

Eat (at Rockin' Rigatoni)

Pray (World Day of Prayer)

Love (In Action)



Our entry into that sacred experience of 'community' often begins when we break bread together. Sharing our meal gives the opportunity to share glimpses into our lives, who we are, and what's important to us.

Prayer lets us step to that deeper level of connectedness. We hold together the high watch as we pass through life's challenges, beholding the highest within each other.

Love is the force that lets us create together as we give to and bless each other. It is that connection in which I care enough for you to say, "Let me help to provide a spiritual home for you as God's love through others has provided a spiritual home for me."

Eat, Pray, Love is an invitation to enter fully and joyfully into the powerful transformative experience of the spiritual community that is Unity.

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

1871 Geary Road, Walnut Creek, CA 94597 (925) 937-2191 • www.unitycenter.net



Upcoming Events

Sheila Gautreaux, Guest Speaker

Sunday, September 4 • All services

Sheila Gautreaux has been a favorite guest speaker at our center. Sheila is our new choir director and will be commuting from Sacramento as she prepares our choir for a wonderful year that will inspire all of us. I invited Sheila here for this Sunday so we could experience her in a new and different way. I invite you to experience Sheila as a spiritual leader of our Walnut Creek Unity community. When she moves to Walnut Creek in January, Sheila will be joining us as our very own Licensed Unity Teacher, and joining Rev. David as an assistant minister who will be on the path toward Unity ministerial ordination.



We have been so richly blessed in our community—we've had Don Eggleston serve as our Assistant Minister for nine years; Susan Galvan has recently become our Community Life Minister, helping us truly support our spiritual community through her teaching and by helping us connect and empower each other; and now Sheila joins our ministerial team with her rich background in prayer, her work with radical forgiveness, her extensive teaching skills and her inspiring Sunday presentations. Welcome Sheila!

Honoring Don Eggleston

Twenty eight years ago, Don Eggleston began volunteering at Unity of Walnut creek. Since that time, Don has led, helped and inspired all of us again and again. Having served as a catholic priest and professional counselor, Don's spiritual leadership, wisdom and skill have been of tremendous value throughout his years of dedicated service. Don has led our heart ministers since their inception. As our Assistant Minister for many years, he has guided, loved and inspired us with his quiet wisdom through many changes. As Don and Kathleen settle into their new home in Brentwood, and Don steps into his role as a minister emeritus of our spiritual community, we will miss his active presence as we are still inspired by his example of generous giving.



Together We Shine

Unity World Day of Prayer

Thursday, September 8 • Service at 7:00 pm

Unity created World Day of Prayer—the second Thursday in September—as a global effort to uplift our world in shared prayer consciousness. Since its inception 18 years ago, this sacred initiative has supported

more than 15 million people with prayer. This year's theme for World Day of Prayer is Together We Shine, accompanied by the affirmation: ***We are channels through which Spirit illumines the world.*** You can be part of this sacred day.

We will have a prayer vigil at the Center from noon until 7:00 pm. It will be followed by a special prayer service starting at 7:00 pm provided by our Heart Ministers. Check out Unity's website for other ways to participate: www.worlddayofprayer.org



Walnut Creek hosts Regional Conference

September 22-23

Unity of Walnut Creek is hosting the regional board, and the annual conference for ministers and licensed unity teachers. Thursday and Friday (Sept 22-23) the Unity ministers and licensed teachers from Hawaii and Northern California gather to learn together and to conduct the business of the West Central Region.

If you would like to help us care for these wonderful care givers, please let the office know.



Volunteer Picnic

Sunday, September 25 at 1:00 pm at Unity

Calling all volunteers! We want to celebrate you! All who volunteered this past year at Unity are invited to our annual volunteer picnic being held at Unity this year. Just bring you; the food is provided. This year we will be honoring Don Eggleston for his many years of volunteering in our spiritual community.



Upcoming Events

Heart Intelligent Living (a HeartMath® based seminar) with Rev. David McArthur

Saturday Sept. 17 • 9:00 am to 4:30 pm • Free-will donation

Join Reverend David as HeartMath's scientific discoveries reveal the true power of our hearts to change our most uncomfortable feelings: fear, anger, despair, frustration, and worry into experiences of peace, centeredness, clarity, understanding and joy.

If you have any worry or stress in your life, this seminar is for you. If you've studied HeartMath before and still have stress in your life, come and remember these tools—you know they work. If you are seeking to find the true dream in your heart, your deep heart's desire, this is the seminar for you. Learn how to love at a whole new level—how to live your life with a full heart. Your radiant heart blesses the world.

