnic

Unity Center Lawn • 3:00 - 6:00 pm

Bring your hot dogs, hamburgers, chicken or steak to BBQ and a dish for 8 to share. We provide drinks and ice cream, games for the kids, and a beautiful lawn for your blanket or chairs.



Community Events Calendar (FUN!)

4th of July Picnic	July 4
Leadership Training	July 10
Summer Concert	Aug 13
Rock 'n Rigatoni	Sept 10
Volunteer BBQ	Sept 25
Fall Event: Loveboat	
World Cruise	Oct 15

New Groups Proposed by Members

Transformational Prayer Groups

Ali True will help these small groups organize and get going

Practicing Our Divinity (POD) Group

Sunee Gray has the materials and is organizing a new POD

Men's Group

Tyler Snortum-Phelps wants to re-invigorate the Men's Group

Women's Group

Kathy Beddoes and Irene Estrella want to gather with women

Spiritual Creative Collective

Michele Brady is facilitating a group for all creative artists

Ballroom Dancing

Macchell Reeves has women, needs men to launch this group

Bellydancing Group

Sandra Weeks will show us how belly-dancing is spiritual as well as sensual.

TO MAKE CONNECTIONS,
EMAIL SUSAN GALVAN
Community Life Minister
 susan.galvan@unitycenter.net



New & Continuing Classes

Unity Center of Spiritual Learning • July 18 - August 12

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.

Your Path of Spiritual Awakening, or Following Your *Own* Guidance

Mondays at 7:00 pm with Jill Shinn

Each of us is on a unique, one-of-a-kind spiritual journey, and while there are many effective paths and teachers to follow, our most reliable and empowering guidance comes from within. Based on Jill's new book, *Remembering Who You Are: A Guide to Spiritual Awakening and Inner Peace—with an Introduction to Ascension*, this class is designed to help you gain clarity, focus and confidence on your spiritual path. Through various lessons and experiential exercises, you will better learn how to tap into and trust your divine guidance, which is the key to spiritual transformation and peace of mind.

Jill Shinn, MA, MFT, is a transpersonal psychotherapist, Reiki master, Angel Therapy Practitioner®, and author.



Creative Art Through Prayer

Mondays at 7:00 pm with Leona Lani Lee and Katrina Devlin

Ever think you have no creativity or no way of expressing it? Do you sometimes feel like your creativity lays dormant? Well, no worries. Our new class will help you realize that we are all creative and unique. You and your family are invited to join us and learn to create beautiful soul-inspired art through prayer. Put clear powerful intentions into all the creations you make in this class. Choose to create art cards, bookmarks or 5x7 framed artwork! After this class, your soul will feel more inspired and joyful than it's ever been. You will feel more uplifted and creative in all aspects of art. You will leave with a unique art piece as a symbol of your creativity and prayer. There will be child care available for kids who don't not wish to participate or can not. Any questions, please contact Lani@unitycenter.net.

Lani Lee and Jeremy Branch are the youth ed directors of Unity Church. Their family will help guide and support people on their path of creative spiritual art through prayer. Leona Lani Lee has been doing spiritual art for the past 20 years. Her art is well known and brings the gift of power through prayer to others.

Katrina Devlin has been inspirational artist for the past 10 years and is also the designer for miracle stones, which are beautiful written-on stones that have been blessed.



You will need to bring these art supplies (you can get them at any art supply store):

- 6 tubes of your favorite water colors.
- 1 jar of titanium white acrylic
- Extra fine glitter (white or opal)
- 1 bag of gold leaf
- A bag of art sponges
- 1 jar of Modge Podge (glossy)
- 11x14 water color pad (medium weight)



New & Continuing Classes

World Prayer

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

Prayer and meditation connect us to Spirit. People all over the world and throughout time have received guidance, peace, and renewal through meditation and prayer. In the world prayer class, we will explore how spiritual paths in Islam, Buddhism, Hinduism, and Judaism use these powerful tools. Each week, honored guests will share of their culture and sacred practices in prayer and/or meditation. As we acknowledge the universal wisdom in each path, our experience as we connect to the Divine within each of us will be enriched. What a meaningful way to renew or strengthen this important part of your life! Please join with a supportive group of fellow seekers in a life-transforming journey into prayer.



