



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

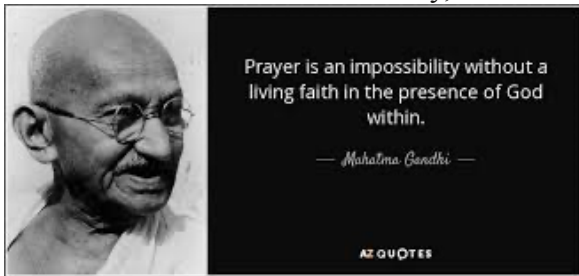
June 2024

The Power of Positive Affirmation: Exploring Unity Prayer and Religious Science Treatment

June Theme - Prayer

Within the rich tapestry of New Thought spirituality, two powerful practices stand out: Unity's "affirmative prayer" and Religious Science "treatment." Though with different names, they share a core principle – the transformative power of aligning our thoughts with the inherent goodness of the universe.

Unity's affirmative prayer emphasizes the oneness of all things. We begin by acknowledging the divine presence, a force some call God, Spirit, or Universal Mind. This recognition establishes a foundation of unity, reminding us we're not separate from this benevolent energy. Next comes the step of unification, where we declare our connection to this divine source. We are not merely recipients of blessings, but co-creators with the Divine. Finally, we claim our good.



Using positive affirmations, we speak into existence the health, abundance,

or peace we desire. This isn't about begging; it's about aligning ourselves with the ever-present good that is already ours.

Religious Science treatment follows a similar structure. We begin with a recognition of the "One Life," the all-encompassing power that governs the universe. This is followed by unification, where we affirm our oneness with this divine Mind. Here, the language might be more scientific, emphasizing the "Mind" aspect of the divine. The next step, realization, involves claiming the good we desire. We don't plead; we declare with conviction that the good is already present within us and in the universe. Thanksgiving and release follow, expressing gratitude for the manifestation and letting go of the outcome.

On-going Project to Help the Homeless

The Unity-Five Cities Men's Group is continuing their effort to support the 5Cities Homeless Coalition based in Grover Beach.

The homeless have pets too. So the Men's Group makes quarterly donations.

This month, Petco in Arroyo Grande donated collars, harnesses, leashes, dog toys, plus 100 pounds of dog food and treats. Generous donations from the congregation have been used



to purchase an additional 90 pounds of bulk dog food that will be broken down into smaller zip-lock bags. The Homeless Coalition is always very appreciative.

We are doing this on an ongoing basis. If you are interested in helping or donating, contact Chris: chris@peacefulpoint.com

Wellness Calling Program

On May 1st Unity Five Cities Chaplains began the Wellness Calling program, in which any members of our spiritual community who have requested prayer will receive an ongoing monthly contact (either call or email) from a Prayer Chaplain. For further information, please contact Therese Solimeno, thesmartdame@gmail.com.



Unity Ukelele Group

Unity Ukies is open to Unity and non-Unity beginners and more advanced players. We have songs to practice so all you need to bring is your ukulele, music stand and be prepared to have fun!

The group is preparing for a big concert in July at the Victorian gazebo. You won't want to miss that!

Contact Richard Long for detailed information. richardlong1@gmail.com



The Power of Positive Affirmation (Con't)

Both practices emphasize the importance of feeling the affirmations. Words alone hold little power. By imbuing our statements with conviction and faith, we bridge the gap between thought and reality. This isn't about positive thinking as mere optimism; it's about consciously aligning our thoughts and emotions with

Snapshots



the Divine good that is ever present.

The benefits of these practices are vast. Affirmative prayer and treatment can foster healing, attract positive experiences, and cultivate inner peace. They empower us to take an active role in shaping our lives, replacing fear and doubt with faith and

trust in the universe's benevolence.

Remember, these practices are not a substitute for action. They work best when coupled with inspired action. The affirmations plant the seeds, and our aligned actions become the fertile ground for them to grow.

So, the next time you seek a deeper connection to the divine or a way to transform your life, explore the power of affirmative prayer or treatment. By aligning yourself with the good that is ever present, you open yourself to a world of possibilities.

Power of Eight Intention Sessions in June

The Power of Eight is available on Zoom, 6:30 pm on June 6th, 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 on June 23rd. 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

Aging Gracefully - Preventative Care for All Ages Part 2, Starting June 5th

Part 2 is focusing on proper nutrition for the body and brain with emphasis on the brain and the prevention of dementia.

You can jump into the series at any time. See the flyer in this newsletter for the info on the Part 2 Class.

Unity Five Cities Women's Gatherings

On May 17, the Women's Group gathered at Peaceful Point to enjoy a healthy salad potluck and some Hawaiian cookie dessert.

Each table had some lovely Hawaiian Calendars of beautiful places in Hawaii.



After lunch, Marilyn led a "Hula for Health" dance movement as they learned basic hula steps, hand motions, and gestures telling stories with their hands. Everyone danced "Hawaiian in Me" putting together what they learned, ending with Blue Hawaii. It was a fun gathering. Marilyn said, "I know the ladies will feel their hips the next day because we did a lot of hip sways"

Next month the Women's Group will meet on Friday, June 14th. Contact Peggy Sharpe for details: (805) 439-3238.

