



Brentwood Unity

Balance Within

*As I find peace and balance within myself,
I Am in the flow in the river of life.*

Volume 2, Issue 8

August 2017

Balance is Gratitude

While it may seem obvious that we do nothing in and of our own power, it is not at all obvious most of the time, given the vast array of distractions we encounter in the world. There is not one part of my life that I do alone. While some may like to think they are self-sufficient, we can realize the clothes on our back, the cars we drive and the foods we eat provide enough evidence that we need others to thrive on the physical plane.

Beyond the physical needs of daily life, there is another relationship we are engaged in that we absolutely cannot do without- our relationship with the Source of all existence. Regardless of identifying this source as God, Spirit or just energy, we do nothing on our own. In each moment, innumerable processes are going on inside of our bodies, mostly unknown to us as we go about our business. All of these processes are freely given to us. This Grace is easily forgotten in the hustle and bustle of daily life, and frequently under the whims of the ego.

The ego is the sum total of all of our experiences from birth until now. It is wrapped in our personality and is how we interact with the world outside of us. We do need the ego to navigate the world, however, we do not need to be held hostage by the dictates of the ego. So often, the ego becomes entangled in worldly situations, and takes us out of the awareness of our ongoing state of Grace.

When we make it a point to recognize, respect and participate with our source, we are more apt to live in Gratitude for everything that is so freely given to us. We can stand in awe of our connection to the Infinite, and understand that the well we draw upon to create a better world for all, is infinite and ready to respond to our intention. When our intention stems from Gratitude, we appreciate those around us in a much richer sense, knowing they are a part of us.

It is the balance of living in the physical world and remembering that all we have does not originate from us, but flows freely through us. In this state of Grace we know balance, no matter what activity we are doing, and we thereby feel balance. Knowing our connection to Source helps us to see the world right, rather than trying to set the world right. It is a continual practice to see the world right- one of Love and Peace.

In Gratitude,

Gregory

Honor Balance

Balance: An even distribution; a state of being in proportion, one thing to another. A condition in which different elements are equal or in the correct proportions.

When life is out of balance, we feel it. This topsy-turvy experience may show up as impatience and irritability, you may feel rushed and scattered, upset and worried, you may experience injuries or illness.

Feeling out of balance is our call to reunite with our spiritual center. When we move back into balance, and at one with our Divinity, we can stay out of worry, upset, and reacting to life. Instead, as soon as we notice that our ego, our knee-jerk reactions have taken charge, we can focus our awareness on releasing anything that is separating us from our soul. We can begin responding, consciously. Take a look at where the resistance is, where the strong attachments appear to be gripping you. I like the mantra, "I'm laying this down." It reminds me to release what is pulling me away from my center of harmony, the space where I know that everything that shows up is in Divine Order, including my feeling out of balance.

Feeling out of balance is a message to realign with spirit, to experience every situation from your highest state of consciousness. Balance does not require you to do anything better or faster than anyone else. A little bit of this and a little bit of that, while you are fully present in the Now, will bring you peace. Stop when you need to stop. Cry when you need to cry. Pray when you need to pray. Speak when you need to speak. Listen when you need to listen.

During the hot summer, we appreciate the cold winter. Darkness propels us into light.

Give. Receive. Teach. Learn. Rest. Work. Play. Serve.
Spirit will teach us to honor Balance.

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](http://web:brentwoodunity.org) email: brentwoodunity@brentwoodunity.org



Mindful Musings

Compelled to Balance

Sometimes a soul is just compelled to write, to spill, to vent to unleash all that has been hidden or carried within for eons of time. My soul has chosen this moment to let loose, to unleash the enormous and incredibly immense emotional turmoil that it has been carrying now for so long...

Perhaps turmoil is too strong a word? But what other word can describe this constant feeling of duplicity, of wanting to be both good and bad all at the same time--of wanting to fulfill every single need, every desire, every ache that I sense I have--and yet, wanting too to remain true, to hold to who it is my heart knows me to be...? I live in constant threat of losing me, yet also the threat of not caring, not wanting to fight it anymore, to just give in, let go, allow...

But there is my true self who I must always answer to, who I must allow credence and complete compliance and acceptance, for should I deny this beautiful soul who is the true and inner me, what then would become of who it is I have always known myself to be?

And too, there is this momentous chance to just delve deep, to look within, to find a balance--a place of truth that will soothe and honor both of the most ardent, important parts of me...

Ahh, Balance--of course! Balance is always the key!!! How could I have allowed such momentum without keeping my inner guidance/focus on the Balance that must and most assuredly will always be the inner core of who it is that I find and KNOW to be me?