Experience for yourself the discoveries that made worldwide news as HeartMath showed humankind the power of their hearts. Join with our Unity family as we learn and practice together the spiritual skills that are at the heart of our community's deep connectedness. Embrace your heart's wisdom and discover its dream.



Introduction to Pranic Healing with Master Stephen Co

Tuesday, September 20 • 7:00 pm • Free-will donation

Invite your friends and loved ones to experience Pranic Healing®. Learn how to use Prana/Life force to accelerate your body's ability to heal itself. You will also have the opportunity to experience intense Peace, Stillness, and Bliss through the Meditation on Twin Hearts.

- Discover how energy affects you physically, emotionally, mentally & spiritually; (2) Learn how to purge yourself from negative thoughts and energies that prevent you from becoming prosperous and successful
- Learn simple but powerful techniques to keep emotionally calm and mentally clear in stressful situations/environments
- Learn the Basic Principles of Pranic Healing to heal yourself and others



Eat, Pray, Love (In Action)

A Remembrance of our 2010 Homecoming

Sunday, October 2 after the 11:30 am service

On the auspicious date of 10/10/10, Unity of Walnut Creek returned to its spiritual home after being in temporary quarters for more than a year. What a fun, celebratory and sacred homecoming it was!

This October 2, join us as we celebrate our 1-year anniversary through ceremonies that bless our grounds and express our gratitude and appreciation for all who came before and made the renovation possible through the Love In Action program; all who currently bless us with their time, talent and treasure; and all who will bring their blessings to us in the future.

In true Unity fashion, we will Eat, Pray and Love (In Action)!

- We will eat together at a potluck meal after the 11:30 service. Be sure to bring a dish to share appropriate for 8-10 people. Dessert and beverages will be provided.
- After lunch, we will pray together in special ceremonies with a closing prayer and blessing.
- Throughout the day, we will share our love for our spiritual home in which we travel our own unique spiritual journeys, giving each other love and support along the way!

For questions or to help, call Lisa Nichols at (925) 689-7736.





New Classes

Unity Center of Spiritual Learning • September 12 - November 4

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

It is our desire to offer equal access to Unity classes. If you have an access need, please let the office or teacher know.

World Religions

Mondays at 7:00 pm with Susan Galvan, M.A.

In this class, each week we will explore one of the major religions of the past two thousand years, including Hinduism, Buddhism, Judaism, Christianity, Islam, Confucianism, and Native American spirituality. Because each spiritual movement arises from a particular time, place and people in history, shaping both the beliefs and behaviors of the participants, we will seek to understand the underlying structures, concepts and worldviews of the various faiths. The goal is to share a glimpse into each of these sacred traditions through the eye of the heart, opening to the wisdom, beauty and power of each. Highlights include a video of the Mevlevi Whirling Dervishes and a guest class with my husband, a Sun Dancer, gourd dancer and pipe carrier, on Native American religion and culture. Text: *The Religions of Man*, by Huston Smith



Susan Galvan has a lifelong interest in religion. As a child in Denver, she got up early each Sunday and took the bus to different churches across the city, doing her own survey of religion – including Judaism, Catholicism and Christian Science. After creating and directing the M.A. in Interdisciplinary Consciousness Studies at JFKU for 7 years, she became the Minister of Unity of the Spirit in Berkeley and Orinda for 13 years, a new church originally inspired by the ministry of Rev. Carol Ruth Knox of UCWC. She is currently Community Life Minister here at Unity of Walnut Creek.

Jesus Through Unity Eyes

Tuesdays at 7:00 pm with Ron Salazar

Although Jesus' ministry lasted only 3 years, his teachings have been interpreted thousands of different ways for over 2000 years! The result has been multiple sects within Christianity, divisions based on these differences in interpretations. In Unity, we study those principles which lead us to our awareness of our Oneness in Spirit. We believe that by interpreting Jesus' teachings metaphysically, such as the interpretations of Charles and Myrtle Fillmore, Eric Butterworth and Emmett Fox, truth is revealed. Please join us as we explore the teachings of Jesus through the words and hearts of Unity and New Thought leaders.



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 the 250 credits of the SEE Spiritual Growth Program at the Unity School of Christianity. Ron also has completed the first two weeks of the three week leadership program to become a Licensed Unity Teacher.

