



Brentwood Unity

Honoring the Sacred Mother

Women have the capacity to lead us to a more peaceful world with compassion, affection and kindness. ~ Dali Lama

Volume 2, Issue 5

May 2017

Spirituality Simplified

Folks want simple. We know this because it's a hot topic. Books that discuss de-cluttering, organizing, simplifying and minimalism are top sellers.

I believe we all seek something deeper than the clutter, more energetic than all the electronics around us, and yearn to be more connected than the activity list on the schedule. We desire space for our souls to breathe.

Often people think of connecting with the Divine as reaching some transcendence only through spiritual practices, limited to a particular meditation or type of prayer. What about every day epiphanies, finding the sacred in the ordinary, and discovering the mystical in the mundane? I invite you to take time this month to enter into the sacrament of the present moment.

"It was the small things that helped, taken one by one and savoured," wrote Rumer Goden.

May is the perfect month to get out and smell the roses, bring a flower bouquet to a neighbor, write a letter on fancy stationery, clean out one junk drawer, put on an old beloved movie or music album, and savour sweet memories. As you sweep or vacuum, bless and honor your feet which hold you up every day, sit in a different location in your yard and feel your lungs expand with the fresh air.

Take your time and be gentle with yourself, train your eye to find the small miracles each day, and discover what you'd like to do, if you had the time. For everyone we see, for anyone unseen, we can offer a healing place, it is simple to be a minister to the human heart.

Ursula K. LeGuin said, "It is good to have an end to journey towards; but it is the journey that matters in the end."

As you journey, remember the simple truths, we choose the world by what we think, say and do, our essence is Divine and abundance is our inheritance.

Always Love,

Amy

Live Simply, So Others May Simply Live

Humanity has pondered on the concept of simplicity for many moons now. Before the inundation of material goods, there wasn't much choice for the masses to do otherwise than spend more time in a quieter contemplation of life.

The Greeks, Hindus, Christians, Buddhists, Quakers and Puritans have all held that too much energy expended toward the attainment of material wealth is a great distraction to knowing our deeper nature. Within these cultures, there exists estoric schools of thought that studied the Great Mysteries, using allegories as a means to convey.

In the early 19th Century, Trancendentalists such as Emerson and Thoreau began writing about a spiritual presence that infuses everything, and that by living a simple life, we can connect with and be directed by the Presence. By the end of that same century, the New Thought movement was spreading into many traditional religions, and various walks of life.

Today, New Thought can be heard in the messages of traditional religionists, on television shows and now in universities. The message and power of "mind over matter" as a way of living is resonating around the globe, and people are awakening at a very rapid pace. People are finding a new way to live, grounded in the connection of love.

The old paradigm has been fraught with conspicuous consumption as its honor. It's system of reward/punishment fuels the mental toil in a vicious cycle seeking answers outside of oneself. The only reward ends up being trying to stay one step ahead of punishment (fear). That cycle is out of synch with love, which has no need for punishment or reward. If on a planetary scale, we are to expand our highest and best potential, we must keep our eye on the goal of the New Paradigm (Mind of God/Love), and not be consumed with trying to fix the old system. The old way has served its purose. We are called forward now to act from compassion rather than "might makes right".

Saying this is an exciting time in our evolution is an understatement. On a spiritual level, humanity is realizing our ability to access the One Mind, and the Divine Wisdom that is available to us all. Let us focus on what we wish to create anew, not what is wrong with the world. Everything serves a purpose toward revealing the truth of who and what we are. The greatest wonder is now and forever taking place right where we are; It's the very essence of Being. There can be no greater wonder than to be in partnership with Divine Will, and that will is simple- act from love, be love and experience love as a way of living. When we act from this place, we change the world.

The unfoldment of love is now expanding exponentially on this planet. A world motivated by compassion is emerging through us, as us. Live simply in the radiant light of who and what we are in order to illuminate the path for all those who would also like to simply live the same.

In Love & Light,

Gregory

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



Mindful Musings

Unessentials

I am an old lady, sometimes forgetting but youth also lapses. Forgetting the mundane. Aging folks may have a few slipped clogs from lack of exercise. Youth always on the run leave too much to chance giving up their responsibility. Perhaps youth should borrow the Old Ager's techniques of forgetting the unessentials of modern materialistic endeavors and open their hearts to the reality of seeing the stars, the moon and the sun that only Wisdom brings to the Present Moment.

