



# Unity On The Delta

October 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**

## A Note from Betty Lue

### Teaching and Learning

We are all teacher and students in our relationships.  
We are teaching and reminding others of what we want.  
We are each listening and learning what others want.  
The clearest teaching is how we live and speak and treat ourselves.

When we are conscious, having forgiven our false teachings and learnings, we are clear and confident, accepting and trusting, creative and grateful.

When we are unconscious, holding judgments and grievances of ourselves and others, we are confused and uncertain, judgmental and suspicious, stuck and depressed.

The signs and symptoms are clear.

The solutions are simple.

Willingness is questionable, but can be chosen in an instant.

**Forgive and erase all that has gone before  
and choose again.**

“Be not conformed to this world, but be transformed by the renewal of your Mind.”

Loving you,

Betty Lue

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## A Note from Robert

Dear Friends,

Our focus for October is:

### Letting Go and Balance

The “teeter-totter” is a great visual for this month. When we add too much to one side, we can return to balance by removing the excess or by adding more to the other side.

In October, let’s apply effective “spiritual mathematics” and practice **Healing by Subtraction**.

Notice that it is really the foods we **stop** eating which make us healthy. It is the thoughts we **stop** thinking that make us happy. It is the opinions we **stop** holding that make us free.

When we stop trying to be what we are not and stop trying to improve on God’s creation by adding our own layers of complexity and white-wash, we are able to recognize our innate and natural perfection.

Fall is about harvesting and realizing. It’s about receiving, acceptance and understanding. As Autumn leaves fall, let’s join in by letting go of our worldly “be-leafs”, let our spiritual energy move inward and come to accept and celebrate the gift we were created to be.

Reverend Robert

**\*\*\* Send us your email address \*\*\***

*Sometimes there are opportunities or last minute changes effecting you. We promise to use it sparingly and respectfully. Email to [Robert@UnityOnTheDelta.org](mailto:Robert@UnityOnTheDelta.org)*

**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**

### **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, Betty) led by Gail Caruso. **Your children are welcome every Sunday.**

### **SUNDAY PROGRAMS FOR EVERYONE**

9/27 Rev. Holly Hand, "*Lessons Are Blessings*" 10-11 AM

10/4 Rev. Robert, "*Letting Go Is Fun, Safe and Easy*" 10-11 AM

Workshop: *Letting Go with Love: Find Peace with Dying, Death and Loss*" 11:30-1PM (offering)

10/11 Rev. Betty Lue, "*Instant Forgiveness*" 10-11 AM

Board Meeting, 11:30-1PM

10/18 Rev. Robert, "*Balance Is Key*" 10-11 AM

10/25 Rev. Betty Lue, "*What Masks Do You Wear*" 10-11 AM

Prayer, Healing, Ministry Super Vision 11:30-1PM

11/1 Rev. Robert, "*All Saints Unite*" 10-11 AM

Workshop: "*Coping With Winter Blues and Blahs*" 11:30-1PM (contribution)

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### WEDNESDAYS

**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). All welcome. You may join at any time. **Meditation at 11:30.**

### THURSDAYS—NEW

**Practical Spirituality Class 1:30—3:00 PM** Weekly (No class Oct. 8!)

(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.

**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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## *Spiritual Retreats*

**\*\*\*November 6-8 Spiritual Retreat at Villa Maria del Mar (Santa Cruz, overlooking Monterey Bay)**

Theme: **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. We have reserved space for 15 people, so send in your **\$50 deposit ASAP.** (If you are coming, we would like to know before Oct 7.) Cost for the weekend food and lodging is \$218, plus \$150 suggested contribution for the program facilitation. Single and double occupancy are available. All are invited. No one will be turned away due to limited funds.

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**\*\*\*January 27-31, 2010 Hawaii Winter Spiritual Retreat on the Kona Coast**

**“Living On Love” with Betty Lue and Robert**

Four days of

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

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

**Investment for retreat only: Discounted early registration before Nov. 1, 2009: \$500 (with 50% deposit of \$250)**

**After Nov 1, 2009, registration is \$650 (\$325 deposit).** Deposit is non-refundable after December 15.

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

## Reflections by Joe A. Kick

### Man On Wire

In 1972 a young Frenchman named Phillippe walked across a cable stretched between the twin towers of the World Trade Center. A quarter mile above the streets of Manhattan he walked, floated, and danced across the wire – back and forth – and even lay down on the cable. As this amazing feat was also illegal – the preparations – such as installing the heavy cable – were handled like a well executed bank heist. Afterwards Phillippe was arrested and here was his sentence: to perform a free show of wire walking in Central Park. Which he did. (On DVD Man on Wire - Contra Costa Library).

