



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

March 2025

Embracing the Power of Life *March Theme - Life*

In Unity teachings, the Twelve Powers offer us spiritual tools for transformation, guidance, and growth. Among these profound faculties, the power of Life is a dynamic force that instills energy, vitality, and renewal into our everyday existence. Life, as one of the Twelve Powers, is not merely the biological function of existence but a spiritual energy that animates and revitalizes our being. By exploring and embracing this power, we can align ourselves with an abundant, joyous, and fulfilling experience of living.

The power of Life is centered in the regenerative aspect of our spiritual selves. It is the divine essence that calls us to move forward, to grow, and to transcend limitations. This power encourages us to express our true potential, to live authentically and vibrantly. In Unity, we recognize that Life is an expression of God's perfect essence within us, an unending stream of energy that propels us toward our highest good.



Life is inherently creative and transformative. When we consciously attune to this power, we become active participants in the creative process. We can harness Life

by nurturing a mindset of renewal, allowing our thoughts, attitudes, and actions to bloom in alignment with divine order. By affirming the life-affirming qualities in ourselves and others, we create a fertile ground for positive change and growth.

In understanding and applying the power of Life, we are also reminded of the importance of resilience and adaptability. Life, in its divine wisdom, teaches us that change is a constant and that through each challenge and transition, we are given opportunities to renew our faith and amplify our understanding. Every trial becomes a stepping stone that leads us closer to spiritual maturity and deeper connection with our innate divinity.

Additionally, Life calls us to celebrate and honor the beauty and wonder of the present moment. By

Annual Congregational Meeting

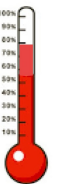
Unity Five Cities annual congregational business meeting, both in person at the Victorian and on Zoom, was held on Sunday, February 2nd, immediately after the Sunday Celebration. Larry Conrad, the current board facilitator, led the meeting. The board members – Ethel “Tink” Landers, Amanda Sherlock, and Larry Conrad – whose terms were expiring were acknowledged and thanked. The election held during the meeting resulted in the addition of new board members Marcelle Kardush, Joe Davidson, Art Westerfield, and John Hauk. Lisa Leonard was elected to be on next year's Nominating Committee. Jeanne Surber, the board Treasurer, reported that there was a positive cash flow of \$1,165 for 2024. Pastor Brian gave a review of the activities for the past year. Thanks to everyone for creating such a dynamic, loving community for us to share.



Congregational Meeting

Helping the Homeless

The Unity-Five Cities Men's Group is continuing an effort to support the 5Cities Homeless Coalition based in Grover beach. They always have a need for men's and woman's socks and underwear. We will be buying them in bulk and need to raise about \$800. So far, we have \$605 collected. There is a donation basket at the Victorian or you can contact Chris: chris@peacefulpoint.com



Power of Eight Intention in March

The Power of Eight is available on Zoom, 6:30 pm on Thursday, March 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 March 15th. 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



Embracing the Power of Life (Con't)

recognizing and appreciating the miraculous expressions of Life around us and within us, we cultivate gratitude and joy. Life is a dance, an energetic rhythm that invites us to participate fully and with enthusiasm. It is about engaging heart and soul in each day, welcoming new experiences, and embracing the full spectrum of emotions and happenings with an open heart.



To activate the power of Life in our daily lives, we are encouraged to practice mindfulness, show gratitude for the smallest blessings, and affirm the Life presence that infuses our every cell. As we align with the vibrant energy of Life, we become conduits for

God's unlimited vitality, spreading love, hope, and vibrancy in every interaction.

In conclusion, the power of Life is a divine gift that promotes healing, growth, and joyous expression. Through our Unity teachings, we learn to cultivate and channel this power, creating lives of purpose, abundance, and spiritual fulfillment. Let us affirm and live the truth of Life, embracing its renewing energy and allowing it to guide us every step of our journey.

Time to Join the Unity Ukulele Group

Unity Ukes are starting the year with a new set of songs so this is a great time to join! The group is open to Unity and non-Unity beginners and more advanced players. We have songs sheets to practice so all you need to bring is your ukulele, music stand and be prepared to have fun! We perform at Unity events. Days and times may vary. Contact Richard Long for detailed information. richardlong1@gmail.com

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Unity Hiking Group

Sunday afternoon hikes after the Sunday



Celebration. The group is open to all and goes to various spots in the Five Cities area for light to moderate walks.

Contact John Hauk

johnhauk4@gmail.com , Marvin Gross
marvlus@sbcglobal.net , Lynn Marie
lynnmarie333@gmail.com , or Marcia Alter
malter1011@aol.com

Unity Five Cities Women's Gatherings

On Friday, February 21st, the Unity Women's Group met at Christy Molony's for a lovely potluck lunch.



After lunch, Donna Nisbet and Janet Glenn led the group in writing a letter to someone they loved.

There was a group sharing followed by a meditation.

Details on the March meeting to follow.

