

# BRENTWOOD UNITY CENTER FOR INSPIRED LIVING APRIL 2016



*Our Mission: 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*

## April's Theme: Love

Are You Loving Yourself?

Charles Fillmore said, "Self love is care for your happiness and well-being."

Our physical body is a tool for us to live our highest and best spiritual life.

Do you give yourself the gift of:

- enough sleep
- plenty of water (8 glasses per day)
- nutrition-take in what supports you
- movement/breathing-life is flow
- prayer/positive "I am" statements: I am healthy, I am the Light, I am my mighty I am Presence, I am Abundant, I am Joy, I am Creative, I am Love, I am Safe, I am Peace.

Charles Fillmore continues with, "This care is entirely compatible with justice, generosity, and love for others."

If you find yourself "working" at these areas try releasing blocks and trust that your little willingness is all that is required. The spirit will guide you to health, happiness and well-being if you will allow.

As we move through April, let us remember to allow Love to flow through us and out into our lives by choosing loving thoughts and actions towards ourselves and others.

## Board Corner

Jesus taught, above all, God is love. Our monthly theme for April is Love. On the wall in our fellowship room, you will find the words boldly displayed, "Love In Action." Unity emphasizes practical Christianity - the importance of actually applying and demonstrating truth principles in our daily thoughts and actions. Nothing changes until we begin to integrate truth principles into who we are and how we live.

This is "Love In Action" or "God in Action" - through you.

Our community is growing! The board has held this vision of expansion and we invite the whole congregation to join us. Our world is ready for awakening. Brentwood Unity Center for Inspired Living is here to provide a space to ignite, inspire, and invigorate spirit within. Every speaker we've invited has commented to me about the love and energy they feel at our center. We all create this with our collective consciousness.

I attended a Unity leadership seminar a few weeks ago and came away with many wonderful ideas for our church.

We are moving INward and ONward!

So Much Love,  
Amy

Silent Unity Prayer Line: (800)669-7729 - Silent Unity Website [www.unityonline.org](http://www.unityonline.org)

50 Sand Creek Road, Suite 140, Brentwood, CA 94513

email: [BrentwoodUnity@BrentwoodUnity.org](mailto:BrentwoodUnity@BrentwoodUnity.org) Website: [www.brentwoodunity.org](http://www.brentwoodunity.org) 925-754-5343

## WRITER'S CORNER



### TODAY

**BY Jerri Brillhart**

Awaken to the wonders of today.  
To the precision of Earth's movement  
As it rolls along its path  
Bringing changes every moment,  
Gradually creating Seasons  
In each and every Hemisphere.  
Listen to the winds that blow  
Across the Earth in syncopation  
To a higher rhythm that balances  
The Planets, Stars, the Sun, and Moon  
Giving us such Cosmic benefits.  
Today is certain and it is now,  
So take this day and use it.  
Make it sing and bring you joy.  
Squeeze the juices of today from  
The Sunrise right to the Sunset,  
Bringing the thrill of living  
That gives you time for loving  
Every moment of today's unfoldment!

Healing Angels:

Prayer Visits

Call Bettie Danley

925-757-8431

or email [bdanley3@juno.com](mailto:bdanley3@juno.com)

if you or anyone you know  
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...

### INVITATION TO ALL

Membership Class:

UNITY BASICS

(Current Members and  
those New to Unity)

Are you interested in exploring  
the "Basics" of Unity?

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", April 4 from 6:30-  
8:00 p.m. in the Sanctuary.

Contact Amy Van Linge:

(925) 354-8932

<b>Sunday Service at 10:00a.m.</b>	<b>After Service Workshops/Events</b>
<b>4/3 Rev. Elizabeth Rowley - "Love will Find a Way"</b>	<b>Rev. Elizabeth Rowley - "Love Bloom"</b>
<b>4/10 Dr. Shani Robins - "Wisdom and Love Enhancing Each Other"</b>	<b>Dr, Shani Robins - "Wisdom and Love Enhancing Each Other"</b>
<b>4/17 Rev. Katherine Saux - "Training the Heart"</b>	<b>"Fundraiser for Flooring" Bunco and 50/50 Raffle</b>
<b>4/24 Dr. Robert Waldon - "Take Your Time"</b>	<b>Potluck/Board Meeting</b>

## ABOUT OUR SUNDAY SPEAKERS

### April 3

#### Rev. Elizabeth Rowley "Love Will Find a Way"

Rev. Elizabeth Rowley has been the minister at each of the Vallejo and Benicia Centers for Spiritual Living. She became a CSL Practitioner in 2007 and a Licensed CSL Minister in 2012. She answered the call to ministry as the senior minister in Vallejo in 2013, prior to founding the Center for Spiritual Living Benicia later that year. She is currently on leave from active ministry and focused on the blooming love that is her life.

Workshop following Sunday's talk titled **"Love Bloom"**.

### April 10

#### Dr. Shani Robins "Wisdom and Love Enhancing Each Other"

Dr. Shani Robins is the psychologist who developed Wisdom Therapy. He teaches at Stanford University, and is the founder and president of the Wisdom Therapy Institute ([www.wisdomtherapy.com](http://www.wisdomtherapy.com)). Dr. Robins is widely published on both Wisdom Therapy and Emotional Intelligence. He will talk to us about the connection between wisdom and love and will then conduct a workshop in which we can interact with him about putting all this to work in our daily lives.

Workshop following Sunday's talk titled **"Wisdom and Love Enhancing Each Other"**.

