OCTOBER 2010

Centerpoint

UNITY CENTER OF WALNUT CREEK

Come Home With Us!

...to a transformed sanctuary for heart, soul and spirit

Sunday, October 10

Unity of Walnut Creek
1871 Geary Road, Walnut Creek

Sunday Services: 8:00, 9:30, and 11:30 am

Therefore, I tell you whatever you ask for in prayer, believe that you have received it, and it will be yours.

Opening up
Reaching out
We touch
Hand to hand
Heart to heart
In Unity

In June 2007, the people of Unity of Walnut Creek made the commitment to transform the buildings of our spiritual home and to expand our consciousness of true prosperity. **We asked, we believed, we received!** We invite you to come home with us to Unity, to touch us with your presence, and participate in our positive, heart-centered spirituality that transforms and renews.

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

Upcoming Events

Our welcome home celebration begins with our **Black and White Gala** on Friday, Oct. 8 at 7:30 pm. Like a preview opening of a new release movie, this is the invitation for us to celebrate all those who have given and worked so hard to make our renewed facility a reality to celebrate with sparkling wines, juices, & appetizers in the community room, the official ribbon cutting, a short service of appreciation and music, dancing and friendship into the evening.

Our spiritual preparation includes a **24-hour prayer vigil** in the sanctuary from Saturday morning at 8:00 am till Sunday morning at 8:00 am.

A special **Service of Consecration** from 7:00 to 8:00 pm Saturday evening begins with a Native American blessing as our heart ministers lead us in consecrating our sacred space to God's work.

Our **Homecoming Sunday services** on 10/10/10 are at 8:00 (meditative), 9:30 and 11:30 am with our choir, unity musicians and our spiritual family worshipping together.

Our **Homecoming celebration** begins after the services as everyone gathers on the new patio, in the new community room and on the new lawn to enjoy unity music, eat together and connect heart to heart. **Welcome home.**

Affirmation

Our journey of discovering the wonderful gifts of Spirit continues.

Prayer

Beloved Presence, thank You for the transformation of our consciousness.

Through Your divine inspiration and loving guidance, the co-creation of our new spiritual home has gracefully unfolded.

We are grateful that on our journey, we learned to appreciate the process of listening and waiting patiently for clarity.

Thank You for inspiring those who gave so freely of themselves.

We celebrate the return to our beautifully renewed home, and the many gifts of Spirit that we have received along the way.

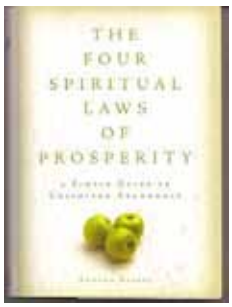
Upcoming Events

Prosperity Plus!

A Workshop with Rev. Edwene Gaines • Sunday, October 3, 2 pm
Heather Farm Club Room • She will be speaking at all services

Imagine if you could achieve a life of true prosperity, enjoying: a vitally alive, healthy body through which you experience relationships that are always satisfying and intimate, honest, and nurturing; work you love so much that it's not work-it's play; all the money you can spend.

Living at this exceptional level is not only possible—it's right there for you, Edwene Gaines explains, if only you abide by the four spiritual laws of prosperity. Edwene has been delivering her inspirational, life-changing message to audiences of all faiths at workshops across the USA. She shows why it is essential to tithe to the person or place where you have received your spiritual nourishment; to set clear-cut, tangible goals; to forgive everyone all the time, especially yourself; to seek, discover, and follow your divine purpose--which will help you to assign significance to your life and bring a passion to all that you do.



Edwene Gaines, author of the book, The Four Spiritual Laws of Prosperity*, is a woman of power, passion, compassion and purpose. She travels extensively, teaching and inspiring people to know as she does, that God is our source, and that we live in a rich, abundant and generous Universe. She shares with great humor and joy the four spiritual principles of prosperity.*

2020 Vision Summit: Our spiritual community coming together to create our future

Friday, October 29, 7 - 9 pm, and Saturday, October 30, 9 am - 3 pm

2020 Vision Summit is an exciting, powerful, Friday evening and Saturday daytime gathering of our community in which we all dream and create together.

You are invited to join in a transformative experience of creative power where our hundreds of spiritual interviews of the past month guide our spiritual community in discovering the dream that Spirit is calling our Center to fulfill—a dream that will change our lives, and through us, change the world.

