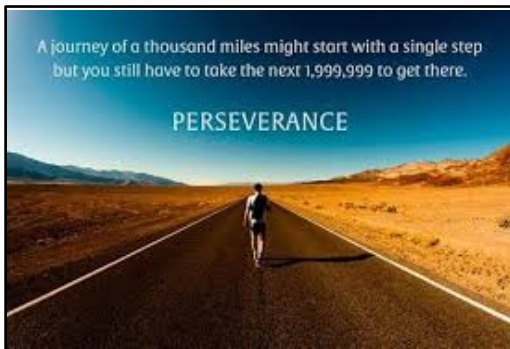


Perseverance, The Theme for July

We all know people who have an intense commitment to what they are doing and are able to sustain this steadfastness even in the face of incredible obstacles and setbacks. There are also people who start a project filled with high hopes and spurred on by great energy, then somewhere along the way, lose focus, aren't able to deal with difficulties that arise, or just do not have the will power and stamina to see the project through to the end. What the former have and the latter need is perseverance.

Whether you are a practitioner of perseverance or a seeker who desires it, this ancient virtue beckons you to a fuller and richer life. In Latin, the term means "one who sees through to the end" and "one who doesn't yield." We need this quality of doggedness and determination for our daily labors and for the Great Work of saving the Earth, which is in deep trouble



thanks to our irresponsible behavior and short-sightedness. Sri Chinmoy has observed: "Patience and perseverance

are of supreme importance on any spiritual path." Obstacles arise when we start to practice perseverance — from little daily challenges to entrenched tendencies. The first is distraction. Our consumer culture with all its so-called technological necessities gives us many ways to get off-course: cell phones, electronic games, DVDs, iPods, iPads, and the like. It is hard to stay focused on anything when there are so many chances to turn away from the task at hand. Another roadblock to perseverance is fear, which depletes our energy so that we give up on

Unity Women's Group

Sisterhood, sharing, synergy - just a few words to describe June's Women's luncheon at Peaceful Point. A potluck, book exchange, and sharing of personal miracles were part of the gathering of 14 friends. The members thank Chris Garey for use of his lovely home plus Ronni and Tink for hosting.



Glenda Allen and Lynn Marie will be hosting the July meeting, which will be on Friday, July 21st, at noon at Peaceful Point. There will be a potluck lunch with vegetarian lasagna, salad,



and water provided. Please bring your favorite dish to share. Everyone will be invited to participate in a Mastermind process, which is a group process that provides support, affirmative prayer, and open communication for each of the participants. Please come with a desire you'd like to see realized in your life and how you'll feel once that's accomplished.



Perseverance (Con't)

ourselves or on the project we have committed ourselves to do. We need to become fearless as spiritual warriors. Stress and fatigue can also weaken our bodies

and take us out of the game. The antidote is to stay physically fit and to eat wisely. Boredom is another challenge we have to face as we repeat activities. Many of us don't have the emotional make-up to do the same thing again and again. A

complicated project can

even lead us to an experience of the dark night of the soul. When we are weighed down with the anxieties that come with a large project, we are grounded and buoyed by the spiritual practice of patience, which is like a loving sister to perseverance.

So recognizing these roadblocks, how do we cultivate perseverance? Here are some spiritual practices that can help.

Find a Hero. Choose a perseverance hero to honor to emulate, someone who has shown you the value of this positive and powerful virtue.

Say Affirmations. Affirmations can be a great help in developing your capacity to persevere.

Cultivate equanimity. In your imagination, see yourself as a mountain, remaining calm and steady despite changes swirling around you. Return to this image whenever you need to persevere through challenges.

May 2023

Total Income	\$4,294
Total Expense	\$4,142
Net Income	\$152
YTD Income	\$22,056
YTD Expense	\$20,948
YTD Net Income	\$1,108

Enhanced Spiritual Economics

Do you worry about having enough money to pay your bills? Have you dreamed of taking a “bucket list” trip but despaired over ever having the money to do so? Do you wonder if you will be able to live comfortably in retirement? Are you concerned about the level of poverty both in our own country and around the world? These questions are some of those that will be explored in the new course beginning Wednesday, August 2nd, facilitated by Rita Conrad.

The foundational book for the class will be the Unity classic *Spiritual Economics: The Principles and Process of True Prosperity* by Eric Butterworth. These readings will be enhanced by also exploring the topic of Prosperity from the viewpoints of Charles Fillmore,

Unity ministers Jim Rosemergy and Catherine Ponder as well as global activist Lynne Twist. The culminating goal of the course is for



participants to determine actions they will take to demonstrate a new or enhanced realization of individual and global Prosperity. For more details see the flyer in this newsletter.

No In Person Meeting at the Victorian on Sunday, July 23rd. Meeting on Zoom Only.



If you don't have access to Zoom and would like to join other congregants for the Sunday Celebration on Zoom, please contact Pastor Brian - revbrian.walker@gmail.com. There is also the option of joining the service by phone. See the Sunday morning church email for the phone number.

