



Brentwood Unity

Spring into Service!

Discover Your Divine Potential Through Forgiveness

Volume 2, Issue 4

April 2017

To Err is Human, to Forgive, Divine.

A Course in Miracles says, "Forgiveness ends all suffering and loss."

Is there anyone that you are blaming for your feelings of upset or anger, blaming anyone for unhappiness? One of the most detrimental decisions we can make is Blame. When you blame other people for your reactions, when you believe they are responsible for your feelings, you relinquish control over your life. You allow others to take charge. You become a passive victim.

Some people believe that when you forgive someone, you are doing something for them. The truth is, when you forgive, you are doing it for everyone! When we choose forgiveness, we choose healing and freedom for all. You must give up pain, anger, resentment, and fear in order to experience goodness, joy, peace and love. You must give up what you do not want in order to make room for what you do want.

Psychologist Dr. Richard Johnson lists the following points as the practical benefits of forgiveness:

1. Forgiveness stimulates spiritual growth – which is stunted, stopped in its tracks by an unforgiving nature. Forgiveness releases us from the deadening burden of resentment and blame and allows us to use our spiritual energy in constructive ways.
2. The act of forgiveness restores our vitality, stamina and zest for life.
3. Forgiveness restores peace and harmony in our lives.
4. Forgiveness allows us to live a more abundant life, with an uncluttered soul, an unburdened heart and a mind free from resentment and recriminations.

There is no simple way to define forgiveness. Forgiveness is a bridge that all of us cross at one time or another in our lives. Forgiveness is an act of will which we carry out consciously and deliberately. Forgiveness is an attitude of compassion and understanding with which we choose to react to the world. Forgiveness may be a process, forgiveness may not always be easy. Forgiveness is an effort to bring out the divine that is in all of us.

Forgiveness need not be a struggle if we realize that it is also a great gift and a blessing. It is a choice that we make – either to love or hate, to punish or pardon, to heal or hurt. Martin Luther King, Jr. said, "Forgiveness is not an occasional act. It is a permanent attitude."

Let us not forget that many carry on their own hearts, heavy loads of guilt which rob them of peace of mind. Guilt may be due to personal standards that we have set for ourselves, or due to ethical reasons for having done something looked upon as wrong. In either case, self forgiveness is essential.

The moment that an individual accepts and forgives, is the moment of renewal, a new beginning.

Always Love,

Amy

Beyond The Eggs

Easter is a universal festival and the egg is a universal symbol. The ancient Babylonians, Egyptians, Norsemen and Scandinavians worshipped the Egg. Norsemen exchanged colored eggs, at the time of the vernal equinox. Hindus believe that the Mundane Egg, in which Brahma gestated, broke its shell in spring. The symbol of the Goddess Ostara was worshipped as Queen of the spring, Ostara, is possibly where our word Easter came from.

The story goes that when Ostara first came to earth, it was dark and cold- she was sent to earth to wake things up. Easter celebrates the awakening of life from its winter sleep. During the spring festival, the ancients celebrated the renewal of nature, as Christians celebrate the resurrection of Christ. According to the Metaphysical Bible Dictionary by Charles Fillmore, the word resurrection is "**the raising of man's mind and body from sense to spiritual consciousness.**" Resurrection is a lifting up, a renewal of the mind that makes a complete transformation of the body. "**The resurrection is an organic change that takes place daily..."**

The traditional Christian view is that Jesus died for our sins and if we accept Jesus as our personal savior then we can get into Heaven somewhere out there. That is how it's been interpreted and translated –literally- but I don't think that is what Jesus taught or demonstrated. In the Bible, Paul said we die daily - he was talking about releasing, letting go of the old self perception - who I thought I was or the identity I carried. It is in that identity that our limitation is found. Jesus, our wayshower, opened the door or took the lid off of humanity and even said "**all the things I do- you can do also ...and greater things.**" **The message is:** Here's what's possible for the human being.

