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June 2023

Intention, The Theme for June by Robert Brumet

The first step in any spiritual practice is to be clear of your intention. In general, transformational spiritual practice is a discipline engaged with the intention of freeing yourself from the trance of the ego. Thus freed, you experience reality directly rather than having it filtered and distorted by your past conditioning. One example of this is mindfulness practice wherein we hold the intention to be fully present in every moment. Working with this intention dissolves the ego's constructed reality which is always based on the past or the future. Another example is in the practice of generosity which will disrupt the ego's propensity for acquisition and possessiveness.

In transformational spiritual practice you are not trying to attain a specific goal; you are not trying to control your experience or make something happen. You are

not striving to
"find peace" or to
"stop thinking" or
to "become
enlightened." You
simply set an
intention and then
do your best to
live it in each

moment. An intention is not a future goal, it is something that you are doing (or not doing) right now; when you become aware that you're not doing it, then simply remember your intention and return to it. "I am present in this moment or I am not." "I am practicing generosity in this moment or I am not."

The ego's basic assumption is that happiness lies somewhere in the future and that if we "get it right" then we are guaranteed happiness. This pattern can hijack your spiritual practice. If you feel frustration or self-criticism in your practice then you may have fallen into this ego-trap. If you find yourself striving



Unity Women's Group

Thirteen Unity Five Cities women and two men (and Pierre) gathered at Reverend Brian and Kathy's beautiful home on Friday, May 19 for the 2nd Women's Group gathering of

2023. We had a lovely potluck then Richard Long led us through an overview of each segment of the Enneagram



and we discovered our individual Spiritual gifts. We all value and appreciate the Spiritual gifts shared by each member of our Unity family.

Ladies, please mark your calendars for the next Women's gathering on Friday, June 23, noon-3pm. See flyer in this newsletter for details. Please RSVP so we provide enough drinks, etc - ethellanders@gmail.com.

Church Survey

To help properly plan the church's future programs and activities, your input is requested. You will receive a link to fill out the survey online through our church emails. Printed copies will also be available. There will be specific questions about various areas of church programs and some general questions you can be thinking about, such as: What do you like about our Ministry? What would you like to be improved? What would you like to see done differently?



Intention (Con't)

for a particular experience or goal then simply ask yourself “I am doing the practice in this moment or not?” — and if not, then let go of the past and the future and return to the practice in this moment.



The skillful question is not “How do I get to X, or get rid of Y” but “What is my intention... and am I living it right now?” It’s virtually inevitable that you will stray from your intention, so being aware of when this happens is an essential part of spiritual practice. Living your intention is always a choice, and only if there is awareness in the present moment do you ever have a choice.

With mindfulness practice the intention is to be aware in each moment and to accept (nonresist) every internal experience that arises. The primary intention is awareness, the secondary intention is acceptance. Inherent in this intention is to notice when you are not aware or when you are not accepting your present moment experience; then remember your intention and return to awareness and acceptance in this moment; and then return to it again, and again, and again....

If you see spiritual practice in terms of goal attainment then you will become frustrated and will eventually give up—and the ego wins another victory. The only way to defeat the ego is not to do battle with it, but to go to the place where it cannot survive: in present moment. Becoming aware in this moment you then return to your practice.

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



Eating for Healthy Longevity

This next class, with the Aging Gracefully theme, is about changing our thinking about what are proper foods. Just as we had to adjust our thinking about aging, we also have to move our thinking away from our American culture that steers us towards the toxic fast foods and highly prepared foods that don't really give us the nutrition to thrive.

The series of videos titled “The Food Revolution” will be the basis of the Zoom class on Wednesdays, 6:00-7:30 pm for 5 weeks from June 21st to July 19th. See the detailed flyer in this newsletter.



