



# Unity On The Delta

November 2009

**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

### Full of Wonder

*How wonderful to be alive in this time of healing and transformation on planet earth.*

*How amazing to be a part of something so big and good and generous for all creation.*

*How inspiring to play my part without attachment or need for approval or outcome.*

*How beautiful to give the gifts I have been given without needing compensation.*

*When we come from fullness,  
we overflow with the goods of God.*

*When we live in true prosperity,  
we know no limitation to giving.*

*When we claim the Love we are,  
we freely share that which we have.*

*When we appreciate our Source and our Self,  
we are limitless in Love.*

*I wonder at the miracle of Life with freedom to give and total trust in how we live.*

*I am thrilled by the opportunity to live fully and give freely with appreciation and joy.*

*This is the perfection of life with all its apparent imperfections.....Simply give and experience joy.*

*Life is so rich with gifts to be given and received. Simply notice with wonder and appreciation.*

*There is no greater Joy.*

*Loving you with all my Being, Rev. Betty Lue*

## A Note from Robert

Dear Friends,

Our focus for November is: **Gratitude**  
Fall is the time of Harvest. This is the time we gather the fruits of what we have planted. It is a great time to notice what shows up in our lives from what we have planted in our consciousness.

**“By their fruits you shall know them.” Matthew 7:20**

By your experiences in the world, we will know precisely what we have planted. Because we are “a work in progress”, we don’t always like what we experience and we are quick to protest that we would **never** have planted the seeds of **those** experiences.

Perhaps not consciously, but if the fruit grows, the seed was planted. What a gift! What a great opportunity to become aware of what lies in our unconscious. Once we see that our harvest was “contaminated” by unwanted seed, we can clean up and choose again.

It’s easy to be grateful when we get what we want and when we like what we get. But, how can we be grateful for the “mistakes”, for the weeds that crop up in our harvest?

***We can be grateful that our consciousness creates.***

Once we are assured that this universal spiritual law is immutable and unfailing, and that whatever seeds we plant will grow to maturity according to their nature, all we have to do is become more conscious and deliberate about what we plant.

Let us celebrate the harvest and give thanks.

Reverend Robert

Unity On The Delta

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

Phone: 925-754-5343 email: [info@UnityOnTheDelta.org](mailto:info@UnityOnTheDelta.org) website: [www.UnityOnTheDelta.org](http://www.UnityOnTheDelta.org)

# Weekly Programs at Unity on the Delta

## SUNDAYS

**Church Service 10:00 – 11:00 AM**

### **SUNDAY PROGRAMS FOR EVERYONE**

- 11/1 **Rev. Robert, “All Saints Unite” 10-11 AM**  
**Workshop: “Coping With Winter Blues and Blahs” 11:30-1PM (contribution)**
- 11/8 **Dr. Leslie Harrold\*, “Love Finds A Way” 10-11 AM**
- 11/15 **Rev. Betty Lue, “Family Harmony” 10-11 AM**  
**Board Meeting, 11:30-1PM**
- 11/22 **Rev. Robert, “Fight, Flight or Truth” 10-11 AM**  
**Thanksgiving Potluck 11:30-1PM Bring Goodies and Gratitude**
- 11/29 **Rev. Betty Lue, “Prepare The Way” 10-11 AM**  
**Movie: “It’s A Wonderful Life” 11:30-1:30PM**
- 12/6 **Rev. Robert, “Hope” 10-11 AM**  
**Workshop: “Distress-Free Holidays” 11:30-1PM (contribution)**

\* *Note re: 11/8 Guest Minister: Dr. Leslie Harrold* and his wife Gloria have been attending our services since they moved to Brentwood in September. Dr. Leslie was the founding pastor for the Church of Religious Science in San Juan Capistrano. After a brief retirement, he was called to be Pastor of the Church in Red Deer, Alberta, Canada where he served until September when he returned to the States. He now serves as Chaplain of the Marine Corps League here in Brentwood. Dr. Leslie received his Doctor recognition in 1986 and is a Lifetime Practitioner with the Church of Religious Science. He is a WWII veteran awarded the Silver Star for Bravery, the Bronze Star for Valor and the Purple Heart for combat wounds. He has authored three books and has his own newsletter, The Leslie Herald.

