



# A Spiritual Community on a Positive Path of Personal Growth

Unity San Luis Obispo founded - 1929, Unity Five Cities founded - 1999

May 2026

## Wholeness: Remembering What We Already Are *May Theme - Wholeness*

In New Thought, wholeness is not something we earn, chase, or assemble piece by piece. It is something we awaken to. Beneath the changing circumstances of life, beneath our roles, worries, ambitions, and disappointments, there is a deeper truth: we are already complete in spirit. Wholeness begins with this recognition.

So often, we are taught to see ourselves as fragmented. We speak of work-life balance, of body versus mind, of success versus failure, of the person we are and the person we think we should become. Yet wholeness invites us into a more spacious understanding. It asks us to see life not as a set of separate compartments, but as an integrated expression of one divine reality. When we live from that

awareness, we no longer have to force ourselves into perfection. We can instead align with the truth of our being.

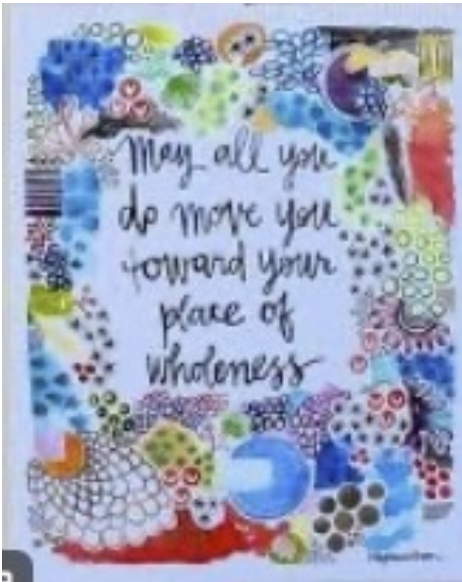
Wholeness does not mean that life is always easy or that we never feel broken. Pain, grief, uncertainty, and transition are part of the human journey. But wholeness

reminds us that even in times of difficulty, we are not abandoned, diminished, or disconnected from the Source of life. Like a river flowing through changing terrain, the current of Spirit remains steady within us. We may move through seasons of loss or healing, but our essential nature remains intact.

This perspective changes how we relate to ourselves and to others. When we honor our own wholeness, we become more compassionate toward

## Spring into Love Choir Concert with Special Guest Matthew Green

On Sunday, April 26th, choir director Richard "No Wrong Notes" Inman, led the One Mighty Light choir and special guest Matthew Green in a concert that amazed and moved the packed house at the Victorian.



## Wholeness (Con't)

our imperfections. We begin to treat ourselves not as projects to be fixed, but as sacred expressions to be nurtured. And when we recognize wholeness in others, we are more able to respond with patience, dignity, and love, even when differences arise.

A wholeness-centered life is one of harmony, not control. It is the practice of bringing body, mind, and spirit into loving alignment. It is pausing long enough to remember that peace is not found by becoming someone else, but by returning to who we truly are. As we move through daily life, may we remember: wholeness



"I don't know about you, but I'd give anything to become whole again."

is not a distant goal. It is the ever-present truth waiting to be known. And in knowing it, we find healing, clarity, and freedom.

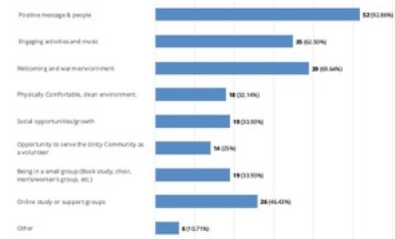
## Congregational Survey Completed

We extend our sincere thanks to everyone who participated in the recently completed congregational survey. Your thoughtful and honest responses provide valuable insight that will help guide our planning and decision-making. This shared input strengthens our sense of community and ensures that our future direction reflects the voices, needs, and hopes of our congregation as a whole. Copies of the survey results will be sent out via the weekly church email.

Unity Congregation Survey June 2026

What things are important to you in a spiritual community that you choose to be involved in?

