

Unity of the Valley Spiritual Center

350 N. Orchard Avenue • Vacaville, CA 95688 • (707) 447-0521 • www.unityvacaville.org

Hit the Pause Button



I believe that unless we effectively pause, we cannot elevate our behavior.

*In so many ways, pausing enables better decisions,
greater consciousness of the impact of our actions on others,
and a more meaningful existence.*

– Dov Seidman (attorney, author, columnist)

... in each pause, we heard the call.

Ralph Waldo Emerson

My computer, my phone, and other devices all have a wonderful feature – a “pause” button. When I need to stop and attend to something important, I can tap the pause button. The miracle of the pause button is that the song, the podcast, the video clip, or the movie I am watching will stop for a while giving me time and space to focus on something else that is calling for my attention. The miracle continues when I return to my device and hit the “play” button: the song, the podcast, the video clip, or the movie continues from the exact place that I left it. No damage is done. Nothing is lost. In fact, the experience is enhanced, more enjoyable, and less stressful than being only partially present for several tasks at once.

As a human being, I don't have a pause button; none of us do. However, we all possess a pause function. We can choose to stop and pause when we are called to attend to the important matter of our spiritual well-being, our inner balance, and our clarity of heart and mind. We can integrate a time to pause into our schedules and allow this “time out” to become a regular part of our routine – or we can choose to pause when it simply feels like the right time to take a walk with the dog, tend to the garden, have a cup of tea, or maybe just to watch the clouds. We can choose to pause when it is time to become still and to listen to the profound wisdom that lives within our hearts. Pausing means taking time to breathe. Pausing means letting go of the multitasking that is often our default mode. It means allowing the body to rest, and it means allowing the mind to briefly release the endless problems that it perpetually ponders. Pausing creates the time and space that invite gratitude and joy – the time and space that allows us to remember God's presence.

Sometimes we are afraid to pause. We are afraid that somehow we will leave something undone. We are afraid that somehow we will fail. The truth is that when we pause, nothing is lost – no damage is done. Our lives are always waiting for us when we return. The important thing is that we return renewed, with a sense of balance, and with a greater clarity of who we are.

The holiday season is a perfect time to exercise our pause function. The holidays are notorious for overload and overwhelm. When we pause, we remember to be grateful. When we pause, we make room for the joy.

May you pause frequently this holiday season, and may you find many moments filled with gratitude and joy.

Rev. Dalia

Ongoing Classes and Activities . . .

Mondays

Drumming Circle - 7:00 p.m. - Second Monday of the month - Facilitated by Sage Trucano

CoDA Meeting—6:00 p.m.—7:30 p.m.

Tuesdays

FA (Food Addicts in Recovery Anonymous) - 7:00 p.m. - Call (707) 333-9991 for more information

Wednesdays

ACIM-5:30 p.m.

Tai Chi Chuan - 5:30 p.m. - 6 week session begins the first Wednesday of odd months - Facilitated by Paul Whitney, open to all levels.

Silent Meditation—6:30 p.m.

Evening Service - 7:00 p.m.

Teen Night—6:30 p.m. 2nd and 4th Wednesdays

Thursdays

Men of Unity Breakfast - 8:30 a.m. - Second and Fourth Thursday of the month - Held at a variety of local restaurants

Reiki - 6:30 p.m. - Second Thursday - Facilitated by Patricia Ahlquist

Women of Unity Potluck Luncheon - 12:00 p.m. - Third Thursday of the month

Board of Trustees Meeting - 6:30 p.m. - Third Thursday of the month

Media and Marketing Meeting (M&M) 5:30 p.m.-First Thursday of the month

Fridays

Prayers for the World, First Friday at 5:00 p.m.

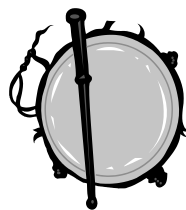
'4th Friday Feed' - Community Kitchen at Epiphany Episcopal Church, 12:00-7:00 p.m. - Fourth Friday of the Month - Visit our website to sign-up to help

Pranic Healing - 6:00 p.m. - First Friday of the Month

Sundays

Coffee House Service - 8:00 a.m.

Worship Celebration - 10:00 a.m.



