

# Centerpoint

UNITY CENTER OF WALNUT CREEK

## Giving Thanks

What are the treasures in your life now? Do they include a special person that you can share with? Someone who accepts you just as you are? Is there a child, young or grown, who brings that special warmth to your heart when you think of them? Do you remember being touched by the smile of a stranger or that special glow in your heart when you were enjoying being with good friends—their laughter, their thoughts, their presence? Are there quiet moments of serenity that your heart treasures?



of people in our Center and saw their joy as they were eagerly learning of the great wisdom spread through the world's religions. What a delight to see the richness of their understandings. I listened to our musicians as they shared their gifts with us last Sunday and treasured both the beauty of their talent and the joy it gave them.

We are so richly blessed. There is so much to appreciate in our lives each day. As we treasure the amazing quality and beauty of the simple things that fill our lives, we open the door for God to pour ever greater goodness into our receptive hearts. Thanksgiving isn't just a day—it's the only way to really live.

—Reverend David McArthur

I was recently filled with joy at smelling wood smoke from a neighbor's chimney. It awakened memories of hauling firewood, fireplaces on snowy days and cozy evenings with the delicious smells of family meals. I looked in at a gathering

of people in our Center and saw their joy as they were eagerly learning of the great wisdom spread through the world's religions. What a delight to see the richness of their understandings. I listened to our musicians as they shared their gifts with us last Sunday and treasured both the beauty of their talent and the joy it gave them.

### Our Wonderful Native American Services Return on Sunday, November 30

Thanksgiving is a regular practice in the daily life of many native traditions. On November 30 we will bring together ancient voices and contemporary experience to celebrate and honor the wisdom of the First People's Spirituality.

From their hearts, members of Walnut Creek Unity and special guests will bring experiences, stories, and music to share with the intention of expanding our understanding and appreciation of what religious scholar, Huston Smith, calls the "Primal Religion."

"They had what the world has lost: the ancient, lost reverence and passion for human personality joined with the ancient, lost reverence and passion for the earth and its web of life. Since before the Stone Age they have tended that passion as a central, sacred fire. It should be our long hope to renew it in us all."

This service has become a beautiful and inspiring tradition at Unity Center. Let the deep, rich spirituality of this ancient, sacred path enrich your Thanksgiving and renew your soul.



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



# Upcoming Events

## Greening Your Home

Class with Stephen D'Allura

Saturday, November 15 at 10:00 am • Free-will donation

Learn simple effective techniques to permanently reduce your electric, gas and water use without spending a lot of green. Wearing sweaters in winter and sweating in the summer is not part of the program. Reduce or eliminate indoor and outdoor pollution. Understand why wood fireplaces, new windows and solar may not make sense. Learn how to evaluate potential projects. Participants are encouraged to bring 12 months of utility bills and a calculator, so they can compare and better understand their usage. How to use the various greening products will be discussed, along with hands-on demonstrations.

*Steve teaches a similar, more in-depth course at Diablo Valley College. He has various degrees and certifications in solar and green building. Having implemented various energy and resource-saving strategies, he can talk first-hand about implementation issues and potential returns. Steve is a commercial real estate broker and has implemented the strategies in residential and commercial settings.*



## The Role of Spirit in Healing

Workshop with Len Saputo, MD

Sunday, November 16 at 2:00 pm • Free-will donation

Spirit is a vital and sacred element of the healing process. Illness is more than physical disability and psychological challenge. Rather, it is an opportunity to learn more about who we are and is a tool to move us forward on our spiritual journey. Physical disease can be viewed as the body's expression of psychospiritual unrest.

Together, Rev. David McArthur and Dr. Len Saputo will explore the meaning of illness in this larger context, in an effort to "reunite" medicine and spirituality. After all, it is only an illusion that there is a separation between these two perspectives. The difference between curing and healing will also be highlighted.

Healing is often referred to as "the return to wholeness." It is revered as our sacred journey within—a journey that leads to a healthy connection with self, others, and all that there is. We hope you will join us for this interactive exploration of the role of Spirit in healing.

