

Founded November 1999

February 2026

The Transformative Power of Love

February Theme - Love

In the realm of New Thought philosophy, love is not merely an emotion; it is the very essence of our being, a transformative power that shapes our lives and the world around us. At its core, love represents a universal energy that connects all people, inspiring us to rise above our individual concerns and to unite in heartfelt compassion, understanding, and support. Love emerges in countless forms—romantic, familial, friendship, and even the deep love we hold for humanity as a whole. Each expression enriches our lives, guiding us toward deeper connections and greater fulfillment. When we embrace love, we align ourselves with the highest vibrations of the universe, fostering an environment where healing and growth can flourish. As we open our hearts, we not only uplift ourselves but also radiate that energy outward, inviting others to experience the wonders of love as well.

In New Thought teachings, we are reminded that our thoughts create our reality. By choosing to focus on love, we cultivate a mindset that sees the beauty in ourselves and in others. This shift in perspective can dramatically alter our experiences, transforming feelings of isolation or anger into ones of inclusion and joy. When we consciously choose to see through the lens of love, we contribute to a ripple effect that can inspire kindness and compassion within our communities.

Moreover, love is an empowering force that encourages us to embrace our authenticity. When we recognize our inherent worth and extend love to ourselves, we create a foundation of self-acceptance and confidence. This self-love equips us to engage in our relationships more wholeheartedly, allowing us to share our true selves without fear or reservation. As we practice self-love, we become vessels of love for



PureLoveQuotes.com

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Annual Congregational Meeting Your participation is important!

The annual congregational meeting is Sunday, February 1st, immediately after the Sunday Service (no refreshments), approximately 11:30 am at the Victorian, 789 Valley Rd., Arroyo Grande.

The meeting topics:

1. Elect Trustees to fill the open positions. The board candidates are: Jeanne Surber, Ruth Jackson, Ethel "Tink" Landers, Rev. Jan Limberg Morgan
2. Review the 2025 Financials
3. Report on Reunification progress – The who, what, why, when, and how we are proceeding
4. Receive input on how we can better fulfill our vision and mission statements
5. Discuss any questions, comments, or concerns.
6. Review of 2025 activities.



Cultivating Synchronicity Workshop

On Sunday, January 25th, Kathy Bornino, LMFT, facilitated a workshop in which participants learned to cultivate an awareness of the synchronicities in our lives. Through explanation, guided exercises, personal reflection, and



small group sharing, participants were invited to open up to discovering past synchronicities and to create strategies for being more aware of the constant flow of synchronicities in their daily lives. There are many benefits to increasing our awareness of synchronicities: More connection and communication with the world around you; better grounding; evidence that supports and fuels optimism; a more flexible and resilient brain.

Power of Love (Con't)

others, nurturing relationships that foster growth and understanding.

As we navigate life's challenges, love serves as a guiding light. Whether it's offering a listening ear to a friend in need, volunteering our time for a cause we believe in, or simply sharing a smile with a stranger,



these acts of love have the power to shift not only our inner state but also the atmosphere around us. In times of discord, love becomes a balm that soothes and heals, reminding us of our shared humanity. In conclusion, let us commit to cultivating love in our lives—within

ourselves, in our relationships, and throughout the world. By embodying love, we not only uplift our spirits but contribute to the harmonious tapestry of humanity. Together, let us awaken the transformative power of love, creating a brighter and more connected world.

One Mighty Light Easter Choir

The One Mighty Light Choir, under the direction of the awesome Richard "no wrong notes" Inman,



will be starting practice again on Tuesday, February 3rd at 7pm in preparation for their widely anticipated Easter performance. The choir will continue to meet at 1183 Shannon Ln,

AG (home of the internationally known super-dog, Pierre). And, yes, choir members can get selfies with Pierre IF they listen to the choir director. Contact Rich if you're interested, rich223344@gmail.com



Unity Five Cities and SLO Women's Group

The Women's Group enjoyed their time getting together January 30th at Peaceful Point, where an amazing potluck was shared. Lynn Marie led the group



in creating personal vision boards using pictures from magazines that the participants contributed. Everyone was encouraged to use their imaginations to bring their dreams to life and to visualize what it might look like to create life anew. Having created a visual image of the goals and aspirations, the participants have a creative tool that makes it easier to focus on and manifest what they want in life.

