



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

July 2022

Mindfulness in Action By Rev. Robert Brumet

Equanimity is a cornerstone of mindfulness practice. Equanimity is the practice of accepting each internal experience of thinking, feeling, and sensing. Acceptance means simply allowing the experience to arise without interfering or attempting to control it.

Equanimity does not mean acting or speaking in harmful or irresponsible ways. It is an internal process and does not always apply to external circumstances. There are times when action or intervention on our part may be needed. In these situations we are confronted with some questions: "How do I know what to do? How do I know which particular action is skillful?"

Before asking what to do let us first ask "Why do I want take action?" Look at the motivation behind the urge to act. What state of mind is giving birth to my desire to act?

The key is to first experience your feelings fully before acting. If you are experiencing any form of suffering then work with the experience of suffering itself before you act. If you act out of resistance to your own suffering then you will inevitably create more suffering--more suffering for yourself as well as for others.

You cannot always choose your feelings but you are always responsible for your words and your actions. I am not saying that the problem you experience is all your fault or that no one else is responsible for some condition in your life. Others may be responsible for some external condition but you are responsible for your response to this life situation. Equanimity does not mean suppressing your feelings. Do not suppress any emotion that arises—just don't automatically act from it.

Fear and anger are linked to the basic survival instinct--

It is fun and rewarding to Volunteer!

Serve the Unity Community and make friends. Here are brief descriptions of the volunteer opportunities. We are just asking for a one-month commitment. Contact the Volunteer Coordinator, Chris Garey for questions and details. chris@peacefulpoint.com



Volunteer Positions. Details are available

- Reception area setup* - Make Coffee, set up refreshment area.
- In-person Sunday Greeter* - Greet people with a hug or handshake and give them a Sunday bulletin. Arrive at 9:30 for the 10:00 service.
- Read an inspirational message* - read a spiritual message (2-3 minutes max) before the congregation. In person or on Zoom.
- Read the Daily Word* - Read the Daily Word on Sunday. In person or on Zoom.
- Cleanup* - clean up reception area on Sunday.
- Prayer Chaplain* - Praying with others and supporting the prayer needs of members.
- Zoom Co-Host at the Victorian* - Assist with sound and camera during Sunday service.

Blessing of the Pets

Blessing of the Pets to be held on Sunday, July 17th, at 1pm at Elm Street Park (near the dog park) in Arroyo Grande. Please bring you pet safely leashed or secured to the park for a special blessing and a fun time to meet other pets.



Mindfulness in Action (Con't)

often referenced as the fight/flight syndrome. You can accept fear and anger without getting lost in the mind's narrative or without unconsciously acting out these feelings. For example: imagine you are criticized by someone and you feel very angry. Let yourself feel the anger without getting lost in wondering if the criticism is justified or getting tangled up in planning your response to the criticism. Just feel the emotion in your body. And breathe.

Anger, if handled wisely can provide energy needed for positive change. Mohandas Gandhi was asked about his feelings of anger in light of the injustice he saw perpetrated upon the Indian people. His reply:

I have learned through bitter experience the one supreme lesson, to conserve my anger, and as heat conserved is transmuted into energy, even so our anger controlled can be transmuted into a power that can move the world.

The first question to ask before taking action: What is my intention? "Do I want to dissolve suffering or perpetuate it?"



After cultivating internal equanimity you might see that no action is needed. You may discover that what seemed like a problem really isn't, or perhaps the condition itself has been resolved without

your intervention.

But, if you do choose to act, then act boldly. Put your heart into whatever action you choose to take-- and then release all attachment to the outcome.

It's not always easy to act with both passion and nonattachment, but this can be developed through practice and can become the way you live your life. If you are able to do this consistently then you will open up to the deep wisdom that will guide you in all that you do. If you can join others who do the same, then you can collectively access a wealth of wisdom and compassion that will guide your actions. This is a very powerful force for positive change!

History shows us that the deepest and most enduring changes arise not from hatred but from a love for truth, freedom and justice. If we study the lives of Jesus of Nazareth, Siddhartha Gautama, Gandhi, Martin Luther King or Nelson Mandela we see that their enduring legacy was that of love--not hatred.

Mindfulness in Action (Con't)

Rather than acting from your hatred of what's wrong-- act from your love of what's right and true in your own heart. When you make peace with your own experience before taking action then whatever you do will contribute to peace in our world.

