



# Brentwood Unity

## Earth Day - April 22

### *Conservation as A Way of Life*

Volume 3, Issue 4

April 2018

## Living Simply, So Others May Simply Live

I grew up around staunch, Republican conservatives. As I aged, I realized that the only ideas about conserving that were being expressed or implied were in regards to moral, political and religious ideologies. Born in 1961, I was finding my moral compass in the heyday of the Hippies. Living close to the Hippy epicenter in the Bay Area, I was able to compare and contrast what I was being taught at home and in church with the fast, changing moral landscape of society.

Whenever the topic of environmentalism or just fresh, new ideas would arise, I would hear those people and their ideas referred to as communists or left wing ideologies. When our planet was called Mother Earth, I heard "those people are of the devil." I adopted a little of this thinking by "choice" and a little by osmosis but could never quite reconcile why it was considered frivolous or even liberal to care about our flying ball escorting us around the sun. That sun shines precious light on us that is converted to food to sustain and nourish our bodies. Why would I be considered a hippy or tree hugger for having a deep respect for the environment, or more wholly the universe, when I cannot exist without it?

While the term conservative came about in the 19th Century as political jargon used for conserving certain values, the root of the word is about conserving. To conserve is to protect. It's a wonderful thing for individuals or groups to desire that their morals and values be protected but surely it cannot be of the devil to be in relationship with our environment, one in which our very existence rests. One night while surfing through the TV channels I came upon a preacher screaming about environmentalists being a cult. I almost choked when he claimed that "Jesus is coming back and all the resources are here for us to use since we have dominion over the earth!" Wow.

The word dominion means having control over, sway, rule, and many other words that may superficially appear to be interpreted as "we get to use it any way we want and for any purpose." Justin Holcomb, an Episcopalian priest states, "Dominion does not mean destruction, but responsibility. It is important to avoid flawed convictions about the right and power of humankind in relation to the rest of natural world. It is true that a false view of dominion has played a role in the mistreatment of creation, but a correct understanding of the concept can lead to service, responsibility and stewardship."

The responsibility of stewardship can easily be blurred by our hectic culture driven by consumption. An oligarchy of corporations blasts images from boxes in our homes that seek to convince us that we won't amount to much without buying their product that will make us the envy of those without it. They love their mantra of ***"We get people to buy things they don't need, with money they don't have, to impress people they don't like."***

An old boss once told me that being rich means having the money to do the things you want to do. If you want a mansion, a sports car and a yacht you better get busy. If all you want to do is fish, you'll need money for a pole and some worms. "Keeping up with the Joneses" is a cultural illness that causes people to fill their life from the outside rather than listen to their opportunity to maybe just go fishing.

There's nothing wrong with enjoying some of the luxuries of modern life but hopefully we're not focusing on more while so many have less. Will one more item bring us happiness? A plaque on a wall helped me get the material-spiritual equation in order. It stated, ***I once thought God had given me all things so I could enjoy life. But I now know that God gave me life so I could enjoy things.***

Let us not forget our relationship with the greater environment. We are forged in a relationship with plants and trees exchanging their byproduct of oxygen for ours of carbon dioxide. The oceans are in an exchange with us as well.

The Amazon is being clear cut at 150 acres per minute to mostly raise cattle and is now 20% gone. What is 1.6 million kilometers, 80,000 tons and three times the size of France? The Great Pacific Garbage Patch. Growing daily, garbage is caught between currents in a swirling mess too far removed to notice how much damage is actually occurring. After the plastic bag ban passed in California, I overheard someone asking in irritation why we have to give up our bags. Because the Great Garbage Patch is not the Great Pumpkin Patch—it's a wakeup call! We have our garbage hauled away but would we make different choices if we had to pile our trash in the front yard, mostly made of materials that do not decompose.

We are no longer the only kid on the block having a high standard of living as we were in the 1950s. India and China are now excited to share our standard of living. The problem is that under current practices it is unsustainable. China's burgeoning middle class, soon to be 550 million, could be counted as the third largest population in the world. The United States consumes 25% of world resources but is only 5% of the world's population. So with the other countries getting in the consumption game, we can now see that there is an end to the party—like it or not.

