

MARCH 2010

Centerpoint

UNITY CENTER OF WALNUT CREEK

Construction Begins!



Our Unity congregation has held the belief that we could manifest the construction financing, regardless of the recession and banks hesitating to loan. Our faith proved to be the strongest force. When Charles and Myrtle Fillmore faced similar challenges, Myrtle Fillmore's statement was "to pray that our faith holds out." Our faith held out.

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



Upcoming Events

Easter at the Lakeside Room, Heather Farm Community Center Sunday, April 4, 8:15, 9:30 & 11:00 am

Come share this rich spiritual celebration on the lake with all of your Unity family. We will have our wonderful music from our Joyful Noise Choir, Unity musicians and Children's Choir as well. It's in this special service that we celebrate the power of overcoming that is within each one of us.



**Join with your
Unity family as we
raise the vision and
the energy of life
so that it may be a
blessing to all.**



New Classes

Classes held at 1800 Oak Park Blvd. • March 15 - May 13
Drop-ins Welcome • All classes on free-will donation basis (suggested donation \$10)

Creating Loving Relationships: *Manifesting Your Soulmate* **Mondays at 7:00 pm with Kathleen Sims**

Isn't love the one area in life for which we all so deeply yearn, yet were never taught *how to have it*? Our entire life we saw a lot of ineffective role models, illusory pictures and mixed messages all around us. In this class it will become crystal clear what happened to land you right where you are – single again and wondering how to find the kind of love you yearn for and know exists somewhere. You will have an opportunity to clarify your most cherished values, vision and purpose in relationship. In so doing you actually activate the manifestation process, by radiating energetically to magnetize your perfect match. This class will offer thought-provoking discussion, exercises, and visualizations.



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.

HeartMath in Daily Life

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

The ability to access our hearts for instant guidance, emotional balance and spiritual connection holds the potential for radical transformation of our daily lives. When we apply these skills in our relationships, they bring harmony and heart-to-heart connection. When applied in our careers, they release us from stress, resulting in high performance and deeply insightful decision-making. In supporting our health, HeartMath skills has been shown to be a major influence in restoring our bodies to healthy balance and assisting us in a return to wholeness. In making the moment-to-moment choices and the major decisions of our lives, these skills lead us to an efficiency of living that empowers our true purpose. In our spiritual seeking, they open the door to direct connection to our Source. That spiritual connection is where we find true enlightenment and fulfillment. Explore each of these areas of your life with Rev. David and Jeanne Fuson in this invitation to dynamic life transformation.



“Love alone can unite living beings so as to complete and fulfill them... for it alone joins them by what is deepest in themselves. All we need is to imagine our ability to love developing until it embraces the totality of men and the earth.”

—Pierre Teilhard de Chardin



New Classes

Classes held at 1800 Oak Park Boulevard, Suite A

The Lost Symbol and Scientific Spirituality

2nd, 3rd & 4th Wednesdays at 7:00 pm with Garrett Riegg

This class explores the intersection of leading-edge science with ancient mysticism and esoteric societies. Using excerpts from Dan Brown's exciting bestseller, *The Lost Symbol*, we will discuss new breakthroughs in noetic sciences and compare them to the once-secret teachings of Free Masonry. Masons played a decisive role in the founding of our country and the advancement of science, democracy and religious tolerance around the world. This is a sequel to Garrett's popular class on *The DaVinci Code*, with emphasis on parapsychology and history. (The book is not required.)

Garrett Riegg, J.D., is an active member of Unity Center, having served as a Trustee, Heart Minister and teacher. He has also been active in the United Lodge of Theosophists, and with his Consciousness MeetUp. A graduate of Berkeley Law at the University of California, Garrett practiced law for over 33 years, and is now semi-retired. Garrett has lectured on Quantum Mechanics, cosmology, history and metaphysics at numerous institutes and conferences around the world.



Life Coaching Now!

Wednesdays at 7:00 pm with Veronica Wolfe, CPCC and Rob Seidenspinner, CPCC

Here's your opportunity to explore life coaching with two certified coaches! Rob and Veronica invite you into their co-active playground of self-discovery where curiosity and intuition are encouraged. As you experientially explore coaching techniques, you will inevitably connect more deeply with yourself and with your classmates. A live coaching session will be offered each week.