*Len Saputo, MD is a graduate of Duke University Medical School and is board certified in Internal Medicine. He was in private practice in affiliation with John Muir Medical Center in the San Francisco Bay Area for more than 30 years. Over the past decade, Len has guided the development of an integrative, holistic model of healthcare that focuses on wellness and prevention. It is called "Health Medicine." In 1995 Len founded the Health Medicine Forum, which he continues to direct. "The Forum" is a non-profit service and educational foundation that has sponsored more than 250 public and professional events, including monthly presentations, workshops, and conferences. In 2001 Len co-founded the Health Medicine Institute, an integrative medical center in Lafayette, California, that is bringing the model of Health Medicine into clinical practice.*



**Hurray! Casino Royale is finally here!**

**Friday, November 7 at 6:30 pm • Concord Senior Center**

**Have fun with your Unity friends!**

**Tickets can be purchased at the door for \$40 each.**





# November 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
- Communication...Couples & Families with *Alexandra True*\*.... 7:00 pm
- The Courage to Love with *Will Scott*\*..... 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
- Bible Metaphysics with *Rev. Moses Sturdivant*\*.....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
- World Religions with *Richard Miles*\*.....7:00 pm

### Thursdays

- 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 (2<sup>nd</sup> Saturday of the month) ..... 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

*\*Ends week of November 2*

## November

### Saturday 7<sup>th</sup>

- Casino Royale at the Concord Senior Center ..... 6:30 pm

### Saturday 15<sup>th</sup>

- Greening Your Home class with Stephen D'Allura .... 10:00 am

### Sunday 16<sup>th</sup>

- Dr. Len Saputo, guest speaker with Rev. David ..... 9:30 and 11:30
- Dr. Len Saputo workshop..... 2:00 pm

### Wednesday 26<sup>th</sup>

- Appreciation Service..... 7:30 pm

### Thursday 27<sup>th</sup>

- Thanksgiving Potluck..... 12:00 pm

### Sunday 30<sup>th</sup>

- Native American Service..... all services

## From the Community Action Committee

Our annual **Teddy Bear Drive** this year will be on these Sundays: **November 2, 9 and 16**. Each Sunday the donated bears will attend our services and receive our love before they are given to children. This year our Book Center is selling cute, cuddly, and unique teddy bears. The sizes range from very small bears for infants in need to larger bears for toddlers. The teddy bears will go to a medical clinic that serves low income or other special needs children.



The **Contra Costa Food Barrel** will be on site starting from Sunday, November 23 through December 31. Please bring non-perishable, non-glass items.

Save the date for our  
**Unity Christmas Party!**  
**Saturday, December 13**



# Unity Center

OF WALNUT CREEK

1871 Geary Road, Walnut Creek, CA. 94597

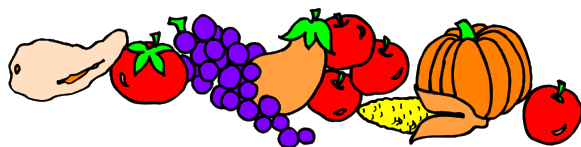
Non-Profit Org.  
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Walnut Creek, CA 94597  
Permit No. 424

## November 2008 Centerpoint

# JOIN US THIS THANKSGIVING

Our Thanksgiving celebration begins on **Wednesday, November 26** at 7:30 pm in a **Service of Appreciation**. One of the most meaningful ways to celebrate the Thanksgiving holiday is to come together in a service of conscious appreciation. What are you grateful for in your life? Join our inspirational Heart Ministers as they lead us in giving thanks to God for the many, many forms of goodness that fill our lives. Give voice to the gratitude that fills your heart and support others as they also consciously acknowledge God's abundance.

On **Thanksgiving Day**, we will again have our **Turkey Dinner** at noon in the YE Room. We provide the turkeys—you bring specific side dishes. There will be sign-ups on the patio (and in the Book Center during the week). Admission by ticket only; we have room for 70 people (including children), on a first-come, first-served basis. \$5/adults; \$3/children. A fun time with your Unity family!



*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