We can begin to reconsider our lifestyles and possibly make changes before our option of volition is bypassed for austerity measures. Do we consider the "great deal" we got on our new clothes was possibly made by children in a sweat shop? Do we really need one more trinket made by those that barely eat at the end of the day? We have all become complicit in corporate America's scheme to make insane profits at the external cost of exploiting another human being beyond measure. Nothing is ever anyone's "fault" until they know better, then it becomes a responsibility to become aware and change.

I give thanks for my relationship with the planet. I'm reminded of how much I appreciate air when I hold my breath, thinking I can do it alone. Let us consider how to live locally but think globally. Let us simplify our lives to share a sustainable standard of living for all and see that all who labor are seen as valuable for their life and not just their production. Just as the oxygen exchange with nature, we share this same air with all life on this precious earth. As we inhale, we are surely taking in elements of breath that were once in many other humans and animals. This is not a trivial fact, but the secret to compassion and understanding.

So I guess not all of those Hippies of the 60s were crazy and doped up. Many had the good sense to warn us that we are heading toward a cliff. The cliff is not far off now and our behavior is just beginning to slightly alter our course. We vote with our dollars. We have the power to stop corporations from greed and exploitation just by considering who will be affected and considering if any actions will affect future generations to come. The Native Americans say watch over the next seven generations in the future while considering our choices.

Please Live Simply, Others Are Trying To Simply Live!

With Consideration of Conservation,  
Gregory

**Sunday Experience and Children's Power Hour at 10am**  
50 Sand Creek Road #60, Brentwood, CA 94513 ph: 925.420.5847  
web: [brentwoodunity.org](http://brentwoodunity.org) email: [brentwoodunity@brentwoodunity.org](mailto:brentwoodunity@brentwoodunity.org)



## Warned

The sands of time have rendered fear  
Blue skies on high no longer clear  
Stars were bright whence they came  
Now dimmed, obscured, pollution's haze

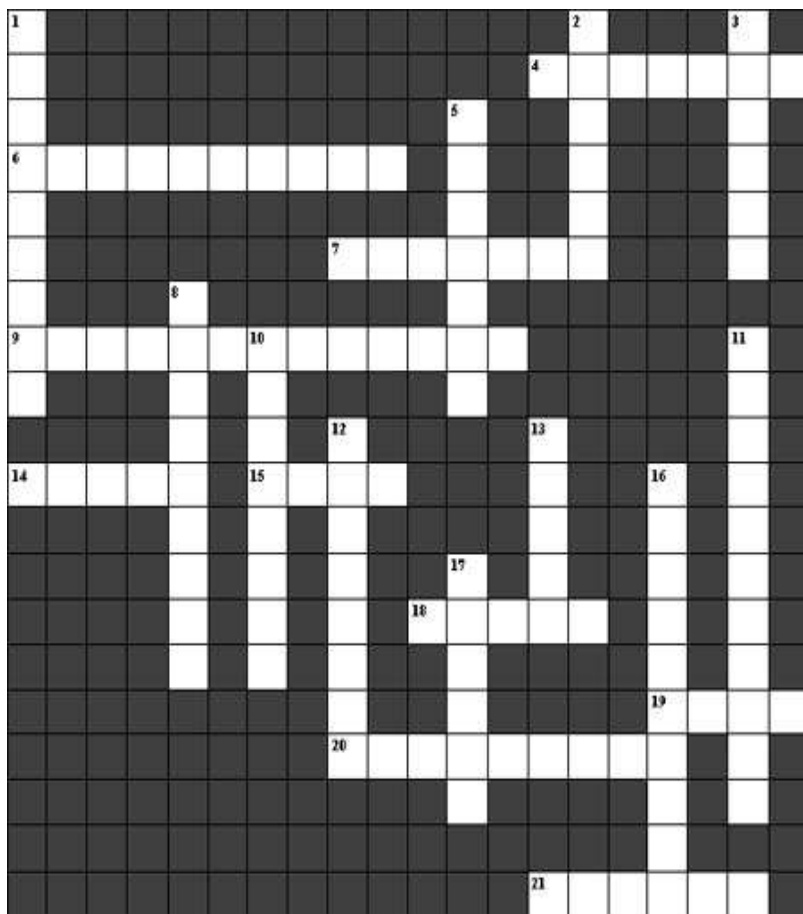
Crystal clear our waters gleamed  
Fish abundant, rivers streamed  
Ocean floors sandy white  
Now littered, brown, pollution's plight