~Jerri Brillhart

Thoughts to Ponder

All living creatures have an instinct allowing them to find a solution to their problems and a remedy for their pains. A sick animal for instance, will instinctively find the plant which will cure it. And in many cases the instinct nature has given us also helps us human beings. But instinct alone is not enough.

Instinct is a blind impulse belonging to the realm of the subconscious, and it is up to human beings to enlighten it and bring it into consciousness. This instinct is kind of an instinct, but manifested in the lower regions, whereas true intuition belongs to the realms of the soul and the Spirit.

There is a great similarity, therefore, between instinct and intuition; in fact, it is almost the same faculty, but manifested in two different regions. So, to help find the plant that will cure them, animals have a kind of intuition, or let us call it a flair, which has nothing to do with intelligence, knowledge or consciousness. Whereas in evolved beings everything is conscious; they know.

Seek ye first the Kingdom of God, hope for the Kingdom of God and nothing else, because the Kingdom of God is a state of perfection, of fulfillment, comprising everything: health, wealth, beauty, order, freedom, peace, wisdom, love, joy and more. So, instead of naming all these blessings in your meditations and your prayers, it is less "labor intensive" to talk of the Kingdom of God, which is the synthesis of these. People say: "If only I were beautiful; if only I were rich; if only I were powerful." But these are only individual aspects, attributes of the Kingdom of God, and as soon as we begin to wish for something, we create an imbalance.

The Kingdom of God is above all a state of equilibrium and harmony, and if we seek one individual thing, it is obviously at the detriment of something else, and already the seeds of imbalance are sown. Everything our soul, our spirit, our heart, our intellect, our physical body need, is contained in these words: The Kingdom of God.

~ September 12-13, Science of Mind Daily Meditaion

"And I learned what is obvious to a child. That life is simply a collection of little lives, each lived one day at a time. That each day should be spent finding beauty in flowers and poetry and talking to animals. That a day spent with dreaming and sunsets and refreshing breezes cannot be bettered. But most of all, I learned that life is about sitting on benches next to ancient creeks with my hand on her knee and sometimes, on good days, for falling in love."

- Nicholas Sparks

Interested in Membership?
Interested in Exploring the "Basics" of Unity?

Unity Basics Introduction Class

May 1st

6:30-7:30pm in the Sanctuary

Would you like to know more about our wonderful community? Join us as we learn who and what we are here at Brentwood unity. We will explore the fundamental Unity principles and answer any questions.

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 Available Upon Request

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)

for the *Funny* bone

A mother was preparing pancakes for her boys, Kevin 5, and Ryan 3.

The boys began to argue over who would get the first pancake.

Their mother saw the opportunity for a moral lesson.

"If Jesus were sitting here, he would say,

"Let my brother have the first pancake, I can wait."

Kevin turned to his younger brother and said,

"Ryan, you be Jesus!"

A little boy was attending his first wedding.

After the service, his cousin asked him,

"How many women can a man marry?"

"Sixteen," the boy responded.

His cousin was amazed that he

had an answer so quickly.

"How do you know that?"

"Easy," the little boy said.

"All you have to do is add it up

Like the Bishop said: 4 better, 4 worse, 4 richer, 4 poorer."

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 **Jerri Brillhart**: [925.684.4894](tel:925.684.4894)

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 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 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

7:00 – 8:30 in the Fellowship Room

Have you ever read or are you reading now ***Letting Go: The Pathway of Surrender*** by David R. Hawkins?? Then please join us Wednesday evenings from 7:00-8:30 p.m., as we continue to dive deeply into and explore at a very personal level this amazing process by which we are practicing a "simple" way to let go of the obstacles to Enlightenment and become free of negativity. We are also seeing the connection between this process and Carol Hansen Grey's Free Yourself from Fear process that many of us experienced here in early April. There will be a follow-up class starting later in May which will be a continuation and a deepening of the understanding of the Map of Consciousness (Hawkins).

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

Thursdays:

Come Experience Hands-On Reiki, Meditation

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)

NEW* Meditation for Health & Happiness *NEW

This six-week class is for adults who want to enjoy the health benefits of meditating in community and enhance his/her "Happiness Quotient!" Come and join us in a safe, supportive and nurturing environment. Our intention is to offer a soft place to land and **Just BE!**

Feel free to wear comfortable clothing and to bring your own cushions.

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

"I do believe in simplicity. It is astonishing as well as sad, how many trivial affairs even the wisest thinks he must attend to in a day; how singular an affair he thinks he must omit. When the mathematician would solve a difficult problem, he first frees the equation of all incumbrances, and reduces it to its simplest terms. So, simplify the problem of life, distinguish the necessary and the real. Probe the earth to see where your main roots run."