Many have taken Jesus as an example and made him almost unattainable. Why would a teacher come to give us a message that is unattainable-what good would that do? **That which was in Jesus is also in each of us, it is merely our own false beliefs that keep us from realizing our Christ potential.** This doesn't mean you have to learn to walk on water or raise the dead or perform on some level. The process begins by recognizing that I am absolutely unlimited. And if I see myself as limited – **it is of my own creation. This is where Unity Principle 3 comes in.** *Thoughts Create. We create reality through thoughts held in mind.*

You see, healing the mind, moving to a higher consciousness, IS the way out of hell. We invoke the principle of resurrection in our current affairs by dying to, or letting go of the old thoughts and beliefs and affirming the new. Easter- well summed up in the scripture from John 12 -becomes a good visual of this renewal process, also occurring in each one of us.

-Continued on page 2

Sunday Service at 10 am Children's Program Held During Service
50 Sand Creek Road #60, Brentwood, CA 94513 ph: 925.420.5847
web: brentwoodunity.org email: brentwoodunity@brentwoodunity.org



Mindful Musings

Infinite Grace

Let us focus on Oneness,
 Getting in touch with our
 Divine and Infinite Self.
 As close as our breath.
 Inspiring and strengthening
 Every cell, atom and molecule.
 Clearing Our Heart of error.
 Lifting our eyes and ears to
 Receive the message of Oneness,
 So we flow with Love and Joy,
 Embracing and beholding only
 The ever Present Infinite Grace.

-Jerri Brillhart, January 2014

-Beyond the Eggs, continued from page one

"Unless a grain of seed falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. You can look at the seed as the physical Jesus walking this earth, the seed then buried in the ground as the crucifixion and death - the seed begins to undergo a transformation - releases its identity as a seed and breaks out of the tomb in the ground.

This story of transformation isn't unique to Jesus. There are many others. You could say that Krishna and Buddha also died on the cross. The Cross can be seen as the "Tree of Life." "Tree" is a symbol of sacred knowledge. For thousands of years it has been used in sacred literature and different cultures have known this tree by different names. The essence of this tree's significance is essentially the same; it represents both divine and natural man, the spiritual and natural world.

Reflect on the Buddha. He was enlightened under the great Bodhi tree. Odin gained supernatural abilities (enlightenment) under the branches of the mythological Yggdrasil tree. Simply put, the tree of life is about the evolution of subjective consciousness from the lower planes to the higher planes - the world of physical matter to the world of energetic spirit. And consciousness is the center of it all! Thoughts held in mind, produce after their kind. We are not saved by believing in the Christ. We are saved by becoming the Christ- the Mind of Christ - Higher Consciousness. Another beautiful manifestation of this never-ending cycle is the sun.

Consider that from earth's perspective the sun rises and sets each day. It metaphorically dies at night and resurrects with each new dawn. At a broader level it does the same thing each solar year. As we approach the winter solstice, its power and light become weaker upon the earth. For three days the sun stops moving farther north or south as it traverses the sky and it can be said to die for these three days. About Christmastime the sun is born anew and begins to bring new life to the earth. The son of God is the same story, as he died for three days and then resurrected. The number three as symbolized by Christ's and the sun's metaphorical death is the same holy number that reflects the holiness in you.

We are a trinity of spirit, soul, and body manifesting on the physical plane. As we shift feelings, actions and attitudes from negative to positive, thought by thought, we make this transformation. This brings new life just like the sun after the winter solstice. Just like Jesus after the resurrection. This is the theme of life- "from darkness into light." The story of Christ and the cycle of nature reflect what's true about you!

Easter Talk at Brentwood Unity, 2016
 Amy Van Linge

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us, and some evil in the best of us. When we discover this, we are less prone to hate our enemies.



In our Children's Program at Brentwood Unity, children have the opportunity to play, listen to stories, sing songs and talk about love in the world!

