



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

January 2022

Betrayal

By Rev. Robert Brumet

When you hear the word, “betrayal,” what comes to mind for you? Some might think of an unfaithful spouse or of someone who has betrayed their country. For many this word is loaded with personal memories and strong emotions.

The experience of betrayal will almost always show up for you--in some way--when you do a spiritual practice. Let’s examine why this is so.

Betrayal is a broken trust. We feel betrayed when we trust in someone or something (person, group or deity), and we perceive that this trust has been violated in some way. This is very painful. The deeper the trust, the deeper the pain.

We usually feel that it’s a person or an organization that has betrayed us, but actually what’s betrayed is a contract that we have (or believe that we have) with another party. This contract is an agreement (which is often unspoken) between two or more parties. The contract usually involves a “quid pro quo” which means that we agree to do something in exchange for something that we receive. Once again, it is often unspoken, much of the time it is implicit and assumed. This unspoken agreement can also lead us into (unspoken) expectations and frustration when those expectations are not met.



As you engage in spiritual practice long forgotten memories will arise into awareness—and most likely, a betrayal is among them. We discover ways that

we felt betrayed by parents, family, friends, lovers, spouses, colleagues, clergy, God, teachers, politicians, doctors, police, etc. Once again, the deeper the trust, the deeper the pain that we feel.

We may also feel betrayed by our culture; specifically, we feel betrayed by some of the cultural messages that we have unknowingly received, believed and lived for many decades. We may have invested a great deal in climbing the ladder of material success or accumulating

Choir Concert

On Sunday, December 19th, in the Victorian Garden, Unity's Mighty Light Choir, led by Richard Inman, gave a performance of Christmas songs. That was followed by the choir leading the audience in singing Christmas carols. Finally, we feasted on the Christmas treats contributed by everyone. It was a wonderful afternoon of holiday celebration and connection.



New Book Study Group Discussing *The Untethered Soul* by Michael Singer

Meeting weekly 6:00 pm starting Wed, Jan 12th

Will be a hybrid meeting with in-person at Peaceful Point and Zoom for those that wish to join that way. An audio version is available. If you are interested, contact Chris to be put on the mailing list: chris@peacefulpoint.com



#1 New York Times bestseller

You’ll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

Betrayal (Con't)

academic degrees because we believed that this would lead to satisfaction and happiness. It didn't. We can feel deeply disenchanting and very angry when we uncover this experience.

We may have believed that having the "perfect family" or "perfect spouse" would lead to living happily ever after. We may have invested our identity into creating this ideal only to find that a) perfect families exist only in the 1950's era television shows, and b) all relationships change—and eventually end. This realization can lead to much grief and a profound sense of emptiness

As the spiritual journey unfolds we shed old identities and associations and we break old covenants. We break the (unwritten) rules given to us by our family, our religion, our culture and perhaps the many subcultures that have strongly influenced us. Now you are the "betrayed." Our family and our old friends may feel betrayed because "you aren't the person you use to be." This can lead to being (or feeling) estranged and a feeling of being an outcast. Some relationships may be permanently broken and those that do survive may no longer carry the same depth of meaning for us. We may then experience feelings of guilt, loneliness, and sense of emptiness.

What is a skillful response to this? Recognize what you feel—and name the feelings if you can. Recognizing and naming feelings can help you to untangle yourself from your emotions. It can help you to observe your emotions rather than feeling controlled by them.

When you feel that you have been betrayed then try to identify your contract (unspoken expectation) with the perceived betrayer. This is the belief under which you have been operating in the relationship. You probably were not aware of this until now.

Allow yourself to feel your emotions fully--and notice physical sensations as well. Feeling the emotions in your body is the key to healing. Sometimes it's also helpful take action to express emotions in a nonharmful way. Running, screaming, crying, pounding, writing, dancing, drawing etc. can be helpful as long as you stay present to your body at the same time.

Bring clear awareness and complete acceptance to whatever you experience. Remember that there is no "should" when it comes to your emotions. Emotions are not rational, and they do not need to be justified. You are not always responsible for what you feel, but you are always responsible for how you handle your emotions.

Also, remember the difference between anger and blame or condemnation. Anger is a feeling in the present moment. Blame is an emotion backed belief that keeps you tethered to the past. Forgiveness releases you from bondage to the past.