— Henry David Thoreau

May 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

May 7

Gregory Barnes
The Perfectness of Where You Are

www.brentwoodunity.org

The human mind is famous for wanting to be somewhere other than where it is. When we're dissatisfied with where we're at, we tend to view people, places and things that do not fit into our schema as obstacles in our way. When we sit still with our surroundings, we find "those" people, places and things are teaching us exactly what we need to move into peace.

May 14

TJ Woodward
The Simple Truth

www.tjwoodward.com

Please join spiritual teacher and author, TJ Woodward, for a talk about simplicity.

How many times have you heard that "life is complicated?" What would it be like for you to unlearn this belief and rest in a deeper awareness of the simple truth of who you *truly* are? TJ Woodward will discuss this and more in his talk: ***The Simple Truth***.

May 21

Carsten Spencer
A New Vision Beyond Time

www.carstenspencer.com

We step beyond time (fight/flight-cause and effect) and into the quantum when we move into the Heart, the Kingdom of Heaven within and experience our Co-Creator, that One Presence and Power. Faith blossoms as we realize we are the One Power and One Presence. As we deepen our relationship with our Co-Creator we begin to trust the power of the present moment and life becomes quite simple.

May 28

Fred Luskin
Three Keys to Successful Relationships

Fred Luskin, Ph.D., is the author of *Forgive for Good and Forgive for Love* and one of the world's leading researchers and teachers on the subject of forgiveness. He is the director of the *Stanford Forgiveness Projects*, a series of research projects that investigate his forgiveness methods.

Join Fred as he shares what he has discovered in his research that will aid in your relationships.

A paradigm is a model, a pattern, or an archetypal ideal of something in form, experience, or concept. In a spiritual context, it is a pattern of beliefs, images, and practices that form inner and outer thoughts, words, and actions. Almost by definition, a religious paradigm is limited, for it sets forth a standardized depiction of inner and outer experiences that conform to the framer's beliefs and accepted images.

The New Spiritual Paradigm is a simple yet profound statement of who we are, our connection with the infinite and how these two realities and the force that holds them together interact. I AM, GOD IS, WE ARE ONE expresses this reality. When once embraced, this places the individual on a path of consciousness expansion and inner experience that reveals the deeper meaning of this declaration of life and existence.



Who is This?



MAY 20th 9 -11AM

Come Join the Fun



**Thank you for keeping
our Sunday services
fragrance free.**

"It is not a daily increase, but a daily decrease. Hack away at the inessentials."
~ Bruce Lee

"If you can't explain it to a six-year-old, you don't understand it yourself."
~ Albert Einstein

"Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials."
~ Lin Yutang

May Workshops

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May 7

Gregory Barnes
Kaleidoscope Workshop

www.brentwoodunity.org

When we're right in the middle of experiencing life's rockier moments, it's most likely not the best time to make assessments about ourselves or initiate any major life changes.

It is when we look back after there is some peaceful resolve that we can see how the people, places and things showed up with better timing than we thought, than it appeared while riding out the event.

May 14

TJ Woodward
The Simple Spiritual Life

www.tjwoodward.com

Are you ready to break free from life-long patterns of lack and limitation? Would you like to live a simple, yet powerfully meaningful life?

Please join spiritual teacher and author TJ Woodward in this interactive workshop and explore these questions and more. This powerful workshop will assist you in releasing old ideas about how life is "complicated" and wake up to a life that is profoundly simple, yet fulfilling.

May 21

Carsten Spencer
A New Vision: Beyond Time

www.carstenspencer.com

A playshop designed to take us into the Heart-The Kingdom of Heaven within, where we will connect more deeply and intimately with our co-creator and experience the power of Self-Love.

amazonsmile
Gives to
Brentwood Unity

AmazonSmile is a simple and automatic way for you to support Brentwood Unity every time you shop at Amazon at no cost to you. When you shop at www.smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price to Brentwood Unity.

To shop at AmazonSmile simply go to the www.smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to AmazonSmile to make it even easier to return and start your shopping at AmazonSmile.

On your first visit to www.smile.amazon.com, select **Unity Center for Inspired Living** to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation. THANK YOU for your support!

How Strong Am I?

I am one of the strongest forces known to man. I can cause you to wake up early every morning, although you have no place to go;

I can cause you to consistently be late for work, your dates, appointments, meetings and very important events;

I am so strong that going against my will may cause you to feel disconnected, aloof, and oftentimes confused and dazed.