Number of responses: 56



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## Unity Women's April Gathering

A character in Joan Virginia Allen's book, *Navigating Dynamic Aging*, is Sarah the Saboteur. The Unity Women's group used that theme for the Friday,



April 24th meeting. About 18 women gathered at Peaceful Point for a potluck salad bar lunch. The meeting was led by Ruth Jackson, who read three passages from the book, each about Sarah, the Saboteur. Each attendee had an index card with something Sarah might say such as, "You're not going to wear that, are you?" or "I will after I lose 10 lbs" or "I'm no leader, I couldn't speak in front of a group" or "I'm too old to attempt that". Each attendee discussed their own Sarah, the Saboteur, with their neighbor then introduced that person and talked about the messages that person carries in her head. The group then turned over their index card and wrote how they might respond to their inner Saboteur. We each shared our creative ways to listen to or ignore our sabotaging thoughts. Everyone seemed to enjoy the beautiful location; the lovely ladies and the topic. Hopefully the solutions will be something to think about over time.

## Navigating Dynamic Aging

Friday, April 17th, about 15 folks gathered at lovely Peaceful Point. Author, Joan Virginia Allen spoke to the group about her motivation to write her memoir, *Navigating Dynamic Aging*. Joan read some passages from her book and did a question and answer session before signing books people purchased. The event was repeated at Unity Chapel of Light on Saturday, April 18th with about 18 in attendance.



## March 2026

Income	\$10,568
Expense	\$21,403
Net Income	\$-10,834

## Year to Date

YTD Income	\$27,497
YTD Expense	\$34,020
YTD Net Income	\$-6,423

## Reunification Update

The Reunification Steering Committee goal is to: “To develop short term and long-term plans to provide Unity Ministry to San Luis Obispo County.” We have several subcommittees that may interest you including: Researching available venues, Financial setup, Market survey-



what are the needs?, Technology improvements, Public relations, Program development and a Prayer group holding the entire process in prayer. Our next meeting is May 11th, 7:00 PM on Zoom. If you would like to help with the planning process, Contact Rev. Brian or Chris.

## Power of Eight Intention Sessions in May

The Power of Eight is available on Zoom, 6:30 pm on Thursday, May 7th, 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 service May 17th. 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](mailto:chris@peacefulpoint.com)



## New Victorian Chair Arrangement

The new chair arrangement has significantly improved the use of our church space, allowing for increased seating capacity while maintaining comfort and accessibility. This change enables us to welcome more people, support growing attendance, and create a more inclusive environment for worship, gatherings, and special events.



## Productive Key Leaders Planning Meeting

The April 4th Key Leaders Planning Meeting at Peaceful Point is playing a pivotal role in shaping the sustainable future of our church. By bringing together thoughtful leaders, this gathering took the opportunity to align vision, assess priorities, and explore practical strategies that strengthen our mission, deepen community impact, and ensure long-term vitality.



## Mother's Day

On Sunday, May 10th, join us for a special Mother's Day celebration featuring Mark Stanton Welch leading the Sunday Celebration and providing an inspiring Mother's Day message.



**6 Week Book Discussion**  
**Wednesdays, April 29 - June 3, 2026**  
**6:30 - 8:00 PM on Zoom**  
**Facilitated by Dr. Rita Conrad, LUT, IMCP**

*“Imagine for a moment that you had no pressures in your life — no problems to fix, no deadlines to meet, no struggles to overcome. Do you feel that sense of spacious relief?”*

*It's not an illusion.*

*It really is possible to live with that profound openness all the time, even while tending to your everyday tasks and obligations.”*

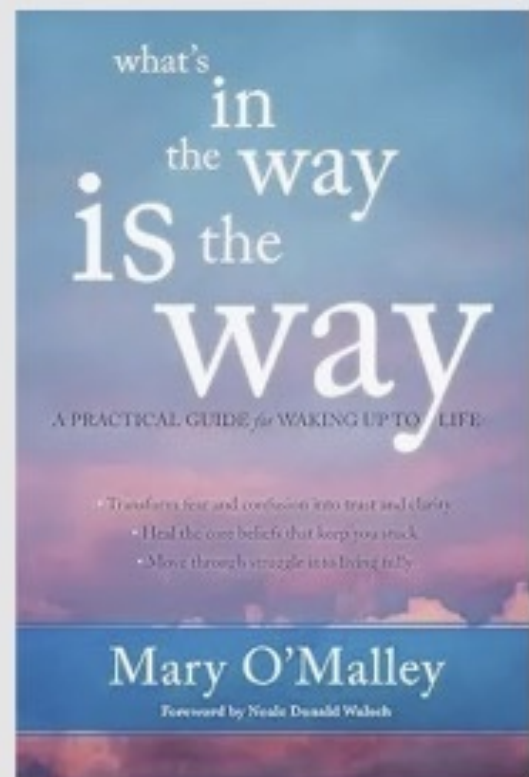
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*The impediment to Action  
advances Action.*

