



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

April 2025

Harnessing the Power Within: Discovering the Spiritual Strength of Unity's 'Power'

In the ever-evolving journey of spiritual growth and development, Unity's "Power", one of the twelve powers, stands out as an essential attribute that guides us in expressing our divine nature. This transformative power, often symbolized by the disciple Philip, is not about control or dominance over others, but rather about mastery over our own thoughts and actions. It challenges us to be conscious creators of our own realities, utilizing our inner Divine voice to shape our lives with intention and purpose.

At its core, the power of Power within Unity represents the ability to transform thoughts into actions, to bring ideas into manifestation through the choice of words and perceptions. This aligns with the spiritual law of attraction, emphasizing the significance of speaking and thinking positively to create a resonance with what we desire.

Power resides in the human center of expression, traditionally located in the throat, signifying the bridge



between thought and physical reality—a center for communication and verbalization. When we speak our truth and express our intentions with clarity and conviction, we activate our innate power, harnessing the energies that move the universe. By cultivating awareness of this power, we strengthen our capacity to

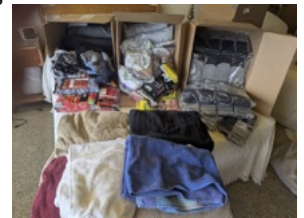
utilize our voice to inspire and uplift not only ourselves but those around us. This becomes a form of spiritual empowerment, encouraging us to step into our authentic selves and align our actions with our highest good.

In practical terms, engaging with the Power of Power helps us manifest more compassionate relationships, advance our goals, and live more purposefully. It invites us to practice mindfulness in our language, to be conscious of the energy we project, and to believe in our ability to influence our environment constructively.

Helping the Homeless

Thanks to the generous donations from the congregation, the Unity Five Cities Men's group delivered men and woman's socks and underwear to the 5Cities Homeless Coalition based in Grover Beach.

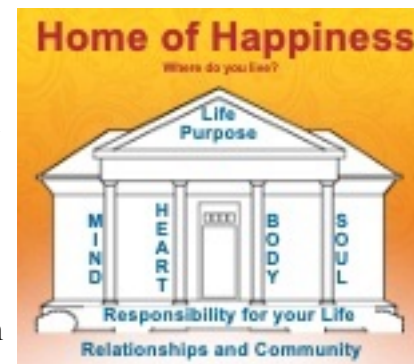
Specifically: 144 pairs of gray and black men's socks, 144 pairs of gray and white woman's socks, 144 men's underwear various sizes and colors, 144 woman's underwear various sizes and colors. They were very happy to receive them.



Happiness for No Reason Workshop

On Sunday, March 30th, Amanda Sherlock explored the idea of how we block our happiness – blame, shame, and complain - and how we can liberate it in an inspirational talk titled "Whose Life Is It Anyway?".

After a sumptuous potluck, which featured an outstanding Sweet and Sour Soup by Ruth Jackson, Amanda facilitated an enlightening workshop titled "Happy for No Reason." Using an image of a stately home and grounds, Amanda, wearing her "happy" pants, described the Home of Happiness model as having a foundation of taking responsibility for your happiness; as having the pillar of the Mind, don't believe everything



you think; the pillar of the Heart, let love lead; the pillar of the body, make your cells happy; the pillar of the soul, plug yourself into Spirit; the roof, live a life inspired by purpose; and the garden, cultivate nourishing community and relationships. Each participant was invited to commit to a Happiness Habit for the next seven days. The final quote was from Howard Thurman, "Don't ask what the world needs. Ask what makes you come alive and do it. Because what the world needs is people who have come alive." Amanda claims that she's as happy as she's ever been.



'The Spiritual Strength of Unity's 'Power' (Con't)

Moreover, in a community context, this power calls upon Unity congregations and followers to use collective energy crafts to enact positive societal change. Through sincere collective prayers, affirmations, and positive declarations, communities can harness a shared spiritual commitment that leads to



profound change both locally and globally. As we deepen our understanding of Power, it is

essential to remain grounded in love and wisdom. By doing so, Power becomes a tool of love and service, enhancing not only our personal journey but contributing to the greater tapestry of shared human experience.

