



Brentwood Unity

Spring into Action!

Be transformed by the renewing of your mind

Volume 2, Issue 3

March 2017

Honor Others with Service

During the time of Jesus, the roads were unpaved, and because people wore open sandals, their feet were normally covered with dust, dirt or mud. Most households kept a large basin of water at the door, and a servant was usually there with towels and cleaning tools to wash the soiled feet of guests before they came in. But on the night of the Last Supper, there were no servants there to clean the feet of the disciples and the disciples were caught up trying to determine who deserved a place of honor at the table and none of them took on the responsibility for performing this cleansing ritual.

Instead, Jesus did what the servant was expected to do. His mindset and attitude was one of service. Wash their feet. Serve them. Share the good news. John 13:3 Jesus knew that the father had given him authority over everything and that he had come from God and would return to God. So he got up from the table, took off his robe, wrapped a towel around his waist, and poured water into a basin. Then he began to wash the disciple's feet, drying them with the towel he had around him.

Work, as our society knows it, is the idea of doing what needs to be done in order to acquire the things that we need. Service is the act of doing what you love for the sake of loving it. This is the highest act you can participate in. Service is the divine multiplier. When you perform an act of genuine service, giving of your time, energy, and resources as an act of love, the universe will multiply what you do and reward you with greater results than expected.

When you give yourself over to acts of love, passionately spending your time giving of yourself, you're never at a loss or lack for things that you need. Service keeps us alive and well. We thrive on a sense of connection. There's a big difference between service and giving to get something. When you serve, you are not tied to the outcome. You give what you have because of the joy.

Jesus mastered the art of service. He gave himself for the evolution of others. He had no vested interest in the outcome. His joy came from serving others for a higher purpose. We are each divine. As we love our divine self, in everything we do we can choose an act of love. Giving of yourself in the name of love is the highest honor you can pay to those around you.

Always Love,

Amy

Good Deeds in Secret

Matthew 6: 1 states: "Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not sound a trumpet before you, as the hypocrites do in the synagogues and on the streets, to be praised by men. Truly I tell you, they already have their reward...."

It is a quick trick of the ego to make sure it receives credit for everything it does when "helping" others. So why would we do our good deeds in secret? When we see or hear of someone that has made it known that they have a need, immediately the ego sees an opportunity to honk its horn and get the glory for coming to the rescue.

Often a person in *need* has not captured the ability to trust in Spirit for their providence. This is a window to act from Spirit and meet the needs of others without recognition. Take the following story of someone that may not be close to us, yet we have the desire to help them.

This person may be despondent and without faith in anything. Maybe that person's worldview is not one of trust and abundance, but instead mistrust and lack thinking. If we openly give them what they seek, they may very likely have thoughts about why they are being helped. "Oh, that person thinks they're better than me," "they're trying to look good", etc. It's very easy to discount the motivation of someone's giving. Now consider the following scenario.

You see or hear of a person's need. You want to give them what they seek without the ego taking credit. Try finding a way to give that person what is needed, maybe with a card that reads "heard you could use this." Now the receiver has no one to cast aspersions as to the giver's motivation for giving. After playing the guessing game and the giver is still unknown, the receiver is quite possibly forced into one conclusion- Wow, I needed it and here it is... God?

A situation like this is an event for the receiver to experience a gift with no strings, or person, attached. They may quite possibly move further into trust of the unknown. It is a version of Paying It Forward! The scenario provided is not saying to do all of your giving in secret, but that there is immense power in the wonderment of Silence. It is in these quiet moments of less noise where more is revealed.

As for the giver... the bible verse states "you will have no reward in heaven" by blowing your own trumpet. Giving because it feels like the right idea stores your reward in heaven, and heaven is within. Let us give to others what is so freely provided to us in every moment- the sustenance of Life, which is Love by Grace.

With Much Gratitude,

Gregory

Sunday Service at 10 am Children's Program Held During Service
50 Sand Creek Road #60, Brentwood, CA 94513 ph: [925.420.5847](tel:925.420.5847)
web: brentwoodunity.org . email: brentwoodunity@brentwoodunity.org

Lucid Dreaming

One morning, a person woke up, got dressed, turned around and saw an angel. The angel said, "I need you to come outside with me." When they were outside the angel said, "God has given you a big piece of land at the edge of town. On the land there are ten-thousand flower plants. Each is about 6 to 8 inches tall with vibrant green leaves and yellow petals like a pansy."

The angel continued, "What is going to happen is that each morning I will dig up five plants, put them in pots and bring them to you. Your job is to distribute them to five different people. You can plant one in their front yard, or their back yard, or take it to their office. When you give it to them you should say: "This is to help you thrive and be happy."

