



# Brentwood Unity

## *Let Freedom Ring!*

*"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." – [Corinthians 3:17](#)*

Volume 2, Issue 7

July 2017

### Are We In The Way?

It's true... we often stand in our own way, and in the way of the source of light the world awaits to experience. Everything that enters into our purview is showing up from the thoughts we hold in mind. This can be observed if we look back on our lives beginning with childhood and the ensuing evolution of our consciousness.

A quick look will reveal that specific issues or personality types that once drove us bonkers, no longer holds the same grip on us. More so, those same things do not show up in our world, except when we have not done the work of atoning with ourselves to achieve a greater degree of personal responsibility. When we do not see the same issues popping up, we can see that they never did randomly show up. By wearing our corrective lenses of introspection, we begin to see more clearly that it is us that gets in the way of knowing and trusting our connection to Spirit.

The backlash from refusing personal responsibility of our lives is that what we resist continues to persist. The more we fight back, the more the situations increase in magnitude and scope, therein confirming our victimness. We tend to recognize the difficulties of desire, in wanting, in lacking, but in the Buddhist traditions, it is equally problematic to resist those aspects of ourselves and our surroundings that we do not want. This is also wanting, wanting "it" to go away. It is all the state of wanting, and not feeling fulfillment in our lives.

We will never be able to wall ourselves off from addictive tendencies by applying sheer willpower. It is only by surrendering to our greatness and abundant connection to the All that release occurs, and subsequently, we realize that we already have everything- connection to all there is. It is a petty attempt, based in fear, to believe completion or fulfillment can be attained by the seeking, gathering and "owning" of material objects. It is connection to the Life Force that births the material world that gives us genuine fulfillment. This is the freedom from the hungry ghost known as wanting.

George Gurdjieff, a Russian philosopher, taught that groups gather to heal, regardless of the nature of the group. Let us, at Brentwood Unity, have as our intention the desire to heal all that obstructs the truth of who and what we are- Pure Love. Let us do the heavy lifting of that which blurs the reflection of the One Soul onto the world. This little light of mine... I'm going to let it shine.

In the Light,

*Gregory*

### The Gift of Freedom

Freedom is our natural state, a space free of fear, worry, anxiety, or upset. A Course In Miracles states, "All things work together for good. There are no exceptions except in the ego's judgment." (ACIM T:4:V: 1)

When you feel separated from divine truth and operate from a lower vibration then you will find yourself in bondage. Michael Beckwith says, "We are, each of us, kings and queens sitting on the throne of consciousness ruling our lives. When we have dominion over our thoughts and actions, we experience freedom from the bondage of mechanical living."

Since problems arise out of our human experience, our ego, we can know that problems are not our divine truth. When we shift our minds to know that all things work together for our growth, we are available to experience true freedom.

We are being gently guided by Spirit to see correctly so that we can change our mind and move into higher consciousness. In any upsetting circumstance we can ask for a shift in the experience. We can set our intention to be willing to claim the blessings, easily and gracefully. It's not always easy to remember, but waking up to this truth sets us free.

This is all about releasing judgments of good and bad, right and wrong and surrendering to the highest and best. Look into your life. Where are you clinging to something, grasping, attached? Where are you in judgment thinking that something is wrong or bad? Are you willing to release the judgment and opinions and forgive, stand in faith that all things work together for your expansion?

When we accept people and situations with ease and grace we will not suffer. We switch on the Light of awareness, claim the healing and shift into a deeper level of Being in the world. We will be able to move through all situations, free and liberated. Let us consciously align with the divine and take responsibility for our evolution. Our natural space is to be Free. Let's soar together.

Always Love,

*Amy*

**Sunday Service at 10 am Children's Program Held During Service**  
50 Sand Creek Road #60, Brentwood, CA 94513 ph: [925.420.5847](tel:925.420.5847)  
[web: brentwoodunity.org](http://web:brentwoodunity.org) email: [brentwoodunity@brentwoodunity.org](mailto:brentwoodunity@brentwoodunity.org)



## *Mindful Musings*

### **FREEDOM'S CALL** by Jan Knight

Open to your freedom!