Rob and Veronica blend deep spirituality with their combined total of 16 years of professional coaching experience. Both are certified graduates of the Coaches Training Institute (CTI) in San Rafael, CA, where Rob also completed the Organization and Relationship Systems Coaching (ORSC) program. They are co-founders of New Thought Life Coaching and also members of the International Coach Federation (ICF). In ICF, Rob is credentialed as a PCC, Professional Certified Coach, and Veronica is credentialed as an ACC, Associate Certified Coach. Veronica is the 2009-10 President of the ICF East Bay Chapter of Coaches.



“We change the world not by what we say or do, but as a consequence of what we have become.”

—David R. Hawkin, MD, PhD



New Classes

Classes held at 1800 Oak Park Boulevard, Suite A

The Spiritual Alchemy of Grief

Thursdays at 7:00 pm with Beth Bottorff-Seidenspinner

Drawing from the works of Elizabeth Kubler-Ross, Carl Jung, and others, this workshop addresses the issue of loss as opportunity for growth. Grief is an inevitable part of life that can come from many experiences—the death of a loved one, the loss of a job, or a changing relationship, to name a few. Understanding grief and its impact on mind, body, and spirit, can help us to cultivate balance through even challenging times. In this class we will explore grief through the framework of spiritual alchemy. Like the medieval alchemists who sought to change lead into gold, we will open to the richness of our own unfolding journey, cultivate compassion, clarity and an awareness of grief's inherent gifts.



Beth A. Bottorff, MA received her training in Transpersonal Psychology and Marriage and Family Counseling through the Graduate School for Holistic Studies at JFK University where she also served on staff. Her relationship with the grieving process began over twenty years ago when her father was diagnosed with terminal cancer. She currently serves as an Educational Liaison for children in the Foster Care system. For the past ten years she has been conducting trainings throughout the Bay Area on human development, personal growth and grief and loss.

Path to Prosperity: 4T Program

Thursdays at 7:00 pm with Mike McGarvey (March 18 - June 10)

You are invited to join the more than 100,000 others who have experienced this life-changing, spiritual program throughout the past 20 years! The 4T Prosperity Program is a 12-week course with proven results, a powerful support system, and a 100% money back guarantee to support your experience as you learn the powerful practice of tithing. It enables people to change their consciousness and experience a deeper spiritual awareness, loving relationships, financial security, job satisfaction, creative ideas, improved self-esteem, and better physical health. The first class (March 18) will be an introductory class.



Tell me, and I won't remember. Show me, and I may recall. Involve me, and I will understand.

—Chinese proverb

4T involves.

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

Soon after taking the 4T program I became debt-free and was well on my way to becoming independently wealthy. My needs are now easily met and my desires are now spontaneously fulfilled. I am truly grateful for this life-changing program. I am truly blessed and prosperous from having taken it. I most highly recommend it to anyone seeking prosperity.

—J.C., 4T student

The 4T Prosperity Program changed my life. My students and I now know that we are powerful creators. During this 12-week program, and beyond, we have each experienced things such as new jobs and pay raises, large stock dividends, new homes, health miracles and loving relationships. We cannot wait to do another class – we changed our minds and changed our lives with the 4T Prosperity Program!

—J.B., facilitator and 4T student





Our Unity Community

March 7 Sunday Services Changed to "The Gardens"

On Sunday, March 7, all three services will be held in the Camellia Room at:

The Gardens at Heather Farm
1540 Marchbanks Drive
Walnut Creek

You may park in the lot next to the Camellia Room or on the street.

Note: All other Sunday Services are held in the Lakeside Room (8:00 am service in the Club Room), Heather Farm Community Center, 301 N. San Carlos, Walnut Creek.

Can't make the service on Sunday? Watch it LIVE on the Internet

Every Sunday, barring any unforeseen technical challenges, we will have the entire 11:00 Service broadcast on the Internet... Live! For those of you who want to watch, but plans prevent you from watching live, we have an archive of past broadcasts available.



Go to the website (<http://unitycenter.net>) and click on the menu item LIVE Services. You will need a computer capable of running Adobe Flash video.

2009 Financial Review

On the first Sunday of 2010, Rev. David asked if we were ready for a prosperity breakthrough. I have an opinion about this: I think we already had one in 2009!

