



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

July 2025

Release: Embracing Freedom and Transformation

July Theme - Release

In the journey of life, we often find ourselves burdened by emotions, experiences, and attachments that no longer serve our highest good. The concept of “release” is a powerful practice that invites us to let go of these weights, allowing room for growth, healing, and transformation. In the realm of New Thought, release is not merely about surrendering but about actively creating space for new possibilities and manifestations in our lives.

At its core, release is an act of faith. It requires us to trust in the flow of life and in the universe's inherent wisdom. When we cling to past hurts, limiting beliefs, or unfulfilled desires, we hinder our ability to experience joy and abundance. The act of releasing is akin to pruning a tree; by cutting away the dead

branches, we allow for new growth and vitality. It is a reminder that, like nature, we must sometimes shed what no longer serves us to flourish.

Practicing release can take many forms. It may involve letting go of toxic relationships, forgiving

ourselves and others, or relinquishing the need for control over every outcome. Meditation and mindfulness can be powerful tools in this process. Through quiet reflection, we can identify what we need to release and visualize it dissolving into the universe, making space for new opportunities and blessings. Affirmations, too, can support our release practice. Phrases like “I release what no longer serves me” or “I am open to new possibilities” can help reinforce our intention to let go.

Moreover, embracing release encourages us to



Congregational Survey

Filling out the congregation's survey is an important way to share your voice and help shape the future of our community. Your input gives leadership valuable insight into the interests,

needs, and desires of our members, ensuring that programs, services, and events reflect what matters most to you.

Whether it's celebration,

learning, service, or fellowship, your feedback helps us grow together in meaningful ways. This is a chance to be heard and contribute to a stronger, more connected congregation. Please take a few moments to complete the survey. Those with email will receive a separate email with a link to Survey Hero. For those that receive the newsletter in the mail, the survey is inserted in this newsletter.



Unity Five Cities Chaplains

Unity Five Cities chaplains would like to have a greater connection with our community and contribute to supporting everyone in the way that would most meet

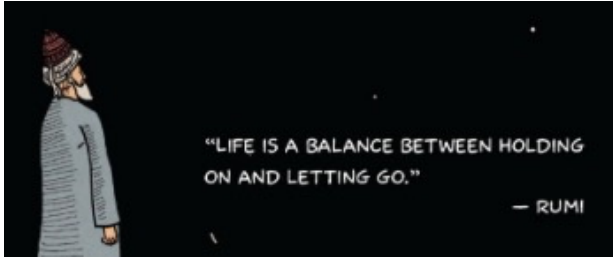


their needs. So, chaplains will be contacting everyone to inquire how each person can best be served. Please let them know.

In addition, to create a more private space for prayer, the chaplains will be utilizing a new space to pray. When the weather is good, there will be a couple of folding chairs in the Victorian gazebo. This will provide a private space in a lovely natural setting. In inclement weather, the chaplains will use the back room at the Victorian. All prayers with chaplains are in complete confidence.

Release (Con't)

cultivate a mindset of abundance. When we let go of scarcity thinking and the fear of loss, we open ourselves to the infinite possibilities that the universe has to offer. As we release, we begin to attract experiences and relationships that resonate with our true selves and our highest aspirations.



also plays a vital role in our connection to the divine. By surrendering our worries and fears, we create space for divine guidance and inspiration. It is through this surrender that we often find clarity and renewed purpose.

As you reflect on your own life, consider what you might need to release. What old habits, beliefs, or emotions are holding you back? Embrace the transformative power of letting go, and trust that in the space created, something beautiful and new can emerge. Remember, release is not an end but a beginning—a sacred opportunity for renewal and growth on your path to a fulfilling life.

Stewardship

The Stewardship Committee - comprised of Jeanne Surber, Art Westerfield, and pastor Brian – invites you to join them in the celebration of all of our opportunities to share our gifts, individually as well as a community. In June, pastor Brian shared in his



Sunday message that we've chosen to label our committee "Stewardship" instead of Prosperity because, in our culture, prosperity has been so identified with money and materiality. Our Stewardship Committee is designed to embody the principles of abundance, gratitude, and

generosity, which serve as the three pillars of our community's commitment to mindful stewardship.

At the heart of New Thought philosophy is the understanding that abundance is a natural state of being. Our Stewardship Committee recognizes that we live in a universe overflowing with possibilities and resources. By fostering a mindset of abundance, we encourage our members to see the potential for growth

Unity Five Cities Women's Gatherings

A lovely time was had by the 12 women that attended the Women's group gathering in June hosted by Amanda with her workshop Happy for No Reason. We learned some great information, had time for sharing and left with one thing



that we could change today to add to our happiness.

