

2020 Vision

Over 200 people from our community were interviewed. What we do well was identified and chosen for enhancement in the coming years. Four teams of committed members opened their hearts and minds to expressing a new and greater vision—one that will carry us toward our true spiritual potential as we head toward 2020. Many, many hours of loving creative work have brought a vibrant new vision and plan to our spiritual community. To all of you who gave so generously of your time, your wisdom and your love, thank you from all of us, present and future who will experience of blessing of the plan that you have laid before us.

Below are brief summaries of the inspirational work of each of our four teams. They have identified concrete steps to bring this vibrant vision into manifestation in our spiritual community. I encourage you to read their exciting and inspirational reports. (Click on the 'Reports' link at the top of our web site at www.unitycenter.net)



Spiritual Growth

Design Team Members: Anne Pieper, Ciel Gierke, Sappho Calfas, Bill Schramer, Don Corlett, Vicki Weiland, Jeanne Fuson and Tra Holloway-Boxer [Scott Shnurman & Carol Corlett not in photo]

In the course of our research we have determined that to foster spiritual growth in our community, we need to offer opportunities for people at different stages

of spiritual development and growth. We also determined that we need to have more Licensed Unity Teachers here at Unity Walnut Creek to provide Unity classes for credit. We have come up with a variety of ways to accomplish these two areas including enhancing the curriculum we offer and offering SEE week on a more regular basis. Finally, we have come to the conclusion that one of the most effective tools for embracing transformation of consciousness is our HeartMath program. We are proposing adding more volunteer assistance to that program.

Spiritual Social Outreach

Design Team Members: Meghan Diamond, Norma Fox, Edi Nelson, Joanne Cosgrove, James Choate and Gretchen Miller [Jackie McClory not in photo]

Our Design Team is excited about offering Unity of Walnut Creek members many options to be involved in community and humanitarian service. This engagement will create service opportunities in which we can be a vehicle for Spirit to flow through us as we engage in activities that bring forth a world of harmony, wholeness and peace. By providing service, empowerment and healing to those in need, and to the earth that sustains us, we co-create a world that works for all.



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



2020 Vision

Children and Family

Design Team Members: Lisa Snortum-Phelps, Jeremy Branch, Lani Branch, Mike McGuire, Julie Choate, Vicki McCaslin and Veronica Wolfe [Marion Crew, Pat Morgan, Susan Petersen, Kathleen Eggeston & Margaret Schreiber not in photo]



We propose that the current Youth Ed program be “crystallized” with more extensively planned curriculum which includes HeartMath, Compassionate Communication, and BePeace materials, as well as experiential training, through service to others, in the 5 Unity Principles. We intend that our youth be guided to become compassionate young people living heart-centered lives, grounded in the truth that God is their source. We propose that the number of high-level and casual volunteers be increased and that formal training be provided. Our intention is to establish frequent monthly, seasonal, annual, and unique activities which promote a deeper sense of community across all generations. We hope to raise awareness for the need to accommodate children and their families in the planning of all Unity of Walnut Creek events, while maintaining sensitivity to the needs of everyone else in the community. Lastly, we plan to mentor our YOU with their own annual service projects as they reach beyond our Unity community.

Community Connection and Growth

Design Team Members: Susan Galvan, Lisa Nichols, Charles Paduano, Eileen Housfeld, Dave Paulson, Peter Weiler, Mike McGarvey, Kathy Bate and Suzanne Perry-Paige [Vicky Berry & Katherine Paulson not in photo]



As we create a welcoming, connected and involved community, Unity of Walnut Creek will expand in numbers, in prosperity, and in radiant love. This vision of community connection and growth can be manifested through three strategies:

- We propose enhancing the welcoming experience at Unity of Walnut Creek through the creation and support of a Host Team, regular Membership classes and Sacred Gatherings where connections can be made and people can learn more about Unity, enhanced announcements and handouts, a follow up process and the creation of a new role of Ambassador.
- We would like to see the formation and vitality of Interest Groups and Small Groups by providing opportunities for leaders to step forward and groups to be formed, primarily at two Participation Days each year; developing a leadership manual; providing leader training; communicating in new and effective ways; and supporting group participants as needed.
- We intend to elevate volunteering to the status of conscious and joyful spiritual practice by forming a “Heart Volunteer Support Team,” creating and updating a volunteer opportunities guide, providing volunteer training and promoting the consciousness of “service as a sacred activity.”