What is Spirit calling us to be? Come not only to discover the answer, but also to create it through Spirit expressing through you. Bring your wisdom and attunement to embrace the dream and set the priorities that will focus the spiritual power that flows through our community for years to come.

It has been more than ten years since our spiritual community gathered to chart our future and focus the powerful spiritual energy that flows through our combined intention and attunement. Spirit is calling us to a new level of service to those who are a part of our community, to those who will be joining us, and to a world in need of our transformative spiritual power. What is that work to be? What are the priorities that focus the flow of spiritual energy through us? These are understandings we will discover together at the 2020 Vision Summit.

One of the most special gifts of your joining in this gathering is the chance to experience your Unity family in-depth. We will all be working together, creating joyously and having fun as we share and envision our future. This experience not only creates our direction, it also creates the heart to heart connections that become lasting friendships and spiritual support for each of us in our spiritual journey.

You know that at Unity we love to create with fun. Come give yourself and your spiritual community the gift of your love and wisdom at this defining, fun-filled moment.

Details will be available soon at http://2020vision.unitycenter.net

New Classes

Classes held at 1871 Geary Road • October 25-November 19

Drop-ins Welcome • All classes on free-will donation basis (suggested donation $10-$20 range)

To guarantee equal access to Unity classes, the location of classes may be rearranged to meet the needs of the students.

Nia—Get Fit the Body's Way

Mondays at 10:30 am and Wednesdays at 5:30 pm *with Kathy Bate*

Nia classes guide you to move your body the way it is intended to move. Combining carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz, Modern Dance and other movement forms, Nia classes offer total-body cardiovascular conditioning and opening of joints with a focus on mobility, stability, strength, flexibility and agility. Nia is a great way to heal from previous injuries, arthritic pain or emotional challenges. All Nia movements are adaptable and can be personalized for any level of fitness and agility. No prior training is necessary. Experience the joy of movement, and the benefits of moving your body…the body's way. Bring yoga mat & water; and wear comfortable clothes.

Kathy Bate is a Certified Nia Teacher from Walnut Creek, CA. Grounded in her purpose to express creatively, Kathy, a career designer and vocal artist with a background in Modern Dance, channels her passion for dance and music into joyful, spirit-filled cardio workouts. Kathy experienced the healing effects of doing Nia on a regular basis, along with the daily practice of the 5 Stages of Healing, completely overcoming 3 years of low back pain and sciatica. Her focus for her students is healing, cardio fitness, reconnection to balance of body, mind, spirit and emotion while honoring the body's own way and oneness with all.

Whose Life Is It Anyway?

Mondays at 7:00 pm *with Kathleen Sims*

We're waking up to the fact that what we once thought would work to create a successful life, often hasn't given us the fulfillment we are all seeking. We're beginning to realize something is missing. The world is changing and a new way of living is being called into Being.

You will uncover the self you project into the world. Who is that self? Who has made your life choices? Your parents? Your siblings? Your spouse, your kids? Society?

Whose voice is the authority in your head? Are you in command of your Destiny? What is your Destiny? How can you tap into it?

This class will offer thought-provoking information, experiential processes, visualizations and Knowledge from 'On High,' so you can be assured that you are on the *right path*. (This class is a continution of the class that started on September 13)

Designed and taught by Kathleen E. Sims, C.H.T., C.R.C., who is Co-Director of the 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. All her work promotes the art and science of conscious loving and living through manifesting one's purpose, vision and heart's desires. A catalyst for deep, individual change, Kathleen moves clients away from intellectual theory and into an actual cellular change of consciousness. She has studied extensively: psychology and philosophy, many energy healing modalities, the Mystics, A Course in Miracles *and Universal Principles.*

New Classes

Embracing Change with Heart

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

We are in a time of rapid, unanticipated change at every level of our society. How do you keep your balance, make the right decisions and grow in wisdom and peace instead of frustration and anxiety in the midst of this change? The principles that guide us in responding to chaotic times are unchanging because they are rooted in the unchanging love and wisdom of the Divine.

Through (1) a deep understanding of God's presence, (2) the ability to connect with divine guidance, and (3) the understanding of the spiritual principles of balance and abundance, change becomes a spiritual support that unfolds within us a higher consciousness of deep peace.

Reverend David and Jeanne Fuson will show us the steps to open the beautiful understandings within ourselves that guide us to that peace.