She calls to you ever so forcefully.

Allow the outstretched wings to gently enfold you,

As you move toward the purpose of your being.

Clearly, Freedom calls your name.

Listen—don't you hear

The gentle rustling of the wings of white?

You are being guided to come closer,

You will always be led, and you know intuitively

The time to be free is now!

"How does Freedom know my name?" you ask.

There is no unknowing

In the lessons of movement, openness, and expansion.

There is only acceptance and clarity if one listens.

Be receptive as you have been

To love and beauty and kindness.

Be your own guide and travel with your intuition as

Freedom peels away the layers of uncertainty.

Be purposeful, be content, and in your yearning

You will know all wisdom.

For to you has been given a glorious sign of eternity,

And you will know your strength and joy in the energy

You receive on the wings of Freedom.

Burst forth, oh openness!

Fluff your glorious wings and

Glide, flow, dive and soar

As you mirror the splendor of Freedom's path.

All you have ever longed for is before you now.

You are the recipient of the wisdom and all-knowing

Of those who have come before you

To shower your path with openness.

You have Freedom's gift and you receive it now.

Freedom flows blissfully and you are one,

Integrating her light with yours as you

**FLY FREE!**

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Great glorious tides that wash the white sands clean,

Losing myself between the average and the mean.

What awaits my soul as the ebb and flow.

What questions are pondered as I must go.

Take in my place my leftover desires,

Approaching new life with the purification of fire.

As I stretch out my hand to feel my way,

This quiet voice stills my soul with each passing day.

The moment is calm and not left undone,

My life once examined, now shines like the sun.

Be this peace unto all who pass by,

My tears now cleansed, I sigh.

*Anonymous*

## **Angel Team Prayer & Healing**

Science now confirms what mystics have long known.  
Prayer is a powerful method for healing.

Research confirms:

- Prayer Improves Self-control
- Prayer Makes You Gentler
- Prayer Makes You More Forgiving
- Prayer Increases Trust
- Prayer Offsets Effects of Stress

So why not give prayer a chance for healing?

You may add your first name to the prayer list,  
or the first name of someone to receive prayer.

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](tel:925.757.8431)

or email: [bdanley3@juno.com](mailto:bdanley3@juno.com)

**Silent Unity Prayer Line:** [800.669.7729](tel:800.669.7729)

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## **Health and Harmony**

Living foods or raw foods are those which have not been cooked, processed, microwaved, irradiated, sprayed with pesticides or herbicides. The understanding is that the food we eat is energetic and live foods enhance the electrical potential in cells, between cells, and with the microcapillary electrical charge. When cells have the proper micro-electrical potential, they have the increased power they require to rid themselves of toxins, and maintain their selective capacity to absorb appropriate nutrients and oxygen supply.

With gardening in full bloom, summertime is a great season to find fresh raw foods. Do you have space for a small garden? Perhaps in a small pot, you might grow some fresh basil by a window? Let's take care of our physical bodies by nourishing ourselves with living foods.



## *We Are Thriving!*

# Brentwood Unity Weekly Gatherings

## Mondays:

### Imagine the Possibilities

**12:30 – 2:00 pm in the Fellowship Room**

“We Are Here to Be Love in the World” A discussion group in a safe setting, exploring spiritual truths. This group is seeking to bring in a new format and new ideas. If interested, contact Michelle.

Contact: **Sally Richards: 925.323.4345** or **Michelle Brady: 925.565.6221**

## Tuesdays:

### Book Study and Meditation

**1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> 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**

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### 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**

## Thursdays:

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

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

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

Contact **Bonnie Daniel: 925.989.5960** or **Ray Wilson: 925.759.8676**

### Meditation for Health & Happiness

This ongoing weekly class is for adults who want to enjoy the many benefits of meditating in community supported by the study and discussion of a spiritually based book. We will begin with meditation followed by reading and discussion of *The Endless Practice* by Mark Nepo. Since we will be reading in community, it is not necessary to purchase the book unless you want to do outside study.

