



**Upcoming News and Events!**  
*A Positive Path for Spiritual Living*



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

**Go to Unity West Central  
Region's Website  
and see what we can offer you!**

<http://www.unitywestcentralregion.org/>

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### ***Unity of Roseville***

#### ***150 Sanctuary Chairs for Sale!***

Unity of Roseville is moving July 1st to our new facility and will be selling 150 of their tan colored sanctuary chairs, which are in excellent condition. Please contact Wendy Huff: [wdaneau@hotmail.com](mailto:wdaneau@hotmail.com)  
OR Renee Chance: [rjchorses@gmail.com](mailto:rjchorses@gmail.com)

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**Minister and LUT Event  
Thursday, October 11 & 12**



**Unity of Monterey Bay**  
**601 Madison St.,**  
**Monterey, CA 93940**

## ***WEBINARS AND SEE CLASSES***

*The Webinars also have SEE Credit*

*(Alphabetical order by city):*

**No new classes at this time**

## ***EVENTS THROUGHOUT THE WEST CENTRAL REGION***

*(Alphabetical order by city):*

*Events and Classes held in WCR in alphabetical order of City*

### **Unity Center of Davis (Davis)**

**Saturday, May 5**

**(see times below)**

#### **Lite Hike in the Pines**

Fleming Meadows Trail, near Sly Park, off Hwy. 50. We'll hike about 4 miles - 300 ft. elev. gain. It's a lovely hike through meadows and forests and along hilltops with views! Dogs are very welcome! Bring your lunch. It's an all-day event. After the hike, we'll go out for a Mexican Dinner (optional) on the way back. Davis meeting time: 9:00 AM, Sacramento meeting time: 9:45 AM. Sign up at Welcome Table or Contact Caroline Tollefson, 916-993-8196 email: [earth2caroline@gmail.com](mailto:earth2caroline@gmail.com)

**Saturday, May 19**

**9:45 – 11:45am**

**Women in Spirit: Silent communing with the Trees**

Location: UC Davis Arboretum, Shields Oak Grove, Gazebo Moon Garden. Our June Hebb will be our guide for this time of sacred communion with nature. Human-hearted and God-centered, we will enjoy silent-soul communion and send love to all forests and plants around the world, assured divine order is God's gracious gift. \$5 Love Offering (optional). For questions or more info: contact Joy at [joyduffy@att.net](mailto:joyduffy@att.net) or (916) 567-9940. MEN AND WOMEN ARE INVITED

**Tuesday, May 22**

**1:00-3:00pm**

**Spiritual Writing Workshop**

Is there a story you've been longing to tell? Have you been wanting to find your voice? Join Rev. Robyn Plante in this nurturing writing environment for a time of guided relaxation and right-brain writing prompts designed to evoke spiritual memories, insights, and creativity. No experience necessary. Bring your favorite notebook, writing utensil, and a desire for discovery. This Amherst Writers & Artists method will be used. The workshop is structured with a time of introduction to the process, brief meditation, writing segments, and a time of sharing (optional). Location: June's Clubhouse: 26262 County Road 21a, Esparto, CA 95627. Parking in front of and rear (north of) clubhouse at entrance off County Rd. 21a. 530-771-5375 Cost: Love Offering. For more information, please contact her at [revrobyn7@gmail.com](mailto:revrobyn7@gmail.com). Class size limited.

**Unity of the Gold Country (Grass Valley)**

**Tuesday, May 15 - July 31**

**9:45-11:00am (Group 1)**

**Friday, May 18 - August 3**

**12:30-1:45pm (Group 2)**

**Intention Groups**

Belief vs Knowledge: According to Webster's Dictionary, belief is "a state or habit of mind in which trust or confidence is placed in some person or thing." Knowledge is defined as "a body of facts learned by study or experience." We are forming two Intention Groups, where we will explore the power of intention. In this way we hope to move from belief to knowledge by demonstrating to ourselves what happens when a small group joins together with a focused intention. Our groups will be based on the latest book by Lynn McTaggart, The Power of Eight.

**Unity of San Francisco (Ocean Ave.)**

**Sundays, May 6 & 20**

**12:30-2:00pm**

**Enneagram and Spirituality Workshop**

**Facilitated by Rev. Gerry Brague**

The Enneagram is a personality typing system that consists of nine different types. It has its roots in the ancient desert fathers and mothers and has come down through the centuries and other faiths to us today. Everyone is considered to be one single type.

Over the course of a two-part workshop at USC following services, we will not only discover and explore your type but also find out how your type affects your spirituality and the ways that you relate to others.

