



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

February 2025

Embracing the Essence of Love *February Theme - Love*

Love is a force of nature, a profound energy that transcends time and space. In the context of New Thought, love is not merely an emotion, but a fundamental essence that permeates the universe. It is the divine thread that connects all of us, a spiritual truth that inspires us to live fully, authentically, and harmoniously.

At its core, New Thought advocates the principle that our thoughts shape our reality. When we align our minds and hearts with the frequency of love, we set in motion a powerful transformation. Love becomes more than just a feeling; it becomes a way of being, an expansive and liberating force that enhances every aspect of our lives.

One of the central teachings in New Thought is the idea of oneness—everything is interconnected. This understanding fosters a sense of universal love, a recognition that every person, creature, and element is part of a greater whole. As we embrace this

interconnectedness, we begin to see love as a unifying power that dissolves barriers, builds bridges, and nurtures our relationships with others and ourselves.

Practicing love from a New Thought perspective involves intentionality and mindfulness. It calls us to be present, to listen, and to cultivate compassion, not just for those closest to us,

but for all humanity. Love is an active practice of kindness and empathy, a commitment to see beyond superficial differences to the divine essence within every being.

Moreover, love is an integral part of personal growth and self-realization. We are reminded to love ourselves fully and without conditions. This self-acceptance is not an indulgence, but a necessity. When we truly love ourselves, we honor our intrinsic worth and open pathways to genuine happiness and

Annual Congregational Meeting

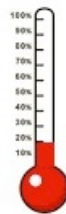
February 2nd, 11:30am right after the Sunday Service, our annual meeting will be held at the Victorian and streamed on Zoom. The meeting topics: elect trustees to fill the open positions; review the 2024 financials; receive input on how we can better fulfill our vision and mission statements; discuss any questions, comments, or concerns. This is an important meeting for our community to thrive!



Congregational Meeting

Helping the Homeless

The Unity-Five Cities 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. So far, we have \$210 collected. There is a donation basket at the Victorian or you can contact Chris: chris@peacefulpoint.com



Power of Eight Intention in February

The Power of Eight is available on Zoom, 6:30 pm on Thursday, February 6th, 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 February 16th. 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



VALENTINE'S DAY



Embracing the Essence of Love (Con't)

fulfillment. This self-love becomes the foundation upon which we build loving relationships with others. In embracing love from a New Thought standpoint, we also tap into our creative power. Love inspires us, fuels our passions, and empowers us to manifest our dreams. By aligning with the energy of love, we free ourselves



to co-create with the universe, drawing towards us experiences and opportunities that resonate with our highest good.

In conclusion, love is the heartbeat of New Thought—a transformative and boundless energy that

can heal, inspire, and elevate. As we weave love into the fabric of our daily lives, we contribute to the creation of a more compassionate and harmonious world. Let us be guided by the wisdom of love, realizing its potential to change not only ourselves but the world around us. With every thought of love, we sow the seeds of a brighter future for all.

Time to Join the Unity Ukulele Group

Unity Ukes are starting the year with a new set of songs 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! We perform at Unity events.

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



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

Unity Five Cities Women's Gatherings

On Friday, January 17th, the Unity Women's Group met at Peaceful Point for a lovely potluck lunch and a



Burning Bowl Ceremony led by Lynn Marie. In addition, Marilyn Mercado led a short ritual to purify the auras and realign and balance the Chakra energy centers.

The next meeting will be on Friday, February 21st. Details to follow.

The Spiritual Spa, the Women's Group meeting on Zoom, facilitated by Rita Conrad, LUT, will meet Thursday, February 9th from 6:00-7:00pm. Contact Rita for the Zoom link, rmconrad99@gmail.com. *Come as you are.*

The Human Longevity Project Class Going Well

The class started January 8th with 30 participants on Zoom! The Human Longevity Project is a documentary film series that takes 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. You can join at any time and get caught up on the videos.



One Mighty Light Easter Choir

Unity's choir, led by Richard Inman, will start practicing on Tuesday, Feb 18th, at 7pm. Everyone is welcome; no experience necessary. Contact Richard, rich223344@gmail.com



December 2024

Income	\$6,204
Expense	\$5,038
Net Income	\$1,166
Year to Date	
YTD Income	\$54,790
YTD Expense	\$53,217
YTD Net Income	\$1,573



Mastering Self-Love

"In this workshop, you will learn different tools, tips, exercises and techniques so that you will..."

1. Become more mindful and start to understand what is right for you. People with more self-love know who they are, and what they think, feel, and want.
2. Learn how to elegantly say "NO" instead of your previous automatic behavior of always saying "YES" out of fear that others will not love you.
3. Start to determine what you need to nourish yourself daily. We will make a nourishment menu to nourish your soul.
4. Learn to forgive yourself fully for anything you felt you may have done in the past and start to understand that everything happens "for you" not "to you."
5. Learn healing the self and healing the world with "Ho'oponopono."
6. Importance of self-reflection: Reflecting on your own needs and values is crucial to developing self-love, which can be done at any stage of life.

**Sunday, February 9th
12:15-2:00pm
At the Victorian
Facilitator: Marilyn
Mercado**

***Suggested
Love Offering \$20***

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
Jeanne Surber, Treasurer	805-708-1823
Larry Conrad, Facilitator	805-219-0219
Ethel Landers, Trustee	805-550-0348
Art Westerfield, Alternate Trustee	805-295-0558
Amanda Sherlock, Trustee	650-279-1881
Don Aronson, Trustee	805-544-4504
Chris Garey, LUT,	805-440-1693
Volunteer Coordinator,	
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 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

Schedule

<u>Speaker</u>	<u>Music</u>
Feb 2 Rev Joyce Zorger	Steve Kindel & Karen Wilkins
Feb 9 Marilyn Mercado	Steve Key
Feb 16 Mark Stanton Welch	Mark Stanton Welch
Feb 23 Richard Inman	One Mighty Light Choir