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**Children’s Program**—Each Sunday *during the 10 AM service (after the Children’s message)* we have 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, Cassandra, Kim, Michele) led by Gail Caruso. **Your children are welcome every Sunday.**

## WEDNESDAYS

**Book Study Group 10:00 AM**

This ongoing Study Group meets on the **first, third and fifth Wednesdays** of every month at the home of Gail Caruso (925-778-2702). New book: “Why Is God Laughing?” by Depak Chopra. Come any time. Meditation at 11:30.

**AA Open Meeting 12:00 noon**

**11<sup>th</sup> Step Meditation focus.** Contact Holly Hand for more information at 925-768-5815.

## THURSDAYS

**Practical Spirituality Class 1:30–3:00 PM Weekly (Last 2009 class is Nov. 12<sup>th</sup>)**

(See description on *page 5*.) Led by Rev. Betty Lue—with focusing meditation, affirmation and prayer, application of spiritual principles to everyday situations and closing with commitment and gratitude. Drop-in OK. Contribution

**New Programs Welcome.** Contact Rev. Betty Lue at 800-919-2392

**Our Center is available to be rented for groups, special services and community programs.**

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### **Used Book Sale**

Stay tuned for our **December used book sale**. Evelyn Buckminster and Jannie Bates are selecting duplicates and special titles from our lending library that you might want to add to your personal library or offer as gifts to friends and family. We will have a special sale table in the Bookstore/Library by the end of November.

***“This is the day the Lord has made. Let us rejoice and be glad in it.”***

Psalms 118:24

## Reflections by Joe A. Kick

### Changing The Channel

Gratitude. Today, as I'm writing this, a wild rain and wind storm has arrived. I love it! An exuberant dance of nature. I'm grateful for the rain. And I feel grateful for you, dear friend. Whether we know each other just a little – or a lot – I am so glad our paths have crossed. You enrich my life just by being you and I feel blessed.

There are many ways we can deepen our sense of gratitude. We can look on our minds as a TV. What are we watching? Is the remote stuck on the grievance channel? Are we tuning in to daily viewings of "Aint It Awful?", "Somebody Done Me Wrong", or "What's My Grudge?"

It's part of life that everyone has experienced some hurt or loss – perhaps even deep hurt, betrayal, abuse, or abandonment. My words here are not meant to minimize or trivialize that. Sometimes we may be tempted to try to make an end run around those things – which only puts us in denial. It's a beautiful paradox that as we embrace our humanity more deeply, we open ourselves more fully to our spiritual essence. In my experience, there's a very thin line between the two.

Still, watching daily reruns of "Misery Loves Company" may not be helpful. And here's where gratitude can be a powerful ally in helping us move more into healing, forgiveness, and peace. We always have the option to change the channel. We can find what is playing on our beauty, love, gratitude, and forgiveness channels.

A few years ago I read Michael J. Fox's memoir "Lucky Man" and I'm now immersed in his recent book "Always Looking Up." His life as a talented, funny, and successful actor has been devastatingly altered by Parkinson's disease. Yet within great loss he is finding, as he says, even greater blessings. His is a story of grace, humor, strength – and gratitude.

Gratitude helps us find the hidden gifts in our life's experiences. It helps us rewrite the story of what our life is about. It can become a bridge from feeling helpless to feeling empowered. And that makes me feel, well – grateful!

Joe

## Loving Reminders from Betty Lue

### Principles of True Service

*Giving money, goods and services are acts of Love.  
Serve God by giving to humanity and all creation.  
We are created to create Goodness and Wholeness.  
We are here to be truly helpful by serving all Good.*

#### **Respect**

Respect yourself and your gifts of service.  
Respect those you serve and the service you render.  
Respect those whom God sends to you to be served.  
Respect God by giving to the Source of your Good.

#### **Responsibility**

Respond to whomever comes to you with your best.  
Take impeccable care of your whole self.  
Appreciate the work you do and those you serve.  
Cast no guilt or blame on anyone, including you.

#### **Cooperation**

Cooperation is joining with others with support and appreciation.  
Cooperation is realizing all are of equal value in the greater Good.  
Cooperation is fully communicating and participating.  
Cooperation is giving our best with no withholds or judgments.