The Spiritual Spa for Women

Need a spiritual pick me up during the week?

Don't want to leave the comfort and warmth of your home? Consider dropping by *The Spiritual Spa for Women* on Zoom. There's no preparation needed, no book to read, no restrictive agenda or long talk and no need to be there for every session. We open with a short prayer, check-in with one another, do a short meditation, have a bit more heart-centered discussion, and end with an inspirational reading, sending our light out into the world. So come as you are. Drop in whenever you can. Share whatever is on your heart. The group now meets twice a month --- the 2nd and 4th Thursdays of the month, 6:30-7:30 pm. on Zoom. Contact Dr. Rita Conrad, LUT, rmconrad@gmail.com for details.

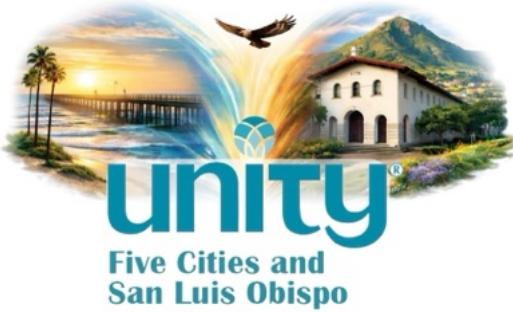
Power of Eight Intention Sessions in February

The Power of Eight is available on Zoom, 6:30 pm on Tuesday, Feb. 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 Feb. 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



Reunification Update

The Merger Steering Committee is hard at work fulfilling the Mission Statement: To develop short term and long term plans to provide Unity Ministry to San Luis Obispo County. There will be a detailed presentation at the Feb 1st Congregational meeting touching on the who, what, why, when, and how we



are proceeding. We have a committee of 14 people that are serving on various subcom-

mittees. Join our effort to expand our organization and create a sustainable ministry that will continue to serve the county into the future.

If you would like to help with the planning process, Contact Rev. Brian or Chris. Our next meeting is Feb. 16th, 7:00 pm on Zoom.

Helping the Homeless

The Unity Five Cities and SLO Men's Group is continuing an effort to support the 5Cities Homeless Coalition based in Grover beach. They always have a need for men's and woman's socks and underwear. We will be buying them in bulk and need to raise about \$750. There will be a donation basket at the Victorian or you can contact Chris:



Time to Join the Unity Ukulele Group

Unity Ukes are starting the year with a new schedule of practice sessions so this is a great 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! Days and times may vary. Contact Richard Long for detailed information. richardlong1@gmail.com



A Love Beyond Borders

In the garden of creation, where flowers intertwine, Love blooms in every color, in every heart it shines. A tapestry of union, where differences embrace, In the light of acceptance, we find our sacred space.

Through struggles and through triumphs, together we will stand,

With open hearts and open minds, we'll join hand in hand.

Each voice a sacred whisper, each story rich and true, In the choir of humanity, we sing, we learn anew.

For love is not confined to a single voice or creed, It's the spark that lights the darkness, the comfort in our need.

In the face of hate and anger, we'll choose to be the light, With grace as our foundation, we'll rise and shine so bright.

As Jesus walked in sandals, with grace for every soul, He taught us love's true power, to make the broken whole. In the shadows of exclusion, let love our heart reframe, Embracing every neighbor, no matter who they claim.



So let our love be action, and let our hearts be true, In every act of kindness, God's love will flow anew. Together we are stronger, in harmony we thrive, With love as our foundation, we can truly come alive.