Walking tightropes was never really my forte, you see--yet I have come to understand now that in order to find that which I so often seek, that line of certainty which will guide, which will continue to define and welcome me throughout this realm and all ones yet to come, I now know without doubt I cannot allow my Balance to become undone.

anonymous

The Balance Wheel

Where I waded at the sky

And waited your love through a February sleep,
I saw birds swinging in, watched them multiply
into a tree, weaving on a branch, cradling a keep
in the arms of April sprung from the south to occupy
this slow lap of land, like cogs of some balance wheel.

I saw them build the air, with that motion birds feel.

Where I wave at the sky

and understand love, knowing our August heat,
I see birds pulling past the dim frosted thigh
of autumn, unlatched from the nest, and wing-beat
for the south, making their high dots across the sky,
like beauty spots marking a still perfect cheek.

I see them bend the air, slipping away, for what birds seek.

by Anne Sexton

Angel Team Prayer & Healing

Science now confirms what mystics have long known.
Prayer is a powerful method for healing.

Research confirms:

- Prayer Improves Self-control
- Prayer Makes You Gentler
- Prayer Makes You More Forgiving
- Prayer Increases Trust
- Prayer Offsets Effects of Stress

So why not give prayer a chance for healing?

You may add your first name to the prayer list, or the first name of someone to receive prayer. 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)

Health & Harmony



It's salad time! Often times we make the healthy choice by choosing that big bowl of greens, but do we think as much about the dressing we slather over our salads? Here are two quick recipes for healthy, lightweight, yummy salad dressings. You can make it easily by pouring all ingredients into a jar, cover and shake. Voilà!

Lemon Balsamic:

2 tablespoons balsamic vinegar, 1 tablespoon lemon juice, 2 teaspoons Dijon mustard, 1/2 teaspoon salt, and pepper to taste. Gradually whisk (shake) in 1/2 cup olive oil. Make it **Creamy Balsamic** by adding 2 tablespoons plain yogurt and 1/2 teaspoon minced garlic with the vinegar.

Ranch:

1/2 cup buttermilk, 1/4 cup Greek yogurt, 2 tablespoons each chopped parsley and chives, 1 tablespoon cider vinegar, 1/2 teaspoon salt and 1/4 teaspoon sugar.

Don't worry if you're missing an ingredient, play around with your recipe; you may discover your favorite salad dressing yet!

Taking a walk is not only a great way to get some needed exercise, but can bring you into a deeper awareness. A walking meditation will put you in touch with so much that we miss while driving.

Have you observed your neighborhood on foot?

Brentwood Unity Weekly Gatherings

Mondays:

Imagine the Possibilities

12:30 – 2:00 pm in the Fellowship Room

“We Are Here to Be Love in the World” A discussion group in a safe setting, exploring spiritual truths. This group is seeking to bring in a new format and new ideas. If interested, contact Michelle.

Contact: **Michelle Brady:** [925.565.6221](tel:925.565.6221) or **Ron Vieira** [925.354.5003](tel:925.354.5003)

New Women’s Group Forming

August 14 at 7:00pm in the Fellowship Room

There is a new buzz in the air. Many of the women have come together to hold a monthly women’s group. On August 14, we will further discuss the format and decide on a name. This is a great way to meet other women at Brentwood Unity and build relationships.

Contact: **Jan Knight:** [925.813.0422](tel:925.813.0422)

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)

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)

Thursdays:

Come Experience Reiki Energy

Thursdays (1st, 3rd & 5th) 6:00 – 7:30pm – Reiki Distant Global Healing Work

Thursdays (2nd & 4th) 6:00 – 7:30pm - Reiki Hands-On Healing Working

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

Meditation for Health & Happiness

Every Thursday from 7:00 – 8:30 in the Sanctuary

This powerful weekly class is for adults who want to enjoy the many benefits of meditating in community supported by the study and discussion of a spiritually based book. We will begin with meditation followed by reading and discussion of *The Endless Practice* by Mark Nepo. Since we will be reading in community, it is not necessary to purchase the book unless you want to do outside study.

Contact **Bry’Andi Brandon:** [510.566.2455](tel:510.566.2455)

Welcome Circle

If you’re new to *Brentwood Unity* or *New Thought*, we’d like to welcome you and answer any questions you may have.

Every 2nd Monday 6:30 – 7:30 in the Sanctuary

Contact: **Amy Van Linge** [925.665.4004](tel:925.665.4004)

Interested in Starting a Small Group?

Have an interest in a particular topic?

Maybe you’d like to play games?

Start a support group?

