



Brentwood Unity

Center for Inspired Living

JULY 2016

Our Mission: We Are Love In The World

"Love the Lord your God with all your heart and with all your soul and with all your mind.
Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments." Matthew 22:37

July's Theme: Understanding

One of the 12 Unity Powers is Understanding

As I Understood

There exist two realms in which we have our being: one of flesh and one of spirit. We enter this world in a profoundly open way, to be influenced by such a tantalizing world of sensations. We lay vulnerable to those around us in our "raising" up, only later to discover much of it may need to be torn down.

Our early learning becomes the foundation of all we build upon. If those early assumptions or belief systems are faulty, then it stands to reason what we seek from that starting point will most likely be faulty, too. We are all born into such different environments that affect our abilities and understanding in finding peace in our world. Some may need to unload piles of hay to see the needle, while others can easily see it, feel it, and know it.

Learning the mechanics of how to do daily tasks is a breeze compared to understanding why my being may feel unsettled. Thank you for these unsettling moments. They *are* the impetus to a new way of living. While we may find relief from our anxieties in so many worldly ways, they never quite settle us at our core. The search for my answers among people, places and things left me empty, and more confused than when I started. I cannot tell you the day that ended, because it gradually changed. But I can tell you that when the seeking subsided, I was left with all that there is: I knew I needed nothing but to love. I am complete as I am.

Knowing I am complete tends to get interrupted by fear banging on the door demanding to let my illusion of "self" take charge again, rather than allowing the co-creation in oneness to unfold. My natural state is to co-create. Let me stand at the gate of awareness ready to allow in all that supports me, while in return supporting all that is, and that includes you.

Board Corner

There is a divine and perfect order to all of life. We may not always understand, but if we trust that the unseen seed beneath the ground is taking root and growing, we will eventually see the plant sprout up through the soil. We stay in the spiritual flow when we affirm and trust that whatever is being presented is for our best.

Our bylaws are finished! Please join us immediately following service on July 24th to affirm the changes. The bylaws committee worked tirelessly to create clear and concise bylaws for our congregation.

Chuck Turner is working on "Mission Task Force." This is a wonderful opportunity for everyone to get involved and share thoughts and ideas about what inspires you about Brentwood Unity Center.

Bettie Danley is organizing the Prayer Chaplain team. You will find them wearing the gold stoles on Sunday mornings.

Behind the scenes, we are working on improving our microphone system for Sunday service and developing a dynamic website. Our new website has generated much activity. We went from 50 hits per month to 3,100!

For many years, I have been involved with Meals on Wheels and would really like to begin a Brentwood Unity Center Meals on Wheels outreach. I am hoping for at least 8 volunteers. This would mean that, individually, we would be responsible for delivery once every two months. If you would like to know more, please let me know.

Our Unity board members continue to trust in divine order and we are excited and blessed as we listen and allow spirit to guide us.

In Gratitude and Love,
Amy

Mindful Musings



It Was On That Day

by *Dr. Leslie Harrold*

We were on the Soliel by car, headed toward Paris to catch the new chunnel train, under the English Channel to London.

The Soliel, that long and beautiful freeway running North and South through France has a unique restaurant, the Jacque Borel. A gas station anchors both ends, one on each side of the freeway. Spanning the freeway is the long, narrow Jacque Borel. Seating is along the glass walls, so you can watch the fools hurtling down the freeway as they pass under you.

A man came to our table. "Pardon, M'suire, you are American, yes?" "I am" and I extended my hand. He took it warmly and said, "I go today to the wedding of my granddaughter in Lyon. I say 'thank you' because some years ago an American soldier pulled her from a building that had collapsed and saved her life."

"Yes", I said, "I remember".

Healing Angels: Prayer Visits

For you or anyone you know who would benefit from prayer or home visits for prayer or hands-on healing. One of our Unity angels will put you on the prayer chain or call to schedule a time to visit with you.

Love begets Love...

Please call Bettie Danley for more information:
925-757-8431

or email: bdanley3@juno.com

Silent Unity Prayer Line: 800-669-7729

Silent Unity Website: www.unityonline.org

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## **INVITATION TO ALL!**

### **Unity Basics Membership Class**

**Monday, July 11<sup>th</sup>  
6:30 – 8:00pm in the Sanctuary**

#### **Interested in exploring the "Basics" of Unity?**

Unity Basics is a class developed for both current and new members to share the basic understandings of Unity Principles, as well as an overview of Brentwood Unity and the mission we have for our community.

If you want to make a deeper commitment to the spiritual path of Unity and to your personal spiritual growth, sign up to take the membership class and decide to make a difference. Choose to make Brentwood Unity Center for Inspired Living your home. We hope to see you at "Unity Basics".

# Brentwood Unity Center Programs

## Mondays

### **Practical Spirituality**

Every Monday 12:30 – 2:00 pm

Facilitator: *Dr. Leslie Harrold*

**~ We Are Here To Be Love In The World ~**

This is a discussion group, in a safe setting, to explore the teachings of the Christ, along with Unity Principles and their practical applications in today's world.

