



Unity On The Delta

February 2010

Our Mission: To be 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 22:37-40

Out of the B’Lue

♥ I love you ♥
and I know you love me too.

LOVE IS FREEDOM

The freedom for you and I to be who we are.

The freedom to live life as we do.

The freedom to make mistakes and learn from them.

The freedom to express our own truth as we see it.

LOVE IS TRUST

*The trust that there is a constant flow of love,
no matter what.*

*The trust that, in spite of life’s problems,
we believe in and support each other’s right
to live as we choose.*

*The trust that in adversity,
there is healing and learning and gifts of love.
The trust that under conflict & emotional expression,
there is love.*

**I LOVE YOU AND I TRUST YOU.
I FREE YOU TO BE ALL YOU ARE.**

Rev. Betty Lue

A Note from Robert

Dear Friends,

Our focus for February is **LOVE**.

1 Corinthians has a lot to tell us about what love is and what love is not.

“Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.”

1 John tells us: *“And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him.”*

In Unity and all of New Thought, we believe in a God who lives **in us** and **through us** and **as us**. What this means is that we must love ourselves first, before we can truly love God in others.

We are fortunate to have other spiritual beings in our Unity family who share this truth and who are willing to see God in us even when we don’t. They are also willing to challenge us to see God in them, even when they forget. That’s what friends are for.

We have committed to **be love in the world**. Let us celebrate our mission and represent God and Good in all aspects of our lives.

Reverend Robert

Unity On The Delta

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

Phone: 925-754-5343 email: info@UnityOnTheDelta.org website: www.UnityOnTheDelta.org

Annual Business Meeting Re-Cap

We spent a wonderful hour and a half looking back and appreciating all of the growth and changes of 2009 and looking forward to an expansive and opportunity-filled 2010. Thank you LaPlante family for a fun and funny skit reminding us that we are committed to **consistently being love in the world**. We reviewed and unanimously supported our proposed **budget for 2010**, which you can find on page 6 of this newsletter. We appreciated our 2009 Board and unanimously supported our **2010 Board** consisting of Rev. Betty Lue, Rev. Robert, Jannie Bates, Evelyn Buckminster, Lela LaPlante and Dana Wilson with Cassaundra LaPlante as our Youth representative. We also had our first **raffle** of the year (congratulations Dana Wilson, Evelyn Buckminster and Lou Flores) raising \$54 and our first **bake sale**, which brought in \$38—all to support our Center. We're on our way to a wonderful 2010. Thanks for your presence in our spiritual family.

Weekly Programs at Unity on the Delta

SUNDAYS

Church Service 10:00 – 11:00 AM Coffee/Tea Fellowship after service.

SUNDAY PROGRAMS FOR EVERYONE

12/27 Rev. Leslie Harrold, *"Here We Go Again"* 10AM

2/7 Rev. Robert, *"What Is Love?"* 10AM

Workshop: "Love Is Letting Go Of Fear" 11:30-1PM (contribution)

2/14 Rev. Betty Lue, *"How Love Acts"* 10AM

Valentine's Day Potluck + Loving Fun + Raffle

2/21 Rev. Robert, *"Are You Willing?"* 10AM

2/28 Rev. Betty Lue, *"The High Way of Love"* 10AM

Board Meeting, 11:30-1PM

Sunday Children's Program- During the 10 AM Sunday service (after the Children's message,) we offer a Children's Program available for kids approximate ages 5-12. It is organized and facilitated by our wonderful team of Children's Teachers (Luinda, Cassaundra, Kim, Michele) led by Gail Caruso and Evelyn Buckminster. **Your children are welcome every Sunday.**

SUNDAYS

Principle Centered Living 8:30-9:30 AM February 7 & 28

With a focus on practical application, we will develop a greater understanding of the effectiveness and value of Unity

"Love is Letting Go of Fear" Workshop 11:30-1:00 PM – February 7

12 keys to letting go of fear. Realize how unconditional love can bring you the happiness and inner peace you have always wanted. Learn to practice forgiveness effectively. All are welcome. Contributions appreciated.

WEDNESDAYS

Book Study Group 10:00 AM

This ongoing Study Group meets on the **first, third and fifth Wednesdays** monthly at the home of Gail Caruso (925-778-2702). Book: *"Why Is God Laughing?"* by Deepak Chopra. Come any time. Meditation at 11:30.

AA Open Meeting 12:00 noon

11th Step Meditation focus. Contact Holly for more information at 925-768-5815.