HeartMath Book Club

Wednesdays at 10:00 am with Jeanne Fuson

This summer, Jeanne Fuson will facilitate our HeartMath Book Club on Wednesdays from 10:00 a.m. to 11:30 a.m. We will study *The HeartMath Solution* first. Whether you are reading *The HeartMath Solution* for the first time or rereading this foundation text once again, you are welcome to join the book club to explore the sciences and narratives about HeartMath, practice the heart-based techniques, and share HeartMath experiences with a group of heart-based individuals. We began on June 8 and will meet through August 10. Drop-ins are welcome.

Jeanne Fuson is an educator and Heart Minister at Unity.



Discover the Power Within You

Thursdays at 7:00 pm with Mike McGarvey

Based on Eric Butterworth's groundbreaking book *Discover the Power Within You*, this course provides the necessary tools for recognizing and using the divine power within. Beginning with the eternal quest of who and what you are, this course will illuminate your own spiritual being and lead you to achieve greater peace and prosperity. You will become the captain of your own soul and the master of your own life, which will lead to greater freedom and more abundant living!

Mike McGarvey is a long-time student of Unity who skillfully facilitates this powerful, spiritual adventure.



“Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free.”

—Starhawk



New & Continuing Classes

Popcorn With Purpose (Movie Night!) Continues

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

July brings us “Play The Game” on July 8 and begins our weekly Popcorn with Purpose night for the summer. In this romantic comedy, David (Paul Campbell), a self-described ladies’ man, shares his dating tricks with Joe, his heartbroken widowed grandfather (Andy Griffith). Joe gets mixed up in a love triangle with Edna (Liz Sheridan) and Rose (Doris Roberts), while David strikes out with the girl of his dreams, Julie (Marla Sokoloff). Will the would-be Don Juans discover the real secret about romance? **CONTENT WARNING:** Contains adult elements (some sexual content and language).

On July 15 we will again show two and possibly three shorts. For sure we will be showing “Julian’s Vantage” which we were unable to show this past winter. With that film, we will also be showing “The Journal”. Having spent most of his life feeling alone, as a result of losing his mother at an early age, Alex discovers a journal she has left behind for him. Will he be able to accept the gift she has given him?

If we have time and the audience wishes to see it, we will also show “The Wishing Well”. In this pop-up book comes to life, love is only a coin toss away, or is it? Sweet, but slightly awkward Sally wishes for love, but her attempts go awry. She struggles to make her dream come true while other wishing well visitors meet their perfect matches. Be sure to watch the credits to get the whole story...

On July 22 we will feature “Sabah”. When Sabah, a Syrian immigrant living in Toronto, turns 40, the last thing she expects to happen is to fall in love, especially with a non-Muslim man. Sabah blossoms as her affair blossoms, making this touching romantic comedy much more than a multicultural love story.

On July 29, we will show “What Goes Around.” Alex, a real estate agent, lives in the shadow of the debts he piled up during the happy days of the 21st century. He sees life as an endless struggle against all he abhors - ignorant baristas, pop music and grammatical mistakes - and he alienates his family with his ‘honesty’ and impatience. Now Alex must battle his callous personality in a divine game show in order to win back his life.

A Course in Miracles (The Urtext)

Fridays at 7:00 pm with Garrett Riegg

A Course in Miracles is a universal path to inner peace using love and forgiveness to dispel fear, doubt and guilt. The Miracle is a power that is in every heart. Jesus dictated the course to skeptical psychologists. The Urtext includes many controversial passages that were deleted from previous versions. The Urtext version is provided without charge. New students are welcome.

