

Happy New Year!

Founded November 1999

January 2025

The Transformative Power of Will

January Theme - Will

In Unity, the concept of "will" holds a distinguished place as one of the Twelve Powers, a framework created by Charles Fillmore, co-founder of the Unity movement. These Twelve Powers—faith, strength, wisdom, love, power, imagination, understanding, will, order, zeal, elimination, and life—serve as spiritual tools to help us express our divine nature. Within this framework, the power of will serves as a pivotal force in guiding our thoughts, decisions, and actions toward our highest good.

Will, in the Unity perspective, is fundamentally about choice and determination. It is about aligning our will with divine will, which represents our spiritual intention to live in harmony with universal principles. This alignment empowers us to move consciously through life, making choices that reflect our true essence and purpose.

The function of the will is not about exerting control through sheer force or stubbornness but is

about discerning and choosing the highest thought and action. As spiritual

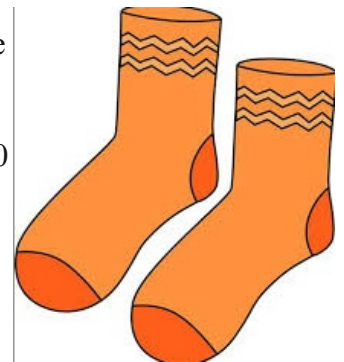
beings experiencing a human journey, we are constantly faced with choices. The power of will helps us in making these choices thoughtfully and intentionally, steering our lives in alignment with divine love and wisdom.

To harness the power of will effectively, it is important first to cultivate awareness. Awareness allows us to discern between the ego's desires and the soul's calling. Through meditation, prayer, and self-reflection, we enhance clarity, making it possible to recognize the choices that best serve our spiritual evolution and purpose.

Additionally, cultivating will involves a process of alignment. Aligning our will with divine will means seeking guidance and remaining open to the inner voice that speaks through intuition and inspiration. Unity encourages us to embrace affirmations and

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 \$800 to purchase 96 pairs of men's socks 96 pairs of woman's socks 120 woman's underwear and 120 men's boxer underwear. There will be a donation basket at the Victorian or you can contact Chris: chris@peacefulpoint.com



Christmas Gifts for Seniors Program

The Unity Five Cities community was very generous again this year joining Angie's Angels to provide Christmas gifts for institutional bound seniors who don't have visitors. To make sure seniors to have gifts at Christmas, Angie's Angels provided a list of gifts that seniors have requested.

Members of our congregation did a great job fulfilling those wishes. Thanks to everyone who participated.

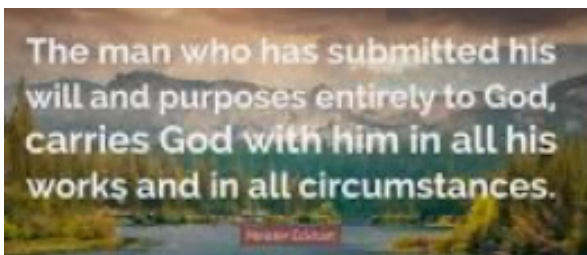


Power of Eight Intention in January

The Power of Eight is available on Zoom, 6:30 pm on Thursday, January 2nd, 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 January 19th. 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



The man who has submitted his will and purposes entirely to God, carries God with him in all his works and in all circumstances.



The Transformative Power of Will (Con't)

denials as spiritual practices to strengthen our will, affirming our divine potential and releasing thoughts and patterns that do not serve us.

Finally, the expression of will requires faith. It takes trust and courage to make decisions that might defy earthly fears but align with spiritual truths. By acting with faith, we fortify our commitment to the path of



"YOU HAVEN'T EATEN FOR THREE DAYS? I CERTAINLY ADMIRE YOUR WILL POWER!"

love and enlightenment, trusting that we are divinely supported in our endeavors. In Unity, will is not just a passive trait but an active expression of our spiritual commitment. It empowers us to fulfill purpose-driven lives and contribute to the greater good. By activating the power of will, we actively co-create realities that not only reflect our

divine potential but also uplift the world around us. Embracing this power means embracing a life of fulfillment, harmony, and spiritual growth—truly expressing our highest selves.

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.