Contact **Bry'Andi Brandon: 510.566.2455**

### **Spiritual Freedom in an Emotional World**

**Vinta Hampton Wright**

What does it mean to be spiritually free when life is an emotional roller coaster? Am I free when I'm able to tamp down any emotions that disrupt the flow of my work or relationships? Am I free when I have permission to express any and all emotion? Am I free if I don't experience any emotion to an extreme degree but keep things more tempered and even? Am I free when I experience mostly the positive emotions such as bliss or peace rather than the negative ones such as anger or anxiety? What do emotions have to do with spiritual freedom, or do they have anything to do with it?

St. Ignatius of Loyola was a pioneer of sorts in the area of spiritual direction. When he was developing his Spiritual Exercises, he encouraged people to be open to their emotions and to learn how to attend to them and understand what they meant. Ignatius was an ex-soldier and by his own admission had always possessed a strong ego. As a man's man, he would have been taught to value reason and self-control and rational planning. Yet his own experiences of spiritual awakening introduced him to a deeper awareness of the interior life with all of its facets and nuances.

The Spiritual Exercises encourage full engagement—with the physical senses, with spiritual devotion, with what we would generally call intuition, with deep-down desires, and with any interior “movements,” including emotions. You might say that Ignatius of Loyola was getting in touch with “feminine” qualities centuries before psychologist Carl Jung came along to name and explain them.

I bring up St. Ignatius because interior freedom—spiritual freedom—requires the kind of engagement that is the focus of his Spiritual Exercises. Freedom asks that we learn how to discern our personal interior movements of soul. If we want to be truly free, we will have to acknowledge our emotions, receive them, feel them, and reflect on them. Emotions are powerful tools in the spiritual life; they are indicators of what is happening within us. And if we learn to accept them as gifts in the human experience, we can begin to work with them in spiritually healthy ways.

This week, consider how you have dealt with your emotions—how others taught you to deal with them, how you have in fact worked with them, or how you have avoided working with them. Most of us have lived a combination of engagement and avoidance in the area of emotions. Try to identify your own patterns.

# July 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.

**July 2**

**Christopher Brown**  
***What Is True Freedom?***

[www.oaklandcsl.com](http://www.oaklandcsl.com)

We all think we know what freedom is, like not being controlled by some outside force. But are we free to choose what thoughts pop into our minds, or what emotions might overwhelm us, and who we fall in love with? Maybe this freedom has to do with inner spiritual maturity. Come find a new perspective.

**July 9**

**TJ Woodward**  
***True Freedom***

[www.tjwoodward.com](http://www.tjwoodward.com)

TJ Woodward knows people and knows how to get results. As a spiritual author and inspirational speaker he enlightens and entertains audiences around the world. We have all been told that, in America, we are free. But, is this true? Are we really free? What would it take to embody *actual* freedom? TJ Woodward will discuss this and more in his talk: *True Freedom*.

**July 16**

**Verona Garland**  
***Freedom: Are You Ready?***

[www.veronagarland.com](http://www.veronagarland.com)

Verona Garland served as a practitioner with Oakland Center for Spiritual Living for years and is now Associate Minister at Awakened Living- Member of the Agape Association of Communities. She is excited to share her life and the accumulation of so much she has experienced.

Join her as she explores freedom and are we ready for real freedom.

**July 23**

**Charley Thweatt**  
***The Last Song You Hear***

[www.musicangel.com](http://www.musicangel.com)

Charley recently sang over the phone to a dying friend of his in New York. It was her last few hours on earth, and his voice brought a smile to her face, as she opened her eyes for the first time in hours. The message of his song was "I Am Spirit," and it rang truer than ever to this soul about to make her transition. She had a successful chiropractic practice in Manhattan and a house in the Hamptons. But what mattered in the end? Was it outer success or something beyond that? What is the last song you will hear?

