

Understanding: The Gateway to Spiritual Clarity

August Theme - Understanding

In the enriching philosophy of New Thought, understanding is celebrated as one of the Twelve Powers articulated by Charles and Myrtle Fillmore, the founders of the Unity movement. While knowledge can be seen as a collection of facts and information, understanding transcends mere data; it is the ability to grasp the deeper significance and interconnectedness of life experiences. This vital power nurtures our spiritual growth and enhances our relationships with ourselves and others.

Understanding involves a profound comprehension of the divine nature of reality and the inherent unity of all beings. It invites us to see beyond the surface of appearances and circumstances, encouraging us to explore the spiritual truths that underlie our experiences. In our daily lives, we often encounter

challenges that can feel overwhelming or confusing. However, when we approach these situations with the intention of understanding, we cultivate a mindset that seeks clarity and insight rather than judgment or fear.

**Any fool can know.
The point is to
understand.**

Visit www.unityfivecities.com for more quotes.



Albert Einstein

The Fillmores emphasized that understanding is closely linked to love and compassion. When we strive to understand ourselves—our thoughts, feelings, and motivations—we create a foundation for self-acceptance and healing. This deep self-awareness allows us to extend that same compassion to others, recognizing that everyone is on their own unique journey. As we practice understanding, we foster a sense of connection and empathy, which can bridge divides and heal relationships.

In practical terms, how can we cultivate this power of understanding in our lives? One effective way is through mindfulness and active listening. By being fully present in our interactions with others, we open ourselves to their perspectives and experiences. This

Congregational Survey Completed

A big thank you to all that submitted their survey responses. The survey was an important way to share your voice and help shape the future of our community. Your input gives leadership valuable insight into the interests, needs, and desires of our members, ensuring that programs, services, and events reflect what matters most to you. Your feedback helps us grow together in meaningful ways.

**Thank you
for taking
our Survey!**

Hot August Nights

On Sunday, August 17th, at 7pm Unity Five Cities will be having a beach bonfire at the end of Grand Avenue by Finn's Restaurant. Bring your marshmallows, hot dogs, etc for roasting. There will be socializing, story telling, singing, joking, and just generally having a good time. There is assistance with beach access if anyone would like that. See you on the beach!



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Unity Five Cities well represented at Asilomar

Asilomar is a beautiful week-long spiritual retreat located on the beach in Monterey. Rev. Joyce Zorger offered the invocation for one of the speakers and Jill



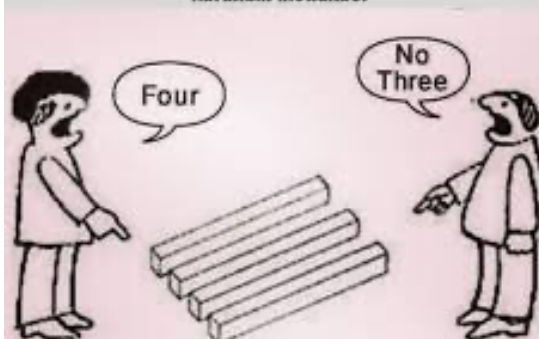
Roberts did the invocation for another speaker. Ruth Jackson had wanted to go to Asilomar for years so this was a dream come true. The Conference Center is rustic and beautiful. The speakers were inspiring and the music was sublime. It was announced that Asilomar 2026 will happen under the direction of a committee. You can go to Spiritual Living Retreat Asilomar on Facebook for pictures from the event and more information.

Understanding (Con't)

practice not only enriches our connections but also allows us to learn from the diverse stories around us. Additionally, engaging in reflective practices such as journaling or meditation can help us process our thoughts and emotions, leading to greater self-understanding.

"Understanding different points of view helps with your overall perspective on something."

- Abraham Mettanbor



Moreover, understanding encourages us to embrace the lessons inherent in our experiences. Life is a constant teacher; each situation offers opportunities for growth

and insight. When we approach challenges with curiosity, asking ourselves what we can learn, we shift from a mindset of resistance to one of openness. This transformation can lead to breakthroughs that deepen our understanding of ourselves and our relationship with the universe.

As we embrace the power of understanding, we align ourselves more closely with the divine wisdom that flows through all of creation. This alignment not only enhances our spiritual journey but also empowers us to navigate life with greater clarity, compassion, and purpose.

In conclusion, let us honor understanding as a vital aspect of our spiritual practice. By cultivating this power within ourselves, we open the door to deeper insights, enriching our lives and the lives of those around us. Embrace understanding, and watch as it illuminates your path and enhances your connections with the world.

Let Celebrate our Small Group Ministries

Men's Group - Tuesdays mornings

9:00 am in-person. Chris: chris@peacefulpoint.com

Women of Unity Five Cities - Meet once per month in-person for activities and fellowship. 3rd Friday, noon.

