



Unity On The Delta

March 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 Tips for Whole Life Health

Nutrition

Ingest the best and forget the rest. Feed your body and mind only what is best for you.

Movement

Enjoy moving with the natural flow of life.

Breath

*Breathe in life energy and expand your awareness.
Exhale fully to release what is no longer needed.*

Touch

Reach out with love and respect.

Thought

Choose thoughts which heal and free you.

Forgiveness

Erase beliefs which limit you.

Attitude

Express gratitude. Enjoy life.

Balance

Moderation in all things brings harmony.

Perception

What you perceive in others, you strengthen in yourself.

Purity

Eliminate toxic thoughts, activities and relationships.

Rest

Relax your mind and body to be revitalized.

Contribution

*Give everyone what you want to have
Rev. Betty Lue*

A Note from Robert

Dear Friends,

Our focus for March is **HEALTH**.

There is a lot to be said about Health, but most of it is about our body as it shows up in our worldly life. This represents a primary flaw in our scientific logic— the confusion of cause and effect.

First, most of the world believes that the body is at the effect of our environment. Not true.

Second, we approach our health as if our thoughts and emotions are at the effect of our body. Also, not true. It is our thoughts and beliefs about who we truly are that create our experience of physical health and of the world we experience around us.

In the Bible, Luke tells us (Luke 6:44-45):

“The health of the apple tells the health of the tree. You must begin with your own life-giving lives. It's who you are, not what you say and do, that counts. Your true being brims over into true words and deeds.”

This is the Fifth Unity Principle: **“Through thoughts, words and actions, we live the Truth we know.”** It is not enough to know the truth. It is when we **live** the truth that we experience whole life health.

Healing is Inner Peace.

Healing is Awareness without judgment or fear.

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

Weekly Programs at Unity on the Delta

SUNDAYS

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

SUNDAY PROGRAMS FOR EVERYONE

- 2/28 Principle-Centered Living:** New thought principles discussed and applied. 8:30-9:30AM
Rev. Betty Lue, “The High Way of Love” 10AM
Board Meeting, 11:30-1PM
- 3/7 Reunion Ministers: (Betty Weber, Lila Barkley and Jason Frost “Getting It Together” 10 AM**
- 3/14 Principle-Centered Living:** Daily Application of New Thought. 8:30-9:30AM All invited.
Rev. Robert: “Be Healthy!” 10AM plus Green Potluck for St. Patrick’s Day 11:15-12 noon
March Workshop: “Creating Your Life Consciously” 12-1 PM (Contribution)
- 3/21 Kathy Hilf, “Springing Into Spring” 10AM**
- 3/28 Principle-Centered Living Unity Principles:** Discussion and Application, 8:30-9:30AM All.
Rev. Betty Lue, “Celebrate Simple Successes” 10AM
Supervision: A Higher View of Spiritual Healing, Prayer and Meditation. 11:30-1PM All invited.

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. Facilitated by our team of Children’s Teachers (Luinda, Cassaundra, Kim) led by Gail Caruso. **Your children are welcome every Sunday.**

SUNDAYS

Principle Centered Living 8:30-9:30 AM February 28, March 14 and 28

We focus on practical application to develop a greater understanding of the effectiveness and value of Unity principles.

“Creating Your Life Consciously” March 14 Workshop 12-1:00 PM (Potluck from 11:15 - 12 Noon)

Remember how to create your own Good Life with focus and authenticity, gratitude and Joy. Activate your potential. Eliminate self sabotage. Give all to the Highest Good and achieve success and fulfillment. Love offering for Unity.

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). Come any time. Meditation at 11:30.

THURSDAYS

Practical Spirituality Class 1:00–2:30 PM February 25, March 18, April 1 and 15

Application of spiritual principles to everyday situations. Focus on mellowing the drama, accepting differences, seeing ourselves as creators, not victims. Together we heal, learn and grow in Trust, Freedom and Faith. Drop-in OK.

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

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

Visit us online

www.UnityOnTheDelta.org

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.

Reflections by Joe A. Kick

One Little Word

This month we're looking at health - and I've just noticed that the word health is built on the word heal. Let's take it apart and see what we discover.

"H" can stand for - what? How about harmony. Take a breath - and let it out slowly. Do this a few times. Feels good - yes? You're now in closer harmony with yourself. A few minutes of prayer - of being still - brings harmony with God. Harmony with God and with yourself flows into harmony with others.

What is now a small, historic town north of Morro Bay was - in the 1800s - a thriving community of dairy farms. However there was much conflict between farmers and finally someone was shot and killed. This was a major wake up call for the town. People made peace and the town adopted a new name: "Harmony."

