

Brentwood Unity

Center for Inspired Living

The Expansion of Love in the World!

Volume 2, Issue 2

February 2017

Compassion

Compassion is one of the most important words, or better yet its meaning, in the human lexicon. Compassion is far reaching in its meaning and ability, and is not particular only to humans. It is found in some of our relatives of the animal kingdom as well.

Compassion is the response to suffering that motivates a desire in us to help another being. As a child, many of us are taught compassion by being told to think of the suffering of others, but this falls short in the effectiveness of experiencing compassion.

Observing another's suffering is not enough to allow compassion. It tends to create a window for the mind to size up the situation with judgment and consider an intellectual response to their suffering. One can easily fall into the trap of doing too much or nothing at all, and miss the loving response found in silence that has the power to alter suffering.

The old adage "walking a mile in another person's shoes" is an approach to understanding the root cause of another's suffering. If we are still while listening to someone sharing, they will, within time, share the root cause of their suffering. In the book of James it states, "This you know, my beloved brethren, but everyone must be **quick to hear, slow to speak and slow to anger.**" It is important to have an open ear and heart to *hear* beyond what is being said.

Once we have *worn the shoes* of another, there exists an opportunity to relate to the human condition that connects us with others in a way that brings about compassion, rather than judgment. In some degree, we should be able to pick out the condition behind the suffering that exists within us as well. It is too easy to believe we are not like the other, however, there are only so many emotions as part of the human experience. So look to the cause, not the degree, and here we may be able to understand the struggle.

Let us practice meeting people where they are, not where they "should be", and search for the willingness to be truly helpful, allowing compassion to open the door to peace. It is in this place that we can know "the peace that surpasses all understanding."

In Loving Service,

Gregory

Our Vision Statement

During our annual meeting we took a closer look at our Vision and Mission statements:

We are A Joy-Filled community that embodies, energizes and expresses Unity.

JOY is the inevitable result of gentleness and gentleness is non-judgment, all inclusive, loving all, and an inner knowledge that all is well.

Embodies- Give form to. **Energizes-** Give vitality and enthusiasm. **Expresses-** convey in thoughts, words and actions.

Unity- The state of feeling, being and thinking as ONE, united, joined as a whole. *Divine Love.*

We promote self-empowerment- taking responsibility over our own lives, improving the conditions of our mind, making positive choices for our highest and best lives.

Through positive, practical, spiritual principles shared with us by inspirational speakers, uplifting music, valuable workshops, retreats, weekly classes and discussion groups-and EACH OTHER. We are a like-minded, collective energy of love, encouragement and support.

In order to live at our highest and best potential and be of service to all.

We support and believe that what is highest and best for each individual is highest and best for the whole. We are grateful to be in service in various ways with our time, talent and treasure. Charles Fillmore liked the term "practical Christianity" and said truth can be practically demonstrated. Being of service to all is a demonstration of Love.

Our mission statement: **Love In The World.** We are love in the world, therefore we attract love and radiate love to all by expressing our Unity principles with all people, at all times, in all circumstances.

Always Love,

Amy

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



Mindful Musings

Growing Pains

America is now having some Growing Pains.
 The struggle is about growing up.
 To face themselves to look inside and
 Change their focus and realize this country
 Is still under One God, One Union and One Vision.

For true justice for all people who know
 The Truth and who Trust we are made in the
 Image of The Presence that is always within us.
 So now we stand firm, True and Faithful,
 Knowing that God is blessing
 This land of the Free, The Strong
 The Faithful and The Beloved

by
 Jerri Brillhart

I Was Told To Live

Love dissolves all fear, casts out all
 Doubt and sets the captive free.
 Love, like the River of Life, flows
 Through me and refreshes me
 With its eternal blessings.

Love cannot be afraid; it is
 Fearless and strong, and
 Is mighty in its works.

It can accomplish all things
 Through the Inner Light of
 That faith in the All Good,
 Which fills my very Being
 With a Powerful Presence

by
 Ernest Holmes

Angel Team Prayer & Healing Prayer and Visits

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)

Invitation to All Unity Basics

Membership Class

Monday, February 6th
 6:30-7:30pm 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 for the one time 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. Please RSVP

Contact Amy Van Linge: [925.354.8932](tel:925.354.8932)

There is no key to happiness. The door is always open. Come on in.