The Spiritual Spa, the Women's Group meeting on Zoom, facilitated by Rita Conrad, LUT, will meet Thursday, March 13th, at 6:30pm. Contact Rita for the Zoom link, rmconrad99@gmail.com. *Come as you are.*

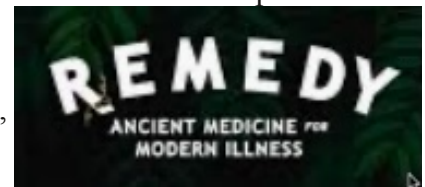
The Next Class in the Aging Gracefully Series

"Ancient Medicine for Modern Illness"

Wed., 6:30-8:00 pm, on Zoom, 9 Weeks starting Mar. 19th

"Ancient Medicine for Modern Illness" episodes

explore how traditional healing practices from various ancient cultures, like Ayurveda, Traditional Chinese



Medicine, or indigenous healing systems, can be applied to treat modern illnesses, highlighting the potential benefits of using natural remedies and holistic approaches to health while examining the scientific basis behind these practices in light of modern medical knowledge; often showcasing case studies of individuals who have incorporated ancient healing methods into their lives to address contemporary health concerns. See flyer in this newsletter for details.

January 2025

Income	\$4,785
Expense	\$4,364
Net Income	\$421

Year to Date

YTD Income	\$4,785
YTD Expense	\$4,364
YTD Net Income	\$421

Presented by Unity Five Cities

Aging Gracefully

Preventative Care for All Ages

Ancient Medicine for Modern Illness Class

Wed., 6:30-8:00 pm, on Zoom, 9 Weeks starting Mar. 19th

“Ancient Medicine for Modern Illness” episodes explore how traditional healing practices from various ancient cultures, like Ayurveda, Traditional Chinese Medicine, or indigenous healing systems, can be applied to treat modern illnesses, highlighting the potential benefits of using natural remedies and holistic approaches to health while examining the scientific basis behind these practices in light of modern medical knowledge; often showcasing case studies of individuals who have incorporated ancient healing methods into their lives to address contemporary health concerns.

Videos we will be watching:

Week 1: The quest for lost medicine

Week 2: Stress and anxiety. The origins of pain and how to dissolve it

Week 3: Healing your immune system and the miracle of the microbiome

Week 4: Higher Brain Function

Week 5: The silent epidemic of Lyme disease

Week 6: Healthy hearts and happy minds. Solving cardiovascular disease and depression

Week 7: Raising your energy reserves, getting better sleep, and preventing fatigue

Week 8: Cancer, reversing the most dreaded disease of our time

Week 9: Summary plus 5-Ancient-Herb-Preparations, Herbal Medicine for Women's Health, Wild Harvest Your Own Herbs



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**

Potluck

Unity's Aging Gracefully Support Group is having a potluck featuring **Plant-Based** dishes. Meaning no meat, dairy, eggs, cheese, etc.

We can see how delicious the dishes are and we will have fun sharing recipes and cooking tips.



Everyone is Welcome!

Saturday, March 1st, noon-2:00 pm

Bring your own plate, utensils, and beverage.

Peaceful Point, 2850 Peaceful Point Lane, Arroyo Grande

Contact Chris: chris@peacefulpoint.com



*You are a being of Sound
composed of many tones.
Your shape, movements,
desires, and motivations,
come from an inner
concert.*

*~ John Beaulieu, ND, PhD,
composer, musician,
healing artist*

Take time to be still and at peace...

**Tuesday, March 25, 6:00-7:00 p.m.
Sound Meditation at Peaceful Point
2850 Peaceful Point Lane, Arroyo Grande
with Rita Conrad, LUT**

Join Rita Conrad as she plays various gongs and crystal bowls in a meditation to expand consciousness and connect with the Divine. Please bring whatever you need to lie on the carpeted floor comfortably, such as yoga mats. Chairs and support pillows are also available, if needed.

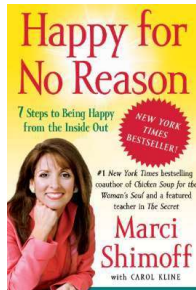
Contact Rita with any questions: rmconrad99@gmail.com, 510-898-8514.

*Suggested love offering of \$15 with proceeds going to the
5 Cities Homeless Coalition.*



Happy for No Reason

*Can also be described as having joy / happiness /
serenity regardless of outside circumstances*



*Learn practical ways to enhance your inner world as
we move into 2025 and beyond.*

We'll explore these aspects of the Home of Happiness:

- *The Foundation – Taking Responsibility for Your Happiness*
- *The Pillar of the Mind – Don't Believe Everything You Think*
- *The Pillar of the Heart – Let Love Lead*
- *The Pillar of the Body – Make Your Cells Happy*
- *The Pillar of the Soul – Plug Yourself into Spirit*
- *The Roof – Live a Life Inspired by Purpose*
- *The Garden – Cultivate Nourishing Community and Relationships*

Unity Five Cities / The Victorian

Sunday, March 30 from 12-2

Love offering

For more information contact:

805amandasherlock@gmail.com | 650.279.1881

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

<u>Speaker</u>	<u>Music</u>
March 2 Rev Brian Walker	Jan Grigsby and Nina Ryne
March 9 Rev Jan Limberg Morgan	Mike Smothers and Shari Fortino
March 16 Timber Hawkeye	Steve Kindel & Karen Wilkins
March 23 Richard Long	One Mighty Light Choir
March 30 Amanda Sherlock	Rob Kimball

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