

# Centerpoint

UNITY CENTER OF WALNUT CREEK

## Another Way!



Are you feeling like the economy, your job, health, or something else out there is controlling your life? There is another way! At Unity we share the freeing truth that as a child of God, you are the one creating your life, not someone else! That means that you have the power to create your heart's desire regardless of what the world is choosing to do at the moment.

Not only are we teaching that truth, we are demonstrating it together. That is part of Spirit's assignment to us—to break through the consciousness of lack and fear in the world and demonstrate abundance and joy. We have done that by saying yes to renovating our spiritual home through our Love in Action program. While the world is afraid to give, we are giving generously. While the world is afraid to step out in positive change, we are creating a place of beauty to nurture the growth of many people. While the world is affirming a banking system that is refusing to support projects of value in the society, we are about to draw through that same system abundance to support our project and bless them with abundance in return.

This is the step we are working on now. Some of you know that the bank that had committed to support our Love in Action project withdrew from making construction loans

for churches. That halted our project while we do some consciousness raising. We know that when we raise our consciousness to the realization of God's great love and provision for us, our good flows into our lives. Spirit will bring the abundance we seek into manifestation as we transform the fears of lack and express our faith in God's flow of abundance.

What a wonderful opportunity for us to participate in transforming this belief in lack of money and lack of power to create our own good that is hampering so many people. We are actively, passionately, with faith and joy, joining together to know that God is opening for us a channel of abundance that will manifest fully this sacred project we have been guided to create. We are demonstrating another way. Thank you for knowing this truth with all your Unity friends. We are abundantly, joyfully prospered and empowered.

No wonder Unity is positive, joyous spirituality. We seek to live these wonderful truths that free us to manifest for the good of everyone.

These images are the two sides of a postcard delivered to over 15,000 people in our area, letting them know they can join us in this positive, joyful spiritual adventure called "Unity!"



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



# Unity Happenings

## Annual Meeting & Volunteer Lunch

**Sunday, October 18 at 1:00 pm**

Two of our most important events of the year are combined into one delightful gathering of our Unity community.

Our volunteer lunch is for everyone who has volunteered in any of our activities this year. It is our chance to celebrate you. In the past, the lunch has been just for our volunteers; however, this year, we want everyone to come so we can all celebrate our volunteers. We want to say thank you to each of you who have given your time, talent and love to make this year so wonderful. You have created wonderful programs and events, and you have been the instruments of creativity, great food, abundance, service, communication and fun.

Lunch will be provided. One special group of our volunteers, our young people, will be providing music for us. Your Board and staff, who volunteer a lot, will be hosting this gathering.

Following honoring our volunteers we will have our annual meeting. This is our chance to review our year—and what a year it has been! We will catch up on where we are as a Center and elect new members to our board. It is a wonderful afternoon—good food, celebration and fabulous people.

We will start at 1:00 pm with lunch and our volunteer celebration, begin our annual meeting at 2:45 and end by 4:15pm. This is all at the Heather Farm Lakeside Room where we hold our services. See you there!

## New Yoga Class with DiAnna Moffit

**Thursdays, 5:15 - 6:45 pm**

This class is for those looking for a gentle, slow, meditative yoga with an emphasis on breath in the style of Rama Jyoti Vernon and Tai Sheridan. Experience the treat of heart-opening movement leading to deep inner peace. You will be surprised at your increased flexibility, strength and stress tolerance gained by your practice. Poses will be adapted for those preferring to use a chair rather than a mat. Drop in is encouraged. Bring your magnificent mind/body/spirit and a yoga mat or towel.

## Reverend Suzanne Leonard Speaking

**Sunday, October 25 • All Services**

One of our favorite people is returning to share her wisdom and light with us. Rev. Suzanne Leonard was one of our associate ministers and brought great joy and rich blessings to our Center. She is now the minister at the Unity church in Yucaipa, California. Rev. Suzanne's joy and wisdom have endeared her to our Walnut Creek family and we welcome this opportunity to spend a Sunday with her again. She is bringing to us the powerful revelations from a book that is changing lives and having a major impact in our world today, *The Soul of Money*, by Lynne Twist. Join us for an enlightening service with this wonderful teacher of Truth.