New Classes

Unity Center of Spiritual Learning • June 6 - June 30

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.



Nurturing the Genius of Relationship – for Couples

Tuesdays at 7:00 pm with Rob Seidenspinner and Janet Chabrour

No one is too young or too old to create more relationship satisfaction. What does your relationship need right now? Transform judgment into alignment and foster new levels of partnership in this class. Are you willing to stretch? Through partner exercises and group discussion, you will: appreciate and enhance what is working in the relationship; see into the hidden dynamics of your couple; learn practical tools to deepen awareness; and have fun and celebrate life together. Note: both members of a couple need to participate.

Janet Chabrour, CPCC, ORSCC, is a professional life coach and relationship coach who helps couples and individuals shift from tension to fulfillment and resilience. Visit her web site at www.thrivingtogether.net.

Rob Seidenspinner, CPCC, PCC, is a professional coach who leverages his experience, training and intuition on the behalf of his client's changing agenda. He offers concrete and effective tools to navigate the process with heart and humor.



The Red Road: The Life Path of the Native American

Tuesdays at 7:00 pm with Susan and Blue Galvan

Native American philosophy, religion and culture arise from a spiritual perception of the inter-relatedness of all life. In this four-week introductory class, Blue and Susan Galvan will provide an overview of the core perspectives, ceremonies, and relationships.

Blue Galvan participated in the Sun Dance for four years in South Dakota at the home of the Sacred Pipe, is a singer and drummer and Gourd Society member. Susan is Community Life Minister here at Unity of Walnut Creek.





New Classes

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 begin on Wednesday, June 8 and meet through Wednesday, August 10. Drop-ins are welcome.

Jeanne Fuson is an educator and Heart Minister at Unity.



Building Heartwarming Relationships

Wednesdays at 7:00 pm with Ali True

The focus of this class is to provide a learning environment where we can explore the keys that unlock a new way of relating from the heart with those in our lives that we care about, based on Nonviolent Communication principles, the work of Dr. Marshall Rosenberg. This model can be used for couples, parents, co-workers, friends and family members. Our Goals are: to experience immersion into this new way of speaking from the heart with compassion and understanding; to catch ourselves when we relate in ways that separate us from each other; to become more aware of how we create life alienating experiences with others; to practice expressing a juicy topic as an opportunity to connect deeper; to apply listening skills where we really hear needs and feelings; and to role play situations where there is real life conflict to breakthrough

In this class, we will be immersed in the compassionate communication model, in which we move away from conventional patterns of speaking and thinking, such as: criticism, judgment, blame, advice giving, fixing and the notion of who deserves what. Everyone matters and we create a safe setting where each person may voice his or her needs. This will be a participatory class setting where participants have a choice about the relevancy of the material being presented and can choose to set up an alternative educational approach to satisfy their need for learning.

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.



Thin Inside Out—Transform Your Relationship with Food, Eating and Your Body

Wednesdays at 7:00 pm with Kathleen Sims

This summer get a head start on getting in shape...Just imagine...Permanent weight loss without dieting... Walking around in life feeling proud and confident in your body...Eating foods you love...No guilt...Having only one size of clothing in your closet...No fear of weight gain again...

In this program you will experience a metamorphosis, revealing your innate beauty, and becoming naturally Thin Inside Out. This class will offer thought-provoking information, experiential processes, visualizations and tried and true tools to become a naturally thin person once and for all.

Taught by Kathleen E. Sims, C.H.T., C.R.C. who 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. Having lost 40 lbs. herself without dieting, and keeping it off, along with being the National Training Director for 10 years for the originator of a Weight Loss Without Dieting Seminar Series – She has had over 13,000 clients.





New Classes

Love is Letting Go of Fear

Thursdays at 7:00 pm with Will Scott

You can choose **Love** or you can choose **Fear**. But you cannot choose both at the same time. Which is the better feeling choice? This four week experiential, insightful intensive will follow the lessons from the book "Love is Letting Go of Fear." You'll learn to raise your vibrational level, expand your ability to **Be the Light** that you are, and make the choices that feed and nurture you in every moment.

Will Scott, MA, is a master healer and facilitator. He has been teaching classes and helping clients transform their lives and heal themselves for over 25 years.



