



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

August 2024

The Power of Listening *August Theme - Listening*

In the rush of our daily lives, amidst the clatter of conversations and the barrage of digital notifications, the art of listening often takes a back seat. However, as we transition into more mindful practices brought forth by the New Thought movement, the act of truly listening presents itself not just as a skill, but as a profound tool for transformation and connection.

When we think of listening, we often envision the act of receiving spoken words. Yet, listening transcends mere auditory reception. It is about fully engaging with another person or even with our own inner voice. When we listen with intention, we attune ourselves to the nuances and subtleties that words alone cannot convey. This is where empathy blossoms and deeper understanding is nurtured.

Authentic listening requires us to be present, to strip away judgments and distractions, and to create a sacred space where the speaker feels seen and heard.

In such a space, communication evolves into a cooperative dance of partnership and trust. The simple but powerful practice of listening can heal divides, mend relationships,

and bring clarity to confusion.

Silence often evokes discomfort, but it is within the folds of silence that true listening finds its essence. Silence is not a void; it is fertile ground where thoughts and emotions can gather and take form. By embracing silence, we afford ourselves the opportunity to listen not just to others, but to the whispers of our own soul. The meditative practice of deep listening can reveal insights and guide us on our spiritual path.



Kevin Hauber on Administrative Leave

Kevin Hauber has had a lawsuit filed against him and it is a common practice to put the person on administrative leave until the issue is resolved. That is what the Board has decided to do. So Kevin will not be on the speaker schedule until the legal proceedings have concluded.

On-going Project to Help the Homeless

The Unity-Five Cities Men's Group is continuing their effort to support the 5Cities Homeless Coalition



based in Grover Beach. The homeless have pets too so the Men's Group makes quarterly donations. In July, Petco in Arroyo Grande donated the pictured dog food, treats and shampoo. The Homeless Coalition is always very appreciative of our ministry's efforts. We are doing this on an ongoing basis. If you are interested in helping or donating, contact Chris: chris@peacefulpoint.com.

Plant-based potluck was enjoyed by all

On July 19th, at Peaceful Point, the Aging Gracefully group hosted a plant-based potluck, which was enjoyed by all.



Unity Ukelele Group

Unity Ukies "strummed their stuff" at the July 28th concert! The group is open to Unity and non-Unity beginners and more advanced players. We have songs to practice so all you need to bring is your ukulele, music stand and be prepared to have fun! This is a good time to join as we will begin to learn a new series of songs for the next concert. Contact Richard Long for detailed information. richardlong1@gmail.com



The Power of Listening (Con't)

Incorporating listening as a daily spiritual practice can radically elevate our awareness and well-being. Engaging in activities such as active listening, mindful meditation, and reflection helps us tap into a holistic understanding of existence. We learn to listen to the rhythm of nature, the flow of our breath, and the

compassionate calls of our community. They empower us to take an active role in shaping our lives, replacing fear and doubt with faith and trust in the universe's benevolence.

Listening is a divine act that connects us to the universal consciousness. It helps break down the illusion of separateness,

fostering interconnectedness and unity. As we cultivate this practice, we become conduits of peace and understanding, echoes of the divine intention that flows through all beings.

In embracing the power of listening, we unlock doors to new realms of perception and compassion. As New Thought practitioners, let us honor this practice, allowing it to guide us into deeper relationships, gentle wisdom, and the harmonious symphony of life.

8 QUALITIES THAT MAKE GREAT LISTENERS

1. Empathy
2. Attention
3. Open-mindedness
4. Asking the right questions
5. Compassion
6. Non-judgement
7. Reflection
8. Awareness of verbal and nonverbal messages

Power of Eight Intention Sessions in August

The Power of Eight is available on Zoom, 6:30 pm on Thursday, August 1st, 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 service August 18th. 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

Church Financial Summary

June 2024

Income	\$4,837
Expense	\$5,188
Net Income	\$-351
Year to Date	
YTD Income	\$27,214
YTD Expense	\$26,350
YTD Net Income	\$864

Unity Five Cities Women's Gatherings

On July 19th, the Women's Group met at Gina's Italian Cuisine for a time of connection and intimate sharing.

The Women's Group meeting in August will be from 11:30am-1:30pm on Friday, August 16th at Rooster Creek Tavern. See flyer in this newsletter for details.



