



# A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

December 2024

## Embracing Inner Peace: A New Thought Perspective *December Theme - Peace*

In a world that often feels chaotic and uncertain, the pursuit of peace might seem like a distant ideal. Yet, within the New Thought movement, peace is not only attainable but essential. By shifting our mindset and aligning our actions and thoughts with higher spiritual truths, we can cultivate a profound sense of inner peace that transforms our lives and radiates outward into the world.

At the heart of New Thought philosophy is the belief that our reality is shaped by our thoughts and consciousness. This understanding empowers us to step away from limiting beliefs and embrace a mindset that affirms love, abundance, and peace. Inner peace begins with the simple recognition that we create our experiences with our thoughts, whether consciously or unconsciously. By choosing thoughts of harmony,



understanding, and acceptance, we lay the foundation for peace to flourish within us.

To foster inner peace, one can engage in various spiritual practices that align with New Thought principles. Meditation is a powerful tool that enables us to quiet the mind and connect with our higher self. In moments of stillness, we tap into a wellspring

of divine wisdom and tranquility that resides within us. Regular practice helps us remain grounded in peace, even amidst life's challenges.

Affirmations are another technique that helps reprogram our subconscious mind to embrace peace. Phrases such as "I am at peace" or "Peace fills my heart and guides my actions" reinforce our commitment to living peacefully. By repeating these affirmations regularly, we build a mental environment conducive to peace and calm. **(Con't on Page Two)**

## Wishing Rita Conrad, LUT(!), Well

Congratulations to Rita on earning her credential as a Licensed Unity Teacher (LUT). After several years of taking classes, teaching classes, learning ministerial skills, and comprehensive testing, Rita is now an LUT.

Not only that, but she has accepted a position as the Spiritual Leader of Unity Chapel of Light in Santa Maria. She gave her last regularly scheduled talk to the Unity Five Cities congregation on November 3rd.

At that time we had a celebration for Rita with a special cake and a gift of a new, midnight blue minister's stole.



Rita will always be in our hearts and we know from



personal experience the gifts that she brings to her new spiritual community. We look forward to hearing how she is blessing her new congregation and how there may be greater connection and cooperation

between the two New Thought communities. God speed, Rita!

## Power of Eight Intention in December

The Power of Eight is available on Zoom, 6:30 pm on Thursday, Dec. 5th, 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 Dec.



15th. 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](mailto:chris@peacefulpoint.com)

## Embracing Inner Peace (Con't)

Moreover, the practice of gratitude can transform our perception of the world. By focusing on the abundance and beauty around us, we cultivate contentment and peace. Gratitude shifts our attention from what we lack to what we have, aligning us further with the flow of positive energy and peaceful vibrations. In



relationships, practicing compassion and active listening fosters understanding and connection. When we approach others with empathy, we

dissolve barriers and create an environment where peace can thrive. By seeing the divinity in others, we elevate our interactions, drawing closer to the ideal of

## Unity Five Cities' 25 Year Anniversary A Great Success!

On Sunday, November, 17th, the Unity Five Cities community celebrated its 25th anniversary.

There was an excellent turnout with a number of



people we hadn't seen for some time. For the Sunday talk, there were three speakers - Martha Aivaz, LUT; Chris Garey, LUT; and Rev. Brian Walker - each of whom told about their experience with leadership in this grace-filled community. During the potluck lunch

a slide show played that reviewed the activities of the past year. Chris then gave a slide presentation of the 25 year history of Unity Five Cities. There was a special 25 year anniversary carrot cake



that everyone enjoyed.

## Unity Five Cities Women's Gatherings

On Friday, November 15th, the Unity Women's Group met at Peaceful Point to share a potluck meal and to explore their



passions. Before the meeting, everyone had completed a "passion" test, for which

they brought the results to the meeting. After the meeting, there were a number of testimonials by participants about how the discussion of their passions impacted them and how it would change how they live their lives, paying more attention to what really matters to them.

The December meeting, a Christmas party, will be on Friday, Dec. 13th, at Gina's Italian Cuisine from 11:30-3pm. Peggy Sharpe will lead a sharing time and there will be a white elephant gift exchange. Please RSVP to Alex (apkcsb1@gmail.com) by Dec. 11th. See flyer in this newsletter for more details.

## The Aging Gracefully Classes for 2025

Starting a new year of Aging Gracefully classes.

Here is what we have for the new year so far:

*Human longevity project*

*Ancient medicine for modern illnesses*

*Health by Rewiring the Brain*

*Rewiring Your Beliefs*

*Radically reframing relationships*

See the flyer for

details on the first class in the series.