Popcorn With Purpose (Movie Night!) Continues

First Friday (June 3) at 7:00 pm with Ciel Gierke, Tricia Linden and Lisa Langille

In June we are featuring "Broken Hill". Tommy McAlpine (Luke Arnold) lives on a rocky drought-ridden sheep station in the Australian Outback with his tough, taciturn father George (Timothy Hutton), a farmer and high school football coach. Tommy dreams of becoming a classical composer, but his father believes his son's future is in the family farm. Will George ever hear the same music that Tommy does?

July brings us "Play The Game" on 07/08/11 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?

A Course in Miracles (The Urtext)

Fridays (starting June 17) 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.



Spiritual Education & Enrichment (SEE) Classes at Unity of Walnut Creek

Monday, August 15 - Friday, August 19

We will be offering five classes: **Metaphysics I (Part 1 and 2)** taught by Rev. Eileen Goor of Unity Village; **Jesus' Teachings** and **Bible Interpretation: Hebrew Scriptures**, taught by Linda Lowery, Licensed Unity teacher from Detroit; **Prosperity**, taught by Rev. Diana McDaniel with George McDaniel and Jim La Brie.

The cost will be \$50 per class (late registration \$60). Unity credit fee is \$36. The classes will run 8:00 to 9:50, 10:00 to 11:50, 1:30 to 3:20, 3:30 to 5:20 and 7:00 to 9:00 Monday, August 15 through Friday, August 19.



Our Unity Community

Pancake Breakfast & Barbeque

Sunday, June 5 after 9:30 & 11:30 services

Our "elves" will again be making a fabulous breakfast after the 9:30 service that will include pancakes, sausage and fruit. This time they'll be serving an awesome barbeque after the 11:30 service. Join us in the Community Room and share a meal with friends you haven't met yet!

Spirit In Action Network (SIAN)

Sunday, June 5 after the 11:30 service

If you would like to meet some of the professionals and entrepreneurs who subscribe to practices based on the highest possible principles of success, there will be a business mixer on June 5 on the Unity Grounds after the 11:30 service. For space rental information, email unitybiznet@yahoo.com or check in with someone wearing a SIAN Pin. To join our Meetup site for updates: www.meetup.com/spirit-in-action-network

De-Stress Workshop with Ciel Gierke

First Sunday, every other month (June 5) at 7:00 pm

Are you noticing people everywhere are saying life is speeding up and getting more complex? Are you experiencing the stress of not enough time and too much to accomplish within that time? Is your financial situation getting you down? Do your relationships with people leave you feeling exhausted? We are offering a new program developed by the Institute of HeartMath especially for people experiencing the stresses of our society. Ciel, a Licensed 1:1 HeartMath provider and Licensed De-Stress Workshop Instructor, will be presenting these workshops free to anyone who wants to take them. We will discuss the science behind the experience of stress and provide you with two very specific tools that will help you. You will leave the workshop with a plan in place for working on the situations causing you stress as well as resources you can tap into for additional assistance.

The "De-Stress workshop" will be held at Unity of Walnut Creek the first Sunday of every other month. You do not need to sign-up for the workshop. Just show up, but please be prompt as they will begin on time.



Women of Wonder: New Women's Monthly Gathering

Third Wednesday of the month (6/15) at 6:30 pm

In our crazy busy lives, we find there is value in sharing time with like-minded women who are seeking a way to connect other than through our computers.

Research shows that feeling cared for and loved is as important to health as exercising, or quitting smoking. Have you felt the need lately to be nurtured, energized, joyful, and supported?

Join your hosts, Maggie Schreiber and Carol Marquis, as we come together for connection and celebration. Be nurtured and inspired through our 5 step process which will allow you to shine. Each month we will present a topic that we, as women, wonder about; for example, essential oils, angels and/or hormones. Think of it as a book club without the book.

Arrive at 6:30 for a half hour of food and friendship and be ready at 7:00 to explore, experience, and express. Reserve your spot via email at womenofwonder@comcast.net or call: Carol (925) 285-3208 or Maggie (925) 212-2468. Drop-ins welcome.

Carol and Maggie met 30 years ago and have been connected as friends by their enthusiasm for entertaining. Their desire to nurture and inspire women through their love of gatherings led them to create Women Of Wonder. Carol has supported Maggie with her event planning business Wow Gatherings and they bring that experience to the design and facilitation of Women of Wonder.



4th of July Picnic

Unity Center Lawn

Join in the fun! We provide the barbeque, drinks and munchies. You bring salads, side dishes and desserts. Bring family and friends! Meet new people! (Bring a lawn chair or a blanket) Tickets available on the patio on Sundays and in the Book Center on weekdays. Want to offer your help? Sign up when you buy your ticket. \$5/adults; \$3/children under 12; children 3 and under are free.