The person then asked the angel, "Why me? Why do I have to do this?" The angel responded, "So that you also can thrive and be happy."

The above story came to me one afternoon as I was staring at the wall. The story is sort of like the old axiom, "What goes around, comes around." Or, "When you give, you also receive." All in all, it's a reminder!

Don Eggleston
December 2016

Who Am I?

I was born in Canada in 1901. I wrote a book introducing the esoteric traditions. I was a Rosicrucian. I amassed one of the largest collections of spiritual books and began the Philosophical Research Society. Ronald Reagan used phrases of mine in his speeches. Jerri Brillhart may have a clue for you.



March 12th the Time Moves Forward One Hour

Why is this important?

Because Service Starts at 10am

And Your Presence is Felt When You're Present!

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

-Martin Luther King Jr.

Keep A True Lent

The word Lent comes from the Anglo-Saxon word for spring, which is derived from a verb to lengthen. Lent comes in the spring when the days become longer.

This annual season of fasting and prayer has been observed by the Western Church since the first century. The first day of Lent is called Ash Wednesday from the custom that prevailed of sprinkling ashes on the heads of penitents on the first day of Lent.

Like spring, Lent is a time of rebirth. It is the time for spiritual transformation. We fast from negative behaviors that create a sense of separation from God or from our own authentic selves. We realign with Christ consciousness through prayer, meditation and quiet reflection. Through our Lenten journey, we release old ways of being and embrace Christ consciousness for all.

Lent is a season of spiritual growth, a time of unfoldment. When we can blend and merge our mind with God-Mind, the way is open for us to elevate into a higher, purer, more spiritual state.

"Where two or more are gathered in my name, there am I in the midst of them," said Jesus. The Christ is in our midst. Enter the Lenten season expecting definite results.

-Charles Fillmore

Angel Team Prayer & Healing

We are here for you or anyone you know who would benefit from 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.

Please call for more information:
Bettie Danley [925.757.8431](tel:925.757.8431)
or email: bdanley3@juno.com

Silent Unity Prayer Line: [800.669.7729](tel:800.669.7729)

Interested in Exploring the "Basics" of Unity?

Unity Basics Introduction Class

March 6th

6:30-7:30pm in the Sanctuary

Unity Basics is a class designed for anyone interested in exploring unity principles, a unity church, and specifically, our center here in Brentwood.

If you want to make a deeper commitment to the spiritual path of Unity and to your personal, spiritual growth, sign up for the one time membership class and decide to make a difference. Choose to make Brentwood Unity your home.

We hope to see you at Unity Basics.

Please RSVP, by contacting
Amy Van Linge: [925.354.8932](tel:925.354.8932)
Childcare is Available this Month

Brentwood Unity Weekly Gatherings

Mondays:

Practical Spirituality

Every Monday from 12:30 – 2:00 pm in the Sanctuary

“We Are Here to Be Love in the World” A discussion group in a safe setting, exploring the teaching of the Christ, along with Unity Principles and their practical applications in the world.

Contact **Leslie Harrold**: [925.240.7589](tel:925.240.7589)

Tuesdays:

Book Study and Meditation

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

Join us for reading and meditation. Afterward, we enjoy lunch together, So feel free to bring something to eat. Coffee & Tea are provided.

Contact **Gail Caruso**: [925.778.2702](tel:925.778.2702)

NEW! -Holistic Energy Work for Health & Wholeness

Every Tuesday from 7:00 - 8:30 pm in the Fellowship Room

Please join our Holistic Energy Work & Promote a Healthy Body, Mind & Spirit in 2017!!! Learn to release a pain, discomfort or trapped emotion, which no longer serves the BEST Interest in Your Life's Purpose.

Contact **Ray Wilson**: [925.759.8676](tel:925.759.8676)

Wednesdays:

Letting Go Book Discussion

March 8 from 7:00 – 8:30pm

Class will continue if there is interest

Are you still reading our January Book of the Month, *Letting Go* by David R. Hawkins?

Are you interested in meeting with Unity friends to discuss and process the book suggestions together?

Quotes from Reviewers of this book:

“If you want more peace in your life, give this book a go”

“A must read if you really want to change your life for the better”

“A must read for anybody who is on the spiritual path and would like to find out more of how they operate and being able to relinquish old habits.”

Spiritual Medium Healing Circle with Erica

March 22 from 6:00 – 8:00 pm in the Sanctuary

Experience a safe environment to receive messages from Spirit or departed loved ones. Erica will spend time with each person.

Contact **Erica Marisal**: [414.737.1410](tel:414.737.1410)

Thursdays:

Come Experience Hands-On Reiki, Meditation And Alternative Healing Energy Work

Thursdays (1st & 3rd)

6:00 – 7:30pm - Open to All who want a Reiki Hands-On treatment to support a relaxing time of self-care.