True acts of service bless both giver and receiver.  
Serving others with joy and gratitude expands our happiness and our supply.  
Let's love our neighbors, our brothers and sisters as ourselves.  
Let's continue to give, to bless, to comfort, to inspire, to encourage and to Love.

***Join Food And Clothing Drives this holiday season.  
Volunteer to give time and Love to places of need.  
Bless those who seek health and inner peace.***

- ***Feed the hungry.***
- ***Comfort the bereft.***
- ***Forgive the mistaken.***
- ***Remember the forgotten.***

***Ours is a Holy Healing Assignment from God.***

***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](http://www.UnityOnTheDelta.org)

#### Silent Unity website: [www.unityonline.org](http://www.unityonline.org)

#### Reunion Ministries: [www.LovingReminders.org](http://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 spiritual counseling, coaching or life purpose consultation, call Rev. Betty Lue, PhD, MFT at 800-919-2392 or email [bettylue@reunionministries.org](mailto:bettylue@reunionministries.org)

For spiritual healing training or living ministry, 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. Our pager # is **800-919-2392** for a more immediate response.
2. **Email**

[Robert@UnityOnTheDelta.org](mailto:Robert@UnityOnTheDelta.org)

[BettyLue@UnityOnTheDelta.org](mailto:BettyLue@UnityOnTheDelta.org)

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### Visit us online

[www.UnityOnTheDelta.org](http://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.

## Financial Statement — October 2009

|                               |       |                        |                      |
|-------------------------------|-------|------------------------|----------------------|
| Income-- Total Gifts & Tithes | 3,192 | Rent                   | 1,595                |
| Expense                       |       | Tithes                 | 100                  |
| Office Expense                | 450   | <b>Total Expenses</b>  | <b>3,470</b>         |
| Ministers & Speakers          | 1,250 | <b>October Deficit</b> | <b>&lt;\$203&gt;</b> |

*Every financial contribution blesses our Unity Center and Spiritual Family. Thank you for contributing with appreciation and generosity to what inspires, benefits and grows Goodness and Love in us and in our world.*

## Food & Clothing Drive

### Giving

*Giving what we have to those who have not, serves a Holy Healing and Higher Purpose.*

*Giving with Joy and Blessing, brings Joy and Blessing to giver and receiver.*

*Giving with Appreciation for the Abundance we have been given, increases Good for All.*

### Let us Give.

- Bring clothing...jackets, shoes, blankets new or in good condition, please.
- Bring food...canned goods and dry goods unopened and not outdated.
- Bring toys and games...for children of all ages...wrap and mark age and sex.
- Bring special gifts for women and mothers who may be forgotten. Mark size or type.
- Bring wrapped inspirational books, CD's and DVD's.

***Bless each one with your prayer of gratitude and love, envisioning the recipient is touched by God.***

If you have a special place, priority or family to which you wish we give, let Betty Lue know.

We will have special containers in the fellowship room where you can place your contributions.

***Giving is one way to express Love in our world.***

***Thank you.***



## “Center for Inspired Living”

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### WEDNESDAYS

#### Open AA Meeting

**11<sup>th</sup> Step Meditation Group** Every Wednesday from Noon—1:00 PM.

Call Holly for information. (925) 768-5815

### THURSDAYS (Nov 5 & 12 only)

#### Practical Spirituality Group

**Inspiration, Education, 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.*

Thursdays, 1:30-3:00 PM ongoing. Drop in OK. Love offering.

### SPECIAL PROGRAMS

#### The Green Team Presents:

**Bring Back Your Youth with Iwater** (*Intelligent water*). *Feel the power of hydration providing protection for total body wellness in a wireless world. Learn to protect yourself from the invisible waves caused by technology you use everyday. Join us for a free presentation at Unity Center for Inspired Living.*

Contact Michele for more information (925) 813-5225

Tuesday, Nov 10<sup>th</sup> at 10:00 am and Wednesdays, Nov 11<sup>th</sup> and Nov 18<sup>th</sup> at 7:00 pm

#### Shift Your \$\$ Energy

**For Women Entrepreneurs, Business Owners and Holistic Practitioners.**

- *Find the secrets to your financial success.*
- *Learn where you are stuck and change it.*
- *Discover how to earn what you are worth.*

*This workshop is dedicated to your purpose, passion and the radiance of your inner light.*

**Friday, Nov 6, 6:00-9:00 pm** Contribution.

For more information, contact Dani Burling, Teacher, Owner of Your Sacred Destiny 925-354-3496

If you would like to use the Center for Inspired Living space for a **group, class** or to offer **counseling, coaching**, or other **holistic health services**, contact **Betty Lue** at **(800) 919-2392**.

