

Founded November 1999

January 2026

Embracing New Beginnings: The Power of Renewal in Our Lives

January Theme - New Beginnings

As we step into January 2026, we are greeted not only by a new year but by the profound potential of fresh starts and new beginnings. This season invites us to reflect on the past while embracing the opportunities that lie ahead. In the spirit of New Thought philosophy, which emphasizes the power of our thoughts and beliefs to shape our reality, this time of renewal is ripe for personal transformation.

New beginnings often arise from the ashes of our past experiences. The closing of one chapter makes space for new stories to unfold. Whether it's a personal goal, a career change, or a shift in our relationships, each new beginning is an opportunity to redefine who we are and what we desire. By understanding that change is a natural part of life, we can approach these

transitions with excitement rather than fear.

In New Thought practice, we learn to harness the power of intention. Setting intentions for the year ahead can help align our thoughts and actions with our highest aspirations. Rather than making

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New beginnings are often disguised as painful endings.

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resolutions based on societal expectations, we can take a moment to connect with our inner selves. What do we truly want to cultivate in our lives? What unique gifts and talents are waiting to be expressed? Asking these questions can guide us toward meaningful beginnings that resonate with our authentic selves.

Mindfulness plays a crucial role in navigating new beginnings. By being present and fully engaged in the moment, we can appreciate the excitement of change while remaining grounded. Meditation, journaling, and other practices can help us clarify our intentions and visualize our desired outcomes. This clarity sets the stage for taking inspired action.

Moreover, we can leverage the collective energy of community during this time of renewal. Sharing our

Remembering Martha Aivaz - An Angel on Earth

by Therese Solimeno, LUT

Like many of you, I was shocked to hear of Martha's death on Christmas Eve...but I wasn't surprised. At 89, her body had slowed down over the past few months and was beginning to betray the loving, vibrant spirit that resided inside it; in her own way she was preparing to move on to the next adventure. We talked about it on occasion - she was tired, and ready. And like always, Martha knew her mind and her heart and was not afraid to move forward in faith, relying on Divine Order to guide her without fear.



I met Martha at the Unity San Luis Obispo women's group in May 1991. She had recently returned to the Central Coast after living in Naples, Florida for about a year, just because she wanted a change and heard good things about Naples. I quickly found out why the senior minister called her "an angel on earth": she exuded love and quiet confidence in her spirituality, and her hugs always made you feel like you were being hugged by Myrtle Fillmore herself. Everyone loved her no-nonsense midwestern approach to life (along with her lemon pie and deviled eggs) and she and I became fast friends. We took country western dance lessons together with Linda Drake at The Graduate, and when Martha hosted lunch or dinner at her house, it was quite a feast of comfort food and laughter. I should also mention Martha's work trapping feral cats and getting them spayed or neutered; at one point she was caring for 18 cats, some her own and a parade of others who showed up at Martha's house for regular meals and kind, loving words from a human who accepted them as they were.

Embracing New Beginnings (Con't)

goals and aspirations with others creates a supportive environment where we can uplift one another. The act of vocalizing our dreams allows for accountability and encouragement as we embark on our individual journeys.

As we celebrate this new year, let us embrace the

potential for transformation that new beginnings offer.

Remember, every moment is an opportunity for renewal. By



aligning our thoughts with love and possibility, we can create a life that reflects our highest ideals. So, as January unfolds, let's step forward with courage, creativity, and an open heart into the beautiful unknown—knowing that each new beginning is a chance to become the most authentic version of ourselves. Here's to a year filled with infinite possibilities!

Burning Bowl/White Stone Ceremony

This Sunday, January 4th, *as part of the 10am Sunday Celebration*, join us as Therese Solimeno, LUT leads us in an uplifting “Burning Bowl/White Stone” ceremony, a transformative opportunity to release the old and welcome the new! In this sacred gathering, we will ceremonially burn (or dissolve)



our limiting beliefs, fears, and past grievances, allowing the dissolution to symbolize our intention to let go of what no longer serves us. Then, in a spirit of renewal, we will each receive a white stone to inscribe a Spirit-

guided word that embodies our highest aspirations for the coming year. Together, we will create a powerful space for reflection, healing, and manifestation, as we celebrate the infinite possibilities that lie ahead. Embrace this chance to lighten your spirit and ignite your journey toward a brighter, more inspired future!