Trees towered high above  
Trunks baring professed love  
Birds chirping from sites unseen  
Gone, paper joined pollution's team

One can't blame pollution alone  
As they say, you reap what you've sown  
So let us plant a better seed  
Tear out old roots, cultivate, and weed  
  
Protect what has been given for free  
Our waters, skies, wildlife and trees  
For once they're gone, don't you say  
Consider yourself warned of that fatal day

Sylvia Stultz

## What Do You Know About Conservation?



### ACROSS

4 Club founded to save birds from destruction  
6 Gospel of engineers  
7 Spokeswoman for conservation movement  
9 Taking of water for beneficial purpose (legal term)  
14 Author of Man and Nature  
15 A measure of land  
18 Constituency of early conservation clubs  
19 Having little rainfall  
20 President who supported conservation  
21 Author of Economics of Forestry

### DOWN

1 Act promoting settlement on 160 acres of land  
2 Interpreter of the Significance of the American Frontier

3 Leader of expedition down the Colorado River  
5 Father of U.S. forestry  
8 Place where Oregon Trail crossed the Continental Divide (2 words)  
10 Legal term applied to use of water along a stream bank  
11 Act that funded dams and irrigation projects in the West  
12 Edge of unsettled region  
13 Savior of California's Calaveras Big Trees  
16 System for channeling water to crops  
17 Focus of Pinchot's conservation efforts

# Brentwood Unity Weekly Groups

## **Mondays:**

### **Imagine the Possibilities**

**1:00 – 2:30 pm in the Sanctuary**

"Imagine the Possibilities" affords the group the opportunity to access and catalyze creative imagination in our lives. Einstein asserted that imagination is ultimately greater than knowledge. Why is that so? Imagination is in the moment. It is creative and it is playful. It is in the Now!

Contact: **Ron Vieira:** [925.354.5003](tel:925.354.5003)

## **Tuesdays:**

### **Book Study and Meditation**

**1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesdays at 10 am**

Join us for reading and meditation. Afterward, we will enjoy lunch together.

Feel free to bring something to eat. Coffee & tea are provided.

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

### **Holistic Energy Group**

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

Come explore ways to support a healthy mind, body and spirit!!!

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

## **Wednesdays:**

### **Women In Harmony**

**Meets on the 3rd Wednesday of the Month.**

Join us Wednesday, April 18 at 7:00 pm for "Coffee (or tea) and Conversation."

Contact: **Kathy Cullar:** [925.586.1025](tel:925.586.1025)

### **A Course In Miracles Made Easy**

**Wednesdays at 11:00am**

**Alan Cohen**, ACIM student and teacher for over 30 years, takes the Big Picture ideas of the Course and brings them down to earth in practical, easy-to-understand lessons with plenty of real-life examples and applications.

Contact **Karen Mingus** [925.684.4528](tel:925.684.4528)

## **Thursdays:**

### **Come Experience Reiki Energy**

Contacts:

**Thursdays (1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup>)**

**6:00 – 7:30pm**

Reiki Distant Global Healing Work

**Bonnie Daniel:** [925.989.5960](tel:925.989.5960)

**Thursdays (2<sup>nd</sup> & 4<sup>th</sup>)**

**6:00 – 7:30pm**

Reiki Hands-On Healing Working

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

### **Would You Like To Consider Brentwood Unity in Your Estate Planning?**

**You can contribute to our growing community by considering a bequeathment from your estate.**

If you would like to know more about having your estate support Brentwood Unity, you may contact our very own **Chuck Turner** who has a background in financial planning. Please contact Chuck at: [925.684.4604](tel:925.684.4604)

Watch for Upcoming Workshops on Estate Planning

### **Interested In Starting A Small Group?**

Starting a small group is a great way to connect with other members of our community and to bring in new people to introduce them to what we do here. You can use just about anything for a group to find cohesion: spiritual book, games, community project. Explore your options and start!

