



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

March 2022

Conscious Evolution

By Rev. Robert Brumet

The heart of Buddhist teaching lies in the Eight-fold Path of Awakening, which begins with two principles that are relevant to the journey of conscious evolution. These principles are called *right understanding* and *right motivation*.

These are not rules or commandments; they are principles which identify different facets of the awakening process. The term right might best be translated as wise or skillful. In practice, these two principles are interrelated.

Let us talk briefly about wise motivation. We can begin with the recognition that our very motivation to understand and to engage in conscious evolution originates from within the evolutionary process itself. It is not something within us that is reaching for something outside of us; nor is it that something outside of us that is influencing our inner motivation. This motivation to evolve is within us, and it surrounds us; it is the core of who we are.

We recognize that our motivation to evolve is itself part of the response. Our sense of wonder and of awe at the immense potential within us, is itself a motivational force and a response. Our desire to bring this potential into manifestation in our life and in the world is an expression of this evolutionary force.

And now we address wise understanding. The wonderful paradox is that both our desire to understand the evolutionary process and our motivation to engage it consciously, are originating from within the evolutionary process itself. Evolution is requiring itself to become conscious. This reminds me of the well-known MC Escher drawing which portrays two hands: each one drawing the other! Our usual assumptions of cause and effect become baffled by this process. Cause and effect are reciprocal and indistinguishable.



Evolution is natural: we will it to occur or will it to not occur. However, conscious evolution requires our active consent and our active involvement. We cannot sleep through it. In a recent discussion with a friend on the

Meeting in Person

On Thursday, February 17th, the board passed a motion for the church to start meeting in person on Sunday morning beginning Sunday, March 6th. So, if you are able, plan on joining us in person at the Victorian on Sundays. There will also be an option to participate on Zoom. So, it will be a hybrid service. At the Victorian, if you are vaccinated, masks are optional. If you aren't vaccinated, a mask is required.



Unity Annual Congregational Meeting

Unity Five Cities held its annual business meeting on Zoom after the Feb 6th Sunday Celebration. The congregational meeting included the financial report for 2021, a slide show of the church's 2021 activities, acknowledgement and appreciation of the church's current board members and volunteers, and a board election. The congregation voted Janice Lamont, Joe Davidson and Donna Nisbet to two-year terms, Jeanne Surber to complete the final year of a term, and Peggy Sharpe to a one-year alternate position.

Unity-Five Cities has Formed a Ukulele Group

We had our first planning meeting and have decided to meet on Thursdays at 1:00 pm in Arroyo Grande. It 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! Contact Richard Long for detailed information. richardlong1@gmail.com





Mended Heart Workshop

Have you ever had your heart broken? Romantic relationship, personal betrayal, loss of a loved one. It's not too late to make it whole. At this workshop, you'll learn strategies to take that sorrow, transform it, and heal your heart. Learn to live once again confidently, courageously, and open to all that life has to offer. Isn't that what you really want?

"You can't go back and change the beginning, but you can start where you are and change the ending." C.S. Lewis

Sunday, March 13th, Noon - 2pm

In Person at The Victorian

789 Valley Rd, AG

Facilitated by LaDawn Davis



Love Offering

Conscious Evolution (Con't)

topic of personal will versus divine will, we concluded that we must be willing to surrender to the divine will; otherwise, it cannot unfold through us. Our primary work then is to see where we are unconsciously blocking the awareness and expression of the divine will. Likewise, conscious evolution may be considered a metaphor for the unfolding of the divine will- not to us or for us, but through us.

We unwittingly block the divine will- AKA conscious evolution- not so much by what we do not know, but by what we know, but don't know that we know, in other words, by our unconscious beliefs and assumptions. We must know what we know and then discern if what we know is true. If it is not, then it must be released. And if we are not willing to release it, then we need to see why we are holding on to it. Much of conscious evolution is simply becoming conscious of what we believe to be true.