*What stands in the way becomes  
The Way.*

*~ Marcus Aurelius ~*

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**Mary O'Malley is an author, counselor, and acknowledged leader in the field of awakening.**

**Go to [maryomalley.com](http://maryomalley.com) for more about her work.**

**To sign up and receive the Zoom link, email Rita Conrad:  
[rmconrad99@gmail.com](mailto:rmconrad99@gmail.com).**

# **Come Celebrate World Labyrinth Day!**

## **Long's Labyrinth Open House**

**Sunday, May 3rd, 12:00-4:00 pm**  
**154 Walnut St., Arroyo Grande**



### **What is a Labyrinth?**

It is not a maze, there are no dead ends, or wrong ways. In fact the Labyrinth is the opposite, a sacred, safe, single path, that lead you to the center, the same path takes you back out to the entrance. It is a spiritual tool meant to center yourself and find clarity and peace. You might think of it as a meditative walk, going on a symbolic journey, creating your own sacred path.



Our design is a Chartres style 7 circuit pattern called the "Chartres Essence" a smaller version of the the 800 year old Chartres Cathedral Labyrinth in France.

**Everyone is Welcome!**



# WATER CEREMONY

Join James Buffalo Moreno for a Water Ceremony.

**Water Ceremony is a place of connection to the soul's journey.  
"James shares the totems that appear in his mind's eye and  
a loving message of the Spirit with those in attendance."**

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**"My spirit lifted to the sky." Dennis Amaral**

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**"That was so powerful and unbelievable! I believe that there is  
something bigger than us. Thanks for sharing." Viktoria Ringhausen**

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**When: Sunday May 24, 2026 12:30 PM  
Where: Unity of Five Cities - San Luis Obispo  
789 Valley Rd, Arroyo Grande, CA 93420  
Cost: Love offerings accepted**



**Contact: [info.jamesmoreno@gmail.com](mailto:info.jamesmoreno@gmail.com)  
[www.JBuffaloMoreno.com](http://www.JBuffaloMoreno.com)  
Individual and Group Sessions are available**

## Board of Trustees & Staff

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Ruth Jackson, Secretary	805-451-1313
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Dr Jan Limberg Morgan, Trustee	805-801-4553
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Nancy Johnson, Hospitality Coordinator	805-270-6646
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Prayer Chaplain - Sheila Cochran	619-540-0665
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Prayer Chaplain - Lisa Leonard	916-765-1846
Prayer Chaplain – Jill Roberts	805-451-2886
Prayer Chaplain – Ruth Jackson	805-451-1313
Prayer Chaplain - Therese Solimeno	805-440-9461

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## Schedule

<u>Speaker</u>	<u>Music</u>
May 3 Rev Brian Walker	Jan Grigsby & Nina Ryne
May 10 Mark Stanton Welch	Mark Stanton Welch
May 17 Sheila Cochran	Steve Kindel & Karen Wilkins
May 24 James Moreno	Richard Inman & Sheila Cochran
May 31 Richard Long	Mike Smothers & Shari Fortino

## 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 and San Luis Obispo

Sunday Celebration 10:00 am

Meeting at The Victorian and on Zoom

789 Valley Road, Arroyo Grande, CA

805-788-4777

P.O. Box 1005

Arroyo Grande, CA 93421

Email: [info@unity5cities.org](mailto:info@unity5cities.org)

Website: [www.unity5cities.org](http://www.unity5cities.org)

P. O. Box 1005  
Arroyo Grande, CA 93421



A Spiritual Community