The Spiritual Spa is Open

The Spiritual Spa is open the first Friday of every



month from 6:30-7:30 p.m. on Zoom. June 7th is the next scheduled date for Unity women to meet for inspiration and relaxation. No preparation needed. Come as you are! Contact Rita Conrad - rmconrad99@gmail.com - for

the Zoom link.

Church Financial Summary

April 2024

Income	\$4,511
Expense	\$4,613
Net Income	\$-102

Year to Date

YTD Income	\$18,608
YTD Expense	\$17,126
YTD Net Income	\$1,482

Restorative Yoga

Restorative yoga is suitable for practitioners of all levels. It is easy for the beginners, but it can also be made somewhat challenging for those who like challenge. Holding poses (asanas) for a slightly longer duration of deep relaxation emphasizes the meditative aspect of yoga—see flyer in this newsletter for details.

Restorative Yoga

with Dr. Neel Kulkarni

Restorative yoga is suitable for practitioners of all levels. It is easy for the beginners, but it can also be made somewhat challenging for those who like challenge. Holding poses (asanas) for a slightly longer duration of deep relaxation emphasises the meditative aspect of yoga—thus helping the Body and Mind tremendously. Many of the postures are held almost effortlessly. Additionally, Dr. Neel Kulkarni brings his life long research into Yoga Science that includes all aspects of Yoga and Health in a unique way. You will even have moments of laughter.



Dr. Neel Kulkarni was born in a Yogic family and was brought up in a Yogic environment of Sanskrit, Chanting, Philosophy, and Yogic practices. He intuitively studied Yoga from a very early age. Though he studied Aerospace Engineering in a world famous university and also worked in the Information Technology in several countries, his Yoga study has continued throughout his life. He formulated his unique Yoga System, Adhiyoga – Authentic Yoga System of Neel Kulkarni, in 1998 in USA, and later published the same in the book “Adhiyoga”. He received honorary doctorate for the “Adhiyoga”. Adhiyoga integrates traditional Yoga science with modern health sciences, psychology, art, music, and educational sciences. <https://adhiyoga.com> Dr. Neel Kulkarni will be available for 2 weeks for any private consultations. neelpura@



Separate Sessions • Bring your yoga mat and a support pillow

2:00 pm, Friday, June 7th

2:00 pm, Saturday, June 8th

Peaceful Point, 2850 Peaceful Point Lane, Arroyo Grande

Suggested love offering \$25 per person but no one will be turned away.

Contact Chris chris@peacefulpoint.com

Presented by Unity Five Cities

Aging Gracefully

Preventative Care for All Ages

Part 2 Class starting June 5th

It is all about adjusting our lifestyle so we can become healthier, and live longer productive lives. Changing our lifestyle takes some effort but can be done in little steps that are easier to take. In the upcoming classes, we'll focus on the major areas that, when addressed with an integrated holistic preventative care approach, have shown to give positive results with our group.

Aging Gracefully schedule summary

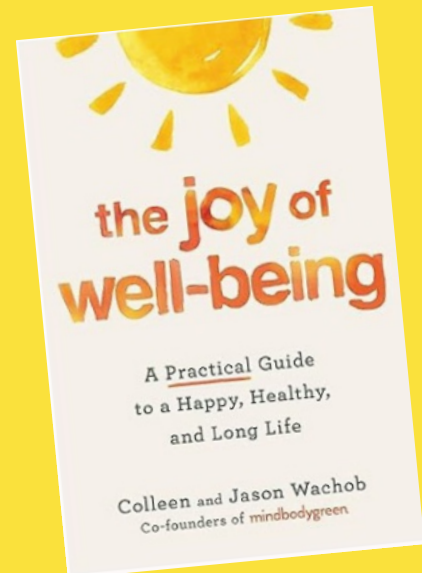
We will be studying the book "The Joy of Well-being" and videos with experts

Part 2 - 6 weeks June 5 – July 10
Nutrition for body and mind

Part 3 – 9 weeks July 17 – Sept 11
Exercise for body and mind

Part 4 – 6 weeks Sept 18 – Oct 23
Stress reduction

Part 5 - 6 weeks Nov 6th – Dec 11
Earth Regeneration
Being in a Supportive Community
Finding Purpose



[Click here](https://vimeo.com/917987904) for a brief 2-minute video introduction to the Aging Gracefully program.
<https://vimeo.com/917987904>

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

Summer of Love In The Garden



Music - Sing Along-Dress up-Connection
Featuring "The One Mighty Light Choir" and Special Guests.
June 16th - 12:00 PM at the Victorian



POTLUCK



GET OUT YOUR HAPPY
PARAPHANALIA

LOVE OFFERING

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 Prayer Chaplain Coordinator	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 – Rita Conrad	510-898-8514
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 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

Schedule

<u>Speaker</u>	<u>Music</u>
Jun 2 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Jun 9 Rev Brian Walker	Mark Stanton Welch
Jun 16 Kevin Hauber	Steve Kindel & Karen Wilkins
Jun 23 Richard Inman	One Mighty Light Choir
Jun 30 Jill Roberts	Rob Kimball
July 7 Rita Conrad, Ph.D.	Jan Grigsby & Nina Ryne
Jul 14 Charmian Redwood	TBA
Jul 21 Rev Jan Limberg Morgan	Steve Kindel & Karen Wilkins
Jul 28 Timber Hawkeye	Richard Inman & Sheila Cochran

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