Yet another paradox we meet on our journey is that of what we call "personal" versus what we call "collective;" or individual versus group; or part versus whole. The transformation of consciousness must take place one person at a time; how else could it happen? However, who we are as an individual- as a person-

cannot be separated from our relationships and from our environment, who we are is always contextual. Human beings can never be considered solely as



individuals- we are innately connected in a broader web. We are deeply interconnected in many ways and at many levels. Our personal reality is fundamentally embedded in a collective reality.

Evolution and transformation can never be considered in isolation. To consider oneself as an individual and as part of a greater whole is to simply look at two facets of our being; they are intrinsically inseparable. We are like the electron that may behave like a wave or may behave like a particle, depending upon circumstances and perspective. We are both an individual and a collective. Personal transformation and global evolution are inseparable. We may consider each aspect separately- this may be helpful for our understanding- but these are but two perspectives of our earthly expression.

Likewise, our human nature is not apart from our divine nature; the absolute is not apart from the relative. Once again, these may be considered separately, but they are simply different profiles of the same face. Evolution and personal transformation are different profiles of the same process separated only by the perspective of time. Both are descriptions of spiritual awakening, which is the destiny of every one of us.

Upgraded Unity-Five Cities Website, A New Look and New Features! Coming in 4-6 Weeks



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Events Calendar Hear a Sunday Talk Map/Location Contact Us

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or In-Person



Welcome to Unity-Five Cities
A positive path for Spiritual living



<p>Facebook Feed</p>	<p>Recent Sunday Talks</p> <p>2-6-22 Amanda Sherlock "Living in Possibility"</p> <p>1-30-22 Rev. Frank sumMallen "Mystery"</p> <p>1-23-22 Rita Conrad "Shining Light on Mystery"</p>	<p>Upcoming Events</p> <p>Sunday Celebration Feb. 20th, 10:00 am</p> <p>Men's Group Feb 22nd, 9:00 am</p> <p>Unshined Soul Study Group Feb. Feb 22nd 8:00 pm</p>	<p>Videos</p> <p>Message from the Minister</p> <p>Member testimonials</p> <p>Sunday music</p> <p>Concert and Special Events</p> <p>Meditation</p>
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Church Financial Summary

January 2022

Total Income	\$3,764
Total Expense	\$4,363
Net Income	-\$599
YTD Income	\$3,764
YTD Expense	\$4,363
YTD Net Income	-\$599

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Janice Lamont, Facilitator	310-701-1041
Joe Davidson, Treasurer	661-304-5154
Jeanne Surber, Trustee	805-904-6166
Larry Conrad, Trustee	805-219-0219
Ethel Landers, Vice Facilitator	805-550-0348
Donna Nisbet, Trustee	805-219-0331
Peggy Sharpe, Alternate	805-439-3238
Chris Garey, LUT	805-489-7359
Therese Solimeno, LUT	805-440-9461
Prayer Chaplain - Janice Lamont	310-701-1041
Prayer Chaplain - Claire Mclean	209-606-0444
Prayer Chaplain - Martha Aivaz	805-481-1335
Prayer Chaplain - LaDawn Davis	805-757-7556
Volunteer Coordinator, Chris Garey	805-489-7359

Schedule

<u>Speaker</u>	<u>Music</u>
Mar 6 Therese Solimeno Licensed Unity Teacher	Jan Grigsby & Nina Ryne
Mar 13 Rev Brian Walker	Gale McNeeley & Bob Moloznik
Mar 20 Timber Hawkeye	Steve Kindel & Karen Wilkins
Mar 27 Rita Conrad	Richard Inman
Apr 3 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Apr 10 Rev Jan Limberg Morgan	Gale McNeeley & Bob Moloznik
Apr 17 Kevin Hauber	Richard Inman
Apr 24 Richard Inman	Steve Kindel & Karen Wilkins

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: unitychurch5cities@yahoo.com
Website: www.unity5cities.org

A Spiritual Community

P. O. Box 1005
Arroyo Grande, CA 93421