THURSDAYS

Practical Spirituality Class 1:00–2:30 PM Weekly February 11 & 25

Led by Rev. Betty Lue—Application of spiritual principles to everyday situations. We'll focus on mellowing the drama, accepting differences, seeing ourselves as creators, not victims. Using everyday examples, we will heal, learn and grow in Trust, Freedom and Faith. Listening within. Drop-in OK. Contribution

Reflections by Joe A. Kick

A Million Stars

God has a way of being with us wherever we are. Whether we know it or not. It helps if we do. Yet even when we don't, He's still with us.

After college (St. Louis) I had no clue what to do with my life. 7 years in the seminary - now I was out in the world. I decided to join the Peace Corps. Training took place near Fort Lupton, Colo. Halfway through training I began to think I could do more good working in an inner-city area (U.S). I was full of youthful idealism and wanted to make a difference!

But first I decided to hitchhike to see the West - California - Life!! I hit the road. At the Grand Canyon I sat on the South Rim and played my trumpet. I hiked to the bottom (7 hrs.) - started in the evening - it turned dark halfway down. God (and the smell of mule dung) kept me on the trail. I camped by the Colorado river. There was one other camper - also from St. Louis!

When I got to California and first saw the Pacific Ocean I felt like I had come home. In San Diego at dusk there were people fishing - a golden sky - dogs running on the beach. Going north I saw hillsides of trees full of - oranges! One night in San Francisco I slept in Golden Gate Park. It was 1967 - the "summer of love."

Ahead lay 5 years in Chicago - 3 years teaching at inner city schools. Plus 2 years as a rehab counselor. I stopped going to church - and began to find God in nature - and everywhere. There were many changes ahead for me - much to unlearn, bridges to burn, new life to discover.

Back on my '67 road trip - crossing the Nevada desert - at night and far from any city - we stopped briefly. The night air oozed blackness. I looked up and saw - a million stars! More than there could possibly be. I wasn't thinking about past or future. There was only this moment. Blackness - and a million stars. Perhaps the face of God.

Wherever we've been in our lives, God was there. Wherever you go - God's love will be there waiting for you. Always!

Joe

Loving Reminders from Betty Lue

Are You Loving You Well?

"If you loved yourself enough, you would be the happiest and most powerful being in the world." Fox

Is it possible that we have missed the message given by all the greatest spiritual teachers?

Can it be that the admonition to never be arrogant or selfish or think the best about ourselves is false?

Could the simple philosophy of "Know ThySelf" and "Be true you yourself" be accurate?

Perhaps those in power falsely disempowered the Will of Good within the people.

Perhaps our egos have held the backward and upside down belief that the strong must fall.

Perhaps in our unconsciousness we have allowed ourselves to think more of others than ourselves.

Perhaps in obedience to external authority, we have forgotten to honor the wisdom and Good within.

To experience more Good, we must:

- 1) believe it exists and seek it.*
- 2) exalt and empower it.*
- 3) model and exemplify it.*
- 4) value and reward it.*

Love the Good in You.

Admire the Goodness you do.

Respect the Good in You.

Support doing Good for you.

Treat yourself with admiration.

Protect the Love in You.

Talk to your self with kindness.

Honor the Good Being you are.

Be forgiving of all your perceived mistakes.

Surrender your past errors to be used for the Good of All.

Remember "All things work together for Good."

Be gentle and appreciative in all you are learning.

Take time to listen within, to connect with Source.

Give yourself appreciation daily and be grateful for Life.

Open your heart to new opportunities for Loving.

Be impeccable with your promises to yourself and others.

You see in the end, it is those who serve the Greater Good who have happy and fulfilling lives.

Betty Lue

Angel Team Prayer & Healing Visits

Call **Consuelo Peterson** (625-0410) if you or anyone you know would benefit from a home visit for prayer and hands-on healing and one of our Angel Teams will call to schedule a time with you.

HELPFUL INFORMATION

Unity on the Delta Prayer Circle:

Contact Consuelo Peterson, 625-0410

Silent Unity Prayer Line, 24 hours a day:

(800) 669-7729

Unity on the Delta website:

www.UnityOnTheDelta.org

Silent Unity website: www.unityonline.org

Reunion Ministries: www.LovingReminders.org

Sign up for daily Loving reminders on email.

Mailing address:

50 Sand Creek Road #140, Brentwood, CA 94513

Telephone: (925) 754-5343

For **counseling, coaching or life purpose consultation**, call **Rev. Betty Lue, PhD, MFT** at 800-919-2392

or email bettylue@reunionministries.org

For **spiritual healing or living ministry training**, contact **Rev. Robert Waldon** at 800-919-2392

To Reach Our Ministers

Know that Revs. Robert and Betty Lue are available to talk with you: to listen, to join in prayer and celebration, or for spiritual direction.