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:

Owner's Manual- ACIM Condensed

Every Wednesday from 10-11:30am in the Fellowship Room

Using the book, *Owner's Manual* by Burt Hotchkiss, an in depth, but easy to understand, summary of *A Course In Miracles* is presented. Books are available.

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

Letting Go Book Discussion

Begins Wednesday, February 15 – March 8 from 7:00 – 8:30pm

Are you reading our January's 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

February 22nd 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)

Growing old is inevitable. Growing up is optional

February Speakers and 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

February 5

Will Tuttle

www.worldpeacediet.com

“The Healing Power of Meditation”

Will, a former Zen monk and Buddhist practitioner for over 40 years, is also a published author with ***The World Peace Diet***. The essence of spiritual practice is awakening our original wisdom, beyond the confining delusions of our cultural conditioning. The foundation of this awakening is practicing mindfulness and compassion. Dr. Tuttle’s talk explores the connections between spiritual practice and our daily lives.

His workshop follows service: ***The Healing Power of Compassion***. This workshop teaches an ancient Buddhist meditation practice, and a modern guided meditation based on Dr. Tuttle’s World Peace meditations, with time for Q and A.

February 12

TJ Woodward

www.tjwoodward.com

“The Art of Compassion”

TJ Woodward is an accomplished speaker, writer and life coach. His book ***Conscious Being*** is a wonderful tool to awaken people to new possibilities. His talk is entitled **The Authentic Life**, a way of living from your true self without hesitation.

TJ’s Workshop: ***Everyday Compassion***. This workshop is based on the second chapter of TJ’s book **Conscious BEING**. It will explore how to remain compassionate in the midst of uncertain times. It is designed to assist you in releasing 2016 and help you move into a space to consciously create 2017.

February 19

Carsten Spencer

www.carstenspencer.com

“Compassion: The Core of Our Humanity”

Jesus came to the planet to awaken humanity to grace, which he called an "unearned blessing." Compassion is the blossoming of the grace that is awakening within each of us. Carsten’s workshop follows service: ***Embracing Compassion***. This workshop explores the evolution of Compassion from a spiritual point of view. We will also learn and practice modern as well as ancient techniques to deepen our personal experience of this core human emotion.

February 26

Charley Thweatt

www.musicangel.com

“Finding The Gift- Must Be Present To Win”

The road from there has been a venture in faith, with fantastic heart openings all along the way. After graduating college in architecture and working three years in the field, my heart really wasn't in it. A search for "something more" launched me into a spiritual journey of many deep awakenings. My songwriting reflected this shift, and friends urged me to perform for various gatherings. The fear was huge, but I knew I had to sing. And so I did.



February 26th
Following Service

As a child of God, prayer is like calling home everyday.

Pledge Invitation 2017

Our Congregation provides so much: spiritual nourishment, a caring community, valuable programs and workshops, wonderful music, special events, children's program and more. Members and friends now have the opportunity to help our center develop a more accurate forecast to budget our continuing 2017 spiritual offerings to our community.

Why A Pledge Drive?

Brentwood Unity is a place of abundance and vision. *Realizing the manifestation of any vision requires significant investment.* We are meeting the spiritual needs of the community, and envisioning a future of greater expansion in providing the spiritual and educational growth for our community, as well as all those to come. Part of our job is to plan for changing rent charges, a growing children's program and making room for all the people joining us on Sunday morning. And we can be more effective at planning when there is a more predictable monthly revenue flow. A few people have provided the bulk of our tithes, and we gain stability as we spread that over a broader base. Our goal is to have 76% of our contributors make an annual pledge.

What Should I Pledge?

Pledging is personal. Give what makes you feel good. One approach is to consider what you value in being a part of Brentwood Unity, such as being reminded of possibilities in your life, and having programs available to meet your needs. Compare that value to other things you value, such as your cable bill or meals eating out. You might value making Brentwood Unity available to the greater community as a place that promotes inclusion, diversity and hope, and helps our children blossom in love. Whatever the size of your contribution, it will be greatly appreciated. Your pledge helps us better plan to enrich the lives of our growing community.