Remembering Martha Aivaz (Con't)

In September 1992 Martha and I started the Licensed Unity Teacher program by taking our first Metaphysics extension classes together, and a month later we made our first visit to Unity Village together to take two more weeks of classes. Those were magical days exploring Unity philosophy and that magnificent campus together.

Martha completed the program in 1996 and I followed a couple of years later, and along with Patty Morales, we provided the LUT leadership needed to start Unity Five Cities in November, 1999. Martha was one of the two spiritual leaders at U5C until she retired from being an LUT in 2006; others taught lessons and handled administrative duties but she preferred to stay in the background, leading the prayer angels and steering the group back to spiritual principles whenever egos got a little too out of hand. Even in recent years, after she decided to minimize her trips outside of her apartment, Martha remained that loving, guiding presence on Zoom calls that encouraged us to do and be our best regardless of the circumstances.



We all have our individual memories and our reasons for missing her; we also send our love to her beloved daughter Cheryl. I will miss Martha's constant encouragement, non-judgmental advice, and the way she said "Love you, kid," at the end of our phone calls and visits. She may have left this earth but her legacy of love and "holding the high watch" will remain a crucial part of this ministry as long as it prevails.

Power of Eight Intention Sessions in January

The Power of Eight is available on Zoom, 6:30 pm on Tuesday, Jan. 8th, 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 Jan. 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



Merger Update

In anticipation of the Unity Five Cities and San Luis Obispo merger being approved by the State, a Steering committee was formed to guide the transition to the new combined ministry. The Committee Mission Statement: To develop short term and long term plans to provide Unity Ministry to San Luis Obispo County.

Together, we will celebrate a new chapter of unity, purpose, and possibility. With the goal of creating a dynamic spiritual home for the entire region, we recognize that the expanded ministry is still evolving, and its final form has yet to be defined. While many details remain unknown, we approach this moment with excitement, openness, and trust. By listening deeply—to Spirit, to one another, and to the needs of

our wider community—we will discover the right path forward.

Through

collaboration, prayer, and shared intention, we will shape a ministry that reflects our collective wisdom, honors Unity principles, and grows into something greater than either community could create alone.

If you would like to help with the planning process, Contact Rev. Brian or Chris. Our next meeting is Jan 12th, 7:00 pm on Zoom.

Angie's Angels Delivers Gifts to Seniors

As in past years, Unity Five Cities participated in Angie's Angels program to provide Christmas gifts to

seniors without families in assisted living facilities in the Five Cities area. Each gift is thoughtfully chosen to match the recipient's interests and needs, reminding them they are loved and

valued. Through community generosity, we bring warmth, joy, and connection to seniors during the festive season. Members of the congregation generously stepped forward and provided gifts for 30 seniors. The gifts and the loving thoughts behind them were much appreciated.



Unity Five Cities Women's Gatherings

The Women's Group enjoyed their time getting together Dec 19th at Peaceful Point. Marilyn led the ladies to a Self massage and breathing techniques to relax before the holiday. Everyone enjoyed the relaxing massage and meditation. Then they had a fun gift exchange to end the gathering. It was a merry day.



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

The January Women's Group meeting will be on Friday, January 16th. Details to follow.

One Might Light Choir Performs for Holidays

The One Might Light Choir, directed by Richard "no wrong notes" Inman, was active over the holiday season. After a stunning seasonal debut at the Unity Five Cities Christmas Party on December 5th, the choir made three other appearances.