**July 30**

**Joan Steadman**  
***Born Free***

[www.revjoan.com](http://www.revjoan.com)

Dr. Rev. Joan Steadman has been exploring spiritual concepts for decades. She was instrumental in the visioning process that gave form to Agape with Michael Bernard Beckwith, known for his part in the acclaimed film, *The Secret*. Our natural state is freedom. We will explore what true freedom is, what it is not, and how to experience it in our lives.

"The beginning of freedom is the realization that you are not "the thinker." The moment you start watching the thinker, a higher level of consciousness becomes activated. You then begin to realize that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence. You also realize that all the things that truly matter – beauty, love, creativity, joy, inner peace – arise from beyond the mind. You begin to awaken." — [Eckhart Tolle](#)

"Once there is a distance between you and your thought process, a new freedom is born. With this freedom, a new perception arises." — [Sadhguru](#)

# July Workshops

Brentwood Unity values our gifted speakers and workshop facilitators.  
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**July 2**

**Christopher Brown**  
***True Freedom***

[www.oaklandcsl.org](http://www.oaklandcsl.org)

We will explore questions like

1. What are the barriers to experiencing freedom?
2. Who put you in bondage?
3. What part does our mind play in the experience of freedom?
4. Is it possible to release the tether that binds us to our old beliefs, habits, and emotions?
5. Is it possible to be truly free?

**July 9**

**TJ Woodward**  
***Breaking Free***

[www.tjwoodward.com](http://www.tjwoodward.com)

How do we break free from old viewpoints and perspectives? What does it mean to be truly free? Here are some tools to access and embody true and lasting *inner* freedom. Join TJ in 90 minutes of dancing in the question of love. His workshops are always open to changing in the direction spirit leads.

**July 16**

**Verona Garland**

[www.awakenedlivingsf.org](http://www.awakenedlivingsf.org)

What can be said of Verona Garland is she is lively and has walked through much of life's challenges with persistence in love. She brings to the workshop such a comfortable atmosphere to allow others to come into their own truths without judgment. Let's explore our concepts and perceptions of Freedom as Spiritual Practice and see where we end up.

**July 23**

**Charley Thweatt**  
**Concert: *Here Between Heaven***

[www.musicangel.com](http://www.musicangel.com)

Charley Thweatt brings his gifts of warmth, humor, presence and ease to any gathering. He has been a favorite with Unity groups since the early '80s, when he took a leap of faith from his budding architecture career into touring full time with his spiritual concerts and workshops. Charley has a talent for turning a room full of strangers into connected family, by sharing his original music, his angelic voice and his insightful workshops. He has been a presenter for spiritual organizations and metaphysical conferences for 34 years, throughout the U.S., Canada, Europe, Australia, Fiji and Japan.

**July 30**

**Joan Steadman**  
**Letting Go Into Freedom**

[www.revjoanl.com](http://www.revjoanl.com)

Dr. Steadman facilitates her workshops in such a loving, fun, safe manner. One should feel at ease to explore their questions in any manner one desires. The purpose of this workshop is to dive deeply into the nature of freedom and to learn how to live from it, thus experiencing more joy and peace.

"If your first responsibility is to Spirit, then you are free. But freedom must be earned. Freedom must be won. You must overcome the other tendencies in your mind—guilt, obligation, condemnation from others, the need for approval, the need for financial security, the need for social recognition. These now must be overcome as if you were fighting a battle against enemy forces. They must be overcome within yourself. You cannot have everything. You cannot stay where you are and move forward. You cannot win others' approval and follow Spirit within yourself." — The Freedom to Move with Knowledge

"You are needed in the world. It is time to prepare. It is time to become focused and determined. There is no escape from this, for only those who are developed in The Way of Knowledge will have capability in the future and will be able to maintain their freedom in a Mental Environment that will be increasingly influenced by the Greater Community." — Living The Way of Knowledge

# COMMUNITY CONNECTION

## July Board Corner

Are we blessed? There is no doubt! Our 4<sup>th</sup> Annual Yard Sale was a screaming success. While many might be excited by the \$2500 we brought in, that was the by-product of the efforts of 12 new volunteers. With that many new people, we had fun, fellowship, and made what would be otherwise known as work, a joyful experience. Thank you to all that helped and lots of gratitude to Kelly and Paul Turner for letting us use their beautiful property so perfectly located in town to experience such a success.