# Aging Gracefully

**Preventative Care for All Ages**

## Church Financial Summary

October 2024

Income	\$4,679
Expense	\$4,799
Net Income	\$-120

Year to Date

YTD Income	\$44,476
YTD Expense	\$43,805
YTD Net Income	\$671

**"Oh, Christmas isn't just a day, it's a frame of mind."  
- Kris Kringle, Miracle on 34th St.**



## Thanksgiving Food Drive

For the last several weeks the Unity Five Cities community has been sponsoring a food drive to support needy families during the holiday season. Thanks to everyone who donated. Our goal is to support the entire human family in experiencing abundance.



## Thanksgiving Potluck



On Thanksgiving Day, in her condominium clubhouse, Amanda hosted a plant-based potluck for anyone interested. There were about twenty people who brought the most delicious plant based dishes. It was great!



## Christmas Gifts for Seniors

Unity Five Cities will be coordinating with Angie's Angels again this year to provide Christmas gifts for institutional bound seniors who don't have visitors. To support seniors

to have gifts at Christmas, Angie's Angels will supply a list of gifts that seniors have requested. Anyone wishing to participate can pick up a card with a requested gift item on Sunday at the Victorian or contact Sheila Cochran (619)540--665 or Shylacreations@yahoo.com

Then, purchase the item and bring it, unwrapped, to the Victorian on Sunday by Dec 15th. If you are unable to bring it to the Victorian, you may drop it off at Ethel (Tink) Lander's home (381 Sunrise Terr, AG). Please call Tink before visiting her. Angie and her angels wrap the gifts and distribute them to seniors who don't have visitors so that they'll have Christmas gifts to open on Christmas day. It's a great way to spread the love and joy of Christmas.



# Christmas Party

Friday, December 6th, at the Victorian, 5pm



*Bring a dish to share*



*One Mighty Light Choir*



*Unity Ukles*



*Get Dressed Up*



*Jan and Nina*



# Women's Christmas Party

## *Women's Group Meeting*

**Friday, December 13th,  
11:30am-3pm**

**Gina's Italian Cuisine**

**138 E Branch St Arroyo Grande**

**Facilitators: Marilyn Mercado & Peggy Sharpe**

**RSVP by Dec 11th to Alex [apkcsb1@gmail.com](mailto:apkcsb1@gmail.com)**

***Start with excellent Italian cuisine***

***Peggy will lead the sharing by asking an  
important question.***

***"Share something important in your life  
right NOW?"***

***Marilyn will lead the "white elephant"  
gift exchange to celebrate the holiday.***



**Wear something  
festive**



**Presented by Unity Five Cities**

# **Aging Gracefully**

*Preventative Care for All Ages*

## **The Human Longevity Project Class**

**Wed., 6:30-8:00 pm, on Zoom, 9 Weeks starting Jan. 8th**

The Human Longevity Project is a documentary film series that will take you on an exciting journey around the globe, on a mission to discover the secrets of the longest-lived and healthiest populations on Earth.

Filmed over 2 years, in over 50 locations, in 9 countries, on 3 continents, this series uncovers the key lifestyle, environmental, and physiological components to avoid chronic disease, increase health span, and put the brakes on aging in our modern world.

Videos to watch one per week:

Episode #1 **The Truth About Aging: Can It Be Slowed or Even Reversed?**

Episode #2 **The Gut and Immune System's Role in Disease and Early Aging**

Episode #3 **The Surprising Way Healthy Populations Think About Diet and Exercise**

Episode #4 **Can We Be Healthy in a Sick World? Is Our Environment Too Far Gone?**

Episode #5 **Light! Where the Western World Went Wrong and How to Fix it**

Episode #6 **Learn How to Reverse This Alarming Trend in Our Children**

Episode #7 **Power of Purpose: What All Healthy Societies Know That We Don't**

Episode #8 **The Real Reason These Healthy Populations Don't Get Chronic Disease**

Episode #9 **Taking Ancient Wisdom and Applying It to Our Modern Lives**



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**No charge for these sessions on Zoom. Love offering accepted.**

**For information or to be put on the email list to receive class info and links, contact Chris Garey [chris@peacefulpoint.com](mailto:chris@peacefulpoint.com)**

**Unity-Five Cities Website: [www.unity5cities.org](http://www.unity5cities.org)**

## Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
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Larry Conrad, Facilitator	805-219-0219
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Don Aronson, Trustee	805-544-4504
Chris Garey, LUT, Volunteer Coordinator,	805-440-1693
Therese Solimeno, LUT	805-440-9461

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

## 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](mailto:info@unity5cities.org)  
Website: [www.unity5cities.org](http://www.unity5cities.org)

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## Schedule

<u>Speaker</u>	<u>Music</u>
Dec 1 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Dec 8 Mark Stanton Welch	Mark Stanton Welch
Dec 15 Timber Hawkeye	Steve Kindel & Karen Wilkins
Dec 22 Richard Inman	One Mighty Light Choir
Dec 29 Chris Garey, LUT	Rob Kimball