So – what does this have to do with us? You are not a wire walker – nor am I. I'm thinking – what does Phillippe have or do – that allows him to stay up on the wire? Without which he would surely fall? What he has in abundance – is balance. At age 60, he is still on his wire –doing what he feels called to do. And he does it with grace, poise, even humor – and balance.

Balance in life is so essential – no matter what our path or wire might be. You might experience balance is a variety of ways: inner & outer, activity & rest, work & play, giving & receiving, inhale & exhale.

Jesus is sometimes referred as being both fully divine and fully human. What can we learn from Jesus about balance in life? He was surrounded by crowds of people eager for his teachings, healings, and miracles. Yet he also took time to pray. “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place where he prayed.” (Mark 1:35)

By prayer, meditation, and relying ever more deeply on God – we find our balance in life. Whatever it is you are dealing with – turn it over to God. Let go and let God show you the way. He will help you find and keep your balance.

In walking on his wire Phillippe uses a very long pole for balance. Without it there's no way he could stay up there. Let God be your balance pole. He will help you walk and even dance across the wire of your life with ease, poise, and grace.

Joe

## Loving Reminders from Betty Lue

### *Forgiveness Works*

Did you know that where you have not forgiven, you are giving up a little part of yourself?

Did you know that where you condemn another, you will also fear their judgment of you?

Did you know that when we withhold our forgiveness, we stay stuck with the experience we judge?

Did you know that to be healthy, happy and at peace, we must forgive totally?

When we block Love, we block life energy.

When we stop loving, we interfere with our natural state.

When we judge ourselves or another, our ego is “Edging God Out”.

When we neglect to give the Love we are to share, we stop living abundantly.

What if forgiveness is the key to healing and health.

What if forgiveness is the remedy for lack of abundance.

What if forgiveness is the way to feel connected with God.

What if forgiveness is the answer to all our prayers.

Is it possible that we have been given the most essential tool needed to be whole and happy and free?

Is there a way that forgiveness of our mistakes and all errors is really what Jesus was teaching humanity?

Is there a Truth that we have ignored, neglected and forsaken, so we could maintain our righteousness?

Is there a path to peace and happiness, where forgiveness lights our way?

When we have forgiven, we are at peace.

When we have forgiven, we are creative.

When we have forgiven, we are empowered.

When we have forgiven, we can choose again.

Forgiveness is the choice to free ourselves from the conditions, beliefs, and fears that imprison us.

Forgiveness is the opportunity to choose what is highest and best for all concerned without blame or guilt.

Forgiveness is the inspired way we open the door to healing, change and reconciliation.

Forgiveness is the freedom we give to trust, respect and love one another.

*“I constantly forgive everyone and everything, including myself, for all time.”*

*“My forgiveness sets me free to fully be all I Am in Love, at Peace, with Joy.”*

*“The more I forgive, love and trust myself, the more abundantly I experience my life.”*

Loving and Forgiving everyone everywhere for all time,  
*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.

## Our Finances At A Glance

We have done really well financially this year—new full time center, expanded programs, and more. As our space, programs and participation have grown, so have some of our expenses, plus we are expecting a rent increase on our February renewal.

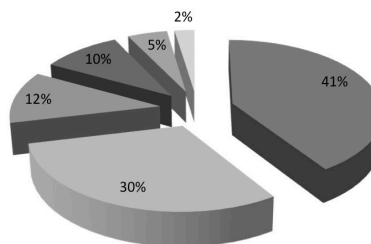
Below, you see our **actual monthly average expenses** for the first 8 months of 2009. Next to that, you see our **target monthly budget** for the balance of 2009. The most significant addition for the balance of 2009 is bringing our tithing to the Association of Unity Churches and other supportive organizations up to our target of 10%.

Jan-Sept 2009 MONTHLY AVERAGE		Oct-Dec 2009 TARGET MONTHLY AVERAGE	
<b>Income</b>	3,545	<b>Income</b>	4,100
<b>Expense</b>		<b>Expense</b>	
Ministers	1,245	Ministers	1,250
Rent	1,634	Rent	1,675
Office Expense	438	Office Expense	475
Music	197	Music	200
Tithes	156	Tithes	400
Continuing Ed.	132	Continuing Ed.	100
<b>Total Expenses</b>	<b>\$3,802</b>	<b>Total Expenses</b>	<b>\$4,100</b>

*We celebrate our abundance and the opportunity we have to Be Love In The World.*

*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.*



Rent 41%  
Ministers 30%  
Office Exp 12%  
Tithe 10%  
Music 5%  
Cont. Ed. 2%



## “Center for Inspired Living”

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### TUESDAYS

#### **The Green Team**

The Green Team invites you to learn about **ELECTO-POLLUTION** (our wi-fi, cell phones, and all cordless devices.) Most importantly, how to **PROTECT** ourselves and our **PLANET**. Open to all.

Contact Michele for more information (925) 813-5225

Every Tuesday at 10:00-11:30 AM, beginning October 6.