May we all continue to tap into this divine faculty within us, bringing forth truth, abundance, and harmony, as we awaken to our fullest spiritual potential. Let us embrace our power, not as a force to wield, but as a gift to share—a guiding energy that bridges heaven and earth through the words we speak and the actions we take.

qualities in ourselves and others, we create a fertile ground for positive change and growth.

In understanding and applying the power of Life, we are also reminded of the importance of resilience and adaptability. Life, in its divine wisdom, teaches us that change is a constant and that through each challenge and transition, we are given opportunities to renew our faith and amplify our understanding. Every trial becomes a stepping stone that leads us closer to spiritual maturity and deeper connection with our innate divinity.

Unity Hiking Group

Sunday afternoon hikes after the Sunday Celebration. The group is open to all and goes to various spots in the Five Cities area for light to moderate walks. Contact John Hauk johnhauk4@gmail.com , Marvin Gross marvlus@sbcglobal.net , Lynn Marie lynnmarie333@gmail.com , or Marcia Alter malter1011@aol.com



New Member Class on Zoom



New Member Class

Pastor Brian will lead a New Member class for all interested with the date and time flexible to accommodate participant's schedules. Contact Pastor Brian,

revbrian.walker@gmail.com

Unity Five Cities Women's Gatherings

The Women's Group had a lovely gathering on March 21st at Linda Drake's home. Beautiful weather and we enjoyed seeing her lovely succulent garden as well as sharing in a lovely pot luck lunch and reading Michael Singer Spiritual cards. We then went up to her dance studio and had a fun time learning the box step waltz, regular box step and fox trot. Everyone had a lovely afternoon.



The Spiritual Spa, the Women's Group meeting on Zoom, facilitated by Rita Conrad, LUT, will meet Thursday, April 10th, at 6:30pm. Contact Rita for the Zoom link, rmconrad99@gmail.com. *Come as you are.*

Unity Five Cities Annual Planning Meeting

At Peaceful Point on Saturday, March 30th, board members and other key leaders met to plan for the next year. Joe Davidson, board president, Chris Garey, LUT, and pastor Brian reviewed our vision and mission statements and what we are currently doing. The participants then divided into four groups: Spiritual Programming and Celebration Services; Church Collaboration, Outreach, and Marketing; Membership, Volunteers, and Growth; and Prosperity. After a period of brainstorming for things that we might want to change, the four groups



came back together to discuss their ideas. The ideas from the four groups will be collated and reviewed to decide what changes we want to make. One of the ideas suggested was that we take a survey of the membership to get an updated idea of how our current program and services are meeting people's needs.

February 2025

Income	\$3,910
Expense	\$4,178
Net Income	\$-268

Year to Date

YTD Income	\$8,695
YTD Expense	\$8,541
YTD Net Income	\$154

The Unity Ukulele Group

Unity Ukes are starting the year with a new set of songs so this is a good time to join! The group is open to Unity and non-Unity beginners and more advanced players. We have songs sheets to practice so all you need to bring is your ukulele, music stand and be prepared to have fun! We perform at Unity events.

Days and times may vary. Contact Richard Long for detailed information. richardlong1@gmail.com



Plant-Based Potluck

Plant-based Potluck March 1st at Peaceful Point was enjoyed by all. Good Food. Fun, and

fellowship!

"The day the power of love overrules the love of power, the world will know peace." Mahatma Ghandi

Power of Eight Intention in April

The Power of Eight is available on Zoom, 6:30 pm on Thursday, April 3rd, with an email reminder and Zoom link going out the morning of the session. The in-person session at the Victorian will be after the Sunday service April 13th. If you would like to be on the mailing list, to participate, or be a recipient of an intention, contact: Chris Garey chris@peacefulpoint.com



Sound Meditation

The sound meditation on March 25 at Peaceful Point was led by Rita Conrad, LUT. Rita played various gongs and crystal bowls in a meditation that expanded consciousness and connected us with the Divine.



accessing
Creativity
thru humor

a high-spirited
experiment in
self-discovery

**"Laughter is the most beautiful
and beneficial therapy God
ever granted humanity."**

- Chuck Swindoll

**Facilitated by
Richard Inman**

**April 27 12 Noon at
the Victorian**



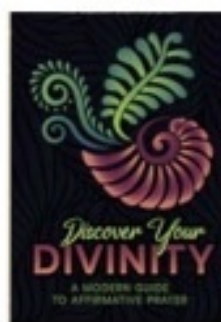
Workshops on Prayer

with Rev. Linda Martella-Whitsett

Saturday, April 5, 2025, 1:00-3:00 and 3:00-5:00 p.m.