This month, the children will have the opportunity to hunt Easter eggs during service on Easter Day, Sunday the 16th.

We also want to mention our Gratitude for all of our volunteer teachers in the children's program. Their love and concern shows in the children's faces with big smiles.

Angel Team Prayer & Healing

We are here for you or anyone you know who would benefit from prayer or hands-on healing.

One of our Unity Angels will put you on the prayer chain or call to schedule a time to visit with you.

Please call for more information:
 Bettie Danley 925.757.8431
 or email: bdanley3@juno.com

Silent Unity Prayer Line: 800.669.7729

Interested in Exploring the "Basics" of Unity?

Unity Basics Introduction Class April 3rd 6:30-7:30pm in the Sanctuary

Would you like to know more about our wonderful community? Join us as we learn who and what we are here at Brentwood unity. We will explore the fundamental Unity principles and answer any questions.

If you want to make a deeper commitment to the spiritual path of Unity and to your personal, spiritual growth, sign up for the one time membership class and decide to make a difference. Choose to make Brentwood Unity your home.

We hope to see you at Unity Basics!

Please RSVP, by contacting
 Amy Van Linge: 925.354.8932
 Childcare is Available this Month

Brentwood Unity Weekly Gatherings

Mondays:

Practical Spirituality

Every Monday from 12:30 – 2:00 pm in the Sanctuary

“We Are Here to Be Love in the World” A discussion group in a safe setting, exploring the teaching of the Christ, along with Unity Principles and their practical applications in the world.

Contact **Leslie Harrold:** [925.240.7589](#)

Tuesdays:

Book Study and Meditation

1st, 3rd and 5th Tuesdays at 10 am

Join us for reading and meditation. Afterward, we enjoy lunch together, so feel free to bring something to eat. Coffee & Tea are provided.

Contact **Gail Caruso:** [925.778.2702](#)

Holistic Energy Work for Health & Wholeness

Every Tuesday from 7:00 - 8:30 pm in the Fellowship Room

Please join our Holistic Energy Work & Promote a Healthy Body, Mind & Spirit in 2017!!! Learn to release pain, discomfort or trapped emotion, which no longer serves the BEST Interest in Your Life's Purpose.

Contact **Ray Wilson:** [925.759.8676](#)

Wednesdays:

Letting Go Book Discussion

7:00 – 8:30 in the Fellowship Room

Are you still reading our January Book of the Month, *Letting Go* by David R. Hawkins?

Are you interested in meeting with Unity friends to discuss and process the book suggestions together?

Quotes from Reviewers of this book:

“If you want more peace in your life, give this book a go”

“A must read if you really want to change your life for the better”

“A must read for anybody who is on the spiritual path and would like to find out more on how they operate and being able to relinquish old habits.”

Spiritual Healing Circle with Erica

April 19th from 6:00 – 8:00 pm in the Sanctuary

Experience a safe environment to receive messages from Spirit or departed loved ones. Erica will spend time with each person.

Contact **Erica Marisal:** [414.737.1410](#)

Thursdays:

Come Experience Hands-On Reiki, Meditation And Alternative Healing Energy Work

Thursdays (1st & 3rd) 6:00 – 7:30pm - Open to All who want a Reiki Hands-On treatment to support a relaxing time of self-care.

Thursdays (2nd & 4th) 6:00 – 7:30pm - Reiki Meditation and Global Healing Service

Contact **Bonnie Daniel:** [925.989.5960](#) or **Ray Wilson:** [925.759.8676](#)



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Brentwood Unity
money everytime you
buy on Amazon.
Click on Amazon
Smile and choose
Brentwood Unity.



Thank you for keeping
our Sunday services
fragrance free.