Spiritual Economics: Reshaping Your Attitudes About Money, Spirituality and Personal Prosperity

Tuesdays at 7:00 pm *with Ron Salazar*

Through studying Eric Butterworth's book, Spiritual Economics, we will explore how to remove the mental blocks that keep us from experiencing abundance. This book teaches how to establish a permanent attitude of receptivity to prosperity of every kind. "Lack and limitation of any kind are aberrations in an opulent Universe. Any person who is experiencing lack is, in some way, living in opposition to the universal flow." This book can be a life changer.

This straightforward approach to prosperity has been effective for thousands. Learn to work with the flow of life and attract wealth in every area of your life. Wealth is more than just financial abundance!

"The goal should not be to make money or acquire things, but to achieve the consciousness through which the substance will flow forth when and as you need it." ~ Eric Butterworth from Spiritual Economics

Ron Salazar has been a truth student for almost 20 years. He began following the New Thought Path in 1988 through the 12-Step Spiritual Path. The 12-Step Path's foremost tenant is that God lives within each of us, and by keeping a conscious contact with God we will connect to the Spiritual Power that resides in all of us. He became a Unity Path follower in 1998 and found by 2000 he was being called to be a Unity Minister. In his 9 years as a Unity member he has completed over 200 of the 250 credits of the SEE Spiritual Growth Program at the Unity School of Christianity. He is a member of the Board of Directors.

New Classes

Videography - Making it Fun

Tuesdays at 7:00 pm *with Shari Dyer*

Have you enjoyed shooting those special videos of children or grandchildren? Have you been entranced by a beautiful internet video? Have you enjoyed the camera magic that brings Unity's services to DVD and streaming video? The video world is fun, magical and at the same time it can be very frustrating if you don't have a few pointers and some friendly help along the way. Unity's number one videographer, Shari Dyer, has offered to help overcome the frustrations and share the tips that make the magic come alive. You will explore this wonderful world of visual communication, an experience that will bless you from this class forward. At the same time this class opens the door for anyone who after this course might enjoy adding their skill to our videography team.

Shari got her interest in photography from her father, who was a professional photographer after WWII. While getting her B.S. in Radiologic Technology at Northern Arizona University, she worked as a TA for the Physics of Photography classes. In 1993, she bought her first camcorder. Her interest and work in videography led to making her first public DVD in 2003 for the Aikido world. Sales were quite encouraging. Keigan Productions was formed to allow for the production of more DVDs. Share has been working in both still photography and videography ever since, always learning and always willing to help others with their own interest in this wonderful, creative field.

Introduction to Meditation

Wednesdays at 7:00 pm *with Glen Knape*

Meditation is a most important foundation element of spiritual growth and living. It is taught as a core practice in all the great spiritual paths. The contemporary world has discovered its benefits as important components to a healthy lifestyle. We are blessed to have a long-time teacher of meditation as a part of our spiritual community. Join Glen Knape as he shares his extensive knowledge of this powerful and transformative discipline. If meditation is unknown or new to you, this is a wonderful opportunity to begin. If you have had a meditative practice for some time, Glen's instruction is sure to deepen your meditative experience and enrich that inner connection. It has been said that prayer is talking with God and meditation is listening to God. You're invited to the beautiful experience of listening to the Divine.

Glen Knape is a teacher, writer, editor, and publisher of numerous works on self realization and world transformation through meditation.

THRIVE! Creating Your Holistic Life Plan

Thursdays at 7:00 pm *with Rev. Susan Galvan, MA*

What's your own vision for 2020 in YOUR life? Participants will explore and update their Values, Purpose, Passion, Vision, Path, Plan, and Legacy, then create action steps for implementation. Using a workbook, you'll record your responses in class, then discuss them with a partner to clarify and deepen your understanding of each. At the same time, participants will be expanding their listening skills, learning how to empathize and facilitate their partners in moving toward change at depth. Susan will demonstrate how to do this at each stage. Appreciative Inquiry exercises are included in the Holistic Life Planning process. It is requested that participants commit to attend all of the sessions, in order to preserve the integrity of the experience and to be there for their partners. (This is a continution of the class that started on September 9)

Rev. Susan Galvan is one of the national and international pioneers of Life Planning, and co-authored the core textbook, Lighting the Torch. *She designed the THRIVE! workbook, and has led workshops using it with individuals and couples, who become inspired and excited about the future they envision because they create a solid plan for accomplishment.*