1. **Call** our main number **925-754-5343** and **leave a message**. We will return your call as soon as we are available. Use pager # **800-919-2392** for a more immediate response.

2. **Email**

Robert@UnityOnTheDelta.org

BettyLue@UnityOnTheDelta.org

Visit us online

www.UnityOnTheDelta.org

Yes, we **DO** have a website, so let your friends and family know. While it is still “in progress”, you can find our **newsletters** and **recordings** of the Sunday services there.

Receive a CD of Sunday's Talk

You can request that CD's of the Sunday talks be mailed to you. It's great for the occasional week you miss or if you have problems joining us physically on Sundays. Leave a message at **925-754-5343** and we'll take care of it—for the current week or every week.

Unity Center for Inspired Living WISH LIST

Sun Blocking film for the windows to cut out the summer heat and make the rooms comfortable for classes and counseling services. We have a sponsor for the Counseling Room and need sponsors for the Sunday School, Fellowship and Bookstore rooms. The cost is approximately \$125 per room.

CD Duplicator for preparing CD's of our Sunday services to send out to members of our congregation who are not able to be present. The new equipment will cost \$350 and any earmarked contributions toward this will be greatly appreciated.

Upright Vacuum Cleaner. Just bring it in and we will be so grateful. Perhaps also a volunteer to push it around after Sunday service or one day during the week.

Sunday Morning Greeters—See Evelyn Buckminster to volunteer to welcome everyone one Sunday a month.

IRS Receipts for Charitable Contributions

We are sending out receipts for contributions to file with your tax returns. Many of you have contributed cash during the year and we have no way of tracking that by individual. Please contact Robert, if you wish a receipt for cash contributions made during 2009 and it will be taken care of.



“Center for Inspired Living”

50 Sand Creek Road, Suite 140, Brentwood, CA 94513
(925) 754-5343 (800) 919-2392

WEDNESDAYS

Open AA Meeting

11th Step Meditation Group Every Wednesday from Noon—1:00 PM.

Call Holly for information. (925) 768-5815

THURSDAYS (No class Feb 4), 1:00-2:30 PM

Practical Spirituality: Inspirational, Educational and Creative Solutions

Life can be fun, when you create what is good for everyone and enjoy your choices.

Life can be safe, when you give your best and forgive and forget the rest.

Life can be easy, when you practice the principles you believe in and teach only Love.

Ongoing. Drop in OK. Love offering.

SATURDAYS 10:00-12:00 noon

February 20 The Birth of Spiritual Awareness (6 consecutive Saturdays)

It's a birthday of a renewed you! See flyer in this newsletter. RSVP to be sure your birthday gift is waiting for you at the first class. 925-240-7589 Facilitated by Leslie and Gloria Harrold.

UP-COMING RETREATS

March 21-22 Spring Solstice at the Reunion Lake House

Conscious Healing and Prayer: “Seeing only Wholeness and Holiness” (sign-ups advisable)

The inauguration of the Lake House Retreat space will be dedicated to healing our mind with the release of our focus on disease, lack, limitation and littleness. We explore together seeing beyond the physical to discover the Truth within each Being. Sat. March 21 10AM – Sun. March 22 at 3PM. Suggested \$100.

May 29-31 Leadership Retreat: “Lead Like Jesus”

Learn how to “read” differences in those around you, to know when and how to teach, counsel, coach, support and delegate. Using techniques from successful spiritual leaders, practice leading selflessly according to the needs of those around you. Discover the higher purpose for which you are called.

Sat. 5/29 at 11AM until Mon. 31st 12 noon. Suggested contribution \$150 for food, lodging & retreat.

Ready To Serve You

Betty Lue Lieber, PhD, MFT—Counseling and Coaching

Holly Hand, MFT—Counseling

Jerri Brillhart—Reflexology

All services available on a sliding fee scale. No one turned away for inability to pay.

Center Director— Betty Lue Lieber, PhD, MFT

Coaching, Counseling and Spiritual Direction

With 35 years experience as a licensed marriage and family therapist, Betty Lue offers a wealth of spiritual wisdom, practical and creative solutions in areas of family issues and parenting, partnerships at home and work, life purpose and work enhancement, health and holistic lifestyle, budgeting and creative finances, effective communication and leadership. Services may be covered by mental health insurance.

Available on Thursdays and Sunday afternoons in Brentwood, plus Tuesdays and Wednesdays in Pleasant Hill Center for Conscious Living and phone appointments. Financially contribute as guided. *Call for appointments 800-919-2392.*

Budget Sheet