See Amy or Gregory on how to get started.

### **Brentwood Unity Is 100% Volunteer**

**Ask Today How You Can Be More Involved!**



**April 21**

**9am – 12pm**

**Come Join Us!**

**We Have Fun!**

**We'll Have Snacks!**



Early Facebook



**Why science teachers  
should not be given  
playground duty.**

# April Guest 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.

**April 1**

**Laura Taylor**

***Ignite the Power of Your Life***

How adept do we want to be in Unconditional Love? Remember learning a new skill? What's the first step? Join Laura Taylor, from SF Unity as she lays out the skills for receiving unconditional love.

**April 8**

**TJ Woodward**

***Report from the New Paradigm***

Please join spiritual teacher and author, TJ Woodward, as he explores what it means to report from the new paradigm of love and oneness. His talk will examine how to remain compassionate and openhearted in the midst of uncertain times.

**April 15**

**Amy Van Linge**

***The Good Life***

What is the good life? Are you already living \*the good life\* and interested in thought-provoking ways to make it even better? From improving relationships to contributing to the world, let's take a look at what it means to live a good life.

**April 22**

**Verona Garland**

***Treasuring Our Riches***

Vastness revealed, are we ready? What is ours to be? Join Verona Garland, Assistant Minister, Agape Bay Area for a look at our most precious treasure.

**April 29**

**Patricia Keel**

***The Beautiful Life***

What is your default state of mind and heart? How does your inner state impact your day-to-day experience of relationships, work, and health? We will connect the deep understanding of Unity Co-Founder Charles Fillmore and some current brain science as we explore living the Beautiful Life.



**Brittany Gilmore**

**BinX**

**APRIL 28**

**7 pm**

**Doors Open at 6 pm**

Brittany Gilmore began the project, BinX, in Los Angeles as a creativity outlet of writing and performing. She is now located in the SF Bay Area, where she is originally from. Before she even learned how to speak, Brittany knew she wanted to sing. Upon discovering sonic meditation and sound healing, her interests broadened to instrumentation, arrangement, their effects on our bodies and emotions. She strives to create music that evokes feeling and provokes thought. "I am extremely passionate, it is a gift and a curse. I want to express, through music, the full spectrum of human emotion... as I feel them all pretty intensely."

"Earth provides enough to satisfy everyone's needs, but not everyone's greed." — Mahatma Gandhi

"My two favorite things in life are libraries and bicycles. They both move people forward without wasting anything.

The perfect day: riding a bike to the library." — Peter Golkin

"Destroying rainforest for economic gain is like burning a Renaissance painting to cook a meal." — Edward O. Wilson

"What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another. --- Chris Maser



# April Workshops

**Brentwood Unity values our gifted speakers and workshop facilitators.**

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**April 1**

**No Workshop- Easter**

**April 8**

**No Workshop**

**April 15**

**Amy Van Linge**

***Digging Deeper Into the Good Life***

Let's discuss key areas: connection, contribution and vitality (mental and physical). How to keep our buckets full, exploring tips and tools for living the good life! Join Amy Van Linge as she shares valuable tools for living the good life.

**April 22**

**No Workshop / Board Meeting**

**April 29**

**Patricia Keel**

**Learn an Anti-Aging Practice of Meditation**

Join Rev. Patricia and discover 6 steps to more vitality, less stress, better sleep and the fulfillment of your focused intentions. This workshop will teach you a hands-on meditation that you can practice yourself and teach family and friends. Will you dedicate 7 minutes a day to a longer, more joyful life? If so, join me for this powerful process.

## **Species Are Disappearing-**

We don't know how many species go extinct every year but it could be 100,000 – about 1 every 5 minutes.

## **...And Fast !**

The current rate of extinction is up to 10,000 times higher than the average historical rates. We, the humans, are almost wholly responsible for this.