The Spiritual Spa, the Women's Group on Zoom, which is facilitated by Rita Conrad, Ph.D, will meet on Aug 2nd, 6:30-7:30pm. Come as you are!

Unity Men's Group Most Enjoyable Outings

One of Unity Men's Group's most enjoyable outings is our monthly breakfast meeting at Lopez Lake! After a delicious camp style breakfast, we get down to the serious meeting: sharing our personal tales of each members' week, and then tackle a more spiritual theme in a group discussion.



On our last month's Lopez outing, there was a full sized "dreadnaught" style acoustic guitar in various pieces, mixed in, with all the picnic trash!! After presenting it to the group, Jan mentioned that he thought he could do some repairs on the broken guitar, and possibly get it back into musical shape.

At our next Men's meeting, we had our regular meeting, but made a decision together, to donate the now Lopez Lake orphaned guitar beautifully restored by Jan, to a guitar student of Jan's partner, Nina. His name was Hendrix, and one of Nina's star guitar pupils, in the Pismo Recreation beginning guitar class! Both his sister, and father were present when he was given the guitar, and was very excited to receive his first acoustic instrument! He had been taking the guitar classes, using his kid -sized electric guitar, with a battery amplifier.

So the legacy continues our Unity Men's Group continues to find spiritual treasures, in the oddest places. . . . and to "pay forward" those blessings, sharing them with others! Who knows. . . . perhaps Hendrix might someday become the next jammin' "Jimmy" of a whole new generation of guitar players?"



Shindig on the Porch

July 28th at Victorian Garden





**“ALL CREATURES BRIGHT
AND BEAUTIFUL”**

Unity Women’s Lunch at Rooster Creek Tavern

August 16th 11:30am – 1:30pm

Bring your photo, poem, prayer, verse, spirit animal, etc. and share the heart of all that is non-human that God loves and has meaning to you. Hosted by Lisa Leonard and Deborah Hall-Sandor.

RSVP Lisa Leonard 1-916-765-1846 or

Lisaleonard916@gmail.com



The origins of spirit animals

Join Marilyn for 7 consecutive weeks every Tuesday starting Aug. 27- Oct. 8, as she guides you to balance each of your chakras.

CHAKRA 1-7 WORKSHOP

Chakras are wheels of energy and when it is balance the quality of your life is enhanced in all areas.

