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April 2023

Wisdom, The Theme for April

Wisdom is one of those qualities that is difficult to define—because it encompasses so much—but which people generally recognize when they encounter it. And it is encountered most obviously in the realm of decision-making. Psychologists tend to agree that wisdom involves an integration of knowledge, experience, and deep understanding, as well as a tolerance for the uncertainties of life. There's an awareness of how things play out over time, and it confers a sense of balance. Wise people generally share an optimism that life's problems can be solved and experience a certain amount of calm in facing difficult decisions. Intelligence may be necessary for wisdom, but it definitely isn't sufficient; an ability to see the big picture, a sense of proportion, intellectual humility, and considerable introspection also contribute to its development.

Wisdom can be acquired only through experience, but by itself, experience does not automatically confer

wisdom. Researchers are continuing to probe the social, emotional, and cognitive processes that transmute experience into wisdom.

A leading psychological theory defines wisdom as “expert knowledge in

the fundamental pragmatics of life that permits exceptional insight, judgment, and advice about complex and uncertain matters.” Wisdom largely emerges from reflection on past experience. Wise people incorporate past observations and opinions into a more nuanced style of thinking—considering multiple perspectives rather than black and white options. Being open to new ways of thinking,



Sound Healing

On Sunday, March 26th, Unity Five Cities had an amazingly rich experience at the Victorian and online for over 65 people (47 - Victorian; 20 - online).

During the Sunday Celebration, at which the One Mighty Light Choir directed by Richard Inman performed, Rev Jan Limberg Morgan



delivered an inspiring message titled "From Role to Soul." Rev Jan shared about her experience growing up, being taught that she was inadequate and offered a path of how anyone inhibited by feelings of low self esteem can overcome those feelings and express their true divine nature. After the Sunday Celebration, there was a sumptuous potluck that included a wide variety of different dishes. Finally, there was a sound healing facilitated by Charmian Redwood, at which crystal singing bowls and gongs were played with a remarkable soothing, healing effect on the body.

Annual Planning Meeting

On Saturday, March 4th, the board and key leaders met at Peaceful

Point for the Annual Planning Meeting. The report from the



Visioning and Focus Team, which had been working with the data from the community wide Visioning in September, was used as a template for how the Planning Meeting was organized. Participants volunteered to be in on of four categories - Fellowship, Spiritual Inspiration, Personal Wellbeing, Support the Greater Community - to brainstorm how we can best implement our vision. The results were tabulated and the final report was submitted to the board for action.

Wisdom (Con't)

essentially challenging the status quo, can be a hallmark of wisdom and help to cultivate it.

Balance is also a key component. Wise people generally act on behalf of the common good but also ensure that their own needs are met, striving for harmony among competing demands and goals. Wise people also seek to



understand the motives of others, rather than merely judge their behavior. In addition to fostering understanding and respect of others, wisdom can provide a fulfilling sense of purpose.

Wisdom can be gained through a

combination of experience and education. Living through experiences such as making weighty professional decisions or resolving painful relationship conflicts provide greater knowledge, and learning to think critically and broaden perspective in an educational setting can help hone the skill as well.

Although wisdom is often perceived as arriving with old age, anyone can work to cultivate the trait right now. Identifying and expressing your values, being honest with yourself and others, focusing on process rather than outcome, learning from mistakes, and believing you have a contribution to make can help you become a wiser person.

Unity Five Cities Women's Group Forming

Are you interested in forming a women's Social / Spiritual Group that would meet once per month in various locations with various hostesses? Possibly hold our own Power of 8 Sessions? Maybe hold a

Mastermind class, have potlucks, discuss spiritual topics, support one another? Let's brainstorm together at a luncheon on Friday, April 14, 2023, 11:30 AM at Ventana Grill.

We will each order off menu and pay for our own lunch. Please RSVP to Glenda Allen at (951) 345-0493 or Tink Landers at (805) 550-0348 so we can make reservations.

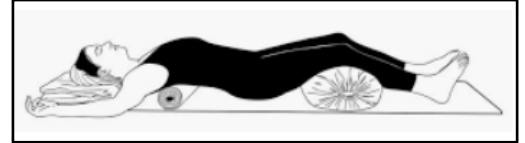


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What Is Restorative Yoga?

Restorative Yoga is all about supporting your body, allowing it to relax and heal. It is suitable for practitioners of all levels. By definition, restorative yoga is a restful practice that holds [yoga poses](#) for a longer duration. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind. Many of the postures are held almost effortlessly.

When the body enters a state of relaxation the mind can



also consciously relax as tension is released from both body and mind. The only work that's required on your part during a restorative yoga practice is to pay attention to your breath and become aware of any sensations or thoughts that may arise.