**Contact Leslie: 925.240.7589**

## Wednesdays

### **"Song of Prayer"**

July 13th and 27th 10:00 – 11:30 am

(2nd & 4th Wednesdays)

In the Fellowship Room

Facilitator: *Karen Mingus*

A summary of the teachings of "A Course in Miracles" on forgiveness and healing as it relates to prayer. It contrasts the meaning of true prayer, forgiveness, and healing with their opposites. Class began June 22nd, but is offered on a drop in basis.

**Contact Karen 925.684.4528**

## Tuesdays

### **Book Study and Meditation**

1st, 3rd and 5th Tuesdays at 10:00 am

Facilitator: *Gail Caruso in her home*

Join us for reading and meditation. Afterwards, we enjoy lunch together. Bring a bag lunch. Coffee and tea are provided.

**Contact Gail 925.778.2702**

## Thursdays

### **Come Experience Reiki Meditation and Healing**

Facilitators: *Ray Wilson and Bonnie Daniel in the Fellowship Room*

Thursdays (1<sup>st</sup>) 6:00 pm to 7:00 pm

Reiki Masters Practicum - Open for anyone who wants a Reiki Treatment.

Thursdays (2<sup>nd</sup> & 4<sup>th</sup>) 6:00 pm to 7:00 pm

Reiki Meditation and Healing Service

Thursdays (3<sup>rd</sup>) 6:00 pm to 8:00 pm

Reiki Share for those with Reiki Attunement.

**Contact Bonnie Daniel 925.989.5960**

## Tuesday Evenings

### **ABUNDANCE CIRCLE**

Discussing *Spiritual Economics* by Eric Butterworth

July 5th and 19th 7:00 to 8:30 pm

In the Fellowship Room

We will meet in July, August, and September, **every other Tuesday evening**. We will discuss 2 chapters of *Spiritual Economics* by Eric Butterworth and the homework associated with those chapters each time we meet. You are welcome to order the book on your own or let Jan Knight ([janknight@comcast.net](mailto:janknight@comcast.net) or 925.813.0422) know that you would like to purchase a book so she can order it for you.

## Saturday

### **The Deeper Meaning of the 10 commandments**

July 16th – 10 am -12:00 pm in the Fellowship Room

Facilitator: *Frances Melendez*

We are finishing this class in progress with the last two chapters of the book on the 10 Commandments. This course teaches the deeper meaning of the 10 Commandments, exploring ways to expand your life, consciousness, awareness and relationships with a deeper understanding of these truths.

**Contact Frances: 661.332.7109**

## Tuesday Evenings

### **BePeace/Connection Practice Group**

July 12th and 26th - 7:00-9:00 pm in the Fellowship Room

Facilitators: *Michelle King & Ray Wilson*

Learn how to eliminate unnecessary suffering, and make life enriching choices. Developed by Rita Marie Johnson, innovator of a method of social-emotional learning, combining empathy & insight to skillfully respond to whatever comes up in life.

Required reading of the book, "Completely Connected: Uniting Our Empathy and Insight for Extraordinary Results" by Rita Marie Johnson

**Contact: Ray Wilson**

**[drwilson64@yahoo.com](mailto:drwilson64@yahoo.com)**

**Brentwood Unity is Blessed with Space**  
Our space is available for new classes upon approval.  
Our space is always available for various occasions.  
We are interested in benefitting others.

*All Programs Are Provided by Love Offerings*

## ABOUT OUR SUNDAY SPEAKERS

| Sunday Service at 10:00a.m.                                           | After Service Workshops/Events                |
|-----------------------------------------------------------------------|-----------------------------------------------|
| 7/3 – Cindy Farris – “Understanding . . . Peace . . . Freedom”        |                                               |
| 7/10 – Allen Klein – “Your Thoughts & Intentions Create Your Reality” | Allen Klein - “The Healing Power of Humor”    |
| 7/17 – Verona Garland – “What Do I Truly Know?”                       | Verona Garland – “Where Does Grace Fit In?”   |
| 7/24 – TJ Woodward – “Levels of Spiritual Understanding”              | Potluck/Board Meeting                         |
| 7/31 – Dee Ann Morency – “The Gifts of Imperfection”                  | Dee Ann Morency – “The Gifts of Imperfection” |

### July 3

#### Cindy Farris

#### “Understanding . . . Peace . . . Freedom”

Cindy Farris is a Licensed Interfaith and Religious Science minister. She is also a Licensed Unity Teacher and a Religious Science Practitioner.

As former Executive Director of Clarity Academy of Spiritual Arts in Rancho Cordova, CA, Cindy was a frequent platform assistant and speaker in addition to her duties as Executive Director. She is also a spiritual life coach, having studied Ericksonian hypnosis and NLP. Cindy is former director of SEE/Adult Education program for Unity of Sacramento.