On Sunday, December 14th, the choir sang at The Oaks in Nipomo where we saw our friends Elora Curtis and Ronnie McCarthy, and where we got to meet Jeanne Surber's sister, Joyce. Then on Saturday,



December 20th, the choir, along with members of The Chapel of Light Singers, performed for the Be the Light Candelighting Service at Unity Santa Maria. Finally, the choir brought it home again with an awesome performance at our Sunday Celebration, December 21st, at the Victorian.

November 2025

Income	\$4,241
Expense	\$6,294
Net Income	\$-2,053

Year to Date

YTD Income	\$52,351
YTD Expense	\$53,562
YTD Net Income	\$-1,210

Christmas Party 2025



Unity Books are officially on Audible!

That's right—we're bringing the inspiration straight to your earbuds. Whether you're commuting, folding

laundry, on a walk, or just vibing in your car, you can now take Unity teachings with you wherever

Discover Unity Audiobooks



you go.

Now Available:

- *The Five Principles* by Ellen Debenport
- *Understanding Your Soul: The Channeled Wisdom of Jesus* by Christine M. Bush
- *Still on Fire* by Jan Phillips

Annual Congregational Meeting

February 1st, after the Sunday Service, approximately 11:30 am at the Victorian, 789 Valley Rd., Arroyo Grande. ***The meeting topics:***

1. Elect Trustees to fill the open positions.
2. Review the 2025 Financials
3. Report on Merger progress
4. Receive input on how we can better fulfill our vision and mission statements
5. Discuss any questions, comments, or concerns

Annual election of Board members

If you are interested in learning more about servicing and helping guide our Unity Community by being a Board Trustee, please contact one of the Nominating Committee members: Rev. Brian Walker, Art Westerfield, or Lisa Leonard.



At the Victorian
January 28th, 12:15pm
Kathy Bornino, MA, LMFT
Everyone is welcome
Love Offering

Cultivating Synchronicity

By awakening to the synchronicities in your life, you cultivate awareness of them. As you learn to work with them you can gain:

More connection and communication with the world around you, including nature

Better Grounding, More Confidence in Life and Yourself, more Trust in the Universe

Evidence that supports and fuels optimism

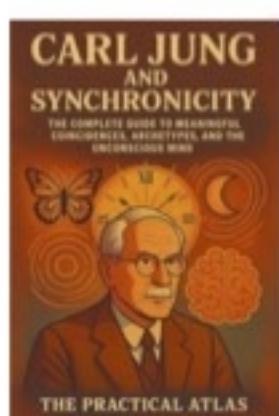
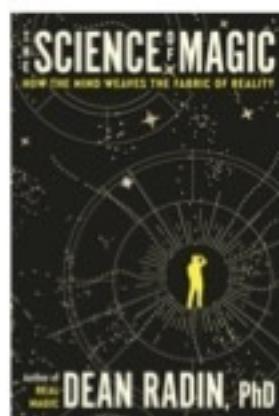
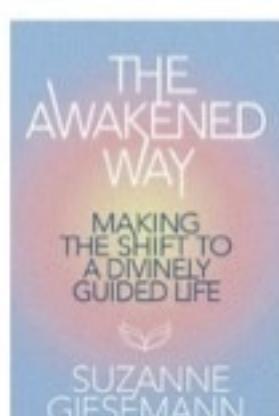
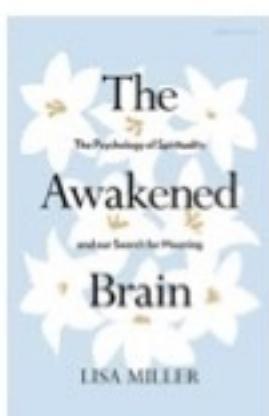
More flexible and resilient brain, that helps you adapt to changes in life