Live as if you were to die tomorrow.

Learn as if you were to live forever.

—Gandhi



New & Continuing Classes

Conscious Evolution

Second Wednesday of the month at 7:00 pm with Ali True & Mary Alice O'Connor

Most agree that our natural world is in crisis. Some also are aware that this is a time of widespread harmonic awakening. The mystery of 2012, along with the concept of the biosphere-noosphere transition – a new era of evolution, is drawing attention from scientists, pioneering souls and world leaders. You are invited to this forum to discuss how we are contributing to the grand process of shifting from an old paradigm to an emerging model that is attuned to the interconnectedness of all life, sensitive to the many realms that require us to restore sacred balance. Our monthly discussion on conscious evolution will be both inspiring and informative!

Ali True is an ordained interfaith minister serving as an Agent of Transformation, trained in nonviolent communication and offering life coaching individuals and leading transformational prayer groups.

Mary Alice O'Connor is an ordained interfaith minister from Unity of the Spirit, an outreach ministry of UCWC and serves as a community minister to those without a church home. She is currently the Executive Director of Mt. Diablo Peace and Justice Center in Walnut Creek. Mary Alice has taught many times at UCWC and is past leader of the UCWC Lay Ministry 1986-1989.



Keys to the Kingdom

Thursdays at 7:00 pm with Reverend David and Jeanne Fuson

Learn Unity's prosperity principles and challenge yourself. One of those principles is tithing (giving 1/10th of all you receive to where you are spiritually nourished.) Tithing is required to participate. In order to give yourself permission to test it out, we will return all that you tithed during these weeks if you choose. Tithing does work and that's our guarantee!! Keys to the Kingdom will help you identify and change any limited beliefs you have about abundance, happiness and success. This is not a course about simply getting more money or material things; it is actually a guide to developing a higher level of spiritual awareness. Required text: *Keys to the Kingdom Workbook* (available for purchase in class)

Jeanne Fuson is an educator and Heart Minister at Unity Center of Walnut Creek. She is studying the Unity Principles and Universal Laws. Applying them to our daily life is her purpose in assisting with Keys to the Kingdom.



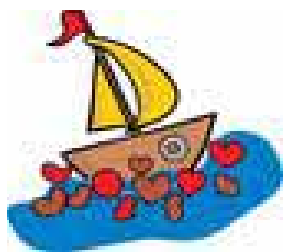
A Course in Miracles (The Urtext)

Fridays at 7:00 pm with Garrett Riegg

A Course in Miracles is a universal path to inner peace using love and forgiveness to dispel fear, doubt and guilt. The Miracle is a power that is in every heart. Jesus dictated the course to skeptical psychologists. The Urtext includes many controversial passages that were deleted from previous versions. The Urtext version is provided without charge. New students are welcome.

Garrett Riegg is an attorney who has taught many classes on theosophy, science, history and spirituality. His emphasis is on comparative religion, Non-Violent Communication, HeartMath and meditation.





Cruise the World!

**Unity Love Boat Dinner & Auction
Saturday, October 15, 2011, 6:00 pm
Centre Concord, Concord**



Join us for a fabulous evening of music, dancing, entertainment, and food from our four ports of call around the world. Plus desserts, silent auction and live auction!

Tickets available September 1st at Unity Bookstore and after Sunday services on the patio

Adults - \$40

Children under 12 - \$20

Family Tickets - \$100

Special seating at the Captain's Table \$100.00 per person

Purser's Table \$75.00 per person

First Mate's Table - \$50.00 per person

Come out to the patio and see how you can get involved.

Contributions of exciting auction items are needed and appreciated!

**Donation forms are available on the website (www.unitycenter.net)
and after services on the patio.**

Out of ideas.....

Think of something that you would like to do, and buy an extra ticket or two.

Include a dinner at a special place, then you have a wonderful gift to donate.