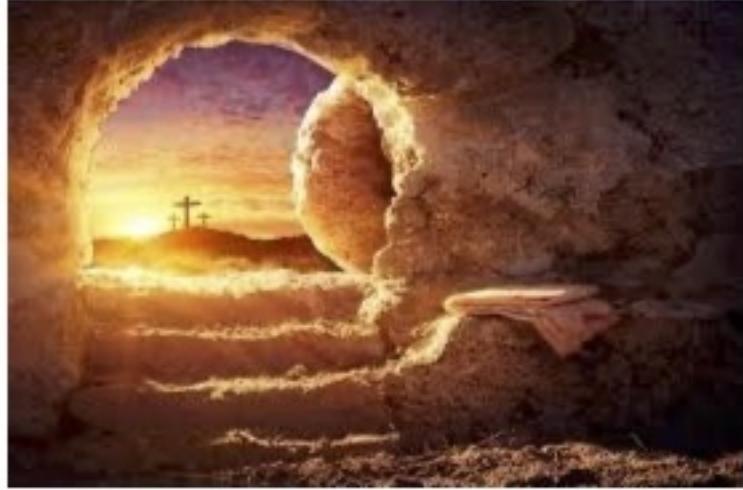
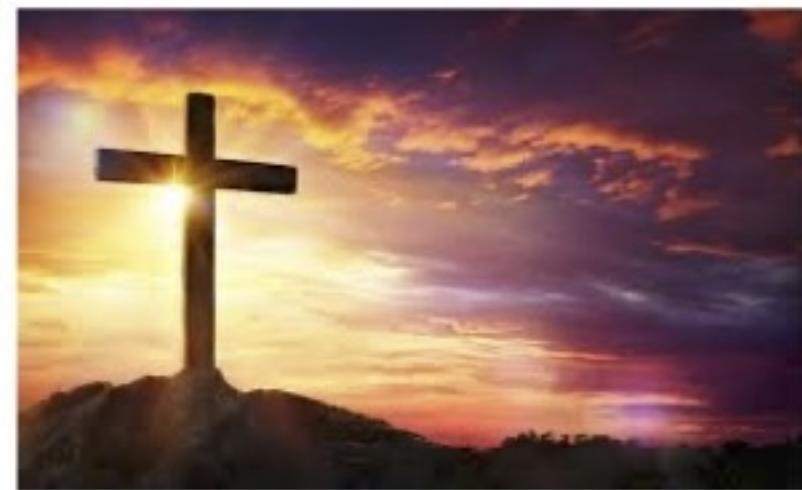
Watch us on
YouTube™

December 2025

Income	\$6,215
Expense	\$4,473
Net Income	\$1,742

Year to Date

YTD Income	\$58,566
YTD Expense	\$58,035
YTD Net Income	\$531

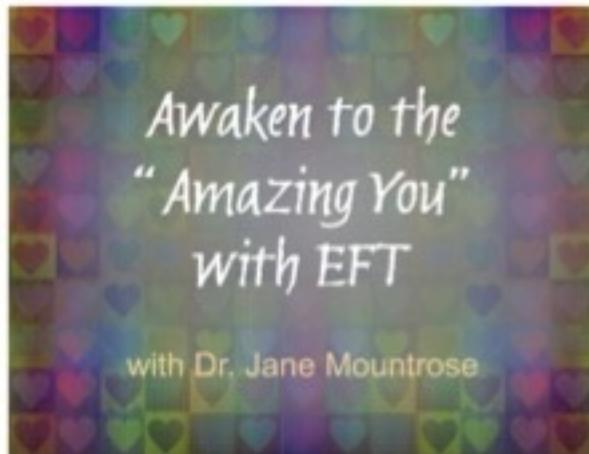


God For Us: Reimagining Lent and Easter

- **Explore New Perspectives:** Dive into the rich spiritual meanings of Lent and Easter through the lens of New Thought principles, emphasizing love, unity, and personal transformation.
- **Reflect on 'God For Us':** Discover how the theme "God For Us" encourages a deeper understanding of Divine support and guidance in our lives.
- **Creative Expression:** Enjoy opportunities for reflective journaling, meditation, and artistic expression related to the themes of renewal and resurrection.
- **Practical Applications:** Learn practical tools and practices to incorporate the spirit of Lent and Easter into your daily life, fostering personal growth and spiritual awakening.

Class on Zoom
Seven Wednesdays,
6:30-8:00pm
Starting on Feb 18th
Facilitator - Rev Brian Walker
Register at
revbrian.walker@gmail.com

Love Offering



A Transformational Workshop with Jane Muntrose

Join Jane at the Women's Group meeting on Friday, February 27 from 12:00-3:00 PM for a delicious potluck lunch and inspiring workshop for awakening to the amazing blessings each one of us brings to the world.