April Guest Speakers

Brentwood Unity values our gifted speakers and workshop facilitators. We equally value our members and guests, welcoming all, regardless of financial contribution. Our suggested love offering for workshops is \$10-\$25

April 2

Don Huntington

Five Essential Elements of Success

www.donhuntington.com

Don Huntington is Editor in Chief of 110 Magazine, a Northern California favorite. He is a professional ghost writer and the author of ***How to Put Your Whole Self In.***

Don has a delightful, easy going spirit. In his talk, ***Five Essential Elements of Success***, he'll share with us the key ingredients behind his success, which are just as important in our spiritual life.

April 9

TJ Woodward

To Forgive, Or Not To Forgive

www.tjwoodward.com

We all know it is a good idea to forgive ourselves and others, right? But HOW and WHEN to forgive is an entirely different conversation. Please join spiritual teacher and author TJ Woodward as he explores this and so much more.

After service, TJ will hold **A Deeper Look at Self-Love**. Are you ready to forgive yourself? Would you like to finally let go and experience true freedom?

April 16

Easter Day

Katherine Saux

Roll Away the Stone(s)

www.ggcsl.org

On the third day, the stone was rolled away and the Master Jesus arose to a new life. This Easter Sunday, let's talk about rolling away some stones of our own that may be holding us down from living a more fulfilling life.

April 23

Verona Garland
Forgiveness in the Divine Flow

www.oaklandcsl.org

Have you ever been sailing? The calming yet exhilarating movements of the boat saturates our Beingness. We can completely relax into the flow of the waters. What if we lower the sails of resentment, suffering, and anger letting God take us, in forgiveness, exactly where we are supposed to be?

April 30

Joan Steadman

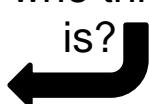
Giving and Forgiving

www.revioan.com

Unforgiveness can be likened to a knot in a hose, which cuts off the flow. When we hold grudges or nurse resentments, we cut off the free flow of good in our lives. As divine beings, our nature is to give and to receive. When we forgive, we give forth our love, which, in turn, opens the channels for us to receive.



Can you
guess
who this
is? ■



April Workshops

Brentwood Unity values our gifted speakers and workshop facilitators. We equally value our members and guests, welcoming all, regardless of financial contribution. Our suggested love offering for workshops is \$10-\$25

April 2

Carol Hansen Grey Free Yourself from Fear

Thoughts create our reality. When we have fear thoughts, we attract that which we fear. **Free Yourself from Fear** is *A Course in Miracles* based process that transforms any and all negative or limiting thoughts. This workshop will focus on freeing you from turmoil in your life, your family, your community and in the world.

Carol has graciously offered to do this workshop at no cost.

April 8

Conscious Evolution: Refreshing Mini-Retreat

Saturday, April 8th 2:00 – 6:00pm in the Sanctuary

Please join spiritual teacher and author TJ Woodward and experience a day filled with deep connection and spiritual exploration. This half-day retreat is based on the fourth chapter of TJ's book, **Conscious BEING**.

This retreat will assist you in understanding what "level" of consciousness you are operating from and will provide tools to assist you in shifting your awareness into a new paradigm, filled with more love and connection.

Suggested Donation: \$40 per person

April 9

TJ Woodward A Deeper Look at Self-Love

www.tjwoodward.com

Please join spiritual teacher and author TJ Woodward in this interactive workshop and explore Self-Love. This powerful workshop will assist you in discovering a deeper experience of love and self-love. Are you ready to forgive yourself? Would you like to finally let go and experience true freedom?

Please join spiritual teacher and author TJ Woodward in this interactive workshop and explore these questions and more. This powerful workshop will assist you in discovering a deeper experience of love and

April 30

Joan Steadman The Practice of Forgiving

www.revjoan.com

Joan Steadman worked with Agape, and has much to bring to this workshop. As we forgive, we expand our consciousness and step into the free flow of God's good. In this workshop, we will learn and practice simple forgiveness methods that we can use in our daily lives.



Brentwood Unity is honored to support the Loaves & Fishes program that helps individuals and families in need. There is a basket right inside the Fellowship Room door for non-perishable food items.