Drumming Circle 7:00 p.m. on the Second Monday of the Month

Facilitated by Sage Trucano

Drumming has been used for healing, ceremony/prayer and communion with the Divine Creator and each other for centuries. Join us in celebration, prayer and healing using sound and the beat of the mother drum which is the beating of our hearts.

Bring your own rattles and drums or use the many we have to share. Dance, sing, rattle, drum or just listen to the healing beats.

No experience is necessary - All are invited to attend

A Love Offering will be taken

Tai Chi Chuan Wednesdays at 5:30 p.m.

Facilitated by Paul Whitney

6-week session - Open to all levels



Class provided on a Love Offering basis

Reiki Gathering

**6:30 p.m. on the Second
Thursday of the Month**

Facilitated by Patricia Ahlquist

Reiki Practitioners are invited to attend this gathering

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Pranic Healing[®] Clinic

**6:00 p.m. on the First
Friday of the Month**

Facilitated by Lilia Afshary



Pranic Healing[®] is a simple yet powerful and effective system of **no-touch** energy healing. It is based on the fundamental principles that the body is a *self-repairing* living entity that possesses the ability to heal itself and that the healing process is accelerated by increasing this life force that is readily available from the sun, air and ground to address physical and emotional imbalances.



4th Friday Feed Community Kitchen at Epiphany Episcopal Church 12:00-7:00 p.m. Fourth Friday of the Month

We invite you to join us in this important community outreach and help feed the homeless and hungry

Visit www.unityvacaville.net click on the Ministries tab then '4th Friday Feed' to sign-up to volunteer

Ongoing Classes and Activities . . .

Join the Men of Unity for Breakfast!

The Men of Unity meet at 8:30 a.m. on the Second and Fourth Thursday of the month at various local eateries.



Contact Bob Panzer for information

Join the Women of Unity for Lunch!

The Women of Unity meet at 12:00 p.m. on the Third Thursday of the month in Unity Hall

Women of all ages are invited to attend Bring your lunch or a dish to share

Contact Gretchen Harper or Barb Debevec



CoDA Meeting - Balance

CoDA Group Meeting: **BALANCE**
Mondays from 6:00 PM - 7:30 PM
Language: English (Ingles)
Meeting Type: Literature Study Group (No Crosstalk or Feedback, Open).



Yoga
Mondays
5:00 p.m.

Facilitated by
Rose Lovell-Sale
707-888-5013

Will begin again in January, 2018

Upcoming Classes and Activities . . .



New Member Class

Fri., Dec. 8, 6:00 p.m.-8:00 p.m.
Sat., Dec. 9 10:30 a.m.- 4:30 p.m.



Unity of the Valley
Spiritual Center
2017 Craft Fair
Saturday
November 18th
9:00 a.m.—3:00 p.m.

350 N. Orchard Ave.
Vacaville, CA 95688

Holiday Presents
& Ornaments
Vendors from
all over Northern
California



Special Events . . .



LEARN
To HEAL
Yourself and others
EVEN from a DISTANCE

Just in **2** DAYS

You Will Learn:

Physical Healing

Easy Step by step protocols to relieve or heal anything from simple ailment like cough and cold to sever illnesses like asthma, arthritis and diabetes.

Energy Anatomy & Scanning

Correlation between the physical body and energy body, meridians and the 11 major chakras.

Meditation & Breathing Exercise

Exercise Inner Peace and stillness through the "Meditation on Twin Hearts" and also learn breathing exercise to quickly recharge yourself and more....

Fee: \$300 by Nov 22nd
\$350 After Nov 22nd

grand master choa kok sui's

PRANIC HEALING

Level One

What is Pranic Healing

PRANIC HEALING is an effective and powerful "no-touch" healing modality developed by Grand Master Choa Kok Sui that uses "life force" or prana (Chi) to heal physical and emotional ailments. Pranic Healing uses a cookbook approach to heal different ailments. So, all one has to do is to follow a specific protocol for a condition to produce the healing result. There is a protocol from nose bleeding to Coronary Artery Disease. It is simplified and organized so that anyone can learn to heal in a short amount of time and produce tangible result.