#### **Poetry For Pleasure**

We will read, write and perform poetry. Wordsworth defined poetry as "the spontaneous overflow of powerful feelings". Jerri Brillhart has been a member of Osher Lifetime Learning Institute at California State University in Fullerton and brings new ideas that will stimulate your imagination and open your heart to your own possibilities of self expression. Every Tuesday 2:00—3:30 PM beginning October 6.

Call Jerri with any questions (925) 684-4894.

#### **Youth of Unity**

We want **Y.O.U.** to be love in the world! ☺

• Story Telling • Poetry • Raja Yoga • Drumming • Movie Nights • Feasts • Treasure Mapping  
Every Tuesday night 7:00—8:30 PM beginning October 6. Ages 13 and up! Contact Jason.

### WEDNESDAYS

#### **Open AA Meeting**

**11<sup>th</sup> Step Meditation Group** Every Wednesday from Noon—1:00 PM. Begins October 7.

Call Holly Hand for information. (925) 768-5815

#### **The Green Team**

(See Tuesday description for information) Every Wednesday 7:00-8:30 PM beginning October 7.

### THURSDAYS

#### **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. (No group on Oct. 8)

### PRACTITIONERS

#### **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)

#### **Kim Carrington**

##### **Hypnotherapy and Life Coaching**

Specializing in medical hypnosis, Kim can also guide you to heal your Inner Child, communicate more effectively, or achieve an important goal. Call Kim at (925) 965-9493 to schedule a free, no-obligation session.

# PARTICIPATE ON OUR UNITY TEAMS!

*Many hands make light work! It is fun to contribute in ways that bring you joy!  
Life works when we all play our part. "Give your best and know you are a Gift"*

**Contact Betty Lue via email, phone or in person for more info and orientation.**

**[BettyLue@UnityonTheDelta.org](mailto:BettyLue@UnityonTheDelta.org) or 800-919-2392.**

**Sundays Service Team:** *Create a space where all are greeted and served with love.*

*Setting up, Closing up, Greeting, assisting ministers, announcements, welcoming guests.*

**Fellowship Team:** *Gather our spiritual family for spiritual nourishment and joyful sharing.*

*Potlucks, family fun events, errands and rides as needed. Coffee & food setup and clean up weekly.*

**Music Team:** *Make a joyful noise to inspire and uplift all who are here.*

*Choir, soloists and accompanying Musicians, drumming, play piano or instrument, song book and more.*

**Children's Education Team:** *Offer our children a fun and inspired spiritual education.*

*Build educational opportunities for teachers and children to grow healthy adult-child relationships.*

**Youth Program Team:** *Mentor inspired leadership in our youth and young adults.*

*Provide opportunities for education, inspiration, fun, creativity, service and leadership.*

**Prayer and Healing Team:** *Offer affirmative prayer and healing Love to all on request.*

*Prayer chaplaincy and Reiki spiritual healing training offered with monthly super-vision,*

**Sacred Space Team:** *Beautify and maintain our spiritual space impeccably.*

*Vacuuming, waste baskets emptied, water bottles filled, flowers, water plants, supplies*

**Ministry Team:** *To inspire all with the Love of God.*

*To offer scripture, meditation, writings and classes focused on communicating Practical Christianity.*

**Programs and Outreach Services:** *Be truly helpful with education and inspiration.*

*Provide enriching workshops, speakers and classes as needed and wanted by participants.*

**Public Relations and Outreach Team:** *Let everyone know we are here to bring Love to our world.*

*Reach out to serve our community. Place articles in local papers. Create other ways to inform.*

**Bookstore and Library:** *Offer inspiring resources beneficial to all who receive them.*

*Expand bookstore offerings, Contribute library books and learn to shelve them.*

**Fund-Raising and Pledges Team:** *Keep abundance and trust flowing freely.*

*Create fun and fund-raising events for Unity to inspire joyful prosperity for everyone.*

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**We already have:**

- An informal willingness of many to serve spontaneously as called.
- A powerful Spirit-guided Board of Directors and many others who easily help when asked.

**We need help in knowing who will be responsible each week?**

- Clarity, commitment and consistency to certain days and tasks.
- Leadership and coordinators, plus those willing to serve on teams.
- Mentoring people in how to best serve on each team's tasks.

***Can you take on the leadership or coordination of a team?***

***Are you willing to be a helper or team member with another's direction?***

Contact Rev. Betty Lue at 800-919-2392 or email [BettyLue@UnityOnTheDelta.org](mailto:BettyLue@UnityOnTheDelta.org)

*Where you serve, you have a greater sense of belonging.*

*Where you contribute, you feel a partnership with others.*

*Where you help, you experience the blessing of being truly helpful.*

*When you love unconditionally, give from your heart and remember God, you know True Abundance.*

Betty Lue