As a congregation, we went through huge changes last year. Yet even during this year of discomfort and transition, even with a dip in Sunday attendance, our center was prosperous.

Here is a recap of the 2009 operating budget:

Total Income: \$435,611.20

Total Expenses: \$406,181.52

Net Income: \$29,429.68

Average Sunday attendance: 220

Main sources of income are Sunday and weekly love offerings, classes, workshops and special events, and fundraisers. The annual fall fundraiser is a lot of fun but also important in our budgeting; the 2009 fall fundraiser, the Spooktacular and Auction, was a huge success, bringing in \$28,992.27.

Also in 2009, almost \$160,000 was given to the Love in Action capital campaign, bringing the total amount of cash and stocks given to the program to \$539,604.77 since 2007.

Every time I think of this generous giving from you, I am so deeply amazed and grateful! My heart is full of joy, love and deep gratitude for each of you who support Unity Center of Walnut Creek with your tithing, time, talent and treasure. Thank you from the bottom of my heart!

Lisa Nichols

Treasurer, Board of Trustees





March Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group..... 10:30 am
 Chakra Clearing Meditation *with Angie Lambert*..... 5:30 pm
 HeartMath Study Groups (closed groups) 7:00 pm
Creating Loving Relationships with Kathleen Sims* 7:00 pm

Tuesdays

Book Club (2nd & 4th Tuesdays) 10:00 am
 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
HeartMath in Daily Life with Rev. David & Jeanne Fuson* ... 7:00 pm

Wednesdays

The Lost Symbol with Garrett Riegg* (2nd, 3rd & 4th Wed. of the month).....7:00 pm
Life Coaching Now! with Veronica Wolfe and Rob Seidenspinner*7:00 pm
 Healing Night (1st Wed. of the month)..... 7:00 pm

Thursdays

Qigong Class..... 10:30 am
 HeartMath Study Group (closed group) 1:30 pm
 Gentle Meditative Yoga *with DiAnna Moffit*..... 5:00 pm
Alchemy of Grief with Beth Bottorff-Seidenspinner*..... 7:00 pm
4T Path to Prosperity with Mike McGarvey* 7:00 pm
 Choir Rehearsal** 7:30 pm

Fridays

Office closed

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)
 Global Coherence Initiative study group no longer meeting

March

Sunday 7th

Services held in the Camellia Room at The Gardens at Heather Farmall services

Monday 15th

*Spring Class Session starts (Oak Park Blvd) 7:00 pm

**If you're interested in joining the choir,
 email Choir Director Rick Stober at
 rick@unitycenter.net or
 call the office for Rick's telephone number.

Chakra Clearing Meditation (New On-going Class!)

Mondays at 5:30 pm *with Angie Lambert*

In this Chakra Clearing Meditation class, you will learn grounding techniques and tools for clearing your chakras and your "space." The chakra system originated in India more than 4,000 years ago. Chakras receive, assimilate and express life force energy. Your chakras are wheels of energy stacked in a column from the base of your spine to the top of your head. An imbalance can result in energetic blockage and can impact the physical function associated with that particular area of the body. In this class you will learn how to unblock your chakras through a guided meditation.

Angie Lambert is a certified Tai Chi & Qigong Instructor, certified Holistic Health Coach, Nutrition Consultant and Sports Coach who has overcome a debilitating form of rheumatoid arthritis through diet, lifestyle and mind-body practices such as tai chi and meditation. She has been practicing various forms of meditation for 15 years.



Unity Center

OF WALNUT CREEK

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

ADDRESS SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Walnut Creek, CA 94597
Permit No. 424

March 2010 Centerpoint

We celebrate our loan being approved with a ground-breaking ceremony!

President Suzanne Perry-Paige, with Treasurer Lisa Nichols, signed our construction loan and mortgage from Oakland's One California Bank on February 8.

Reverend David led a blessing of the loan as Vice President Jan Rudolph, bookkeeper John Rexroat, One California officer Lisa Zuffi, and project manager Chris Trent (from Mark Shaw Construction) joined in.

Construction is starting, with an estimate of six months to complete our beautiful, renewed sanctuary and education building.

Thank you, God. Thank you, God. Thank you, God.



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