WHEN

Saturday, Dec 2nd- 9:00 am to 6:30 pm
Sunday, Dec 3rd- 12:30 pm to 7:30 pm

Unity of the Valley Spiritual Center
350 North Orchard Ave
Vacaville, CA 95688

Register at

Pranichealing.com/events
or Call (707)761-3868

Your instructor

Lilia Afshary

Payment Plans Available

Are you feeling "stuck" in your personal or professional life?
Do you have a grudge against someone or yourself that keeps you on edge?
What if you could resolve that resentment and discover a way to become "unstuck?"

You can do just that by attending the workshop,

Freedom From Resentment: The Art of Forgiveness

Join resentment and forgiveness specialist Carolyn CJ Jones

Sunday, December 10, 2017

12:00 pm to 2:00 pm (after the 2nd service)



*Discover the beauty and softness of forgiveness,
as pictured in "Tiers of Forgiveness"*

2017 Soíree Holiday's in Harmony

Featuring the Musical Talent
of our community.

Catered by
La Borgata

Saturday, December 2

President's Message

By Sandy Tosti

During the month of October, Board members shared information about church finances with a number of groups --- where funds come from, where they go. We are committed to keeping congregants informed, to answer questions or concerns, and to educate.

We will publish the following graph twice a month in the Sunday bulletin, and on alternate Sundays, we will share the list of organizations who receive Unity of the Valley tithes. Some of our tithe recipients have been suggested by members of our spiritual community.

Please contact me, or any Board member, if you have questions, concerns, or suggestions. Our goal is to keep you informed throughout the year, not just at the February annual meeting.

Celebrate The Coming of the Light



Sunday, December 24
at 7:00 PM.

Unity a Presence at Solano County Walk to End Alzheimer's

By Bob Panzer, Team Captain

Team Unity was again well-represented at Walk Day this year! A BIG THANK YOU to all who contributed, volunteered and walked at Suisun Harbor Plaza. We began our fundraising early in 2017 with the Bunco Bash, and we gained momentum as Walk Day approached. We have set a new record by raising more than \$10,000!

As of the beginning of November, the Walk has raised more than \$155,000 for Alzheimer's research, education, caregiver support and brain health. There is still time to contribute to Team Unity through December 31—either online (alz.org) or mail to Solano Walk, 31915 Rancho California Road #200-438, Temecula, CA 92591.

November is National Alzheimer's Caregiver Month. I've seen many caregivers experience high emotional stress and who are concerned about their own health. Advocates are promoting passage of a new national policy, the RAISE (Recognize, Assist, Include, Support and Engage) Family Caregivers Act (HR 3759, S 1028). This bill would create a national plan for supporting family caregivers. More than 15 million Americans provide unpaid care to individuals with Alzheimer's and other dementias. This act would require the U.S. Dept of Health and Human Services to develop a national strategy addressing the needs of caregivers. It's an important step in supporting our caregivers.

Let us continue to raise awareness about Alzheimer's disease, envisioning that day when it can be effectively treated!

Celebrating our oneness ~ Honoring our diversity

Unity of the Valley is dedicated to the Belief in God as universal Spirit
Our purpose is to provide opportunities for each individual to express their inner Christ Spirit

Church Directory . . .

Senior Minister: Rev. Dr. Dalia Adams

Board of Trustees:

Sandy Tosti, President
 John Working, Vice President
 Mike Woodcock, Secretary
 Brenda Brown, Treasurer
 Elliott Williams Bob Panzer John Working
 Carl Debevec Pat Kalk

Licensed Unity Teachers:

Carol Sublett

Administrative Assistant/Newsletter: Teresa Wilkinson

Prayer Chaplains:

Kathy Rybicki Rowland Spayth Donald Wilkinson
 Teresa Wilkinson Phil Harris Warren Spayth
 Bobbie Fortner

Youth Education Team:

Mike Gomez—Youth Ed Director

SEE Education Director: Carol Sublett, LUT

Music Ministry Narayan and Janet Baltzo

Sound Technicians: Kathleen McIntyre
 Michael Gomez
 Don Wilkinson

Bookstore: Carol Sublett

Facility Maintenance Coordinator: Don Wilkinson

Wedding Coordinator: Michelle Dickey

Volunteer Coordinator: Warren Spayth

Did you Know? . . .

