

Centerpoint

UNITY CENTER OF WALNUT CREEK

The Power of Thanksgiving

You know this amazing power because you have used it many times. You have felt the transforming experience of your deep gratitude for something in your life. It may have been your heart recognizing the beauty in a moment with a special friend, or receiving the blessing of a break-through that you had long desired. It may have been as simple as feeling the warm sun on a crisp fall morning, or the touch of a little one's hand in yours.

When your heart opened to that very special feeling of thanksgiving, you felt uplifted, blessed, renewed and filled

with hope. Even if it was a dark rainy day, you felt an inner glow.

The power that lifts us, opens us and blesses us is the presence of Divine Love. When we experience true thankfulness, the power of Spirit flows into our lives. In that sacred moment we have opened to consciously perceive God's goodness. That goodness desires to pour itself through our lives in every moment. The feelings of thanksgiving have the power to open our lives to this unlimited goodness.

—Reverend David McArthur

G i v i n g  T h a n k s

Native American Services

Sunday, November 29

Thanksgiving is a regular practice in the daily life of many native traditions. On November 29 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



Unity Happenings

Raising Mario Twice with Christine Sharmer

**Sunday, November 22 • 9:30 & 11:00 am services with Rev. David (Heather Farm)
2:00 - 4:30 pm (1800 Oak Park Blvd.)**

Christine Sharmer and her son Mario are a part of our spiritual family. Christine joins Rev. David at our services on November 15 and in a special workshop on her new book, *Raising Mario Twice*, to share with us their inspiring story of the power of love.

This is the true story of one family's heartfelt encounter with a tragic event. It is also the story of how love can transform a nightmare into a miracle.

It was an impossibility that Mario had survived the car crash and yet he had. It took almost a brigade of firemen and "The Jaws of Life" to extract him from the wreck. He was found slumped over the driver's steering wheel unconscious. He was having trouble breathing and suffered severe traumatic brain injury. On route to the hospital he was ventilated through an oral mouthpiece. The paramedics could not intubate him because his mouth was clenched shut. He was considered brain dead on arrival to the emergency room.

The doctors put Mario in an induced coma for twenty-one days. It was not expected that he would live. Many people prayed for Mario and his family and even though Mario lived, he was considered a vegetable with a poor prognosis for any meaningful recovery. With more prayers and healing Mario slowly recovered.

After one hundred forty-one days of hospitals, Mario finally responded to a doctor and got into a rehabilitation facility. He stayed in rehab for forty days and finally came home. He wore diapers, couldn't talk, walk, eat, or move most of his body.

The first few years of taking care of Mario were extremely challenging. It has been a difficult journey, but inch-by-inch Mario has kept improving. He never gives up and through the love of his family and friends remains happy most of the time. Richard Carlson a friend of Mario's and author of the "Don't Sweat the Small Stuff" books said, "Mario is the happiest person I know." And Mario says, "Smile because somebody loves you."



Teddy Bear Sundays

**November 15 and 22
Heather Farm**

Our annual Teddy Bear Drive this year will be on these Sundays: November 15 and 22. 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.



Appreciation Service

**Wednesday, November 25 • 7:30 pm
1800 Oak Park Blvd.**

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.



November Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group..... 10:30 am
HeartMath Study Groups (closed groups) 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
HeartMath Study Group (closed group)..... 7:00 pm

Wednesdays

Healing Night (First Wed. of the month) 7:00 pm
Hands-on Healing Night (Third 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*..... 5:15 pm
Choir Rehearsal* 7:30 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.*

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)

November

Sunday 15th

Teddy Bear Drive (Heather Farm)all services
Connections & Confections (Oak Park Blvd)..... 3:00 pm

Sunday 22nd

Christine Sharmer, with Rev. David (Heather Farm) ... 9:30 & 11:00
Teddy Bear Drive (Heather Farm)all services
Raising Mario Twice *with Christine Sharmer* (Oak Park Blvd.)...2:00 pm

Wednesday 25th

Appreciation Service (Oak Park Blvd.).....7:30 pm

Sunday 29th

Native American Service (Heather Farm)all services



Connections and Confections

Sunday, November 15 • 3:00 pm
1800 Oak Park Blvd.

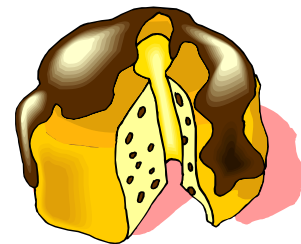
New to Unity?

Desire to connect deeper with our community?

Want to know what is going on?

If this is you, we invite you to join us and our Unity Board for tea and goodies!

Please RSVP 231-1961 by November 10



Sunday services held at Heather Farm Community Center, 301 N. San Carlos, Walnut Creek

Office location and classes at 1800 Oak Park Blvd., Pleasant Hill

Unity Center

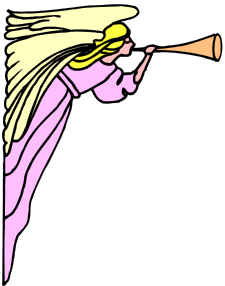
OF WALNUT CREEK

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

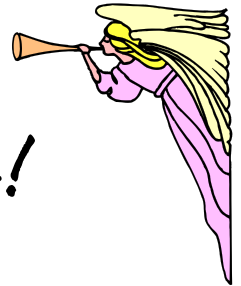
ADDRESS SERVICE REQUESTED

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

November 2009 Centerpoint



Save the Dates for these
Upcoming December events!



- ✓ **Saturday, December 5 - Grief Workshop**
- ✓ **Sunday, December 6 - HeartMath Solution Workshop**
Part 1 will be during the Sunday service
Part 2 will be from 2:00 - 4:30 pm
- ✓ **Tuesday, December 8 - Remembrance Service**
- ✓ **Saturday, December 12 - Christmas Party**
- ✓ **Thursday, December 24 - Christmas Eve Services**
5:30 & 8:00 pm services
- ✓ **Thursday, December 31 - Burning Bowl Service**

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*