### April 17

#### Rev. Katherine Saux "Training the Heart"

Rev. Katherine Saux has been a staff minister at both the Oakland and San Francisco Centers for Spiritual Living, and writes for the *Science of Mind* magazine. Reverend Katherine Saux was a professional practitioner of Religious Science for fifteen years before she entered the Holmes Institute for Spiritual Leadership and received her Masters in Consciousness Studies in August 2014. Rev. Katherine Saux has served on the boards of the Tucson and Oakland Centers for Spiritual Living as well as on the national Core Council of United Centers for Spiritual Living. She is now a Staff Minister at the Golden Gate Center for Spiritual Living in Marin.

### April 24

#### Dr. Robert Waldon "Take Your Time"

[http://www.reunionbooks.org/About\\_Us.html](http://www.reunionbooks.org/About_Us.html)

Ordained Interfaith Minister, since 1987

9 years as Minister of Unity Center for Inspired Living.

Author of several great books: *"The Tao of Robert"*, *"The Voice Within"*, and *"Soul's Awakening"*.

Sunday School for children (inspirational, fun lessons) during Sunday Service **right after Children's Blessing in the Sanctuary at the beginning of service.**

Refreshments are served in the Fellowship Room after Service

**Prayer Chaplains available immediately after Service**

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

# Brentwood Unity Center Programs

Mondays (every) 12:30pm-2:00pm  
Practical Spirituality in Sanctuary  
with Dr. Leslie Harrold - *We are here to  
be love in the world...*

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

Tuesdays 1st, 3rd and 5th at 10:00am  
Book Study and Meditation at  
Gail Caruso's House - Come for reading  
and meditation and then join us for lunch.  
Bring a bag lunch. Coffee and/or tea  
provided. No class on April 5th.  
Call Gail 925/778-2702.

Tuesday Evenings - 2nd & 4th  
7:00 pm to 8:30 pm in the Sanctuary  
March 15<sup>th</sup> and 29<sup>th</sup>, April 12<sup>th</sup> and 26<sup>th</sup>,  
May 10<sup>th</sup> and 24<sup>th</sup>  
ABUNDANCE CIRCLE  
Supporting each other in our  
understanding and integration of  
abundance consciousness using  
"Spiritual Economics" book  
by Eric Butterworth as our guide.  
Love offering and commitment to reading  
the book and doing "homework".  
Call Jan at 925-813-0422

Every Thursday Evening 6:00 to 8:00 pm  
Sanctuary is open for a time of quiet  
Meditation with Music.

Thursday Evenings are special with Reiki  
Meditation and Healing  
with Ray Wilson and Bonnie Daniel in the  
Fellowship Room

Thursdays (1<sup>st</sup>) 6:00pm-7:00pm  
Reiki Masters Practicum  
Open for anyone who wants a  
Reiki Treatment.

Thursdays (2<sup>nd</sup> & 4<sup>th</sup>) 6:00pm-7:00pm Reiki  
Meditation and Healing Service

Thursdays (3<sup>rd</sup>) 6:00pm-8:00pm Reiki Share  
for those with Reiki Attunement.

Contact Bonnie Daniel 925/989-5960.

Saturdays March 5<sup>th</sup> and 19<sup>th</sup>, April 2<sup>nd</sup>, 16<sup>th</sup> and  
30<sup>th</sup> and May 28<sup>th</sup> 10:00am to 12:00pm.  
Learn the deeper meaning of the 10  
Commandments. Explore ways to expand your  
life, consciousness, awareness and  
relationships with a deeper understanding of  
these truths. Life changing information you  
must hear! Mark your calendar!! Every other  
Saturday in the Fellowship Room.  
Facilitated by Frances Melendez.  
Please call Frances 661-332-7109 and let her  
know if you will attend so she can make copies  
of the material.

Love offering is appreciated for all programs.



## AFTER SERVICE WORKSHOPS

*Sunday, April 3<sup>rd</sup>  
Rev. Elizabeth Rowley*

### **Love Bloom**

*Please join Rev. Elizabeth Rowley for a one hour "Love Bloom" workshop following her talk.*

*The workshop will include a centering in love, a guided meditation with live, gentle, acoustic guitar music to help open the heart and expand awareness, readings by Rumi and Hafiz, a short lesson on the basic tenets of radical self love with practical tools which you can use to activate Love in your own life! You will leave feeling washed over with love and the ability to bring the vibrational essence of it out into the world with you and shower that sparkly goodness upon all who you meet. Love Offerings accepted - no one turned away!*

*Sunday, April 10  
Dr. Shani Robins*

### **Wisdom and Love Enhancing Each Other**

*His workshop will teach practical techniques for enhancing your well-being and your relationships.*

*Relationships and love can be stressful or fulfilling. Wisdom leads to greater happiness, love, and well-being in our personal and professional relationships. Less-wise perspectives and decisions contribute to anger, stress, anxiety, and hypertension. Gaining wisdom can take many decades of learning from painful and costly mistakes.*

## UPCOMING EVENTS

### *Fun'd Raiser 4 Flooring*

Once a month we will have games for new flooring in the Fellowship Room.

Our first game will be:



Save the date:

***Sunday, April 17  
Bunco + 50/50 Raffle***

Bring family, kids, and friends

11:30am – 1:30pm

Adults \$20, Kids \$10

Raffle Tickets \$1.00 each or 6 for \$5.00

***Prizes*** for Highest, Lowest  
and Most Buncos

Refreshments

Watch for sign-up

**3<sup>rd</sup> Annual Yard Sale at the Turner's Home**

**June 2016**

**Make room for more good in your life.**

**Start your Spring cleaning NOW!!**



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

Load up that basket in the Fellowship Room !!



Contact Nancy Pimentel  
(925)753-5764