- **Prayer Chaplains** are available for prayer support, home or hospital visits, and listening when you need someone. Prayer Chaplains are available after church on Sunday or may be reached by calling the church office (Mailbox #6).
- **Prayer requests** are read in strictest confidentiality, placed in our prayer chest, then sent to Silent Unity where they are held in prayer for 30 days.
- **Prayer:** The inspirational, positive and uplifting messages on the **Kid's Line (447-1588)** and **Dial-A- Blessing (447-2731)** are changed each day.
- **CDs** of the 10 a.m. Sunday worship celebration are available for \$5.00 in the Bookstore following the service. CDs of past Sunday service messages are also available.
- **Lending Library:** If you need a book for a class or for your personal spiritual enrichment they can be checked out from our lending library. The library is available on Sundays before and after the service and during normal business hours Monday-
- **Bookstore:** The Bookstore is available Tuesday - Friday during normal office hours and Sundays before and after the 10 a.m. service.
- **You can support Unity of the Valley Spiritual Center by making a donation through our website:** We are able to accept one-time donations or recurring donations made with any major credit card or PayPal. For more information, visit this page on our website:
www.unityvacaville.org/tp40/Application.asp?app=Donate&ID=238362
- **You can put your tithe and Love Offerings on your credit card:** Complete the donation form in the Sunday service bulletin and place in the offering.
- **You can support Unity of the Valley by shopping at Amazon.com:** To start shopping visit our website or go to <http://smile.amazon.com/ch/68-0123547>

UNITY PRINCIPLES

- ◆ God is good and everywhere present.
- ◆ The spirit of God lives within each person, therefore, all people are inherently good.
- ◆ We create our life experiences through our way of thinking.
- ◆ There is power in affirmative prayer, which we believe increases our connection to God.
- ◆ Knowing and understanding Unity principles is the foundation. Taking action based on the truth principles transforms our lives and the world.

Unity of the Valley Spiritual Center Financial Statement

For the period ending September 2017

	Septem- ber 2017	Year to Date	Annual Budget	\$ Un- der/Over Budget
Ordinary Income/Expense				
Income				
300.00 · INTEREST	.77	2.44	5.00	-2.56
400.00 · BOOKSTORE	151.94	527.67	800.00	-272.33
410.00 · CLASSES/WORKSHOPS/	1,324.22	21,266.15	36,700.00	-15,433.85
420.00 · DONATIONS	4,648.00	50,753.88	69,070.00	-18,316.12
430.00 · FACILITY & PROPERTY	515.00	7,080.00	11,380.00	-4,300.00
440.00 · WORSHIP OFFERING	11,683.17	100,241.60	157,150.00	-56,908.40
460.00 · FUNDRAISERS	155.00	11,889.07	25,410.00	-13,520.93
470.00 · PROPERTY SALE	0.00	16,250.00	16,250.00	0.00
490.00 · MISCELLANEOUS INCOME	0.00	100.00	350.00	-250.00
Total Income	18,478.10	208,110.81	317,115.00	-109,004.19
Expense				
600.00 · ADMINISTRATIVE	2,791.37	19,845.03	22,423.00	-2,577.97
605.00 · BOOKSTORE EXPENSES*	67.27	1,258.74	2,450.00	-1,191.26
610.00 · EDUCATION	500.00	10,721.46	16,000.00	-5,278.54
620.00 · FACILITY**	5,403.43	53,542.27	74,525.00	-20,982.73
625.00 · FUNDRAISER EXPENSES	0.00	133.38	3,000.00	-2,866.62
630.00 · MINISTRY	1,805.13	17,307.26	28,985.00	-11,677.74
640.00 · PAYROLL	11,804.12	103,538.41	137,846.00	-34,307.59
650.00 · TITHES & CHARITABLE	1,241.04	17,854.75	30,943.50	-13,358.75
6560 · PAYROLL EXPENSES	23.50	786.50	720.00	66.50
Total Expense	23,635.86	224,717.80	316,892.50	-92,174.70
Net Ordinary Income	-5,157.76	-16,606.99	222.50	-16,829.49

*Includes Inventory Purchases and Sales Tax Paid

** Includes Mortgage Principal Payments

We acknowledge God as our source and see abundance flowing forth blessing all that we have and all that we give.