Garrett Riegg is an attorney who has taught many classes on theosophy, science, history and spirituality. His emphasis is on comparative religion, Non-Violent Communication, HeartMath and meditation.



“There is no power for change greater than a community discovering what it cares about.”

—Margaret J. Wheatley



Spiritual Education & Enrichment (SEE)

Monday, August 15 - Friday, August 19

People gathering from all over the country for a week of in-depth spiritual study is a Unity tradition called SEE (Spiritual Education and Enrichment). In that tradition, we are bringing in outstanding Unity teachers from all over the country to teach core spiritual courses for our spiritual community. Instead of traveling to Unity Village, where the gatherings were traditionally held, we are bringing the opportunity to Walnut Creek. These courses are also a part of the required studies for Unity ministry or licensed Unity teacher certification. For registration information, pick up a brochure in the Book Center.

Metaphysics, Rev. Eileen Goor

MS-820 Metaphysics I, part 1 • 8:00-9:50 am

This introductory course offers an exploration of some of the fundamental principles of spiritual law and how they can be applied to your life. By studying the works of prominent Unity writers, as well as specific metaphysical and theological views, you will be encouraged to awaken your awareness and understanding of spiritual Truth. Through the understanding and consistent application of these practical principles, you will realize more of your spiritual potential and find that your life is transformed! Application and practice will be particularly emphasized.

MS-821 Metaphysics I, part 2 • 1:30-3:20 pm

This course explores some of the more complex metaphysical topics as well as offering a Unity perspective on some terminology that is commonly used by much of mainstream Christianity. In the process we hope to root out some of our embedded theology and begin to clarify our own understanding of the teachings. Again, practical application is the primary goal.

Rev. Eileen Goor served as founding minister for New World Unity Church in Springfield, Virginia for 12 years and is currently writing a book and living in Southern California.



Bible Interpretation, Rev. Linda Nepri Lowery

B1-802 Jesus' Teachings in the Bible • 10:00-11:50 am

This class provides an in depth look into the literal and metaphysical teachings of Jesus of Nazareth. This area of Biblical study involves a deeply personal journey which is at the heart of the Unity message. We begin to understand the process of our lives from the message that is revealed in studying aspects of the Christ consciousness in parables, healings, miracles, etc..

B1-605 Bible Interpretation: Hebrew Scriptures • 3:30-5:20 pm

The Divine Mind of Spirit creates through ideas reflected as Divine Patterns. The Hebrew Scriptures provide symbolic representations of those ideas and patterns. This class is an introduction to the Bible's deeper more profound spiritual meanings as it relates to the development of the human soul and the whole evolutionary being of man. Greater insight into the Scriptures unveils deeper metaphysical interpretations. Symbols, names of people, places and things, numbers, and archetypes show a profound connectivity with the activity of humankind.

Rev. Linda founded Phoenix Rising Ministries in 2000, and she lectures and teaches throughout Detroit, as well as internationally. She currently serves on the Board of Unity World Wide Ministries.



Prosperity Rev. Diana McDaniel and George McDaniel

MS-800 Prosperity 7:00-9:00 PM

Are you ready for an exciting challenge? This version of the classic Unity course, Prosperity, will invite you to engage the thoughts and ideas of some of Unity's greatest teachers and metaphysicians, Charles Fillmore, Catherine Ponder, Eric Butterworth, Georgiana TreeWest. Together, these metaphysicians will lead you into a greater understanding of prosperity (what it is and how it works). Catherine Ponder said that every time she reads Charles Fillmore's book, Prosperity, she prospers.

If you are willing to let go of thoughts and beliefs that may be holding you back from demonstrating true prosperity, and if you are willing not only to study but to put into practice the ideas you learn in this course, you will be blessed with a consciousness of abundance that will bless every area of your life. Included is a section on how to build wealth with risks, bargains and tax deferral. Step into the Universal flow.