October Calendar of Events

Ongoing Events

Mondays
Communication Coaching Group.....10:30 am
Nia *with Kathy Bate**.....10:30 am
HeartMath Study Groups (closed groups) ..... 7:00 pm
Whose Life Is It Anyway? *with Kathleen Sims**.....7:00 pm

Tuesdays
Book Club ..... Cancelled
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
Embracing Change *with Rev. David & Jeanne Fuson**.... 7:00 pm
Spiritual Economics *with Ron Salazar**..... 7:00 pm
Videography Course *with Shari Dyer**..... 7:00 pm
Insight Meditation with Ernie Isaacs ..... 7:30 pm

Wednesdays
Nia *with Kathy Bate**..... 5:30 pm
Intro to Meditation *with Glen Knape**..... 7:00 pm
Healing Night cancelled (1st Wed. of the month)

Thursdays
Sheng Zhen Qigong Class *with Alison Tucker*.....10:30 am
HeartMath Study Group (closed group)..... 1:30 pm
THRIVE! *with Susan Galvan**.....7:00 pm
Choir rehearsals (email Rick Stober at rstober3@yahoo.com).....7:30 pm

Fridays
Office closed

Saturdays
Toni Roberts (3rd Saturday this month!) .....10:00 am
Facilitated HeartMath Group with Ciel Gierke (not 10/2)...10:00 am

Sundays
Sunday Services ..... 8:00 (Meditative), 9:30 and 11:30 am**
1:00 pm Poetry Group (1st Sun/mo meet on deck at Heather Farm)

* Classes start the week of October 25
**Except October 3 (see below)

Services at Heather Farm on October 3

Our last services at Heather Farm will be October 3. The 8:15 am (Meditative) Sunday Service is held in the Heather Farm Club Room. The 9:30 & 11:00 am Sunday Service is held in the Heather Farm Lakeside Room.

October

Saturday 2nd
Circulation Day.....9:00 am at 871 Geary Road

Sunday 3rd
Edwene Gaines, guest speaker at Heather Farm.....all services
Prosperity Plus! Workshop with Edwene Gaines .....2:00 pm at Heather Farm Club Room

Friday 8th
Black and White Gala ..... 7:30 pm

Saturday 9th
Beginning of 24 hour Prayer Vigil.....8:00 am
Consecration Service..... 7:00 pm

Sunday 10th
Homecoming Services.....8:00, 9:30 & 11:30 am
Homecoming Celebration.....after 11:30 service

Friday 23rd
Unity's Got Talent ..... 6:30 pm at Concord Senior Center

Monday 25th
New classes start

Friday 29th
2020 Summit ..... 7:00 pm

Saturday 30th
2020 Summit .....9:00 am

Circulation Day!

Saturday, October 2 • 9:00 am - 4:00 pm

Circulation Day is an opportunity to donate the good quality things in your life that are no longer serving you, and send them on (circulate them) to others. The items are given for free and everyone is invited to give a donation, which will benefit our Youth Education program. Bring your goods to Geary Rd. on Friday, October 1 from 10:00 am - 7:00 pm and on Saturday morning.

Save the Date: A Visit to HeartMath

Saturday, November 20 • 9:00 am - 4:00 pm

All those who have participated in HeartMath groups or trainings are invited to join Rev. David and spend the day at the Institute of HeartMath in Boulder Creek.

Unity Center
OF WALNUT CREEK
1871 Geary Road, Walnut Creek, CA 94597

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October 2010 Centerpoint

Unity's Got Talent!

Saturday, October 23 at 6:30 pm • Concord Senior Center

Tickets are $40 for adults, $20 for children, or $100 for a family

- **Dinner – catered by Kinders**
- **Talent Show – come and be entertained!**
- **Dessert Auction – always delicious and beautiful**
- **Raffle Prizes – cash prizes or a week in Mazatlan**
- **Raffle for in-house prizes such as the reserved parking space for a year**
- **Dancing to a DJ**
- **CommUnity Playdates Auction – events that members create for each other to enjoy and share**

Fun, Food, Entertainment, Prizes, Desserts, Dancing!

Unity's Got It All!

And it's happening on October 23, 6:30 to 10:30 pm. Be there!

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: 8:00 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