

# Centerpoint

UNITY CENTER OF WALNUT CREEK

In a little more than two months, we will take a big step forward as a spiritual community... We will start renovating our sanctuary and Center facilities! Through the Love in Action program, your spiritual, financial, personal and emotional commitments are transforming our vision into a reality! Our final Sunday service at 1871 Geary Road will be held on Sunday, July 26. We will acknowledge this milestone in our unique style with a special Sunday Celebration and Blessing.

While our renovations are underway, Sunday services will be held in the Lakeside Room at Heather Farm Park, and the children will meet in the Club Room. Many congregants enjoyed a joyous Easter celebration there in April.

### *Anniversaries Are Important!*

Part of the natural circle of life is taking time to acknowledge and celebrate important events, such as birthdays and anniversaries. During these special moments, it is customary to look back



in remembrance while looking forward in anticipation. Are you ready for another *Love in Action Anniversary Celebration?*

On Sunday, June 28, following the 9:30 and 11:30 services, we will celebrate our second anniversary. Our fabulously attentive Love in Action hospitality team will spring into action once

again and serve extraordinary refreshments on the patio.

During our celebration, we will walk down memory lane and remember what has been accomplished through Love in Action during the past two years. It will give us an opportunity to:

- ♥ Express our gratitude to volunteers and spiritual and material donors who have generously helped bring us to this state of readiness to begin the construction work,
- ♥ Refresh and renew our commitment and prepare for the changes that will be happening during the coming year,

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**Come to the Love in Action Anniversary  
Celebration on Sunday, June 28!**

*For more complete details concerning the information in this newsletter, please see our website, [www.unitycenter.net](http://www.unitycenter.net)*



# New Classes

## Unity Center of Spiritual Learning Classes • June 8 - July 9

Drop-ins Welcome • All Classes on Free-will Donation Basis (suggestion donation \$10)

### Consciousness and Healing through Visualization and Art

#### Mondays at 7:00 pm with Sonia Marie Wijts

Develop a coherent picture of what drives you in these turbulent times. What are your “needs” instead of your “wants”? Find answers in your subconscious mind through visualization and inborn creativity... it’s already in you, you just need to find it! Combine some “BePeace” tools for insight and tactile expression, so you can have more clarity about YOU.



*Sonia Marie 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. After her trip to Costa Rica she started integrating techniques of HeartMath and BePeace with her established art curriculum.*

### BePeace Group

#### Wednesdays at 7:00 pm with Alexandra True

What is BePeace? BePeace is a practice of coherence through appreciation. It is the way to connect to universal human needs through empathy and honesty. With BePeace, comes the empowerment to embody wisdom and compassion and peacefully create a world that works for all.

What is a BePeace Group? This is a group of people who meet to practice BePeace. In these groups, participants learn to lean into their wisdom and compassion to resolve conflict and enrich their daily lives and the lives of others. These easy-to-learn communication tools help create empathetic, honest connections with ourselves and others. It’s not a class—it’s a time to support each other with empathy and compassion.

*Alexandra True is an Ordained Interfaith Minister whose passion is to work with those who are learning the communication process of BePeace and NonViolent Communication in the San Francisco Bay area.*



### Prayer and Meditation

#### Tuesdays at 7:00 pm with Reverend David

Prayer and meditation are key spiritual practices in Unity. Simply put, prayer is talking to God, while meditation is listening. When we pray, we align our words with Truth. When we meditate, we get quiet and listen to Spirit’s wisdom and peace found deep within us. Prayer does not change God; it changes us by raising our consciousness.



Affirmative Prayer is based on faith, uplifted consciousness and gratitude. We affirm, in the present tense, the Absolute, Spiritual Truth. If you request prayers for health, for example, we will behold and claim your wholeness right now. We will also give thanks in advance, as Jesus taught, for what is already done in Spirit.

Meditation is generally a practice of sitting still and turning our attention inward in the quiet presence of Spirit. Sitting in silence is simple and powerful. This practice fosters inner peace and allows us to gain insight and guidance through communion with Spirit.