As a licensed minister, Cindy’s ministry lies in expanding spiritual knowledge for others through speaking and teaching. A lifelong student herself, she brings that passion for spiritual education into her talks and classes, as well as her knowledge of the Radical Forgiveness work. She has focused her teaching ministry at Unity of Walnut Creek this past year.

### July 17

#### Rev. Verona Garland

#### “What Do I Truly Know?”

Rev. Verona Garland is an Emerson Theological Institute graduate, credentialed as an Interfaith and Religious Science minister. She is a Licensed Practitioner at the Oakland Center for Spiritual Living. Her faith journey in New Thought has encompassed 28 years of study, practice, exploration and discovery.

Rev. Verona facilitates playshops, teaches classes, and speaks globally.

She is the founding minister of Blossoming Truth Global Ministries, a ministry dedicated to playfully accepting the Universal Invitation of Delight, Surrender and Transformation.

### July 24

#### TJ Woodward

#### “Levels of Spiritual Understanding”

[www.tjwoodward.com](http://www.tjwoodward.com)

TJ Woodward is a spiritual author, inspirational speaker, awakening coach and addiction counselor who has helped countless people through his simple, yet powerful teachings. He is the founding spiritual director of Awakened Living in San Francisco, and is in private practice as a spiritual counselor and awakening coach.

### July 10

#### Allen Klein

#### “Your Thoughts & Intentions Create Your Reality”

This talk is based on the third basic Unity Principle. It will explore the idea that we create the world we live in through our thoughts and intentions. He will share powerful examples of how he has used this in his own life and share the five steps we need to take to manifest what we want in our life.

Jollytologist,” and author of 25 books, including “*The Healing Power of Humor*”, “*Learning to Laugh When You Feel Like Crying*”, and “*You Can’t Ruin My Day*”.

Allen is the recipient of a Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. In Addition, Allen is the immediate past president of Unity of San Francisco.

### July 31

#### Dee Ann Morency

#### “The Gifts of Imperfection”

Dee Ann was the spiritual leader at Unity Berkeley, and now speaks at Unity San Francisco.

“The Gifts of Imperfection” is an open invitation to explore what it means to embrace and accept that we are enough – even in those moments when we don’t feel as if we are.

Sunday School for children is held during service. It provides inspirational, fun lessons to help them realize spiritual principles.

We invite the children into the Sanctuary to participate in the Children’s Blessing at the beginning of our service.

Children’s Sunday School begins following the Children’s blessing. Children return for the Peace Song at the conclusion of our service.

Refreshments are served in the Fellowship Room after Service.

**Prayer Chaplains are available immediately after Service.**

Affirmative Prayer: “*We forgive our limiting thoughts and see wholeness and holiness in all things.*”

## AFTER SERVICE WORKSHOPS AND ANNOUNCEMENTS

**July 10**  
**Allen Klein**

## *The Healing Power of Humor*

This presentation demonstrates and documents the therapeutic benefits of humor. With laughter, lecture and playful exercises, we will learn tools and techniques to enhance our life, why humor gives a new perspective to any situation, and how to laugh at not-so-funny stuff.

## IMPORTANT ANNOUNCEMENT

***Sunday, July 24 Right after Service***

## BYLAWS APPROVAL

Our Brentwood Unity Center for Inspired Living bylaws revision is complete. They are now ready for approval by the congregation. **Please join us immediately following service on July 24th to affirm the bylaws.**

**July 17th**  
**Verona Garland**

## Where Does Grace Fit In?

"Let's Adventure into Uncharted Understanding Together".

**UP DATE!!**

## Fun'd Raisers 4 Flooring

**\$985.00**

We're almost half-way there!

Your generosity is *AWESOME!!*

**THANK YOU!!**

***Our next fundraiser game will be in October!***

**July 31st**  
**Dee Ann Morency**

## *The Gifts of Imperfection*

Each of us has come up against our own inner critic. Each of us wrestles with that voice of doubt as we move through our lives. The Gifts of Imperfection is an open invitation to explore what it means to embrace and accept that we are enough – even in those moments when we don't feel as if we are. It is an invitation to meet ourselves with compassion as we live into our perfectly imperfect lives. How do we embrace our vulnerabilities and imperfections? How do we hold those spaces within us that don't seem to quite measure up?

This workshop, based on Brené Brown's book of the same title and ten years of research on vulnerability, courage, authentic and shame, explores how we can live more authentically and move from shame and fear towards greater courage, connection and compassion.

## LOAVES AND FISHES

The Oakley branch of the Loaves and Fishes sent their THANKS to our Unity Family for all of our support, kindness and love shown to them over the last four years! Way to Go Brentwood Unity!!

**We Are Grateful For The  
Ongoing Musical Contributions of  
Diana Fitchett & Barbra Sobalvarro**



Our workshops follow our morning service.  
They are provided on a contribution basis.

**Thank You** for sharing your ***abundance*** by supporting our local **Loaves and Fishes** organization.

Load up that basket in the Fellowship Room and let's help those in need!

**Contact: Nancy Pimentel: 925.753.5764**