Power of Eight Intention Sessions in June

The Power of Eight sessions are available on Zoom, 6:30 pm on Thursdays, June 1st and 15th, with an email reminder and

Zoom link going out the morning of the session. In-person sessions at the Victorian will be after the

Sunday service on June 11th and 25th

As always, it is important that you let me know in advance of any intentions so we can prepare. Chris Garey chris@peacefulpoint.com



Church Financial Summary

April 2023

Total Income	\$3,925
Total Expense	\$4,370
Net Income	\$-445

YTD Income	\$17,764
YTD Expense	\$16,807
YTD Net Income	\$957

Eating for Healthy Longevity



What it is all about?

- This year's biggest breakthroughs on food, health, and the future of life on earth.
- An end to confusion about which foods are healthy and which contribute to disease.
- The latest scientifically-based insights about specific foods that are linked to longevity.
- Inspiration, ideas, motivation, and a new understanding of how food can transform energy, sleep, mental health, athletic abilities, and more.
- The opportunity to hear from 45 of the world's most respected food experts and activists.
- These visionaries have inspired hundreds of millions of people and revolutionized how we think about food.

Here are the important topics covered in the videos

The Food Revolution: What Happens When You Give Your Body the Right Fuel

The End of Heart Disease: How To Prevent & Reverse The World's #1 Killer

The Truth About Your Brain: How To Prevent Dementia & Improve Mental Health

Eating To Beat Cancer & Type 2 Diabetes: What You Need To Do Now

The Gut-Inflammation-Autoimmunity Connection: Getting To The Root

Solving Obesity: Escaping Diet Tyranny & Finding Food Freedom

The Science of Nutrition: Separating Fact From Fiction

Earth On The Line: How Your Food Choices Can Change The World

Implementation: Your Body Will Thank You For The Rest Of Your Life

You will view these videos online on your own and then we will discuss them in a Zoom class on Wednesdays, 6:00-7:30 pm, for 5 weeks from June 21st to July 19th. No charge. Join us by contacting Chris to be put on the mailing list to receive the links. chris@peacefulpoint.com 805-440-1693

Summer of Love In The Garden

Music – Sing Along–Dress up–Connection
Featuring "The One Mighty Light Choir"
June 18th - 12:00 PM at the Victorian



ALL YOU NEED
IS LOVE



GET OUT YOUR HIPPIE
PARAPHANALIA

LOVE OFFERING

Unity 5 Cities Women's Potluck

Summer Solstice
Book Swap & Celebrate
Summer Gathering

Friday,
June 23, 2023
noon-3PM. Hosted by
Ronnie and Tink
drinks provided
Bring your favorite
summer dish to share



At beautiful Peaceful Point
2850 Peaceful Point, Arroyo Grande

Bring Spiritual books and novels to
trade. Bring some, take some.

Also, if you are willing, please share for 3-5
minutes a spiritual experience aka touching
“coincidence” that you’ve experienced

RSVP Tink at ethellanders@gmail.com

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
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Chris Garey, LUT	805-440-1693
Therese Solimeno, LUT	805-440-9461
Prayer Chaplain - Martha Aivaz	805-458-1792
Prayer Chaplain - Ethel Landers	805-550-0348
Coordinador	
Prayer Chaplain - Sheila Cochran	619-540-0665
Prayer Chaplain - Deborah Hall	805-788-4777
Hospitality Coord. - Nancy Johnson	805-270-6646

Schedule

<u>Speaker</u>	<u>Music</u>
June 4 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
June 11 Ethel Landers	Gale McNeeley & Bob Moloznik
June 18 Kevin Hauber	Steve Kindel & Jimmy Townsend
June 25 Richard Inman	One Mighty Light Choir
July 2 TBA	Richard Inman
July 9 Rev Brian Walker	Gale McNeeley & Bob Moloznik
July 16 Mark Welch	Steve Kindel & Karen Wilkins
July 23 Rev Jan Limberg Morgan	Rob Kimbal
July 30 Amanda Sherlock	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 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