How Does The Pledge Drive Work?

All members and friends of Brentwood Unity are invited to make a financial pledge for the coming fiscal year. Pledge forms have been emailed to all members. If you're not a member, feel free to participate in the pledge. Pledge forms are also available in the fellowship room, or you can download one from our website at www.brentwoodunity.org. Each person or family fills out a pledge form indicating the amount of their pledge. Contributions to Brentwood Unity are tax-deductible.

Thank you for considering your gift which will positively impact our future. Only together can we make our church a vibrant community.

Love & Blessings,
Brentwood Unity Board of Trustees

Silence is often misinterpreted, but never misquoted.

Community Connection

Board Corner

Our Annual Board meeting was well attended. Thank you to all members who participated. We voted Dave Kroske as our 12th board member and affirmed our working board. We are joyfully in service from our hearts and led by the Spirit.

As we look forward to 2017, we are excited to continue presenting dynamic, inspirational and relevant speakers for Sunday talks and workshops, as well as incredibly talented musicians, all who compliment Unity Principles.

We will continue our monthly newsletter and monthly theme. We are thrilled to continue offering weekly classes and discussion groups, as well as new activities like Book of the Month, Prayers for Peace, and Prayer Partners. We've recently clarified our bylaws about membership, identifying who our members are greatly assists us in knowing how to best serve our community.

We are continually blessed by our wonderful, willing prayer chaplains and Bettie Danley's Prayer and Healing Angel team.

We enthusiastically make our space here at Brentwood Unity Center available to nurture a positive relationship with the community and provide opportunities for dialogue and spiritual reflection, while fostering an environment of mutual, loving support.

It is truly my honor and blessing to hold the position of board president, in service with this amazing Unity family. I take great care in my responsibility to discern and uphold what is spirit-led and highest and best for Brentwood Unity Center.

Each Brentwood Unity Board member shares my sentiment. As leaders, we make choices for the current time, but we do not underestimate the great value our decisions and choices can have on the future of this ministry. We are grateful for the opportunity to serve.

In Gratitude and Love,

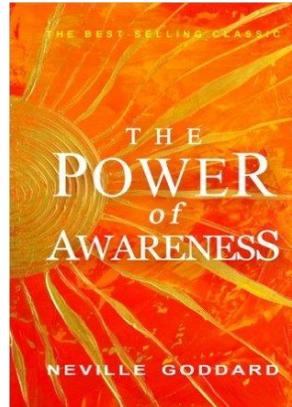
Amy

A New Member Directory is Coming!

After many requests, an updated member directory will be coming in March. It will contain contact information for the members of Brentwood Unity. If you are a member, your contact information will be published in the directory unless we are instructed otherwise. Questions?

Contact Gregory Barnes or Amy Van Linge

February Book of the Month



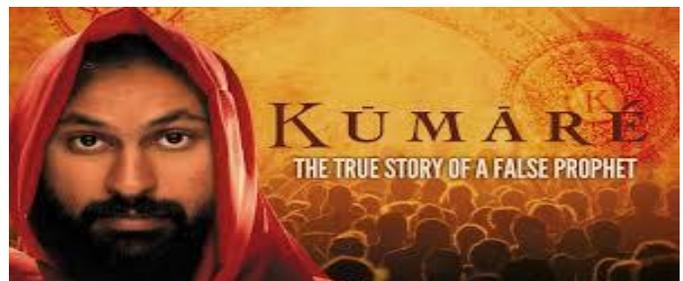
There is no one that is not all that is, for consciousness, though expressed in an infinite series of levels, is not divisional. There is no real separation or gap in consciousness. I AM cannot be divided. I may conceive myself to be a rich man, a poor man, a beggar man or a thief, but the center of my being remains the same, regardless of the concept I hold of myself.

**Available in the Fellowship Room
\$10**

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

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

Bring a Friend to Movie Night **February 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.