We gratefully bless those who share their prosperity that we may serve Spirit's work as our Unity community.

Cash on Hand:

Savings: \$ 30,573.47
 Checking; \$ 8,609.90
 Petty Cash: \$ 237.67
 \$ 39,421.04

Total Available Cash \$ 36,673.35

PLEASE NOTE: Calendar is subject to change. Please check your weekly bulletins or contact the church office for more information.

November, 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Tai Chi ACIM Silent Meditation Evening Service	2 Media & Marketing	3 Prayers for the World Pranic Healing and Intro Clinic	4 Fall Program Finale Inspiration Rehearsal
5 Coffee With God Service Morning Service Guest Speaker and Musicians Anton Mizerak and Laura Berryhill	6 CoDA	7 FA I Phone Class	8 Tai Chi ACIM Silent Meditation Evening Service	9 Men of Unity Breakfast @ Huckleberry's Reiki Share	10	11 Veterans Day Inspiration Rehearsal
12 Coffee With God Service Morning Service	13 CoDA Drumming Circle	14 FA	15 ACIM Tai Chi Silent Meditation Evening Service	16 Women of Unity Board of Trustees	17	18 Craft Fair Inspiration Rehearsal
19 Coffee With God Service Morning Service	20 CoDA	21 FA	22	23 Happy Thanksgiving	24 4th Friday Feed Community Kitchen at Epiphany	25 Inspiration Rehearsal
26 Coffee With God Service Morning Service	27 CoDA	28 FA	29 Tai Chi ACIM Silent Meditation Evening Service	30		

Schedule of On-going Classes and Activities

- Mondays, 6:00 p.m. CoDA Meeting
- Second Monday, 7:00 p.m. - Drumming Circle - Facilitated by Sage Trucano - (707) 372-3077 for information
- Tuesdays, 7:00 p.m. - FA (Food Addicts in Recovery Anonymous) - (707) 333-9991 for information
- Wednesdays, 5:30 p.m. ACIM facilitated by Rev. Dalia Adams
- Wednesday, 6:30-6:55 p.m. - A Time of Silent Meditation
- Wednesdays, 7:00 p.m. - Evening Service
- Second and Fourth Thursday, 8:30 a.m. - Men of Unity Breakfast
- Second Thursday, 6:30 p.m. - Reiki - Facilitated by Patricia Ahlquist
- Third Thursday, 12:00 p.m. - Women of Unity Potluck Luncheon
- Third Thursday, 6:30 p.m. - Board of Trustees Meeting
- First Fridays, 6:00 p.m. - Pranic Healing - Facilitated by Lilia Afshary - (707) 761-3868 for information
- Fourth Fridays, 12:00-7:00 p.m. - Community Kitchen at Epiphany Episcopal Church - sign-up to help on our website
- Sundays, 8:00 a.m. - Coffee House Service in Unity Hall
- Sundays, 10:00 a.m. - Worship Celebration



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unityvv@pacbell.net www.unityvacaville.org

December, 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pranic Healing Prayers for the World	2 Pranic Healing Level 1 Holiday Soiree
3 Coffee With God Service Morning Service Pranic Healing Level 1	4 CoDA	5 FA	6 Tai Chi ACIM Silent Meditation Evening Service	7 M & M Meeting	8 New Member Class	9 New Member Class Inspiration Rehearsal
10 Coffee With God Service Morning Service Workshop: Freedom from Resentment: The Art of Forgiveness by CJ Jones	11 CoDA Drumming Circle	12 FA	13 Tai Chi ACIM Silent Meditation Evening Service	14 Men of Unity Breakfast Meeting @ Mimi's Cafe Reiki Share	15	16 Inspiration Rehearsal
17 Coffee With God Service Morning Service Guest Musician Andy Anderson	18 CoDA	19 FA	20 ACIM Silent Meditation Evening Service	21 Women of Unity Luncheon Board of Trustees Meeting	22 4th Friday Feed Community Kitchen at Epiphany Episcopal Church	23 Inspirations Rehearsal
24 Coffee With God Service Morning Service Candlelight Service	25 CoDA	26 FA	27 ACIM Silent Meditation Evening Service	28	29	30 Inspirations Rehearsal
31 Coffee With God Service Morning Service						

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