Beginner sessions will be in January open to everyone. This is an opportunity to try it out. Full group sessions will begin in February. Days and times may vary. Contact Richard Long for detailed information. richardlong1@gmail.com

Annual Congregational Meeting

February 2nd, 11:30am right after the Sunday Service, our annual business meeting will be held at the Victorian. 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 and volunteer appreciation. This is an important meeting for our community to thrive!

Unity Five Cities Women's Gatherings

On Friday, December 13th, the Unity Women's Group met at Gina's Italian Cuisine for a lovely lunch and a

chance to share what each person was most proud of in 2024.

There was a "white elephant"



gift exchange to end the Christmas gathering and everyone had a surprise gift to take home.

The next meeting will be on Friday, January 17th, at Peaceful Point from noon to 3pm with a potluck lunch. Lynn Marie will lead a burning bowl ceremony along with Marilyn Mercado leading a short ritual to purify auras and realign and balance the Chakra energy centers. Please see flyer in this newsletter.

The Spiritual Spa, the Women's Group meeting on Zoom, facilitated by Rita Conrad, LUT, will meet Thursday, January 9th from 6:30-7:30pm. Contact Rita for the Zoom link, rmconrad99@gmail.com. *Come as you are.*

Upcoming Aging Gracefully Class

The Human Longevity Project, which is a documentary film series that will take you on an exciting journey around the globe, will be the first class in a new year of Aging Gracefully classes. This class will explore the secrets of the longest-lived and healthiest populations on Earth. This is a review and expansion of what we have been studying for the last two years so this is a great time to jump in if you want to see what it is all about. See the flyer for details.

Aging Gracefully
Preventative Care for All Ages

November 2024

Income	\$4,321
Expense	\$4,899
Net Income	\$-578

Year to Date

YTD Income	\$48,797
YTD Expense	\$48,704
YTD Net Income	\$93

Unity Christmas Party 2024



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



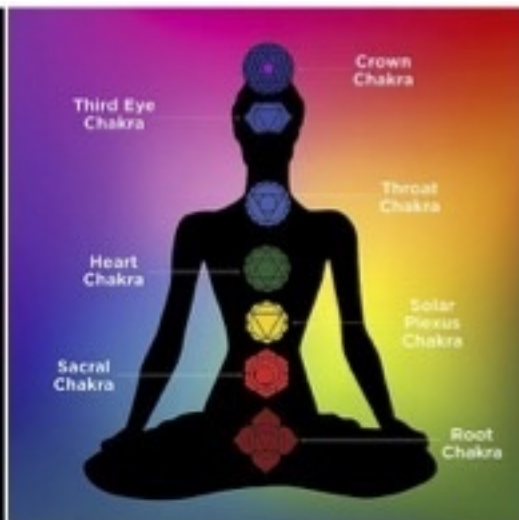
No charge for these sessions on Zoom. Love offering accepted.

For information or to be put on the email list to receive class info and links, contact Chris Garey chris@peacefulpoint.com

Unity-Five Cities Website: www.unity5cities.org



Burning Bowl



Chakra Balancing



Aura Purification

Women's Group January Meeting

Lynn Marie will lead the Burning Bowl Ceremony, a special tradition based on Unity's spiritual beliefs. It allows you to let go of anything from your recent or distant past that isn't serving you anymore and reset yourself. This meaningful practice lets you release what you don't need anymore and invites Divine guidance for the intentions you want for the new year ahead.

As a part of this ceremony, Marilyn Mercado will guide us in a short ritual to purify our auras and realign and balance our Chakra's energy centers.

Topic: Burning Bowl Ceremony with Aura Purification and Chakra Balancing

What to bring: Two sheets of paper, an envelope, and a pen

Where: Peaceful Point

When: Jan 17th, 12:00 -3:00 pm

Potluck meal, please bring your own plates, utensils, and drinks

Please RSVP to Lynn Marie:
lynnmarie333@gmail.com

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
Jeanne Surber, Treasurer	805-904-6166
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, 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 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

Speaker

Music

Jan 5 Rev Brian Walker	Jan Grigsby & Nina Ryne
Jan 12 Rev Jan Limberg Morgan	Mike Smothers & Sherri Fortino
Jan 19 Timber Hawkeye	Steve Kindel & Karen Wilkins
Jan 26 Ruth Jackson	Richard Inman & Sheila Cochran