Whatever your interest, forming a small group is both a way to connect with others, and to introduce new people to the community of Brentwood Unity.

Contact: **Gregory Barnes** [925.665.4004](tel:925.665.4004)

August 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.

August 6

Christopher Brown
The Art of Balance

www.oaklandcsl.com

When most people speak of balance they envision a juggling act where work, home, relationships, and health are all sustained by effective strategies and will power. But what happens when all of that stops working? Where do we look to regain balance and harmony? Do we again return to our default strategies or do we look in an entirely new direction? Come join us as we explore the spiritual art of balance.

August 13

TJ Woodward
The Balancing Act

www.tjwoodward.com

TJ Woodward is a spiritual author and inspirational speaker. He enlightens and entertains audiences around the world. We have all heard that balance is important, right? But, what does that mean? What if balancing your life is an inside job? TJ Woodward will discuss this and more in his talk on *The Balancing Act*.

August 20

Joan Steadman
Bring Your Whole Self

www.revjoan.com

Rev. Joan was instrumental in the formation of Agape with Michael Bernard Beckwith. She is now in partnership with TJ Woodward at Awakened Living. I bring my whole self when I am willing to be authentic and transparent, realizing that my humanity and my divinity are essential expressions on this earth plane.

August 27

Will Tuttle
Beyond Balance

www.worldpeacediet.com

The legendary ancient wisdom teaching of the Middle Way is often misunderstood as encouraging a “balanced” approach to living, and while this may be true on the surface, and bring benefits to our lives at this level, it is fascinating to plunge deeper to the essential teaching of the Middle Way. Join us for an evocative adventure beyond balance.

Spiritual balance is easy if you follow a few simple steps:

- 1) **Realize that the journey is the goal.** One of the reasons people get swept away by their spiritual practices is because they feel an urgent need to “get there” – the point where they’ll feel content and sated spiritually. However, a true spiritual seeker will NEVER reach the “end” of the journey! The whole point is to engage in a lifelong process of growth and development. Keeping this in mind can help you feel better about slowing down, because there’s nothing to hurry toward – you’re already there, smack-dab in the middle of the process, which is exactly where you want to be!
- 2) **Spiritual knowledge alone isn’t enough.** As good as it can feel to finally be connected to your spiritual self, you also need to strengthen and consistently reinforce the other connections in your life. Be sure to spend time with your loved ones and form friendships outside of your spiritual circle. You may worry that you don’t have anything in common with them if they don’t share your spiritual beliefs, but you’ll have the opportunity to look for similarities, rather than differences. In order to raise the vibration on our planet, all people are to awaken to the process of gaining awareness.
- 3) **Less is more.** Rather than trying to absorb large quantities of spiritual knowledge in a short period of time-as though there is no tomorrow, make it a point to start with bite-sized pieces. Enjoy spiritual wisdom and insights as though they were nuggets of the most savory food you’ve ever tasted. Let them linger on your tongue (in your mind and spirit), and take your time ingesting them. Just like eating a meal, you’ll enjoy the knowledge you gain so much more if you take your time absorbing it rather than gobbling it down so fast that you can’t taste it!

The longer you stay on a spiritual path, the more relaxed and balanced you will become with it, but in the meantime these ideas should help you to keep balance between your spiritual self and the rest of your life.

August 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.

August 6 **Inquiry of the Heart Round Table** 12:00 – 3:00pm

During the month of July, an insert with a red heart was included in the bulletins. Its purpose was to inquire of our congregation as to how Brentwood Unity has impacted their lives. Those who wish to participate in furthering a discussion based on the the results of the inquiry are welcome to join a round table discussion after service on August 6. The information discovered from these discussions will be used to envision the future of Brentwood Unity, and how we impact our community, when our board convenes at our annual retreat on August 25/26. A light lunch will be provided.

August 13 **TJ Woodward** www.tjwoodward.com ***Achieving Inner Balance***

What does it really mean to find balance in our lives? What is the difference between inner and outer balance? This powerful workshop will explore the difference between inner and outer balance and offer tools for achieving inner balance rather than focusing on the externals of life.

August 20 **Joan Steadman** www.revjoan.com ***Loving You Back to Yourself***

Do you have a challenge loving and caring for yourself? In this workshop, we will explore ways to uncover and experience Divine Love as our lives, which results in loving and caring for every aspect of ourselves.

August 27 **Will Tuttle** www.worldpeacediet.com ***Beyond Balance: What is the Middle Way Really About?***

The legendary ancient wisdom teaching of the Middle Way is often misunderstood as encouraging a “balanced” approach to living, and while this may be true on the surface, and bring benefits to our lives at this level, it is fascinating to plunge deeper to the essential teaching of the Middle Way. Join us for an evocative adventure beyond balance.