The Spiritual Spa, the Women's Group meeting on Zoom, facilitated by Rita Conrad, LUT, will meet Thursday, July 10th, at 6:30pm. Contact Rita for the Zoom link, rmconrad99@gmail.com. *Come as you are.*

For information on the July Women's Group meeting, see flyer in this newsletter.

Power of Eight Intention in July

The Power of Eight is available on Zoom, 6:30 pm on Thursday, July 3rd, 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 July 13th. 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



Bulletin Board Connection

Our community has a new bulletin board through which we can connect about our needs and offerings. Located in the lobby at the Victorian, the bulletin offers all members an opportunity to list what they would like to offer or have need of. Contact Donna Nisbet for details, dmnisbet@aol.com.



April 2025

Income	\$4,744
Expense	\$4,541
Net Income	\$203

Year to Date

YTD Income	\$23,141
YTD Expense	\$22,727
YTD Net Income	\$414

Stewardship (Con't)

and prosperity in all aspects of life, from financial contributions to the sharing of talents and time. This perspective not only enhances our community's vibrancy but also empowers each individual to



contribute in meaningful ways, knowing that they are part of

a larger, supportive network.

Gratitude is a powerful transformative force. Our Stewardship Committee emphasizes the importance of expressing appreciation for all contributions, whether big or small. By cultivating a culture of gratitude, we strengthen the bonds within our community and deepen our connection to one another. Recognizing the efforts of our members fosters a sense of belonging and encourages continued involvement. As we express gratitude for the resources we have, we create an environment where generosity flourishes, and everyone feels valued and celebrated.

Stewardship (Con't)

Generosity is the active expression of abundance a spirit of giving that extends beyond financial donations. We invite members to share their time, talents, and love with one another and the wider community. This practice not only supports our collective mission but also enriches our individual lives. When we give freely, we open ourselves to the flow of divine abundance, creating a cycle of generosity that benefits everyone involved.

Our Stewardship Committee is dedicated to nurturing our community through the principles of abundance, gratitude, and generosity.

As we continue to grow and evolve together, let us embrace these pillars as guiding lights that inspire our actions and strengthen our connections. Together, we can create a thriving environment where everyone feels empowered to contribute their unique gifts and where the spirit of stewardship is celebrated.



Summer of LOVE

**Special Guests, Mighty Light Choir,
Costume Contest, 60s Dance Lessons
Comedy, Fun! Fun! Fun!**

**Sign Ups Contact Richard Inman
July 27, 12 Noon at the Victorian**



UNITY 5 CITIES WOMEN'S GROUP
BEING A PEACEMAKER

Friday, July 18, 2025, 12:00 – 3:00 PM

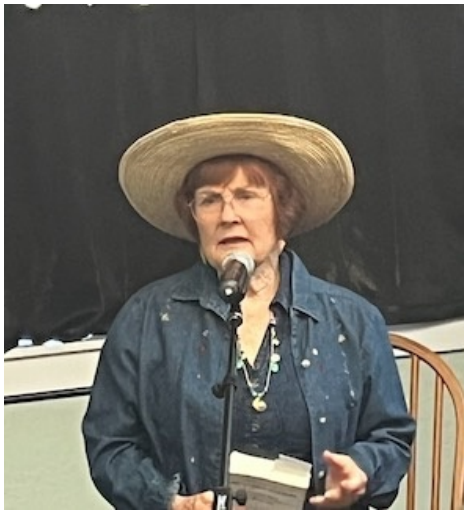
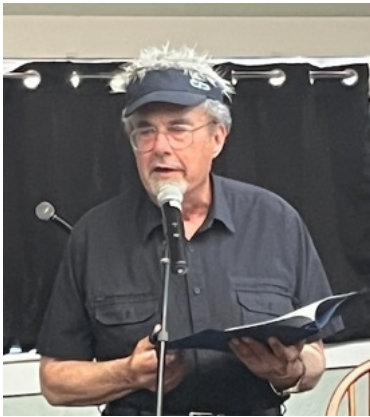
2850 Peaceful Point

Facilitator: Jocelyn Brown
Guest Speaker: Dr. Rita Conrad, LUT

Explore what Peace means to us individually and how each of us can be peacemakers in our own lives and the world.

"Our fate is shaped from within ourselves outward, never from without inward."
~ Jacques Lusseyran ~

UNITY FIVE CITIES VARIETY SHOW



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

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

Schedule

Speaker

Music

July 6 Rev Jan Limberg Morgan	Jan Grigsby and Nina Ryne
July 13 Mark Stanton Welch	Mark Stanton Welch
July 20 Rev Brian Walker	Steve Kindel & Karen Wilkins
July 27 Marilyn Mercado	One Mighty Light Choir

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