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#### Center Director— Betty Lue Lieber, PhD, MFT

**Coaching, Counseling and Spiritual Direction**

Specialties: Relationships, Communication, Life Purpose, Licensed and often covered by insurance.

Available on Thursdays and by phone. Financially contribute what is fair.

Call for appointments **800-919-2392**. (Leave a message)

## ***Spiritual Retreats***

**\*\*\*November 6-8 Villa Maria del Mar in Santa Cruz, CA**

### **Stewardship and Service—“*Create The Life You Want*”**

*Let's make everyday life an act of service, serving All with all we think and say and do.*

Program begins at 5 PM on Friday Nov. 6 with dinner and concludes after lunch on Sunday, Nov. 8. Space reserved for 15 people, so send in your **\$50 deposit ASAP**. Single occupancy is available. Cost for the weekend food and lodging is \$218, plus \$150 suggested contribution for the program. All are invited. No one will be turned away due to limited funds. Contact me for special arrangements.

**\*\*\*November 28, Saturday (Sleep over if you like.)**

### **Dedication of Reunion Lake House and Spiritual Retreat**

**Dedication and Blessing of the Lake House at 17664 Greenridge Dr. Hidden Valley Lake, CA**

Join us for a day of celebration and dedication at our new Lake House and Spiritual Retreat in Lake Co. It is a 2 – 2½ hour drive through beautiful wine country and Calistoga. We will give you detailed directions.

**\*\*\*January 16-17, 2010 Rio Vista Spiritual Retreat Weekend**

### **Whole Life Integration: Find Purpose, Balance and Peace Within**

This two day program is being held at our home in **Rio Vista** and is open to all who want to attend.

**Goal:** Experience a synthesis of creative wellness, abundant living and spiritual awareness tools for personal and professional lifestyle integration of whole life components.

**Focus:** • Holistic overview of your life • Assess current lifestyle • Clarify personal values • Visualize ideal life and peak performance • Envision and design lifestyle plan to initiate positive change

Labyrinth walk, energy balancing tools, vegetarian meals, moving meditation and fun, fun, fun!

**Contact Betty Lue** at (800) 919-2392 for registration or more information. Love Offering.

**\*\*\*January 27-31, 2010 Four Days on Kona Coast, Hawaii with Betty Lue and Robert**

### **“Living On Love”**

• Fun & Friendship • Letting Go & Laughter • Energy & Enthusiasm • Clarity & Celebration

Plus healthy lunch daily, group sight seeing, gentle undoing and personal revelations.

\$450 (with 50% deposit of \$225) Deposit is non-refundable after December 15. Limited to 8 people.

*Participants are responsible for their own air and lodging.* Call Betty Lue for details. (800) 919-2392

#### **Tentative schedule: (Varies according to group needs)**

|           |        |  |
|-----------|--------|--|
| Wednesday | 9-2 PM | <b>Set Intention, Spiritual Goals, Process</b>   |
| Thursday  | 9-2 PM | <b>Clear Sabotage and Inter-fear-ence.</b>       |
| Friday    | 9-2 PM | <b>Practicing Trust and Freedom</b>              |
| Saturday  | 9-2 PM | <b>Designing Your Life of Love</b>               |
| Sunday    | 7-8 AM | <b>Aloha Breakfast and Gratitude Celebration</b> |

**Begins Wednesday 1/27 at 8 AM and ends with Aloha breakfast on Sunday 1/31, 7-8:30 AM.**

***Lots of FUN and FREEDOM!***

**Retreat Location: Kona Coast Resort, 78-6842 Alii Drive, Kailua-Kona, HI 96740**