I am so powerful that I often cause you to eat when you are not hungry and drink when you are not thirsty. So powerful is my force, I am why you may call mom, dad, or your best friend each Sunday afternoon, faithfully.

If you want to use me for your good, try mastering me for 28 days. I might prove to be just what you need, indeed.

Who am I?
I am the Force of Habit.



family trip to enlightenment



Third-eye exams

COMMUNITY CONNECTION

Board Corner

The Board of Trustees notices the willingness found among the people of our wonderful community. The **Spring Into Service** volunteer table was a big success.

We are so pleased with all that gets accomplished on behalf of our community. We recognize that every task here at Brentwood Unity Center is carried out 100% by a volunteer expression of love.

The Board expresses our Gratitude to Jan Knight for donating her time share as a prize in the Lucky Draw Raffle

Grateful to Be of Service,
Brentwood Unity
Board of Trustees



**3rd Annual
Yard Sale**

June 3rd
7:00AM – 2:00PM

**Sign Ups
Are Happening Now!**

It's that time of year for our Annual Yard Sale, so gather up your treasures to donate. Each year, we have more fun than the last year. It is a great time to hang out and fellowship. There is now a Sign Up Sheet available on the Fellowship Room bulletin board. Sign up now and have fun with us!

If you have items that you'd like to donate and/or need help transporting your donations to the sale location, please call

Kelly @ 925.212.2756 or Gregory @ 925.665.4004



Denise Zender
**Winner of the
Lucky Draw Raffle**
Denise won a one week vacation to a Beautiful place of her choice. We are grateful to everyone who played. It is all in support of our community, Many blessings to you, Denise, on your holiday travel!



Brentwood Unity is honored to be of service to the local Loaves & Fishes program. If you would like to donate non-perishable food items, there is a basket inside the Fellowship Room, directly to your left.

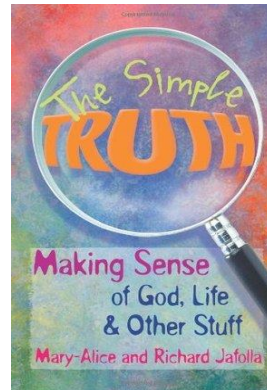
Contact Nancy: 925.437.8107



**Join Us for Our
Next Potluck on
May 28**

May Book of the Month The Simple Truth: Making Sense of God, Life & Other Stuff

by May-Alice and Richard Jafolla



Ever wonder about yourself--who you are, how others perceive you, and your relationship to other people, to the universe, to God? (And who or what is God anyway?) Where do you fit into it all? What is your role? How do you deal with what's happening in your life? And then the one we all ask: "Why am I here?" THE SIMPLE TRUTH: Making Sense of God, Life, and Other Stuff doesn't attempt to explain the unexplainable or define the undefinable. Who can? But it does go a long way in allowing us to focus our lives in a more coherent and meaningful way. It does help us to make some sense of it all, and it accomplishes this in a fresh, warm, contemporary, lighthearted manner, enabling readers to deal with the "stuff" of their lives. Practical, inspirational and fun, THE SIMPLE TRUTH: Making Sense of God, Life, and Other Stuff is a valuable partner for the whole family looking toward a better spiritual life.

Available in the Fellowship Room for \$15
Payment envelopes are in The Inspiration Nook.
Please deposit in The Abundance Box

Book of the Month Discussion
Monday, May 22nd at 6:30PM
Please RSVP to Amy Van Linge



**Beyond The
Gates of
Splendor**

May 19th at 7:00pm

When Christian missionaries were killed in 1956 in the Amazon jungles of Ecuador by the tribe they were trying to befriend, the incident caught the eye of the world. Newspapers, magazines and radio broadcasts turned their attention to the apparent tragedy that left behind five fatherless families. Among Christians, the story went on to impact entire generations, inspiring countless potential missionaries to place their lives at risk for the sake of the gospel.

Less publicized was the rest of the story, as it were, which 50 years later still embodies redemption, forgiveness and sacrificial love. Narrated by one of the missionary's sons, Steve Saint, Beyond the Gates of Splendor not only documents the harrowing events of that fateful January day, but also reveals the dramatic changes in the Waodani culture that came as a result of the missionaries' deaths. As a prelude to the big-screen drama End of the Spear, this DVD documentary uses interviews with both the missionary widows and those who killed their husbands to prove that the world once again needs to hear this story—the full story.