## **It's Getting Worse**

The worsening and loss of biodiversity are projected to continue, and even accelerate. Direct human activity and climate change is the cause of this – for example through the destruction of forests and coral reefs.

## **Possible Mass Extinction**

There is wide belief that a "mass extinction" is underway. Some predict that half of all living species could be gone within 100 years.

## **Who Are They?**

Within the next 15 to 40 years it is likely that the following animals will become extinct: polar bear, chimpanzee, elephant, snow leopard, tiger, mountain gorilla, orangutan, giant panda, rhino and the koala bear.

In 2009, a zoo in Czech Republic acquired 4 white rhinos. On March 21, 2018, the last living male rhino died. There are now two females left. which spells extinction.

Spring into  
Action

**April 8 & 15**

**It's time for the volunteer table to be out!**

This is your opportunity to sign up for some ongoing tasks at our center, fun'draising possibilities or any new projects seeking participants that match your desire to help.

Volunteering is a great way to meet other people and be a vital part of our thriving community.

**Be a Part of Our Community!**

## **Earth Day Events**

### **San Francisco Earth Day Festival**

Saturday, April 21 at SF Civic Center 11am-7pm – FREE

### **Alameda Earth Day Festival**

Hands-on activities, live music and food  
April 21 from 10am-3pm – Washington Park – FREE

### **John Muir's Birthday in Martinez**

Saturday 21 from 10am – 4pm FREE  
John Muir Historic Site, 4202 Alhambra, Martinez

### **Stinson Beach Litter Removal**

Saturday 21 10am – 12pm FREE  
North Parking Lot





## Board Corner

This month, we learned a new way to relate to each other—*The 5 Love Languages* by Dr. Gary Chapman. We had the bulk of our community in Quality Time and no one under the category of Receiving Gifts.

We understood the absence of names under the Love Language of Receiving Gifts names a little better when we experienced the results of the Stuffed With Love campaign. We are the givers! We had our community adopt critters for \$10 and they were taken into Benioff Children's Hospital in Oakland for the children's Easter baskets. Many kudos to Jan Knight, Casey Maupin, Karen Mingus, Nancy Pimentel, Justine Raygoza and Jennifer Simpson for creating this project and seeing it through.

Our workshops are brimming with people who are excited about digging in and making positive changes in their lives. We are pleased to hear so many people expressing their appreciation for loving energy experienced in our community. We give the groups that meet here the autonomy to have freedom in choosing their own paths.

We Are Grateful for All of You,  
Brentwood Unity,  
Board of "Trusted" trustees



Brentwood Unity is happy to partner with the local Loaves & Fishes program. The bin in the Fellowship Room is always available to drop off nonperishable items. You are appreciated!



## Affirmative Prayer

You may add your first name or the first name of someone else to our prayer list to receive affirmative prayer or receive a home or hospital visit.

Please call for more information:

Bettie Danley 925.757.8431

Email: [bdanley3@juno.com](mailto:bdanley3@juno.com)

## Potluck-April 22-After Service

*Bring your favorite dish, but mostly bring yourself!*

April 1s

**"Books of the Month"**

***Prior Books of the Month***

***Available for 60%***

In keeping with our theme of Conservation, we are going through all of our books from previous Book of the Month selections and offering them at 60% off.

Browse through our wide selection and grab yourself a great deal while reading some very insightful books. We appreciate everyone who participates in reading our selections each month and bless each book to bring you to greater awareness about your life!

**Available Now for 60% OFF!!!**

Use one of the envelopes next to the books for sale, write the name of the book purchased on the envelope and place the money in the Abundance Box in the Inspiration Nook.

## Movie Night



**Friday, April 27 at 7pm**

Doors Open at 6pm

**Great Opportunity to Bring a Friend!**

Adapted from the books by Neale Donald Walsch that inspired and changed the lives of millions worldwide, "Conversations With God" tells the true story of Walsch (Henry Czerny) who, at the lowest point in his life, asks God some very hard questions. The answers he gets from God/within become the foundation of an internationally-acclaimed book series that has sold over seven million copies and been translated into 34 languages. The film chronicles the dramatic journey of a down-and-out man who inadvertently becomes a spiritual messenger and bestselling author.