## Sheng Zhen Healing Qigong

**Thursdays, 10:30 - 11:45 am**

This healing qigong practice is a form of Sheng Zhen Qigong, the qigong of unconditional love. It helps to relax the body, stimulate self-healing abilities, balance the emotions, and open the heart (cultivating compassion, wisdom, and joy). The gentle movements of healing qigong are done sitting in a chair, so are suited to most everyone, including those with health challenges. (The practice does involve undulating the spine, so check with your health practitioner if you have any concerns about that.) The class is taught by Alison Tucker, who has studied extensively with a Master teacher.





# October Calendar of Events

## Ongoing Events

### Mondays

Communication Coaching Group..... 10:30 am  
**Couples Class** with Kathleen Sims\* ..... 7:00 pm  
**Divine Intuition** with Will Scott\* ..... 7:00 pm  
 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  
**Keys to the Kingdom** (closed) with Rev. David & Jeanne Fuson\* ..... 7:00 pm  
 HeartMath Study Group (closed group) ..... 7:00 pm

### Wednesdays

**Walking the BePeace Path** with Alexandra True\* (Second & Fourth Wednesdays) ..... 7:00 pm  
**A Course in Miracles** with Garrett Riegg\* (Second, Fourth & Fifth Wednesdays) ..... 7:00 pm  
 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  
**Life Coaching** with Veronica Wolfe and Rob Seidenspinner\* ..... 7:00 pm  
**Praying in Color** with Ciel Gierke\* ..... 7:00 pm  
 Choir Rehearsal (see below)..... 7:30 pm

### Fridays

Office closed

### Saturdays

Toni Roberts (2<sup>nd</sup> 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 (1<sup>st</sup> Sun/mo meet on deck at Heather Farm)

## October

### Sunday 18<sup>th</sup>

Annual Meeting & Volunteer Lunch ..... 1:00 pm

### Sunday 25<sup>th</sup>

Reverend Suzanne Leonard speaking ..... all services

**\*Classes continuing  
 at 1800 Oak Park Blvd, Pleasant Hill**

## Annual Warm Clothing Drive

### Sunday, October 18

Each Saturday a group of Unity volunteers make 50 - 100 bag lunches which are distributed to the homeless. When the weather gets cold, the items below that are collected are then given to them to help keep them warm and dry. Most needed:

Sleeping bags	Warm socks (dark colors preferred)	Underwear
Jackets	Waterproof and/or resistant to	Plastic ponchos
Sweatshirts (dark colors)	Fungus socks	Blankets
Thermal Underwear	Gloves	Plastic tarps

Most are men and most need large, extra large and XX large. Please bring your lightly used or new items to the service at Heather Farm on October 18. You may also deliver them directly to Norene and Larry Mason, 1230 New Hampshire, Concord; phone 672-6575. Questions – please call Barbara Tuck 513-1108.

# Unity Center

OF WALNUT CREEK

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

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October 2009 Centerpoint



Annual Fun-Raising Event

## Unity Spooktacular & Auction!

Saturday, October 31, 2009, 6:30 p.m.

Shadelands Arts Center, Walnut Creek



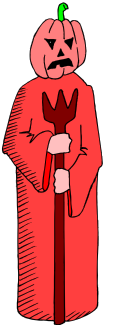
Come as you aren't and HAVE FUN! Don't miss this great event that will feature silent and live auctions, music, great food, no-host bar and more. Support Unity's spirit-filled programs and have a frighteningly great time! Costumes are encouraged but not required.

Be a Unity "Spirit" with your \$40 ticket, a Bootiful Soul with your \$65 ticket, or a Phantom of the Sanctuary with your \$100 ticket. Tickets sold at the back of the Lakeside Room after services, online at <http://unity-books.com/3/store.htm> or at the office until October 25.

We need you to volunteer for one of the fun committees to assure our success. Sign up after services or call Kathy Bate at (925) 937-6296 for more information.



Entertainment! Enjoyment! Excitement!  
Coming Your Way...



**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 - 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