Let's let "e" (in heal) stand for exercise - and eat well. 20 plus years ago I went through a rough patch of back pain - due to work related stress. When a physical therapist at Kaiser suggested daily exercise, I began telling him how busy I was. I'll never forget what he said, which was: "If you're too busy to exercise, you're too busy." What I learned is that everything gets better with exercise: physical, mental, emotional, and spiritual. It really does help. Joy and I use exercise videos, weights, long walks, and bike rides along the canal trail. If it helps - get an exercise buddy or join a class. Whatever it takes. Just do something. You'll be glad you did. As for eat well simply say (or sing - make up a little tune): "vegetables are my friends" - as you approach the frig. (Be sure to get the words in the right order, so you don't go around singing: "My friends are vegetables.")

We'll let "a" in heal stand for ask - and affirm. Two (of the many) ways to pray. God hears and honors all our prayers. And "l" is for listen. Listen to God. Listen within. Love life (also good "l" words!), be grateful, bless all you see. It's all part of the heal deal (and the real deal). So much good stuff in one little word. (And thanks, Rick, for showing me how this works. Luv ya!) Peace. Be well. Blessings.

Joe

Loving Reminders from Betty Lue

Principles of Healing

1. *Join with the other in seeing their perfection and wholeness. This can only be done effectively when you recognize your own perfection and wholeness.*
2. *Recognize that all body conditions are temporary and transitory and therefore not real in the truest sense.*
3. *Trust in the spiritual flow of energy in all things, recognizing that all things work together for good.*
4. *Respect the other and their choices, without judgment or fear, experiencing neither attraction nor avoidance for any physical manifestation presented.*
5. *Let go of any desired outcome, beliefs in specific forms of healing and/or pictures of what healing will look like.*
6. *Healing works with the principle of **Contraction**, looking for what limits us so it can be remedied. What you focus on persists and expands, so healing leads to the need for more healing. Creativity works with **Expansion** through Spiritual attunement and what we want. Creation leads to an experience of abundant life and perfect health on every level.*
7. *The body/mind/spirit is always moving toward the highest state of wholeness and manifested perfection, which can be expressed in each moment, influenced only by our present choices.*
8. *The physical body is merely an out-picturing of our Spiritual, mental and emotional integrity. Anything unhealed spiritually, manifests in our thoughts, which determine our emotions, which express through our body. Thus all healing is spiritual healing and no aspect of the being can be affected (positively or negatively) without effecting the whole. The physical body is the most dense and therefore the slowest to manifest change and should never be the barometer for healing.*

Betty Lue



“Center for Inspired Living”

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

THURSDAYS Feb. 25, March 18, April 1 and 15 1:00-2:30 PM

Practical Spirituality: Inspirational, Educational and Creative Solutions

Learn to mellow the emotional drama, undo victimization stories and actualize your creativity by changing your mind, your words and your behavior. Tell the stories that inspire, encourage and create goodness, wholeness and beauty in your world. Ongoing. Drop in OK. Love offering.

SATURDAYS 10:00-12:00 noon continue until March 27

The Birth of Spiritual Awareness (6 consecutive Saturdays)

It's a birthday of a renewed you! Facilitated by Leslie and Gloria Harrold 925-240-7589

UP-COMING RETREATS

March 21-22 Spring Equinox at the Reunion Lake House

Conscious Healing and Prayer: “Seeing only Wholeness and Holiness”

The inauguration of the Lake House Retreat space will be dedicated to healing our mind by releasing our habitual focus on disease, lack, limitation and littleness. We explore together seeing beyond the physical to discover the Truth within each Being. Limited beds available, but sleeping bags, air mattresses OK. (Pre-Registration required) Let me know what you need!

Saturday, March 20 10AM – Sun. March 21 at 3PM. Suggested \$100. Includes vegetarian meals.

April 17 One Day Retreat in Rio Vista

Spiritualizing Your Life: The Union of Personality and Essence”

Recognize your unconscious motivation learned attitudes and reactivity.

Clear self sabotage and discover how to create a life free of attachment and delusions.

Using Enneagram resources we realize our own unique programming.

We learn to marry both worldly and spiritual with the Noble Eight Fold Path to Freedom.

Saturday 10-5 PM in our home. Includes lunch on Saturday, Suggested \$75.

May 29-30 Memorial Weekend Spiritual Retreat

Leadership Retreat: “Lead Like Jesus” at the Lake House

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.

*The Lord your God will bless you in all you produce,
and in all the works of your hands,
so that you will be altogether joyful.”
Deuteronomy 16:15*