Learn about the various types and how they relate to our faith lives. Sign-up today. A \$20 donation is requested for the two sessions.

**Unity Chapel of Light (Santa Maria)**

**Friday, May 4 6:30pm**

**Drum Circle**

Group drumming is a powerful, centering and joy-filled experience where you find a strong sense of community. Julie Jensen is the facilitator. Come even if you don't have a drum. Love offering basis.

**Unity of Stockton (Stockton)**

**Sunday, April 29 – Oct 28**

**Lessons in Truth (6 Monthly Sunday Afternoons)**

**Facilitated by Rev. Dr. Gail Derin & Rev. Sheila Johnson**

Students will learn the essential metaphysical concepts, including the choice of freedom, the Spirit within, thoughts as instruments, the tools of denial and affirmation, spiritual gifts, the secret place of the Most High, the Silence, and expressing Oneness.

The "Lessons in Truth" book by Emilie Cady may be purchased at Unity of Stockton or online at SmileAmazon.com. Remember to type in Unity of Stockton as the charity of your choice to receive Amazon's contribution gift.

April 29 - Please read Chapters 1 & 2 ahead of time - Liberty or Bondage; Statement of Being

May 27 - Please read chapters 3 & 4 - Thinking; Denials

June 24 - Chapters 5 & 6 Affirmations; Faith

July 29 - Chapters 7 & 8 - Definition of Terms: Chemicalization, Personality Individuality; Spiritual Understanding

August 26 - Chapters 9 & 10 - The Secret Place of the Most High; Finding the Secret Place

October 28 - Chapters 11 & 12 - Spiritual Gifts; Unity of the Spirit

It is not necessary to attend all 6, unless you would like S.E.E. (Spiritual Enrichment Education) credit toward prerequisites for Unity Licensed Teacher or Ministerial programs.

\$55 in advance for all 6 classes.

Plus \$45 to Unity Village if you wish to register for S.E.E. credit. This is a S.E.E. elective.  
Or \$10 per class for those who do not wish to attend all 6 classes, and for those who do not wish to receive S.E.E. credit.

**Saturday, May 19 9:00-6:00pm**

**Sunday, May 20 2:00-6:00pm**

**The Connection Practice**

**Foundations Course Part 1**

Facilitated by Rev. Sheila Johnson and Lynda Hadley

You will learn a profound, yet simple way to communicate clearly and compassionately.

- Transform your response to stress
- Learn to resolve conflicts peacefully
- Create more authentic relationships
- Find release from worry, anger & anxiety
- Lectures, experiential exercises, and small groups

Early bird rate: \$149 purchase before May 12<sup>th</sup>

Cost: \$199

[www.rasurinternational.org/](http://www.rasurinternational.org/) Email or call Unity of Stockton to register [office@unityofstockton.com](mailto:office@unityofstockton.com) or 209-466-5569

### **Unity of the Valley Spiritual Center (Vacaville)**

**Thursday, May 31**

**10:00 – 12:00pm**

**Empowered Living**

**Facilitated by Martha Creek**

Does a day of laughter, insight and growth appeal to you? More joy, peace and understanding in yourself?

It's possible NOW, when we live from an empowered place. Come and find that place in you. Martha

Creek is a master trainer of individuals and church leaders. A facilitator of "The Work," of Byron Katie, she

brings years of experience, wisdom, humor and a deep commitment to serving others. Love offering of

\$20 is appreciated. No one turned away. Early bird rate \$15 if you pre-register

Location: 350 N. Orchard Ave., Vacaville.

**Thursday, May 31**

**1:30-3:30pm**

## **Empowered Leading**

### **Facilitated by Martha Creek**

A leadership workshop experience especially designed for church leaders.

Would you like to lead your team with greater ease? Do you dream of better teamwork within the church?

Does a day of laughter, insight and growth appeal to you? More joy, peace and understanding in yourself and in your church? It's possible NOW, when we lead from an empowered place and encourage empowerment in others. Come and find that place in you and watch your church transform.

Love offering of \$20 is appreciated. No one turned away due to lack of funds. Early bird rate is \$15 if you pre-register @ <https://www.unityvacaville.org/> or [www.marthacreek.com](http://www.marthacreek.com)

### **Board Staff**

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**Newsletter Laurie Minsal**

**CAO/CFO Kristine Krause**

**YOU Consultant Michael Gomez**

**Webmaster Laurie Minsal**



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***Our Mailing Address for mail and tithes is NEW! PO Box 2829, Santa Clara, CA 95055***

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