Thursdays (2nd & 4th)

6:00 – 7:30pm - Reiki Meditation and Global Healing Service

Contact **Bonnie Daniel**: [925.989.5960](tel:925.989.5960) or **Ray Wilson**: [925.759.8676](tel:925.759.8676)

“In the end, though, maybe we must all give up trying to pay back the people in this world who sustain our lives. In the end, maybe it's wiser to surrender before the miraculous scope of human generosity and to just keep saying thank you, forever and sincerely, for as long as we have voices.”

-Elizabeth Gilbert

March Speakers

Brentwood Unity values our gifted speakers and workshop facilitators.
We equally value our members and guests, welcoming all, regardless of financial contribution.
Our *suggested* love offering for workshops is \$10-\$25

March 5

Laura Taylor
“Awakening Your Inner Mystic”

www.unitysf.com

We are so glad to have Laura back. Many people said that her talk awakened a serenity and confidence in them that is rare. Her life challenges caused her to deepen into and re-integrate Divinity into the here and now, showing her that *endless love is always partnering us*. She is a Hypnotherapist and Energy Worker in the mind-body-soul realms and a Licensed Unity Teacher at Unity San Francisco. Laura’s talk, **Awakening Your Inner Mystic** reveals ways that you can experience your life’s deeper meanings. This opens you to understand what Spirit most wants to give you and how to lean into receiving it.

March 12

TJ Woodward
“Serving the New Paradigm”

www.tjwoodward.com

TJ Woodward is a powerfully dynamic spiritual speaker that comes from a loving heart that is easily felt. He can be found on Awakened Living TV and Awakened Living Radio. He is the author of a wonderful book, **Conscious Being**.

In his talk, **Serving the New Paradigm**, TJ will explore the difference between saving the world and serving the new paradigm. He will answer the question: What is this new paradigm everyone keeps talking about and how can I serve myself and the world?

March 19

Tom Bonacci
“The Emerging Spirit in the World”

www.interfaithpeaceproject.org

Tom Bonacci is a priest, and the founder of the Interfaith Peace Project of Contra Costa County. We experienced his commitment to interfaith spirituality when he first spoke to us several years ago, and saw it again when he joined us at Brentwood Park on the Unity Day of World Prayer gathering.

Tom’s message, **The Emerging Spirit in the World** discusses having Peace in the midst of conflict and division.

March 26

Christopher Brown
“The “Sacred” within Service”

www.oaklandcsl.org

How does kindness and love from spirit flow into the world, if not through our hands, hearts and actions? What is it like to do action without expectation of fruit? We might not be able to change the world directly but we surely have an impact on the people around us. It is through our actions that a ripple effect occurs which truly moves and changes our world. Join us as we discuss the sacred within service, and the profound effect of kindness, listening and understanding on the World and your personal life.



March 26th
Following Service
Bring a Dish to Share

Life is a school where you remember what your soul already knows.

March Workshops

Brentwood Unity values our gifted speakers and workshop facilitators.
We equally value our members and guests, welcoming all, regardless of financial contribution.
Our *suggested* love offering for workshops is \$10-\$25

March 5

Laura Taylor
“Inner Sounding for Deep Healing”

www.unitysf.com

After service, Laura will share *Inner Sounding for Deep Healing*. In it, you will feel more connection, joy and love by liberating it from within. Laura will introduce *Inner-Sounding*, a wordless transformational process. This unique interaction within allows an integration of body-mind-soul and creates a deeper shift into your innate Wholeness and Well Being.

March 12

TJ Woodward
“Love and Service”

www.tjwoodward.com

TJ Woodward is a powerfully dynamic speaker who lovingly shares years of experience in spiritual development. TJ can be found on Awakened Living TV and Awakened Living Radio. He is the author of the insightful book, *Conscious BEING*. Please join TJ for this compelling and interactive workshop. We will delve into how we live AS LOVE and explore the question: "How do I serve the world?"

March 19

Tom Bonacci
“The Emerging Spirit in the World”

www.interfaithpeaceproject.org

As the executive director of The Interfaith Peace Project, Tom Bonacci delights in showing people from various paths all they have in common, rather than focusing on their differences. This is a 2 hour workshop (normal workshops are 90 minutes), so plan for the extra time. *The Emerging Spirit in The World* is a workshop about Peacemaking through the Justice of Understanding. By way of understanding, our similarities reduces the barriers between race, religion and creed.

LOAVES AND FISHES

Brentwood Unity is honored to support the wonderful program of Loaves & Fishes that attends to individuals and families in need.

If you would like to donate non-perishable food items, you will find a basket right inside the Fellowship Room door.