In-person Location: 2850 Peaceful Point Lane, Arroyo Grande

Zoom: ***Link will be provided in an email the morning of the class.***

Time: 5:30 - 7:00 pm, every Tuesday, 8/27-10/8, 2024

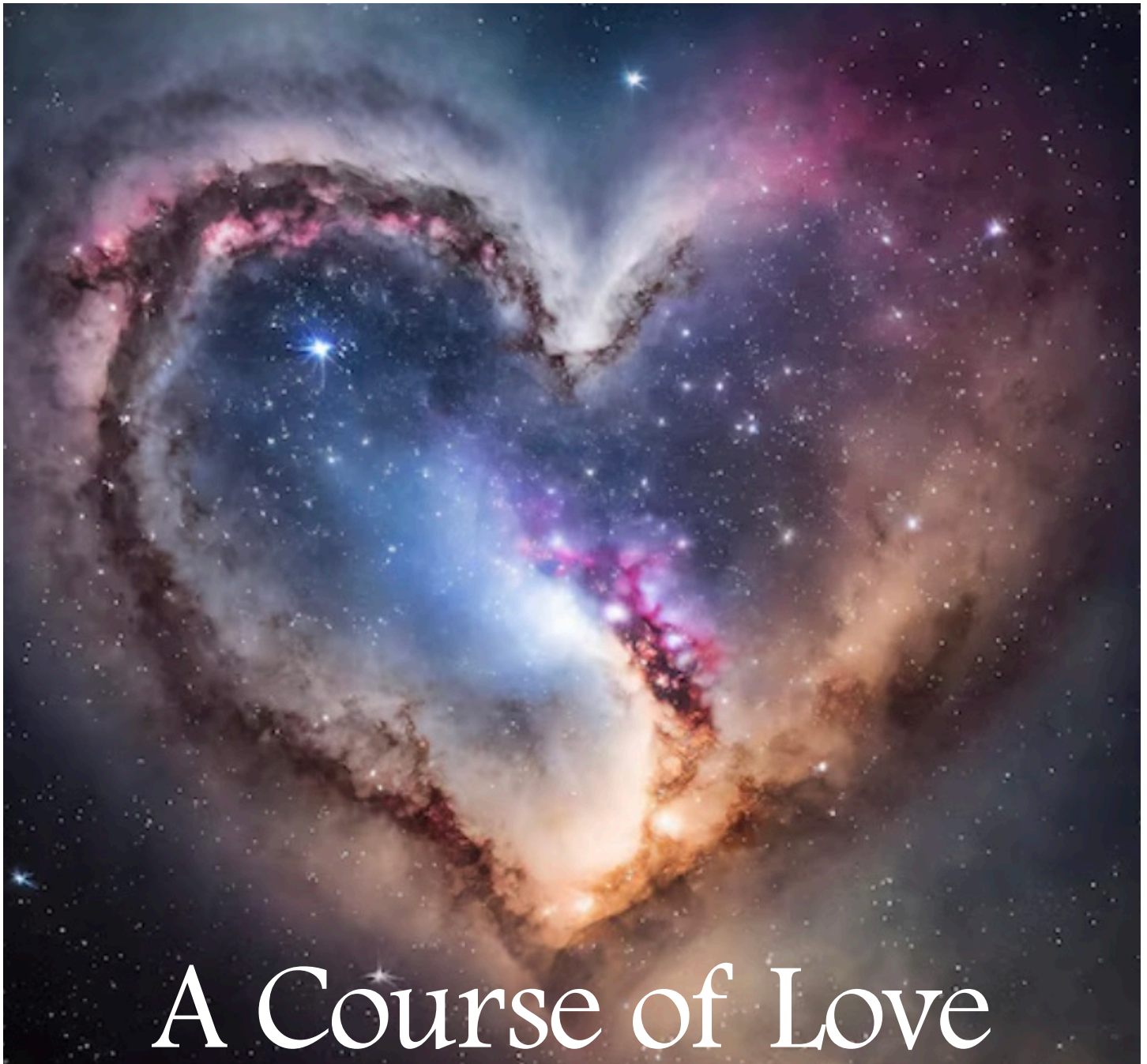
Love offering: \$20.00/ per session (but nobody is turned away.)

You will practice yoga postures, mudras, breathing techniques, and experience a guided meditation balancing and opening the chakras to feel a harmonious union of the spirit, mind, and body. You will understand how the chakras relate to your overall well-being.

Note: Please bring a yoga mat, blanket, water, and journal for self-reflection at the end of the class.

Marilyn Mercado is a certified yoga instructor & a yoga educator (k-12th) for adults and children, a health & life coach, and an Art Medicine Facilitator.

To register: contact Marilyn - nalaniweb@yahoo.com



A Course of Love

40 DAYS AND 40 NIGHTS

Begins September 5, 2024 ~ 8 Weekly Sessions

When: *Thursdays, 6:00 - 7:30 p.m.*

Where: *2850 Peaceful Point and on Zoom*

Text: *A Course of Love*
- OR -

Audio: *On YouTube*

For more information:

Contact Rita Conrad, rmconrad99@gmail.com

"A Course of Love is an experiential text. In the concluding portion, a powerful experience is provided in "The Forty Days and Forty Nights" on the mountain top: becoming equals, sharing in companionship and dialogue, embracing freedom and power, preparing to return to level ground as a new Self."

(from <https://acourseoflove.org/home-with-acol/>)

Board of Trustees & Staff

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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 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

Schedule

<u>Speaker</u>	<u>Music</u>
Aug 4 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Aug 11 Therese Solimeno LUT	Mark Stanton Welch
Aug 18 Rev Brian Walker	Steve Kindel & Karen Wilkins
Aug 25 Richard Inman	One Mighty Light Choir
Sept 1 Rita Conrad, Ph.D.	Richard Inman & Sheila Cochran
Sept 8 Rev Jan Limberg Morgan	Jan Grigsby & Nina Ryne
Sept 15 Timber Hawkeye	Steve Kindel & Karen Wilkins
Sept 22 Amanda Sherlock	Richard Inman and Sheila Cochran
Sept 29 Therese Solimeno, LUT	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