

Centerpoint

UNITY CENTER OF WALNUT CREEK

Join us for Easter—our spiritual community all together in one magnificent service—spectacular music, joyous hearts and the spiritual truth of overcoming that lifts all of our lives, over and over again. Easter is a very special time at Unity Center. We gather in the beautiful Regional Center for the Arts. Our choir and musicians uplift us with their amazing



music as we share together joy and prayer, faith and hope. Let the magic of our children's choir and your voice, joined with hundreds of other's, open your heart to your connection with Spirit. Spirit in you is the power to overcome any obstacle. Feel and celebrate that power this Easter.

Rev. David McArthur

Easter Sunday Service at 10:00 am on March 23 **Dean Leshner Regional Center for the Arts**

Locust at Civic Drive, Walnut Creek (parking in next-door garage)

A Celebration for the Whole Community!

Service led by Rev. David McArthur

Music: Joyful Noise Choir & Our Unity Musicians

**Note: Childcare on the 3rd floor
(Encore Room) for children 5 and younger
Children 6 and up are asked to attend the service with parents**

No services at Unity Center on Easter



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



Upcoming Events

HeartMath® Solution Workshop with Rev. David

Saturday, March 1, 9:00 am - 4:30 pm, Free-will Offering

Many people at Unity Center have found the amazing practical power of their hearts through the research and techniques of the Institute of HeartMath. They have asked to refresh their skills and to be able to share this powerful knowledge with their family and friends. Rev. David has agreed to present HeartMath not only for our Center, but for the East Bay community as well.

This will be a day of immersion in the dynamic power of your own heart. Many people have made a commitment to bring a greater consciousness of peace to the world. To do that, we have to find the deep peace that exists for us all in the midst of life's greatest stresses and challenges. That peace is in your heart, and this is how to get there.

If you could...connect with your spirit at any moment...experience the power and wisdom of your heart... understand the difference between love and emotionalism...learn how to love...would it be worth a day?

If you could transform your...anger to care...worry to wisdom...fear to peace...stress to harmony in 60 seconds—would you be healthier, happier, more in touch with what was really important in your life? Learn to do all of these things.



HeartMath for Resilient Families

“Living Heart-Centered Lives” with Carolyn Janson

Sunday, March 9, 1:00 – 3:30, for parents (& grandparents) of children grades 3 -7

Sunday, April 13, 1:00 – 3:00, for parents (& grandparents) *and* their children grades 3 – 7



Surrounded by the people who matter, gazing into the faces of the ones we love, we feel blessed, nurtured and cherished. We come home to our safe place. Yet in today's fast-paced world, with all the stresses and strains of daily life, there are also times we feel overwhelmed by our responsibilities, unappreciated and disconnected from the ones we love most. We aren't able to be our best selves. We even doubt our ability to parent our children. Where is that manual that was supposed to come with my child?

As we each learn to connect with the wisdom of our heart, we discover answers within. Connecting heart to heart, we teach our children how to live a heart-centered life.

Learn how to:

- bring more love, joy, appreciation and harmony into your lives
- deepen relationships through Heart Listening
- transform stress in all aspects of your life
- access the wisdom of your heart
- help your children find the safe place within
- create the conditions that foster resiliency

- **Childcare available on March 9 (Love Offering)**
- **Light Refreshments to be served 1:00 – 1:30**
- **Suggested Free-will Offering per Event:
\$25/person; \$30/family**

Carolyn Janson is one of Unity's Licensed 1 on 1 HeartMath Providers. Carolyn brings a wealth of experience as a Life Coach, classroom teacher, parent educator and facilitator. Carolyn was one of the creators of HeartSmarts™, a new curriculum for children grades 3 – 5. Her workshops are always fun and engaging.



March 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 *with Ali True*..... 10:30 am
 Hatha Yoga *with Barbara Bureker* 1:30 pm
 The 12 Powers of Man *with Ron Salazar**..... 7:00 pm
 Women of Unity (Third Monday of the month) 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
 Way Beyond "The Secret" *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
 The Tao of Motherhood *with Ciel Gierke** 7:00 pm

Thursdays

12 Step Meeting - O.A.H.O.W. 10:30 am
 Healing Yourself and Healing the Earth *with Will Scott** 7:00 pm
 Choir Rehearsal 7:30 pm

Saturdays

Prepare homeless bag lunches 9:15 am
 12 Step Meeting - OA 10:00 am
 Toni Roberts w/HeartMath Groups (2nd Saturday) 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
 12 Step Meeting - O.A.H.O.W. 4:00 pm

* Classes end the week of March 17

March

Saturday 1st

HeartMath Solution Workshop 9:00 am

Sunday 9th

HeartMath for Resilient Families 1:00 pm

Friday 21st

Good Friday Prayer Vigil 12:00 pm

Sunday 23rd

Easter Service at Dean Leshar 10:00 am
(No service at Unity Center)

Good Friday Prayer Vigil

Friday, March 21, Noon - 3:00 pm

Join our Heart Ministers for this peaceful, prayerful event, where you will have the opportunity to:



1. focus on prayer
2. connect with your inner spirit
3. commemorate the faith of your first spiritual learnings

From the Community Action Committee

Saturday mornings at 9:15 we meet at the Unity kitchen to make **bag lunches** for the hungry and homeless. It takes only 1¹/₄ hours and the number of people we serve continues to grow.

Left Over BART Tickets? Please bring them to the Unity Book Center. We will combine all your "tiny tickets" and contribute them to East Bay nonprofits doing great work in our community.

Unity Center

OF WALNUT CREEK

1871 Geary Road, Walnut Creek, CA. 94597

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March 2008 Centerpoint

Want to Let Go of the Past?

Join Rev. Sheila Gautreaux-Lee for a Transformational Radical Forgiveness Ceremony

Sunday, April 6 at 2:00 pm • Suggested free-will offering \$50

Based on a Native American healing circle ceremony, this largely non-verbal process preserves privacy and anonymity, yet has proven itself to be extremely powerful and effective in allowing people to forgive themselves and others, and to find peace and happiness.

We walk the circle once to silently honor and witness our "story" of what happened. As we see others walk too, we realize we are not alone, and we honor their pain. After hearing a special Radical Forgiveness story, we walk the circle again and ask inwardly to come to a new place of forgiveness and peace. And it works! People leave with tears of joy and smiling faces. Don't miss this! It is entirely non-threatening and yet is likely to change your life forever!



Sheila Gautreaux-Lee is an ordained Interfaith Minister at Christ Unity Church Sacramento, Licensed Unity Teacher, Inspirational Speaker, Author, Radical Forgiveness Coach, Opera Singer, Columnist, mother and grandmother. For the past 10 years, she has been presenting the esoteric teachings of Jesus and the Bible, along with tools for understanding and deepening the experience of prayer, meditation and forgiveness, in classes and workshops throughout the U.S., Canada and the Caribbean. She is the founder of Spiritual DIVAS: Divinely Inspired Visionaries . . . Awakened, a motivational and empowerment process for women. 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. Sheila Gautreaux-Lee is an exciting and highly-praised speaker on spiritual principles and practice, forgiveness, relationships and women's empowerment.

Rev. Sheila will be our guest speaker at all services on Sunday, April 6

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 - 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; Y.O.U. (High School): 11:30