Here are some ideas to spark your imagination:

- Time shares, cabins, boat rides, frequent flyer miles, motor home adventures,
- Tickets to plays, concerts, sporting events, movies, museums, etc.
- Spend a day with you in your unique job or hobby
- Group events for "Instant Win" items – tea party, golf outing, hike, exploring a historic site, ping pong tournaments, bowling party, museums, opera, dance, plays, etc.
- A bottle or two of wines you enjoy for the wine collections
- Massages, healing treatments, spa baskets
- Artists creations for our "On Ship Gift Store"
- Travel related items such as: pet sitting, scuba lessons, luggage, hiking gear, camping gear, audio books, luggage tags, jewelry rolls, travel accessory bags
- Tours in the area.....Yosemite, Wine Country, Monterey, Carmel



September Calendar of Events

Ongoing Events

Mondays

Communication Coaching Group *with Newt Bailey*.. 10:30 am
 Nia *with Kathy Bate*..... 10:30 am
 HeartMath Study Groups (closed groups) 7:00 pm
World Religions* *with Susan Galvan*..... 7:00 pm

Tuesdays

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
Jesus Through Unity Eyes* *with Ron Salazar* 7:00 pm
 Insight Meditation *with Ernie Isaacs* 7:30 pm

Wednesdays

Nia (begins Sept. 14) *with Kathy Bate*..... 5:30 pm
 Nic-Anon 6:30 pm
 Women of Wonder (3rd Wed. of the month)..... 6:30 pm
 Creative Spirits (2nd Wed. of the month)..... 7:00 pm
Conscious Evolution* (2nd Wed. of the month) 7:00 pm
 Healing Night (1st Wed. of the month)..... 7:00 pm

Thursdays

Sheng Zhen healing qigong *with Alison Tucker* 10:30 am
 HeartMath Study Group (closed group)..... 1:30 pm
 Sheng Zhen qigong *with Alison Tucker*..... 5:30 pm
Keys to the Kingdom* *with Rev. David & J. Fuson* 7:00 pm
 Choir Rehearsals 7:30 pm

**Classes begin September 12*

Fridays

Office closed

A Course in Miracles *with Garrett Riegg* 7:00 pm

Saturdays

Prepare homeless bag lunches (9/3, 9/10, 9/17) 9:00 am
 Toni Roberts (2nd 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
 Laughter Yoga (2nd Sunday of the month)..... 10:45 am
 Poetry Group (1st Sunday of the month)..... 1:00 pm
 Awakening the Dreamer (2nd Sunday of the month) 2:00 pm
 Drumming Circle (3rd Sunday of the month) 5:00 pm
 Urantia Study Group (2nd, 4th Sunday of the month) 6:30 pm

September

Sunday 4th

Sheila Gautreaux, guest speaker.....all services

Thursday 8th

Unity World Day of Prayer (prayer vigil) 12:00 - 7:00 pm
 Unity World Day of Prayer (service) 7:00 pm

Saturday 10th

Italian Night - Rockin' Regatoni 6:00 pm

Saturday 17th

Heart Intelligent Living seminar 9:00 am - 4:30 pm

Tuesday 20th

Pranic Healing with Master Stephen Co 7:00 pm

Sunday 25th

Volunteer Picnic at Unity..... 1:00 pm

A few words about one of our new groups...

The Creative Spirits

Second Wednesday of the month at 7:00 pm *with Michele Brady*

The Creative Spirits is a group of art enthusiasts. We use art materials in a nonjudgmental, enjoyable atmosphere. We also meet on the fourth Wednesday for dinner at a local restaurant and a discussion of creative topics. We go to galleries—in August we went to the Antioch Museum for local artists and the de Young for the Picasso exhibit. For questions, contact Michele at (925) 565-6221 or michelebrady@hotmail.com. There is a materials fee of \$3.

Michele Brady has been attending Unity of Walnut Creek since 1997. She holds a BA in art. She also holds an MA in spirituality from the Sophia Center. She seeks to create community, especially through creativity.





1871 Geary Road, Walnut Creek, CA 94597

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September 2011 Centerpoint

Invite
your
neighbors!

Italian Night - Rockin' Rigatoni

Invite
your
friends!

featuring "Songs of the Sixties"

Come enjoy the fun including:

Italian Buffet • Music • Comedy • Wine • Raffle • Singing Waiters

Saturday, September 10 • 6:00 - 9:00 pm at Unity of Walnut Creek

Buy your tickets before Sept 6 at the
Unity Book Center, and after
Sunday services on the patio



Adults - \$35.00

Children under 12 - \$15.00

V.I.P. Tables Available for 12 people,
Stage Front - \$600.00



Visit us at: http://unitycenter.net/italian_nite.html



Please like us on Facebook • www.facebook.com/unityofwalnutcreek

Rev. David McArthur, Senior Minister • Susan Galvan, Assistant Ministers

How to Reach Us:

Office (925) 937-2191 and office@unitycenter.net

Prayer Requests (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)& Y.O.U. (High School): 11:30 only