# June Calendar of Events

## Ongoing Events

(HeartMath and POD groups that are closed are not listed here, but are on the This Week at Unity poster at the Center)

### Mondays

Communication Coaching Group..... 10:30 am  
Hatha Yoga *with Barbara Bureker* ..... 1:30 pm  
Consciousness & Healing\* *with Sonia Marie Wijts* ..... 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  
Prayer & Meditation\* *with Rev. David* .....7:00 pm  
Insight Meditation *with Ernest Isaacs* ..... 7:30 pm

### Wednesdays

Senior Peer (Second & Fourth Wed. of the month) ... 10:00 am  
12 Step Meeting - Nicotine Anon ..... 6:30 pm  
Healing Night (First Wed. of the month) ..... 7:00 pm  
Hands-on Healing Night (Third Wed. of the month) .. 7:00 pm  
BePeace Group\* *with Alexandra True*.....7:00 pm

### Thursdays

Qigong Class..... 10:30 am  
12 Step Meeting - O.A.H.O.W. .... 10:30 am  
Angel Connection\* *with Jill Shinn & Dawn Colombo* .....7:00 pm  
Choir Rehearsal..... 7:30 pm

### Saturdays

Prepare homeless bag lunches .....9:15 am  
Toni Roberts (second 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 (First Sunday of the month) ..... 1:00 pm

\*Classes begin the week of June 8

## June

### Monday 8<sup>th</sup>

Classes begin this week..... 7:00 pm

### Sunday 28<sup>th</sup>

Love in Action Anniversary Celebration .... 10:30 am & 12:30 pm

## New Classes

### Connecting With Your Angels

#### Thursdays at 7:00 pm with Jill Shinn and Dawn Colombo

Angels are God's messengers and helpers who are with us all the time. Each and every one of us is accompanied by, and has access to, guardian angels, archangels, elementals, spirit guides, and ascended masters who are ready and waiting to help us, if we only ask. When we consciously invite them into our lives, miracles happen and we feel a whole new level of connectedness.

In this class we will explore the realm of angels and other spirit helpers, and learn to communicate with, and receive messages from them. Participants will learn and practice various techniques, which will enhance their intuitive abilities, and increase their confidence in their own internal guidance.

*Jill Shinn, MA, MFT, is a Transpersonal Psychotherapist, Reiki Master and certified Angel Therapy Practitioner. Her emphasis is on helping people make peace with themselves, tap into their creative power, and utilize their highest guidance.*

*Dawn Colombo is an Angel Therapy Practitioner, certified by Doreen Virtue. She is a student of the works of Abraham-Hicks and Louise Hay. As a lightworker, Dawn uses her claircognizance and clairsentience (ability to know and feel) to guide her in helping clients and friends receive messages from their angels and guides.*



# Unity Center

OF WALNUT CREEK

1871 Geary Road, Walnut Creek, CA. 94597

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## June 2009 Centerpoint

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♥ Renew, and even extend, our support; or (for those of us new to Love in Action) join in the support of renovating our spiritual center through Love in Action.

Please join us for the Love in Action Anniversary Celebration to renew and refresh our intentions that will make Unity Center of Walnut Creek a shining center of devotion from which we send forth our love and our peace into our greater community and the world.

*Thank You, God, for all whose vision and care have created our beloved Center. In our brief time of relocation, we know that your Divine Love is the thread that keeps us connected to our spiritual home.*



**Sunday, August 2**  
**Services begin in the Lakeside Room**  
**Heather Farm Community Center**  
**301 N. San Carlos, Walnut Creek**  
**8:15 am, 9:30 am & 11:00 am**

**Keep up-to-date at: <http://growingunity.com>**

***Reverend David McArthur, Senior Minister • Reverend Don Eggleston, Assistant Minister***

### **How to Reach Us:**

**Office** (925) 937-2191 and [office@unitycenter.net](mailto: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 - 6:00 pm; closed Friday

**Daily Meditation:** Monday - Thursday 12:00 pm - 12:15 pm

**Book Center & Library Hours:** Monday - Thursday 10:00 am - 7:00 pm

**Retail Book Sales:** Sunday 9:00 am - 1:30 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