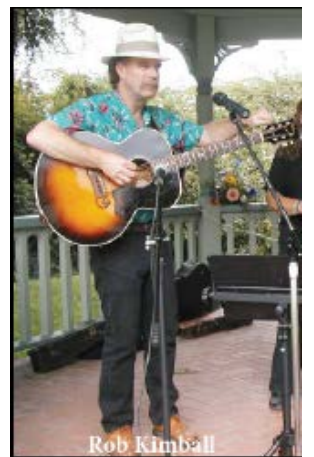


Concert in the Victorian Garden

Sunday, July 9th
After the potluck
12:15pm
789 Valley Rd, AG



Gale McNeeley
Bob Moloznik



Robbie Kimbal

Love Offering

Potluck

Unity's Aging Gracefully Support Group is having a potluck featuring Plant-Based dishes. (No animal products)

Hosted by Amanda Sherlock and Nancy Herrmann

We will be sharing recipes and cooking tips.



Everyone is Welcome!

Noon-2:30 pm, Sunday, July 23rd after Unity's Zoom-only service.
We will meet in Amanda's condo clubhouse in Oceano.

Bring your own plate, utensils, and beverage.

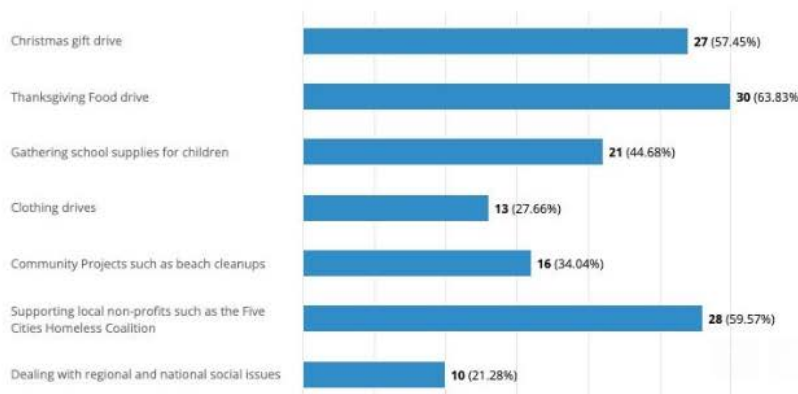
Please RSVP to Amanda Sherlock by July 20th amandasherlock@yahoo.com

Congregational Survey 2023 Has Been Completed

Congregational Survey 2023 Has Been Completed!

Your input is helping us plan the church's future classes and activities. There were specific questions about various areas of church programs and some general questions. We got a great response with 51 replies. The full report can be viewed or downloaded [with this link](#).

One of the important questions was "What projects would you participate in that support the greater community" Here is the graph of the responses.



You can see that there is a lot of interest in several areas. We have an established committee to work on community projects called "Engaged Spirituality Team" that has been inactive. It is time to energize that committee to help with these community projects.

We would like your help. If you are interested in being on the Engaged Spirituality Team, contact: Rev. Brian Walker

For complete results of the survey, here's the link

<https://www.unity5cities.org/sites/unity5cities/files/Unity%20Survey%202023.pdf>

Summer of Love, 2023





ENHANCED SPIRITUAL ECONOMICS

**** New Class Beginning Wednesday, August 2 ****

August 2 - September 27
(NO CLASS 8/23 and 9/13)

6:00 - 7:30 p.m.
On Zoom

Facilitated by:
Rita Conrad, Ph.D.
rmconrad99@gmail.com

*"The Inexhaustible Resource
of Spirit is equal to every
demand. There is no reality in
lack. Abundance is here and
now manifest."*

~Charles Fillmore

*"Why settle for so little in life
when you can have so much
just by daring to be different
in your thinking. "*

~ Catherine Ponder

Join in the group discussion
based on the book *Spiritual
Economics* by Eric
Butterworth and enhanced
by the work of Charles
Fillmore, Jim Rosemergy,
Catherine Ponder and Lynne
Twist.

Realize a new Prosperity.

Contact Rita for more info.

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Joe Davidson, Treasurer	661-304-5154
Jeanne Surber, Secretary	805-904-6166
Larry Conrad, Trustee	805-219-0219
Ethel Landers, Facilitator	805-550-0348
Donna Nisbet, Trustee	805-219-0331
Amanda Sherlock, Trustee	650-279-1881
Don Aronson, Alternate 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 Coordinator	805-550-0348
Prayer Chaplain - Sheila Cochran	619-540-0665
Prayer Chaplain - Deborah Hall	805-788-4777

Schedule

<u>Speaker</u>	<u>Music</u>
July 2 Rev Brian Walker	Richard Inman
July 9 Rev Jan Limberg Morgan	Gale McNeeley & Bob Moloznik
July 16 Mark Welch	Steve Kindel & Jimmy Townsend
July 23 Amanda Sherlock	Rob Kimbal (<u>Zoom only</u>)
July 30 Timber Hawkeye	One Mighty Light Choir
Aug 6 Rev Joyce Zorger	Steve Kindel & Karen Wilkins
Aug 13 Chris Garey, LUT	Jan Grigsby & Nina Ryne
Aug 20 Kevin Hauber	Gale McNeeley & Bob Moloznik
Aug 27 Richard Inman	Richard Inman

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

A Spiritual Community

P. O. Box 1005
Arroyo Grande, CA 93421