Release and Let Go of 2021

Prepare for a Soul Satisfying 2022



Victorian Garden

January 2, 2022, 1:30pm

Facilitated by Pastor Brian

Music by Richard Inman

Bring finger foods

Love Offering

Church Financial Summary

November 2021

Total Income \$4,460

Total Expense \$3,971

Net Income \$489

YTD Income \$41,046

YTD Expense \$40,776

YTD Net Income \$270

Unity's Engaged Spirituality Team

Vision and Mission Statements

Vision – (The “Big Picture”)

The Engaged Spirituality Team supports the positive evolution of humanity and the planet by applying New Thought spiritual principles to create justice, peace, and harmony in a world that works for everyone.

Mission – (How we accomplish it)

For those interested, Unity-Five Cities will provide information and opportunity to be involved through:

1. Volunteering at church, helping with food and clothing drives, etc.
2. Taking classes, and workshops or joining book study groups
3. Join a church or community discussion group
4. Join and/or volunteer with non-profit organizations
5. Independent activity such as signing a petition, joining a march, writing a letter, contacting an official.

Avenues of Action

1. Volunteering at church, helping with food and clothing drives, etc.

For church volunteer opportunities, upcoming fundraisers, food and clothing drives, etc., watch for announcements in the newsletter and weekly mailings, or contact [Chris Garey](#).

2. Taking classes, and workshops or joining book study groups

Check the Unity-Five Cities Events Calendar <https://www.unity5cities.org/calendar>
Use MeetUp to find special interest groups in your area <https://www.meetup.com/find>

3. Join a church or community discussion group

Join the Unity-Five Cities Engaged Spirituality Team. Contact [Rev. Brian Walker](#)
"Living Room Conversations" <https://livingroomconversations.org/get-involved/>
Use MeetUp to find special interest groups in your area <https://www.meetup.com/find>

4. Join and/or volunteer with non-profit organizations. Links to non-profit directories:
Great Nonprofits greatnonprofits.org Find and review San Luis Obispo charities, nonprofits and volunteering and donation opportunities. Want to donate or volunteer?

Local Agency Links from United Way of San Luis Obispo County <https://www.unitedwayslo.org/local-agency-links> SLO County is home to more than 1000 501(c)(3) nonprofit organizations

Directory of Charities and Nonprofit Organizations - GuideStar www.guidestar.org

5. Independent activity such as signing a petition, joining a march, writing a letter, contacting an official.

Watch for announcements at Sunday Celebrations. Check the news for community events and actions.

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Janice Lamont, Facilitator	310-701-1041
Joe Davidson, Treasurer	661-304-5154
Rachel Rodriguez, Trustee	805-904-9882
Larry Conrad, Trustee	805-219-0219
Ethel Landers, Vice Facilitator	805-550-0348
Donna Nisbet, Alternate	805-219-0331
Chris Garey, LUT	805-489-7359
Therese Solimeno, LUT	805-440-9461
Prayer Chaplain - Janice Lamont	310-701-1041
Prayer Chaplain - Claire Mclean	209-606-0444
Prayer Chaplain - Martha Aivaz	805-481-1335
Prayer Chaplain - LaDawn Davis	805-757-7556
Volunteer Coordinator, Chris Garey	805-489-7359

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: unitychurch5cities@yahoo.com
 Website: www.unity5cities.org

Schedule

<u>Speaker</u>	<u>Music</u>
Jan 2 Rev Brian Walker	Richard Inman
Jan 9 Therese Solimeno, Licensed Unity Teacher	Jan Grigsby & Nina Ryne
Jan 16 Rev Joyce Zorger	Steve Kindel & Karen Wilkins
Jan 23 Rita Conrad	Gale McNeeley & Bob Moloznik
Jan 30 Rev Frank zumMallen	Mike Smothers & Shari Fortino
Feb 6 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Feb 13 Rev Jan Limberg Morgan	Gale McNeeley & Bob Moloznik
Feb 20 Kevin Hauber	Steve Kindel & Karen Wilkins
Feb 27 Richard Inman	Richard Inman

A Spiritual Community

P. O. Box 1005
 Arroyo Grande, CA 93421