Contact: Nancy Pimentel at
925.437.8107

Together

We are all as one in this very significant period of growth.

We have been as one many times and are back together again as family.

Our lessons are congruent and their presentation keeps us connected always. For, on this planet, we will accomplish great feats: Bringing the message of truth and understanding and love and acceptance to all with whom we converse.

Separately and together we will enhance each others' movement and will support many on this direct, unsheltered path towards the complete blossoming of the shift. What this looks like is exactly what we are noticing. For each, alone and together, the shift will be forceful and our growth will be enhanced

by our connection!

Thank you, Jan Knight. This is right where we are!

COMMUNITY CONNECTION

Board Corner

The Board of Trustees is watching our congregation and looking for opportunities to expand and better serve our community.

Amy and Gregory attended the Annual Unity West Central Region Conference. Rev. Jim Lee, from Renaissance Unity in Detroit presented a day long workshop on identifying key areas for improvement within the New Thought community.

Other Unity churches are talking about our model of rotating speakers, and two churches have implemented it since meeting Amy and Gregory last year, and then attending our service. We are expanding and it is felt by many!

The Board continues to look for ways to bring connection and vitality to our center!

Grateful to Be of Service,
Brentwood Unity
Board of Trustees



3rd Annual Community Yard Sale June 3rd

Do you have items that you would like to donate to the annual yard sale that benefits Brentwood Unity? We ask that you hang onto your items, if possible, until closer to the sale, and we can then stage your items at the yard sale property as we approach June 3.

This is our 3rd annual event, and we are very excited. We have a lot of fun hanging out for the day. If you'd like to help out, please call Kelly Turner at 925.212.2756.

Lucky Draw Vacation Raffle

Buy one of 52 cards for \$20

For a 1 in 52 chance of winning 7 Nights in a suite at

Lake Tahoe * Cabo * Vegas * Mazatlan
Be sure to sell to Family & Friends!

(Airfare not included)

Contact Jan Knight at 925.813.0422

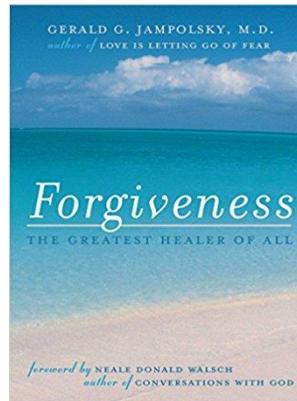


April Book of the Month

Forgiveness:

The Greatest Healer of All

by Gerald Jampolsky



This handsome little book is unique in that it is about practical spirituality and is written, like Dr. Jampolsky's other books, in very simple, down-to-earth, easy-to-understand language. It explains why many of us find it so difficult to forgive, why we should forgive, how to forgive, and why we don't forgive. Forgiveness also explains how the mind works in this process and points out the toxic, negative side effects of being unforgiving and the havoc it can play on our body and on our life. It also shows the physical and spiritual benefits of forgiving.

**Available in the Fellowship Room for \$8
Payment envelopes are in The Inspiration Nook.**

Please deposit in The Abundance Box

**Book of the Month Discussion
Monday, April 24th at 6:30PM
Please RSVP to Amy Van Linge**



**The Nature of Existence
April 21 at 7:00pm**



Roger Nygard traveled around the globe to the source of the world's different belief systems and asked theologians, scientists, skeptics and everyday people why we exist and what we are supposed to do about it? What started the Universe and was it a mistake? Does God exist and why does he seem so interested in our sex lives.

Included are some of the most interesting people on the planet such as: Indian holy man Sri Sri Ravi Shankar (The Art of Living), evolutionary biologist Richard Dawkins (The God Delusion), Harvard psychologist and author Daniel Gilbert (Stumbling on Happiness), 24th generation Chinese Taoist Master Zhang Chengda, Islamic scholar Dr. Zakir Naik in Mumbai, India, Stanford physicist Leonard Susskind (co-discoverer of string theory).