Featuring
the newest
book



Moving Prayer, 1:00 - 3:00

Reimagine Unity's Affirmative Prayer not as a formula or set of steps but as a flow or a spiraling out or an expansion of consciousness. Rev. Linda, shows you how to move and to be moved every time you pray.

Linda Martella-Whitsett

Award-winning New Thought author, Unity minister and former leader of Unity's worldwide prayer ministry, Silent Unity, Rev. Linda Martella-Whitsett teaches that we are here to be the light of the world. Her message promotes humanity's innate capacities with which to respond to life's circumstances in spiritual maturity.

How to Pray with Others, 3:00 - 5:00

Whether you pray with others in an official capacity on your church prayer team or with a prayer partner, your prayer work deepens as you deepen. Give yourself the gift of diving deeper into Unity's approach to affirmative prayer with others.

**Where: Unity of Santa Maria
 1165 Stubblefield Road**

**For more info or to register, contact:
Dr. Rita Conrad, LUT
unityofsantamaria@gmail.com
805-937-3025**

Provided on a Love Offering Basis

Come Celebrate World Labyrinth Day!

Long's Labyrinth Open House

Sunday, May 4th, 1:00-5:00 pm

154 Walnut St., Arroyo Grande



What is a Labyrinth?

It is not a maze, there are no dead ends, or wrong ways. In fact the Labyrinth is the opposite, a sacred, safe, single path, that lead you to the center, the same path takes you back out to the entrance. It is a spiritual tool meant to center yourself and find clarity and peace. You might think of it as a meditative walk, going on a symbolic journey, creating your own sacred path.



Our design is a Chartres style 7 circuit pattern called the "Chartres Essence" a smaller version of the the 800 year old Chartres Cathedral Labyrinth in France.

Everyone is Welcome!



Women's Group April Meeting

*Theme for April is
"Spring Fling Flower Bling"*

Bring anything you like about any flowers or other blooming plants..e.g., how to grow them, photos, healing properties, poems, jokes or stories, why your favorite is your favorite, flowers you use in cooking...you get the idea, anything related to flowers,...use your imagination. We'll have fun!!

Friday, April 11th, noon

Potluck. Bring a dish to share

1183 Shannon Ln. AG

RSVP to Alex Kramer

apkesb1@gmail.com

**If we could see the miracle of a single flower clearly,
our whole lives would change. Buddha**

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
Jeanne Surber, Treasurer	805-708-1823
Joe Davidson, Facilitator	661-304-5154
Art Westerfield, Trustee	805-295-0558
John Hauk, Trustee	831-227-0215
Don Aronson, Trustee	805-544-4504
Chris Garey, LUT, Volunteer Coordinator	805-440-1693
Nancy Johnson, Hospitality Coordinator	805-270-6646

Prayer Chaplain - Martha Aivaz	805-458-1792
Prayer Chaplain - Ethel Landers	805-550-0348
Prayer Chaplain - Sheila Cochran	619-540-0665
Prayer Chaplain - Deborah Hall	805-788-4777
Prayer Chaplain - Lisa Leonard	916-765-1846
Prayer Chaplain – Jill Roberts	805-451-2886
Prayer Chaplain – Ruth Jackson	805-451-1313

Schedule

<u>Speaker</u>	<u>Music</u>
April 6 Rev Joyce Zorger	Jan Grigsby and Nina Ryne
April 13 Marilyn Mercado	Steve Kindel & Karen Wilkins
April 20 Rev Brian Walker	One Mighty Light Choir
April 27 Richard Inman	Richard Inman & Sheila Cochran

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 dedi-cated 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