

Upcoming Events & News



unity
West Central Region

A Positive Path for Spiritual Living



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November 2015 WCR Newsletter

Submitted by the West Central Region (WCR) and Unity Centers in our
Region

Best Practice in the Field

Caregivers need care too! Relax! Refresh! Renew!

Being a family caregiver involves a high level of compassion and personal sacrifice, and it's easy for the caregiver to neglect their own health and interests. Compassion fatigue is as debilitating to the caregiver as the direct responsibilities for medical, financial and daily care. Emotional burnout can lead to chronic illness

in the caregivers themselves. Come together and be renewed.

This workshop teaches:

- Learn techniques to practice relaxation
- Participate in a playful process to get refreshed
- Practice steps towards finding those moments to renew YOU
- Brainstorm; what works for me and my self-care?

*Contact Elizabeth Rawson, MA at info@who-cares-caregivers.com or
Call 530-277-1294 for a workshop!*

Wanted: Music Director!

Unity of the Valley Spiritual Center (Vacaville)

We are looking for a Music Director. The church address is 350 N. Orchard Avenue, Vacaville, CA 95688.

Please contact Teresa or Rev. Dalia at 707-447-0521 or unityvv@pacbell.net for additional information.

Calendar of Events

<http://www.unity.fm>

Tuesdays, December 1, 8, 15, 22

6:30-8:30pm

A Trip to Bethlehem

Unity of Roseville

(4-class series, not for SEE credit)

Taught by Rev. Bob Brach.

<http://www.unityroseville.com>

Friday, December 4

7:00pm

"How Adored You Are" Concert

Unity San Francisco (Bush St.)

With Karen Taylor Good and Stowe Dailey, joined by Karen Drucker

<http://www.unitysf.com>

Saturdays, December 5, 19, January 2

2:00 – 4:00pm

Workshop: Restore Your Emotional Resilience

Unity of Stockton

(3-class series)

Facilitated by Betsy Kramer, MA

<http://www.unityofstockton.com>

Wednesday, December 9

7:00pm

An Evening with Rev. Phil Pierson;

Inspirational Stories on the Unity Path

Unity at Oroville

For more information click this link

<https://simplebooklet.com/novjan2016#page=1>

Wednesday, December 9

The Interfaith Connection Service

5:30 – 6:45pm Soup & Salad

7:00 – 8:00pm Service

Spiritual Life Center (Sacramento)

Living the Holidays with Spirit and Letting Go

<http://www.slcworld.org>

Saturday, December 12

11:00 – 3:00pm

Rising into the Field of Delight

Unity San Francisco (Bush St.)

Facilitated by Laura Taylor, LUT

<http://www.unitysf.com>

Wednesday, December 16

Interfaith Connection Service

5:30 – 6:45pm Soup & Salad

7:00 – 8:00pm Service

Spiritual Life Center (Sacramento)

The Advent Spiral (experiential)

<http://www.slcworld.org>

Sunday, December 20

4:00 – 6:00pm

Holiday Music Revue

Unity of Walnut Creek

Featuring the Joyful Heart Singers and many of your favorite vocalists

<http://www.unityofwalnutcreek.com>

Wednesday, December 23

7:00pm

Christmas Around the World – Holiday Concert

Unity of Sacramento

Featuring Unity of Sacramento's favorite artists and guests

<http://www.unityofsacramento.com>

Sunday, December 13

12:15 – 2:15pm

An Inner-Experiencing Journey of Soul Healing

Unity of Stockton

Facilitated by Laura Taylor, LUT

<http://www.unityofstockton.com>

Thursday, December 31

New Year's Eve Novena and Burning Bowl - 5:00-9:00pm

Burning Bowl and Letters to God - 5:00-8:00pm

Service - 8:00-9:00pm

Spiritual Life Center (Sacramento)

Sunday, January 3

1:00 – 3:30pm

Relationship Workshop: "I Love You! You Drive Me Crazy!"

Unity Center of Davis

Facilitated by Sonika Tinker, MSW, and Christian Pedersen, CLC

<http://www.unityofdavis.org>

Thursdays, January 7, 14, 21, 28

6:30pm

How to Pray for Anyone, Anytime, About Anything

Unity of Oroville

(4-class series)

Taught by Rev. Judi Elia

<http://www.unityoforovillechurch.org>

February 26, 27

Friday, February 26, 7:00 – 9:00pm

Saturday, February 27, 9:00am – 4:00pm

Board and Key Leader Event

Unity of the Valley Spiritual Center, Vacaville

Rev. Charlene Manuel is the keynote speaker presenting her book, “The Power of One”

Sunday, February 28

Guest Speaker, Kelly Isola

Unity of Stockton

She will be attending our West Central Region Key Leader Event and will be available for Talks or Workshops on Spiritual Intelligence, The Q Effect and Muppet Theology.

Kelly also has some good Board training material on telling the difference between a Polarity vs. Problem. She can be contacted through her website www.kellyisola.com.

News and Ongoing Services

Submitted by the West Central Region and Unity Centers in our Region

Matching Grants for Unity Churches

For more information click on this link

<http://friendsofministry.com/matching-grants/>

You Don't Have to Do This Alone

Ministry can be a mixed bag; rewarding, challenging and sometimes lonely. As Regional Chaplain, I am offering my services to you as a partner in ministry.

I am here if you would like to pray, vent, or if you would like a companion on your journey.

I have been making quarterly calls to each of you (I hope you are getting your messages) to offer support and remind you of upcoming events in the region.

Additionally, UWM has approached me to work with our region to be a Prayer Chaplain, making monthly calls and leaving prayers on your voice mail. Please let me know of significant events in your life for which you would like support.

If you do not want to receive my calls as Regional Chaplain or monthly calls in my role as UWM chaplain please let me know.

My number is: 707-279-1580, my email is unitymargaretf@gmail.com

Many blessings and my love to you all.

Rev. Margaret Flick

Good News Letter Unity of Palo Alto

Each quarter the Good News letter provides insightful articles along our quarterly theme and in-depth information about what's happening at Unity Palo Alto.

Everything from holiday service schedules, concerts and spiritual growth classes. The latest edition of is here. Thank you for subscribing! [Read the latest edition](#)

We are pleased to provide you with the Good News Letter in PDF format.

If you do not have the Adobe Reader [download the latest version for free from Adobe.](#)

New on Unity Online Radio! Wednesdays at 2:00pm (PT) Rev. Maggie

Join Rev. Maggie on her new hour-long radio show, "Creative Spirit: Connecting Art and Soul," on Unity Online Radio.

Blog for Youth and Family Educational Resources Kristen Bowman, LUT

Kristen is the Youth and Family Ministry Director at Unity in Marin, and WCR Board Member. She has created a blog for Youth and Family Ministry Educational Information. This is a much-needed and very welcomed addition to our regional resources. There is information about curriculum, spiritual education, training, contacts, and much more. Please check it out [here](#) and feel free to forward your Youth Ed teacher's information to <http://westcentralregionyfm.blogspot.com/p/events-andtrainings-in-west-central.html>

SEE in the Field

Please go to our West Central Region's website for upcoming SEE courses.

You can search by date or location.

<http://www.unitywestcentralregion.org>

Facebook Page

Become a friend on our Facebook page and you can post events happening at your center. Go to

Facebook, search for West Central Region and “like” the page. When you post an event be sure to list the date, time and who to contact about the event.

Our Goal

Is to keep you informed of news that impacts our region’s ministries and about upcoming events. If you have articles, news, events or best practices and you would like to share with the region, email them to wcrkris@earthlink.com for possible inclusion in future newsletters. Your feedback about this newsletter is also appreciated.