We are researching how to better utilize social media, including having our service be live streamed to those unable to attend. This will greatly increase our exposure to the community.

In Gratitude,  
Board of Trustees,  
Brentwood Unity



"Here Between Heaven"

**Charley Thweatt**  
in CONCERT

Think of it as a brief musical retreat to nurture your spirit

35 Years Touring  
15 CDs - Santa Cruz, CA  
musicangel.com  
831-226-3488

**Sunday, July 23**  
**12:00 – 2:00pm**  
\$20 Sugg. Love Offering  
50 Sand Creek #60  
Brentwood, CA  
925.420.5847



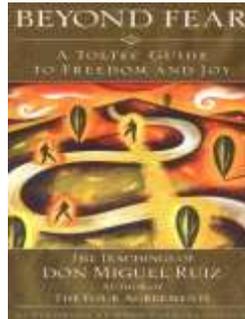
Brentwood Unity is honored to be of service to the local Loaves & Fishes program. If you would like to donate non-perishable food items, there is a basket inside the Fellowship Room, directly to your left.

Contact Nancy: 925.437.8107



**Join Us for Our  
Next Potluck on  
July 23rd**

## July Book of the Month **BEYOND FEAR** *A Toltec guide to Freedom and Joy* The Teachings of Don Miguel Ruiz



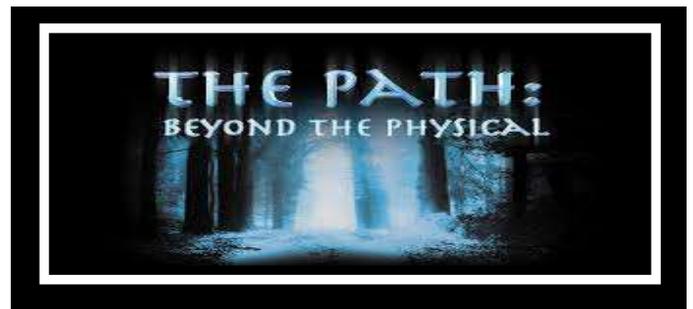
Fear is the source of all of the negative agreements we've made with life. It can alienate us from the joy that is our birthright. When we are able to look at our lives without fear or judgments, we realize that reality can be whatever we want it to be. *Beyond Fear* leads seekers of the Toltec way of freedom and joy on their spiritual journey into a state of empowerment. More expansive and in-depth than *The Four Agreements*,

*Beyond Fear* contains information on life after death, prophecies about the evolution of humanity, and exercises and ceremonies to walk readers through the process of shedding fear and becoming spiritually and emotionally alive.

**Available in the Fellowship Room for \$8**

Payment envelopes are in The Inspiration Nook.

Please deposit in The Abundance Box.



**July 21<sup>st</sup> at 7:00pm**

The filmmakers of *The Path: Afterlife* brings to their viewers the second DVD in the trilogy, *The Path: Beyond the Physical*. *The Path: Beyond the Physical* (BTP) is a mysterious and captivating topic exploring the concept that there is no separation between the physical of which we can see, hear and touch and the non-physical of our inner knowing, subjective experiences, that which cannot see but feel in our universe. BTP focuses on ways in which humans can change their perception in order to experience the non-physical aspects of our existence while living in the physical body. The film will take the audience through a journey of some of the first explorers of out of body experiences, to remote viewing, learning about tools like hemi sync music that can enhance the out of body experience along with lucid dreaming and psychic phenomenon.