

Centerpoint

UNITY CENTER OF WALNUT CREEK

Divine Timing

We are so fortunate to know the freeing truth that Spirit is in charge of our lives. In everything we do, there is a Divine timing. I keep finding myself setting goals I feel guided to pursue and creating expectations on when things will take place. Again and again I have seen that Spirit guides my life to those changes at the perfect time. It is often not the time I expected, rather it is better timing that brings greater blessings. It is Divine timing.

Our Center just had this experience with our plans to

start construction for the renewal of our facilities in May. Our design approval by Walnut Creek took months longer than we anticipated. We are now changing the anticipated date at which we will be moving our services to our temporary location at Heather Farm. **Our first Sunday at Heather Farm will be August 2nd.** That's not what we had planned; however, we do know that it is Divine timing. We know that Divine timing is an expression of God's infinite love and it always brings forth a greater goodness.

—Reverend David McArthur

Rendering of our renewed Unity Center of Walnut Creek



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

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



A Unity Concert

Cathy Bolton



Date: **Sunday, May 3**

Time: **7 pm**

How much: **\$10**

Tickets at the Book Center
or Pay Online:

www.unity-books.com

(925) 937-2191



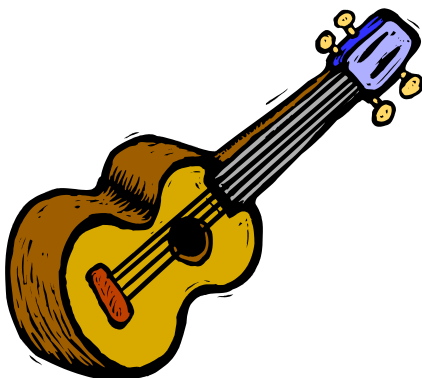
www.cathy-bolton.com

“Cathy’s music speaks to your heart and sings to your soul.” — Dennis Weaver

Cathy is the musician for the
Conversation with God
presentations by Neale Donald Walsch



John Nathaniel Mirabai David Steven



Heartdream



May 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

Hatha Yoga *with Barbara Bureker* 1:30 pm
Wow: The Wonder of Women* *with Kathleen Sims* 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
Life Coaching* *with Veronica Wolfe & Rob Seidenspinner*..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
Course in Miracles* *with Garrett Riegg*7:00 pm
Shamanic Journeys* *with Ana Costa*.....7:00 pm

Thursdays

Qigong Class..... 10:30 am
12 Step Meeting - O.A.H.O.W. 10:30 am
Graceful Change* *with Rev. David*7:00 pm
Empathy Circle* *with Alexandra True*7:00 pm
Choir Rehearsal..... 7:30 pm

Saturdays

Prepare homeless bag lunches9:15 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 end the week of May 18

May

Sunday 3rd

Cathy Bolton & Heartdream Concert 7:00 pm

Monday - Friday 25th - 29th

BePeace Foundations Course..... 8:30 am - 5:30 pm

Classes Continuing in May • Drop-ins Welcome Free-will Donation • Session Ends May 21

**NEW! Sheng Zhen Healing Qigong class on
Thursdays at 10:30 am with Alison Tucker.**

Wow! The Wonder of Women: Own Your Beauty, Personal Power and Authentic Voice • Mondays at 7:00 pm with Kathleen Sims

— Imagine loving yourself, your body, and your life—knowing you are worthy and you do deserve to live a life of deep meaning and true love. This class will offer thought-provoking discussion, exercises, visualizations and knowledge from 'On High' to accelerate your self discovery and empower on-purpose action.

Are You Curious about Life Coaching? • Tuesdays at 7:00 pm with Veronica Wolfe and Rob Seidenspinner — Classes will include some discussion of coaching principles and also share coaching skills. There will be coaching demonstrations and opportunities to be coached around a specific topic in your life.

A Course in Miracles and Spiritual Science • Wednesdays at 7:00 pm with Garrett Riegg — The existence of the universe is a grand miracle. Equally grand is the power of miracles that is accessible in every heart. Please join us to study the Text, the Workbook, and scientific/theosophic corrolaries.

Journey to Peace through Shamanic Journeys • Wednesdays at 7:00 pm with Ana Fatima Costa — Shamanism is the most widespread and ancient system of mind-body healing known to humanity. Using the basic tools of shamanism (smudging, drumming, chanting) participants enter a wakeful dreamlike state that bridges this world and the invisible world of Spirit.

Spiritual Attunement for Graceful Change • Thursdays at 7:00 pm with Reverend David McArthur — This class is designed to give us the tools that let us move through what looks like chaotic changes in our lives (and the world) while experiencing God's goodness and abundance.

Empathy Circle • Thursdays at 7:00 pm with Alexandra True

The focus of this class is to develop a quality of connection where we open our hearts to each other, deepening our capacity to bring presence to one another and to fulfill our need for connection with each other.

Unity Center

OF WALNUT CREEK

1871 Geary Road, Walnut Creek, CA. 94597

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Walnut Creek, CA 94597
Permit No. 424

May 2009 Centerpoint

BePeace Foundations Course

Taught by Rita Marie Johnson

May 25 – 29, 8:30 am - 5:30 pm

Registration Deadline: May 11 • Cost: Was \$799 ... NOW ONLY \$599

The logo for BePeace features the word "BePeace" in a green, cursive font. A small green leaf is positioned above the letter "e" in "Peace".

BePeace, created by Rita Marie Johnson, 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. Once mastered, you will be prepared to walk the talk of peace as never before.

- This 40-hour in-depth course prepares you to use BePeace in all areas of your life. Without a doubt, you will be empowered and grow as a peacemaker.
- Lectures are followed by experiential exercises in small groups so that you will have ample opportunities to practice and demonstrate BePeace skills and techniques.
- As a graduate of the BePeace Foundations Course, you will be eligible to facilitate BePeace groups. Participants learn to lean into their wisdom and compassion to resolve conflict and enrich their daily lives and the lives of others.

If you are ready to make the quantum leap that will distinguish you as a true peacemaker sign up now for this week of training (space is limited). Register at www.be-peace.org or the Unity Book Center.

Rita Marie Johnson, founder of the Rasur Foundation, has been assisting Costa Rica since 1993 in developing its national model of peace. She founded the Academy for Peace of Costa Rica, bringing the powerful practice of BePeace to the schools of Costa Rica. This September she will be teaching BePeace to members of the Global Alliance of Ministries and Departments for Peace at their Summit Meeting in Costa Rica.



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 - 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