We will Meet at Chris Garey's home at Peaceful Point, 2850 Peaceful Point Lane in Arroyo Grande.

Discover the "Amazing You"

This uplifting, hands-on workshop blends the power of EFT (Emotional Freedom Techniques) with spiritual awakening. You'll experience practical tools to release old limits and open to your magnificence!

In This Workshop, You'll Learn:

- How to connect with your soul and spirit guides for loving support and guidance
- How to do Holistic EFT Tapping for healing, success, and joy
- How to do the life-changing *Amazing Me Process*
- And much more to help you live as your authentic, amazing self!

Come Experience ...

- Deep emotional and spiritual clearing
- Heart-centered connection with your soul's truth
- Amazing insights and aha's for living your purpose and joy

It's going to be a lot of fun – and enlightening. Please bring a pen and paper so you can take notes and log your insights.

To ensure we have enough handouts,
please RSVP to Jane by Monday, February 23 at thrive@gettingthru.org.



Online Unity Women's Group

2nd & 4th Thursdays
6:30-7:30 pm on Zoom

Facilitator: Dr. Rita Conrad, LUT, IMCP

Contact Rita for Zoom link:

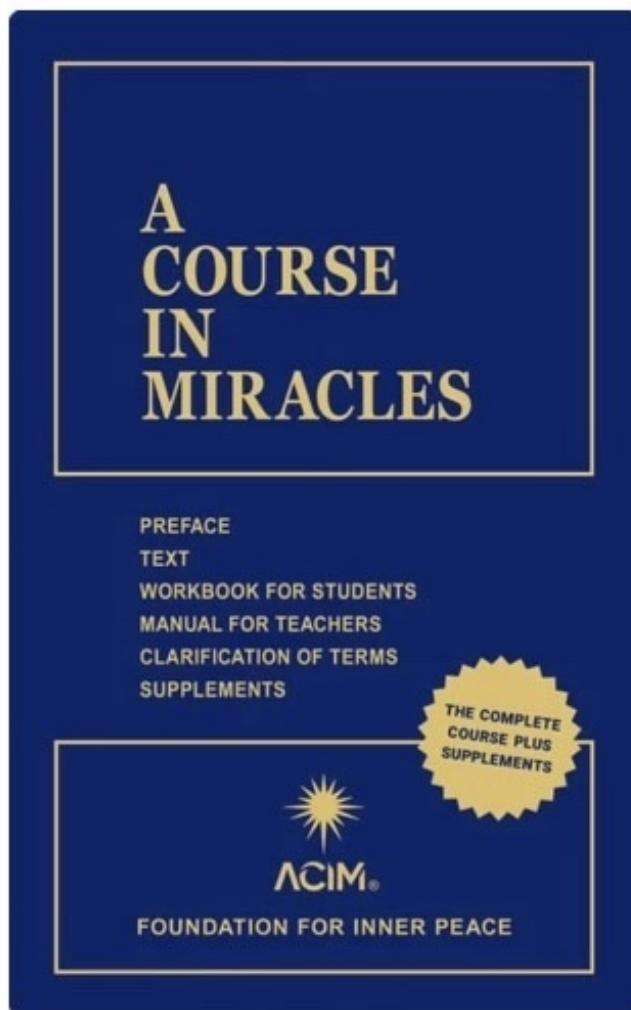
rmconrad99@gmail.com

~ Spend an hour relaxing in Spirit ~

A Course in Miracles

Discussion Group

Wednesdays, 10:30 am on Zoom



Facilitator: Susan Duran

Email unityofsantamaria@gmail.org for Zoom link

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
Therese Solimeno, LUT	805-440-9461
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
Prayer Chaplain - Therese Solimeno	805-440-9461

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 and San Luis Obispo

Sunday Celebration 10:00 am

Meeting at The Victorian and on Zoom
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

Speaker

Feb 1	Rev Joyce Zorger
Feb 8	Mark Stanton Welch
Feb 15	Ethel "Tink" Landers
Feb 22	Richard Inman

Music

Jan Grigsy, Nina Ryne
Mark Stanton Welch
Steve Kindle & Karen Wilkins
One Mighty Light Choir



P.O. Box 1005
Arroyo Grande, CA 93421