Contact: Nancy Pimentel at 925.437.8107

Happy St. Patrick's Day!



Save the Date!

Conscious Evolution: Refreshing Mini-Retreat
Saturday, April 8th 2:00 – 6:00pm

Please join spiritual teacher and author **TJ WOODWARD** and experience a day filled with deep connection and spiritual exploration. This half-day retreat is based on the fourth chapter of TJ's book, *Conscious BEING*.

This retreat will assist you in understanding what “level” of consciousness you are operating from and will provide tools to assist you in shifting your awareness into a new paradigm, filled with more love and connection.

Come spend the afternoon playing in a deep field of consciousness and manifest the life of your dreams! The day will include a “snack break”, so please feel free to bring snacks to share.

Brentwood Unity
50 Sand Creek Road #60
Suggested Donation: \$40 per person

Why curse the darkness when you can light a candle.

Unknown Author

Community Connection

Board Corner

We continue to welcome new guests to Brentwood Unity. We repeatedly hear, "This is what I've been looking for!"

Our board continues to eagerly explore new ways to reach out to our community and let them know we are here and willing to support their spiritual path.

Our February potluck was well attended with a wide variety of food. Thank you to the kitchen crew! We have so much gratitude to all of our many volunteers. They may have their service work go unnoticed, so be sure and tell them how much you appreciate all that they do for our community.

Grateful to Be of Service,
Brentwood Unity
Board of Trustees



Brentwood Unity 3rd Annual Yard Sale May 20th

Once again, one of our wonderful members, Kelly Turner, is graciously opening her home to facilitate our annual yard sale.

This event not only helps us financially, but is a great fellowship experience. Many of us look forward to having fun together during this yearly endeavor.

We ask you to start saving items that you are willing to donate. Due to limited space, we ask that you hang on to your items until we get closer to May 20th. As we get closer to the date, there will be room to begin staging items at Kelly's house.

If you would like to get involved in the fun, please *contact* Kelly at 925.212.2756

Spring into Action!

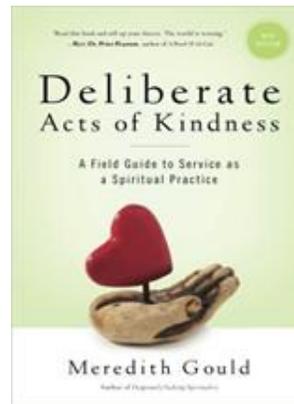


Keep an eye out for the volunteer table coming later this month. We are grateful to be of service.

Contact: Amy Van Linge
925.354.8932

March Book of the Month

Deliberate Acts of Kindness By Meredith Gould



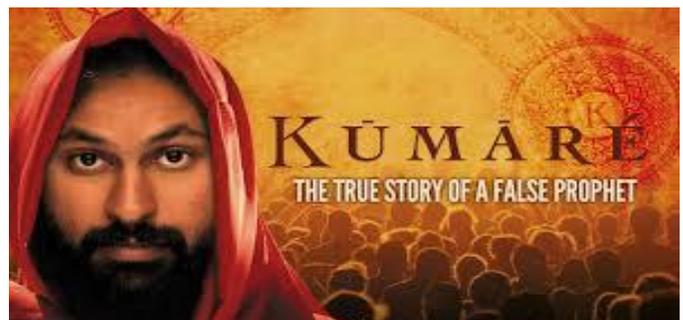
This book fits with our theme of Service this month. People of faith are called to act justly and serve others with generosity and integrity. How shall we do this? Discover all that and more in *Deliberate Acts of Kindness*, an easy-to-read guide for moving from "random acts of kindness" to intentional service. In this new edition, Meredith Gould delivers a lively overview of Western and Eastern wisdom and provides dozens of practical tips for serving others, including ones about how to manage challenging situations. Self-directed exercises in every chapter make *Deliberate Acts of Kindness* a valuable resource for groups as well as for individuals.

Available in the Fellowship Room
\$20

Payment envelopes are in The Inspiration Nook.
Please deposit in The Abundance Box

Book of the Month Discussion
Monday, March 27th at 6:30PM
Please RSVP to Amy Van Linge

Bring a Friend to Movie Night March 17th at 7:00pm



A provocative social experiment-turned-documentary, *Kumare* follows American filmmaker Vikram Gandhi as he transforms himself into a wise Indian guru, hoping to prove the absurdity of blind faith. Instead, he finds himself forging profound connections with people from all walks of life -- and wondering if and when to reveal his true self. Will his followers accept his final teaching?

Can this illusion reveal a greater spiritual truth? Winner of South by Southwest's Audience Award, *Kumare* is an insightful look at faith and belief into an essential part of life.