Also...Coming in July!

NonViolent Communication Workshop with Newt Bailey!



June 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

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
Nurturing...Relationships* *with Rob S. & Janet C.* 7:00 pm
The Red Road* *with Susan and Blue Galvan* 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
Thin Inside Out* *with Kathleen Sims*..... 7:00 pm
Building Heartwarming Relationships* *with Ali True*7:00 pm
 Healing Night (1st 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
 Sheng Zhen Healing Qigong with Alison Tucker** 5:30 pm
Love is Letting Go of Fear* *with Will Scott* 7:00 pm
 No Choir Rehearsals in June and July

**Classes begin June 6 and end June 30*

*** No Sheng Zhen classes on May 26 and June 2*

**** Course in Miracles starts June 17*

Fridays

Office closed
 Popcorn with Purpose (1st Friday of the month)..... 7:00 pm
Course in Miracles with Garrett Riegg*** 7:00 pm

Saturdays

Prepare homeless bag lunches (6/4, 6/11, 6/18)9:00 am
 Toni Roberts (2nd 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
 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
 De-Stress Workshop *with Ciel Gierke* (1st Sunday of the month) .. 7:00 pm

June

Friday 3rd

Popcorn with Purpose..... 7:00 pm

Sunday 5th

Pancake Breakfast after 9:30 service 10:30 am
 Barbeque after 11:30 service..... 12:30 pm
 SIAN Mixer after 11:30 service..... 12:30 pm
 De-Stress Workshop with Ciel Gierke 7:00 pm

Monday 6th

New classes start

Sunday 12th

Denese Schellink, guest speakerall services

Wednesday 15th

Women of Wonder 6:30 pm

Sunday 26th

Near Death Experiences Workshop with Garrett Riegg... 2:00 pm

Denese Schellink, Guest Speaker

Sunday, June 12 • All Services

The title of Rev. Denese's talk is "Making Room for Grace." Seeking to calm and expand the mind through spiritual practices allows us not so much to escape our problems but helps us to remember to "disidentify" with them. As I respond to my life situations with compassion and understanding, I am expressing God's grace. I am allowing the holiness within me to surface and to flow effortlessly from me. As I allow the Grace of God to fill my life, I begin to view life from a place of wholeness and connection.

Rev. Denese delivers compelling, humorous and uplifting messages spoken with the authentic voice of a sincere seeker of spiritual truth who honestly embraces and moves through life's human challenges. Through her willingness to share her personal life's experience of forgetting and remembering the perennial wisdom, audiences are compelled to open their hearts and hear the wisdom for themselves.

Rev. Denese is an ordained Unity minister and graduate of the Unity Peacemaking Skills Institute, who currently serves as a Peace worker and Transitional Ministry Consultant. She also shares in the ministry at Unity Center of Davis and offers one-on-one Spiritual coaching services.





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June 2011 Centerpoint

Near Death Experiences: The Evidence and the Beauty of Mystical Breakthroughs

Sunday, June 26 at 2:00 with Garrett Riegg

Do you ever wonder why so many of us struggle with life and fear death, when it should all be much easier and happier? It can be if we learn the way the Universe works and who we really are.

According to the *Wall Street Journal*, 15,000,000 people in the US have had Near Death Experiences (NDEs)—most with amazing similarities; including even 3-year olds! Dozens of doctors and scientists have researched and written books about NDEs. NDEs change the course of one’s life—Learning about them can change your world view.

Garrett Riegg, a Unity adult education teacher of many years, has invited two of his students to share their personal NDE experiences. Amy and Sean momentarily “died” in different ways but they came back with a similar message of love, wisdom and transcendence.

There will excerpts from one or more films on NDEs with leading doctors who have studied hundreds of NDEs. We will also broaden our vision with the teachings of spiritual masters on the after-death states and reincarnation. This is where science and spirituality intersect; where reality and illusion reverse and where deep mysteries are unveiled.

Western Culture was deprived of public teachings of karma and reincarnation for 1500 years. Evidence of reincarnation in the Bible will be reviewed, plus sources from ancient India, Tibet and modern psychology. We will learn about Dr. Ian Stevenson, who interviewed 1300 people who remembered their past lives with solid, verified evidence.



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

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

How to Reach Us:

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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