Come Volunteer for Children's Power Hour
We'll Teach You Love!

Volunteer Once a Month or Substitute
Contact: Amy Van Linge 925.354.8932

We ♥ Volunteers

We are blessed with an abundance of volunteers. When the atmosphere is one of Love and Peace, people enjoy being a part of the community of Brentwood Unity.

If you are interested in becoming involved as a volunteer, fill out a yellow *Connections* card, or speak with Amy or Gregory. You are appreciated!

A balanced person will get depressed, discouraged, frustrated and angry sometimes, but doesn't direct it towards anybody else. If they do, they quickly realize they made a mistake. Anonymous

There is a fine balance between honoring the past and losing yourself in it. For example, you can acknowledge and learn from mistakes you made, and then move on and refocus on the now. It is called forgiving yourself.

Eckhart Tolle

COMMUNITY CONNECTION

August Board Corner

The month of July had an increase in attendance despite the vacation season. We are pleased to see our center thriving. The renamed Monday group, *Imagine the Possibilities*, has shifted into a high energy, well attended and fun group. Thank you Michele Angelica and Ron Vieira for your creative energy. A women's group is forming and the first meeting will be August 14th, with future meetings on the third Mondays of the month in the Fellowship Room.

The Loaves & Fishes "**One Can Make A Difference**" food drive has begun. Every 3rd Sunday, the food bin will be in the hallway before and after service to receive your non perishable items. We appreciate First Generation Farmers for donating produce.

The Heart Inquiry inserts were passed out to receive input from the congregation. We asked "How has Brentwood Unity impacted your life?" With this information, a round table discussion will be held on August 6th after service. With the feedback from these discussions, our board will carry the information to our August 25/26 annual board retreat to consider the future of Brentwood Unity, and its place in our community.

In Gratitude,
Board of Trustees,
Brentwood Unity



Potluck
TIME TO GET TOGETHER
August 27th After Service

Every 3rd Sunday
Loaves & Fishes
FOOD PANTRY

Brentwood Unity is honored to be of service to the local Loaves & Fishes program. **Every 3rd Sunday**, you'll find the food bin in the hallway. During the month while you're shopping, toss some extra non-perishable items in your cart and help those who can use it.

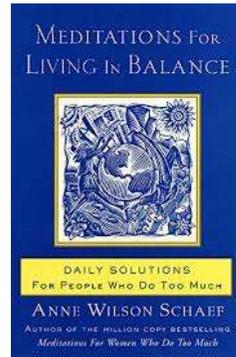
We appreciate First Generation Farmers for donating local, organic produce. They operate at farmer's markets on a donation basis. Let's support these progressive, creative folks. Find them at www.firstgenerationfarmers.org to locate one of their many sites, one of which is in Brentwood.

Contact Nancy: 925.437.8107

August Book of the Month

MEDITATIONS for LIVING IN BALANCE

Anne Wilson Schaeff



For men and women overwhelmed by life's constant juggling act -- the struggle to balance work, relationships, children, finances, chores, and more -- Anne Wilson Schaeff clears the way to serenity and joy.

With her signature wisdom, insight, and humor, Schaeff shows us how to stop living at the mercy of frenzy and chaos and start savoring daily moments that center, calm, and nourish us. Contemplation and ultimately practical actions come together to help us tune into ourselves, be still and mindful, lighten up, laugh, and revel in the adventure of every day.

Available in the Fellowship Room for \$7.00

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



Breaking the Habit of Being Yourself
How to Lose Your Mind and Create a New One

August 18th at 7:00pm

When you try to change an old habit, do you wonder why it's so difficult to change? Do you want to learn how to be more positive or resilient, but don't know how? In this eye-opening and potentially life-changing interview with Lisa Garr, Dr. Joe Dispenza, a neuroscientist, chiropractor and author, explains how our habits are wired into our brains and what we can do about them.

He notes, "Nerve cells that fire together, wire together." There is something of a feedback loop at work: As you repeat your activities, the brain's pathways stay wired to repeat that activity, and so it becomes even more difficult to change. Repetition reinforces brain behavior, and by, say, age 35, our identity becomes a set of memorized behaviors.

Change is possible, but it takes some effort and stepping out of our comfort zone. But every time you have a new thought or new activity, the neurons create new pathways (and there is dramatic video showing this happening). Dr. Dispenza explains the steps you can take to change your life, how it works and why it can be beneficial beyond your ability to imagine. Don't miss this astonishing conversation.