



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

June 2022

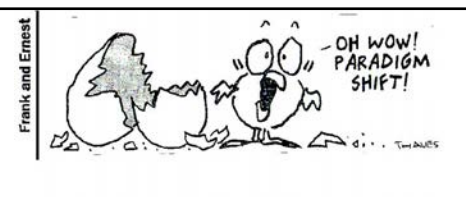
The Chicken and the Egg By Rev. Robert Brumet

I want to talk about chickens and eggs--and much more. What I want to say is less about biology than psychology/spirituality; however, in the relationship between the chicken and the egg biology provides us with a very concrete example of my topic.

I will discuss a developmental process that is exemplified in the relationship between the chicken and the egg. One might describe the process as follows: 1) the chicken develops within the egg 2) the chicken destroys the egg 3) the chicken develops without the egg 4) the chicken creates the egg. Timing is crucial in this process. If the egg breaks before the chicken develops, the chicken will not survive. Yet if the shell does not break the chicken will not survive. So, the egg must stay intact until exactly the right time – which is when the chicken is able to destroy the structure that once supported its development.

This relationship of the chicken and the egg is a biological version of a universal process which involves the relationship between form/structure and essence. Structure or form holds and supports a developmental process that takes place within it. Essence refers to the essential nature of the process taking place. In this

example, the eggshell is the form/structure, and the developing chicken is the essence.



In the human experience, structure can refer to forms such as a relationship, a school, a career, a culture or a belief system. Some forms are external/visible, and others are internal/invisible. And, the external forms also have an internal counterpart. For example, a relationship has an external context, such as a friendship, partnership, or marriage; and yet each of these forms has an internal psychological structure within each member in the relationship. Each member views the relationship within the context of his or her own internal psychological structure. In our human experience we have many forms that hold the development of our body, mind, and our psyche.

Wedding Reception

On Sunday, May 1, Unity Five Cities had a wedding reception at the Victorian for Pastor Brian and his bride Kathy Bornino. There was a tremendous potluck followed by a delicious cake. The wedding couple was feted with cards, readings, personal well wishes, toasts, and specially designated gifts. The board gave the newlyweds a gift certificate for a retreat at the New Camoldali Hermitage in Big Sur, where Kathy is an oblate (a lay person connected with a religious order or institution and living according to its regulations); the congregation gave the couple, who are ballroom dancers, a series of dance lessons with Lilliana, a local dance instructor.



It was a wonderful celebration!

Chaplaincy Orientation

There will be an orientation to the Unity - Five Cities Chaplaincy program on Saturday, June 25th at 1pm at Peaceful

Point. If you are curious about being a chaplain, this is an opportunity to learn more with no obligation or commitment required

(Training will take place in the near future). Contact Pastor Brian for more details -

revbrian.walker@gmail.com.



The Chicken and the Egg (Con't)

The womb is a form that holds the human body as it develops. The family is a form that holds the developing child. A school is a form that holds developing individuals. A marriage is a form that holds our development. A career is also a form that holds our development. We have various belief systems – religions philosophies and worldviews – that also serve as forms or structures for our development. All of these forms can support our development, and yet at certain times they need to be released for our development to continue. Our physical body itself is a form intended for the development of our soul. We need to embrace the body and yet at a particular time we will need to release the body.

In any of these developmental processes dysfunction can arise in one of two ways. If we hold on to a structure too long, then that structure may no longer support our development – and may even be inhibiting it. There is a time when it needs to be released. We may consciously or deliberately leave it or break it down, or the breakdown may seem to be forced upon us – such as our partner wanting a divorce, or our job being terminated. The more we are attached to that particular structure, the more painful it will be when that structure breaks down. The other type of dysfunction occurs

when the structure breaks down or is left too soon. For example, if a child is being advanced to the next grade before she is ready academically, she's likely to have great difficulty functioning – and perhaps remedial work will be necessary.

Otherwise, academic,

behavioral, or psychological problems can result.

I do not want to imply that it's always easy to develop within a structure even if a particular structure does support our development. For example, perhaps a challenging relationship may be the perfect structure that we need for our development – even though it is not easy to do. As an adult, I may find myself in a situation that I don't like and yet it is necessary for my growth and development. If I drop the structure too quickly then I am likely to flounder in my development and may need to find a similar structure somewhere else. As we mature psycho-spiritually we learn to release existing forms with less resistance and suffering; and we can more readily create new forms that we need for further development. Our structures become more flexible and permeable – and less rigid. With spiritual maturity we also gain understanding as to when we need to leave a structure or to stay within it. Sometimes, rather than leave or destroy a structure we may be able to modify it so that it is more supportive



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for our growth.

As I use these terms I am referring to external forms as well as internal, internal psychological forms and structures. Generally speaking, the forms that most often need to be released are the internal psychological forms. Sometimes the internal psychological forms can be released without necessarily destroying the extra form.

And yet, in other circumstances, the only way that development can take place internally is to make an external change, such as ending a career or marriage. Sometimes in external breakdown occurs even if we want or need it to continue that structure in our life. When this happens – painful though it may be – it is an excellent opportunity for an inquiry into the nature of self without that familiar structure. I may find that I can grow without that structure, or perhaps I can create one that is more supportive of my development.

New Member Class

Pastor Brian will facilitate a New Member Class from 1:00-2:30pm on Saturdays June 4th and 11th on Zoom. Everyone is invited to attend this class in which we'll be discussing Unity history, teachings, organization, as well as having the opportunity to sign a Membership Declaration for membership in Unity Five Cities.



Check out Unity Five Cities updated website - www.unity5cities.org

Church Financial Summary

April 2022

Total Income \$4,746

Total Expense \$4,097

Net Income \$649

YTD Income \$16,782

YTD Expense \$15,612

YTD Net Income \$1,170

Summer of Love In The Garden

Music - Sing Along-Dress up-Connection
Featuring "The One Mighty Light Choir" and "The Unity Ukes"
June 26th - 12:30 PM at the Victorian



BRING A FINGER
FOOD TO SHARE



GET OUT YOUR HIPPIE
PARAPHERNALIA

LOVE OFFERING

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>
June 5 Rev Jan Limberg Morgan	Jan Grigsby & Nina Ryne
June 12 Rev Joyce Zorger	Gale McNeeley & Bob Moloznik
June 19 Kevin Hauber	Steve Kindel & Karen Wilkens
June 26 Rev Brian Walker	Richard Inman
July 3 Richard Inman	Jan Grigsby & Nina
July 10 Rev Wayne Edmiston	Gale McNeeley & Bob Moloznik
July 17 Timber Hawkeye	Steve Kindel & Karen Wilkens
July 24 Rita Conrad	Richard Inman
July 31 Rev Joyce Zorger	Rob Kimbal

A Spiritual Community

P. O. Box 1005
 Arroyo Grande, CA 93421