Reverend Diana is the minister of Unity Church of San Leandro, San Leandro, California. Her husband George McDaniel is a former bank president and financial consultant.





July Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group *with Newt Bailey*.. 10:30 am
 Nia *with Kathy Bate*..... 10:30 am
 HeartMath Study Groups (closed groups) 7:00 pm
Spiritual Awakening* *with Jill Shinn*..... 7:00 pm
Creative Art* *with Lani Lee & Katrina Devlin* 7:00 pm

Tuesdays

Course in Miracles *with Linda Goldey*..... call the office for info
 Meditative Yoga *with Sandy Stober*..... 5:30 pm
 HeartMath Study Group (closed group)..... 7:00 pm
World Prayer* *with Rev. David & Jeanne Fuson* 7:00 pm
 Insight Meditation *with Ernie Isaacs* 7:30 pm

Wednesdays

HeartMath Book Club *with Jeanne Fuson*..... 10:00 am
 Nia *with Kathy Bate*..... 5:30 pm
 Nic-Anon..... 6:30 pm
 Women of Wonder (3rd Wed. of the month)..... 6:30 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)..... 1:30 pm
 Sheng Zhen qigong *with Alison Tucker (see below**)*..... 5:30 pm
Discover the Power Within You* *with Mike McGarvey*.. 7:00 pm
 No Choir Rehearsals in July

**Classes begin July 18 and end August 12*

***During the summer, the 5:30 class will cover Awakening the Soul, a simple but powerful Sheng Zhen practice that involves eight movements/positions done sitting in a chair. Other Sheng Zhen movements and meditations may also be covered in individual classes, including a review/overview of "Jesus Standing," a form involving gentle movements done while standing and intended to cultivate the power of love.*

Circulation Day

Saturday, July 23, 9:00 am - 4:00 pm

Circulation Day is an opportunity to donate the good quality things in your life that are no longer serving you, and send them on (circulate them) to others. The items are given for free and everyone is invited to give a donation, which will benefit our Youth Education program.

Bring your goods on Friday, July 22 from 10:00 am - 7:00 pm and on Saturday morning.

Fridays

Office closed
 Popcorn with Purpose (every Friday in July!)..... 7:00 pm
 A Course in Miracles *with Garrett Riegg* 7:00 pm

Saturdays

Prepare homeless bag lunches (7/2, 7/9, 7/16) 9:00 am
 Toni Roberts (no meeting in July) 10:00 am
 Facilitated HeartMath Group *with Ciel Gierke* 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
 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

July

Sunday 10th

Leadership training 2:00 pm

Monday 18th

Classes start (new and continuing)

Saturday 23rd

Circulation Day 9:00 am

Leadership Training

Sunday, July 10, 2:00 - 4:00 pm

The Leadership Training is for those who currently—or intend to at some time—lead either small/large groups or committees. The training will include basic information about group dynamics as well as how to effectively facilitate a group, highlighting the differences between leading a committee toward task fulfillment versus creating safety and openness in groups that gather around a shared interest or spiritual purpose.





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July 2011 Centerpoint

Unity Love Boat Dinner & Auction!

Saturday, October 15 at 6:00 pm

Centre Concord, Concord

Mark your calendars now!

Many opportunities to volunteer:

Come out to the patio, send an email to Good4Lou@gmail.com or call Louise de Leeuw (925) 817-7809.

Your donations are needed and appreciated! Donation forms are available on the website (www.unitycenter.net) and after services on the patio.

Here are some ideas to spark your imagination:

- Time shares, cabins, boat rides, frequent flyer miles, motor home adventures
- Tickets to plays, concerts, sporting events, movies, museums, etc.
- Spend a day with you in your unique job or hobby
- Group events for "Instant Win" items – tea party, golf outing, hike, exploring a historic site, ping pong tournaments, bowling party, museums, opera, dance, plays, etc.
- A bottle or two of wines you enjoy for the wine collections

Watch for upcoming information on ticket sales.

Save the Date!



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

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