10 Benefits of Restorative Yoga (Source: The Chopra Center)

Slows Down the Pace of Life

Soothing to the Nervous System

Encourages Mindfulness

Fosters Transcendence

Cultivates Heightened Body Awareness

Deepens Self-Awareness and Introspection

Creates Deliberateness of Action

Strengthens Acceptance and Detachment

Helps You Feel Safe and Nurtured

Connects You to the Divine and Establishes You in Pure Being

Join us for our Restorative Yoga sessions on April 22nd and 25th. See the flyer for details.

Church Financial Summary

February 2023

Total Income \$4,244

Total Expense \$3,979

Net Income \$265

YTD Income \$9,443

YTD Expense \$8,546

YTD Net Income \$897



Easter Celebration

***Unity Five Cities
The Victorian Estate
789 Valley Rd, AG
10am
Everyone is welcome
Refreshments to follow***

***☆ One Mighty Light Choir
directed by Richard
Inman***

***☆ Message by Ethel
"Tink" Landers speaking
on "Wisdom of All Ages"***

Or join us on Zoom at www.unity5cities.org (upper right hand corner)



Prayed Up!

Topics to be Covered



Categories of Prayer



Praying Affirmatively



History and Inner Workings
of Silent Unity



Resources about Prayer



My Prayer Wasn't Answered



What Jesus Said about
Prayer, including the Lord's
Prayer

**Sunday, April 30th
12:00 - 1:30pm**

**Unity Five Cities
The Victorian Estate
1789 Valley Rd, AG
In Person Only**

**Facilitator
Rev. Brian Walker
Former Prayer
Associate and Trainer
at Silent Unity**

Love Offering

Restorative Yoga

with Dr. Neel Kulkarni

Restorative yoga is suitable for practitioners of all levels. It is easy for the beginners, but it can also be made somewhat challenging for those who like challenge. Holding poses (asanas) for a slightly longer duration of deep relaxation that emphasises the meditative aspect of yoga—thus helping the Body and Mind tremendously. Many of the postures are held almost effortlessly. Additionally, Dr. Neel Kulkarni brings his life long research into Yoga Science that includes all aspects of Yoga and Health in a unique way. You will even have moments of laughter.



Dr. Neel Kulkarni was born in a Yogic family and was brought up in a Yogic environment of Sanskrit, Chanting, Philosophy, and Yogic practices. He intuitively studied Yoga from a very early age. Though he studied Aerospace Engineering in a world famous university and also worked in the Information Technology in several countries, his Yoga study has continued throughout his life. He formulated his unique Yoga System, Adhiyoga – Authentic Yoga System of Neel Kulkarni, in 1998 in USA, and later published the same in the book “Adhiyoga”. He received honorary doctorate for the “Adhiyoga”. Adhiyoga integrates traditional Yoga science with modern health sciences, psychology, art, music, and educational sciences. <https://adhiyoga.com> Dr. Neel Kulkarni will be available for 2 weeks for any private consultations. neelpura@yahoo.com



Separate Sessions • Bring your yoga mat and a support pillow

2:00 pm, Saturday, April 22nd

2:00 pm, Tuesday, April 25th

Peaceful Point, 2850 Peaceful Point Lane, Arroyo Grande

Suggested love offering \$20 per person but no one will be turned away.

Contact Chris chris@peacefulpoint.com

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Joe Davidson, Treasurer	661-304-5154
Jeanne Surber, Secretary	805-904-6166
Larry Conrad, Trustee	805-219-0219
Ethel Landers, Facilitator	805-550-0348
Donna Nisbet, Trustee	805-219-0331
Amanda Sherlock, Trustee	650-279-1881
Don Aronson, Alternate Trustee	805-544-4504
Chris Garey, LUT	805-440-1693
Therese Solimeno, LUT	805-440-9461
Prayer Chaplain - Martha Aivaz	805-458-1792
Prayer Chaplain - Ethel Landers	805-550-0348
Coordinators	
Prayer Chaplain - Sheila Cochran	619-540-0665
Prayer Chaplain - Deborah Hall	805-788-4777

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: info@unity5cities.org
Website: www.unity5cities.org

Schedule

<u>Speaker</u>	<u>Music</u>
Apr 2 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Apr 9 Ethel "Tink" Landers	One Mighy Light Choir
Apr 16 Kevin Hauber	Steve Kindel & Karen Wilkins
Apr 23 Richard Inman	Richard Inman
Apr 30 Therese Solimeno, Licensed Unity Teacher	Robbie Kimbal
May 7 Rita Conrad	Jan Grigsby & Nina Ryne
May 14 Rev Brian Walker	Gale McNeeley & Bob Moloznik
May 21 Richard Long	Steve Kindel & Karen Wilkins
May 28 Rev Jan Limberg Morgan	Richard Inman

A Spiritual Community

P.O. Box 1005
Arroyo Grande, CA 93421