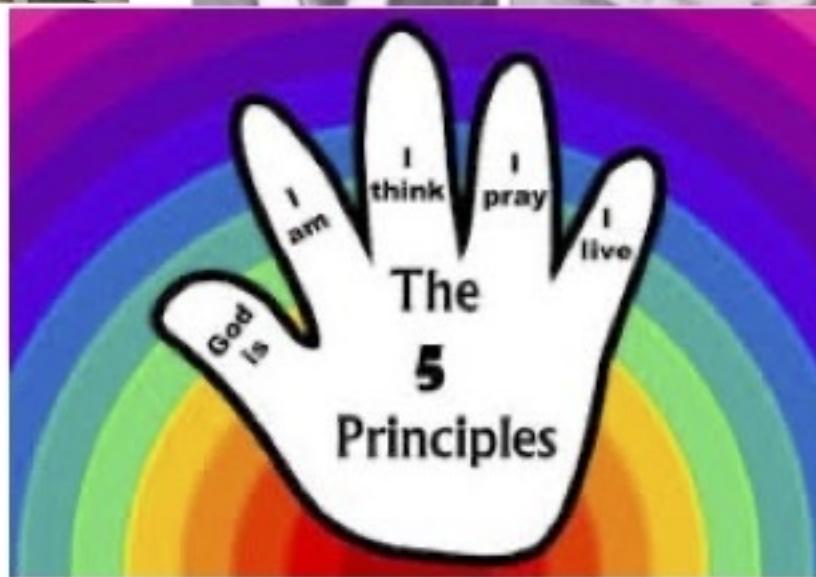
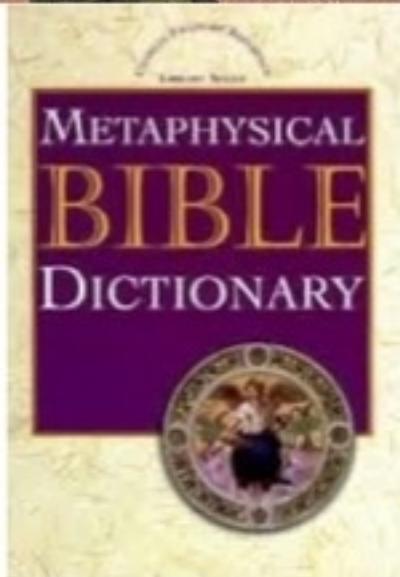
The camaraderie and support of allies seen and unseen

Potential guidance and connections with well-loved departed friends and family members, as well as increased levels of communication with those living on this plane

Join us to learn simple outdoor and indoor meditation and journaling tools for deeper, richer living with Synchronicities (Please bring a journal, warm coat if you like outdoors)

Great resources to assist you (that will be referred to)





Unity Basics Class

Required for Unity Five Cities Membership

Theological Orientation – Learn the roots of the New Thought movement; Is Unity Christian? Unity vs. Unitarian-Universalism? What is Metaphysical Christianity?

Foundational Stories – Learn about Myrtle Fillmore's healing; Emilie H. Cady and *Lessons in Truth*; Charles Fillmore, going to the Source; formation of Silent Unity.

Church Organization – Learn about the recent union of Unity Worldwide Ministries and Unity Worldwide Headquarters, reversing sixty years of separate leadership.

Key Concepts – Learn Unity teachings about God, Jesus, human nature, metaphysical Bible interpretation, affirmative prayer, mysticism, the Law of Mind Action, and the Silence.

Unity Village – Take a video tour of Unity Village and learn its unique history.

Resources – Learn the most authoritative resources to explore more about Unity and New Thought.

Facilitated by Rev. Brian Walker in January, On Zoom for two classes

Date and Times to be determined to facilitate participants

Contact Pastor Brian - revbrian.walker@gmail.com

Everyone is welcome

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

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

Speaker

Jan 4	Therese Solimeno, LUT
Jan 11	Rev Jan Limberg Morgan
Jan 18	Rev Brian Walker
Jan 25	Timber Hawkeye

Music

Jan Grigsy, Nina Ryne
Holly Ann Lewis
Steve Kindle & Karen Wilkins
Richard Inman and Sheila Cochran



P.O. Box 1005
Arroyo Grande, CA 93421