Unity-Five Cities Small Groups you can join for fun and fellowship

Book Study Group – Currently studying *Living Untethered*. Contact Chris Garey for details.

Chris@peacefulpoint.org.

Men's Group – Tuesday mornings for breakfast. 9:00am. Meeting place varies. Contact

Chris for location. Members take turns bringing a spiritual topic to discuss. Chris@peacefulpoint.org

Prayer Meeting on Zoom every Wednesday, 10am PDT. Everyone is invited. Contact Brian to get on the mailing list. Revbrian.walker@gmail.com

Engaged Spirituality Team – supports the positive evolution of the human family and the planet by applying New Thought spiritual principles to create a world that works for everyone. See the calendar of events for upcoming activities. Contact Brian to get on the mailing list. Revbrian.walker@gmail.com

Ambassador Team – Reach out to those in need and serve our community. Contact Brian at Revbrian.walker@gmail.com

Choir – No previous experience necessary. Contact Richard Inman at rich223344@gmail.com.

Unity Ukes – No experience necessary. Meets on Thursdays at 1pm in AG. For details, contact Richard Long, richardlong1@gmail.com

Church Financial Summary

May 2022

Total Income	\$4,333
Total Expense	\$4,277
Net Income	\$56

YTD Income	\$21,118
YTD Expense	\$19,890
YTD Net Income	\$1,228

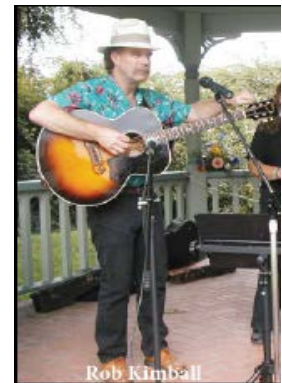


Concert in the Victorian Garden



Joelynn Lutz

***Sunday, July 31st
12:30 - 3:00pm
789 Valley Rd, AG
Bring finger foods***



Rob Kimball

Love Offering

SUMMER OF LOVE



Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Janice Lamont, Facilitator	310-701-1041
Joe Davidson, Treasurer	661-304-5154
Jeanne Surber, Trustee	805-904-6166
Larry Conrad, Trustee	805-219-0219
Ethel Landers, Vice Facilitator	805-550-0348
Donna Nisbet, Trustee	805-219-0331
Peggy Sharpe, Alternate	805-439-3238
Chris Garey, LUT	805-440-1693
Therese Solimeno, LUT	805-440-9461
Prayer Chaplain - Janice Lamont	310-701-1041
Prayer Chaplain - Claire Mclean	209-606-0444
Prayer Chaplain - Martha Aivaz	805-481-1335
Prayer Chaplain - LaDawn Davis	805-757-7556
Volunteer Coordinator, Chris Garey	805-440-1693

VISION STATEMENT

Aligned in peaceful Oneness, we co-create a world of love, harmony, and abundance through shared spiritual awakening.

MISSION STATEMENT

We are a heart-centered spiritual community dedicated to empowering personal growth and living the unlimited possibilities of Spirit.

Belief Statement

- We believe that prayer works.
- We assist in discovering and living spiritual purpose and potential.
- We facilitate a stronger connection to our highest potential.

We feel we are:

- Empowered Grateful
- Peaceful Inspired
- Accepting Connected
- Loving Affirming

Unity Five Cities

Sunday Celebration 10:00 am
Meeting at The Victorian
789 Valley Road, Arroyo Grande, CA
805-788-4777
P.O. Box 1005
Arroyo Grande, CA 93421
Email: unitychurch5cities@yahoo.com
Website: www.unity5cities.org

Schedule

<u>Speaker</u>	<u>Music</u>
July 3 Richard Inman	Jan Grigsby & Nina Ryne
July 10 Rev Wayne Edmiston	Gale McNeeley & Bob Moloznik
July 17 Timber Hawkeye	Steve Kindel & Karen Wilkens
July 24 TBA	Richard Inman
July 31 Rev Joyce Zorger	Rob Kimbal
Aug 7 Rev Brian Walker	Jan Grigsby & Nina Ryne
Aug 14 Rev Jan Limberg Morgan	Gale McNeeley & Bob Moloznik
Aug 21 Kevin Hauber	Steve Kindel & Karen Wilkens
Aug 28 Richard Inman	Richard Inman

A Spiritual Community

P. O. Box 1005
Arroyo Grande, CA 93421