Online Prayer and Meditation Group - Wednesday, 10:00am Everyone is invited. Zoom link emailed Wed.

Power of Eight Intention Circle - Meeting in-person at the Victorian and on Zoom. Contact Chris

Prayer Chaplains and Prayer group - Prayer

Chaplains are available on Sunday at the Victorian and during the week by phone. Contact info at website.

Unity Five Cities Women's Gatherings

On July 18th, over twenty women met at Peaceful Point for a potluck lunch and a presentation by Dr. Rita



Conrad, LUT titled "Becoming a Peacemaker." There were rave reviews of

Rita's workshop and many said that inspired them to make changes in their lives.

The Spiritual Spa, the Women's Group meeting on Zoom, facilitated by Rita Conrad, LUT, will meet Thursday, August 14th, at 6:30pm. Contact Rita for the Zoom link, rmconrad99@gmail.com. *Come as you are.*

For information on the August Women's Group meeting, see flyer in this newsletter.

Power of Eight Intention in August

The Power of Eight is available on Zoom, 6:30 pm on Thursday, August 7th, 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 August 17th. 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



Small Group Ministries (Con't)

Choir - meets to rehearse and perform 3 or 4 concerts a year. No previous experience required.

Ukulele Group - open to Unity and non-Unity, experienced and new players. Contact Richard Long

Study Groups - On Zoom to discuss books and videos that help with personal growth. Contact Chris, chris@peacefulpoint.com

June 2025

Income	\$5,023
Expense	\$4,904
Net Income	\$119

Year to Date

YTD Income	\$28,204
YTD Expense	\$27,632
YTD Net Income	\$572



Dances of Universal Peace

**Sunday, August 31st, 12:15pm
Victorian Estate, 789 Valley Rd, AG
Love Offering**

The Dances of Universal Peace are a beautiful spiritual practice, inspired by the world's many wisdom traditions. We sing and dance, allowing our thoughts to fall away as we experience the Divine in each other and ourselves. As we connect, we do simple, graceful movements while focusing on the positive words of these powerful chants and songs, accompanied by live music. Each Dance is taught by a leader so no experience is necessary.

Parvati Dorene Garvin is a certified dance leader for the Dances of Universal Peace under the Ruhaniyat Sufi Order. She is an ordained Cherag in the Sarati-Inayat Sufi Order, and leads kirtan, (devotional singing), as a member of the band *Heart Bloom*. She has been serving San Luis Obispo county as a bodyworker for over 30 years, doing business as Compassionate Touch.



Attitude of Gratitude



Women's Group August Meeting

Friday, August 15th, at 12pm

Potluck

Please bring your own plate, napkin, and utensils

Hosted by Alex

RSVP Alex apkcsb1@gmail.com by August 8

Parking limited so please carpool. Directions will sent Aug 8

Gratitude is a transformative practice that opens our hearts and minds to the abundance that surrounds us. When we cultivate an attitude of gratitude, we shift our focus from what we lack to the countless blessings in our lives. This powerful energy elevates our spirits, fosters deeper connections with others, and aligns us with the flow of universal love. By acknowledging and appreciating the small and big gifts life offers, we invite more joy, peace, and fulfillment into our experience. Let us embrace gratitude as a daily practice, allowing it to illuminate our path and enrich our journey together.



Movie Screening and Discussion

**Saturday, August 23rd,
1:00pm**

2850 Peaceful Point, AG

**Facilitated by
Rev Brian Walker and
Kathy Bornino, LMFT**

All Are Welcome

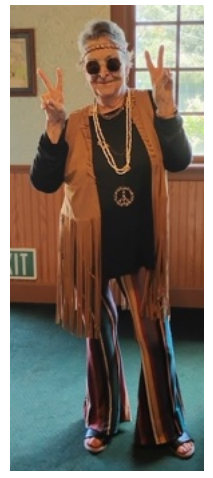
Discover the Transformative Power of Love and Faith!

Join us for an inspiring afternoon as we watch the thought-provoking film "The Shack," based on the bestselling novel by William P. Young. This powerful story explores the nature of God, the importance of forgiveness, and the healing power of love. After suffering a personal tragedy, Mackenzie Phillips encounters three mysterious figures at a remote shack. Through deep conversations and profound insights, he embarks on a journey of healing and self-discovery that challenges his perceptions of God, faith, and love.

You are invited to bring finger foods for refreshments.

Love offering

SUMMER OF LOVE, 2025



Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
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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

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

Schedule

Speaker

Music

Aug 3 Rev Joyce Zorger	Steve Kindel & Karen Wilkins
Aug 10 Kathy Bornino	Jan Grigsby & Nina Ryne
Aug 17 Timber Hawkeye	Mike Smothers and Shari Fortino
Aug 24 Richard Inman	One Mighty Light Choir
Aug 31 Amanda Sherlock	Rob Kimball

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