



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

May 2024

The Allure of the Good: Beauty's Role in New Thought *May Theme - Beauty*

New Thought sees beauty as more than aesthetics. It's a cornerstone of the spiritual journey, a reflection of the Divine, and a catalyst for transformation.

New Thought draws inspiration from Transcendentalism, where nature served as a window to the Divine. Much like Ralph Waldo Emerson's call to "see the good" in nature, New Thought practitioners cultivate an appreciation for the inherent beauty in the world. This appreciation isn't passive; it's an active engagement that elevates the soul. A breathtaking sunset or the intricate design of a flower isn't just pleasing to the eye, it's a tangible reminder of the perfection and order inherent in the universe, a universe fundamentally good.

This appreciation goes beyond the natural world. New Thought emphasizes the beauty within humanity – acts of kindness, expressions of creativity, and the pursuit of knowledge. Witnessing or embodying these

qualities becomes a form of spiritual practice. It uplifts not just the observer but also the participant, fostering a connection with the Divine within. Furthermore, beauty serves as a powerful tool for cultivating positive thoughts and affirmations,

central tenets of New Thought. By surrounding ourselves with beauty, we cultivate an inner sense of peace and harmony. This positive emotional state becomes fertile ground for planting positive affirmations about ourselves and the world. Imagine the difference between meditating in a cluttered room and a serene garden; the setting itself shapes the experience.

The concept of beauty in New Thought is also intrinsically linked to the idea of Divine Mind. This universal intelligence is believed to be the source of all good, truth, and beauty. By appreciating beauty, we connect with this Divine Mind, aligning our thoughts and actions with its inherent goodness. This alignment alignment is seen as a key step in spiritual growth.



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 is collecting donations for pet care items. Petco in Arroyo Grande has donated collars, harnesses, leashes, shampoo, dog toys, and treats. Generous donations from the congregation will be used to purchase 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 a quarterly basis. If you are interested in helping or donating, contact Chris: chris@peacefulpoint.com



Wellness Call Survey

Thank you for responding to the survey asking how you wanted to be contacted for the Wellness Call program. Chaplains will check in with members of the congregation who elect to be contacted on a periodic basis, normally once a month, to see how they are doing and if they need anything. Wellness outreach is expected to start May 1.



Unity Men's Group

Unity Men's Group meets weekly at 9:00 am. Members take turns bringing a spiritual topic to discuss. They have ongoing projects to support the 5Cities Homeless Coalition. Once a month they go to Lopez Lake for a cook-out.

Meeting place varies so contact Chris for location or information. Chris: chris@peacefulpoint.com



The Allure of the Good:

Beauty's Role in New Thought (Con't)

Finally, beauty serves as a source of inspiration. It awakens the creative spirit, encouraging us to express our own inner divinity. This expression can take many forms: artistic endeavors, acts of service, or simply living a life of integrity. Through such expressions, we



not only beautify the world but also become instruments of the Divine, co-creating a world that reflects the inherent good and beauty perceived in our spiritual journeys.

In conclusion, for New Thought practitioners, beauty isn't a fleeting experience; it's a potent force. It elevates

the soul, fosters connection with the Divine, and inspires positive action. By actively engaging with beauty, we cultivate a life that reflects the inherent good within ourselves and the universe, propelling us forward on our spiritual journeys.

Power of Eight Intention Sessions in May

We have switched to one Zoom and one in-person session per month. So the Power of Eight is



available on Zoom, 6:30 pm on May 2nd, 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 May 19th. 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 *Everyone is welcome and can join us anytime.*

Church Financial Summary

March 2024

Income	\$3,964
Expense	\$4,050
Net Income	\$-86

Year to Date

YTD Income	\$13,921
YTD Expense	\$12,443
YTD Net Income	\$1,478

Unity Five Cities Women's Gatherings

On Friday, April 19th, nine members of the Women's Group met at Peaceful Point, where there was an amazingly varied and tasty salad potluck. Glenda Allen facilitated the program, "Let Go ... Let God," in which everyone



was invited to go through a seven-step process to move the ego aside and surrender to divine guidance in any circumstances. The participants seemed to be quite engaged with the process and excited about the results. The next meeting is May 17th. See flyer.

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. May 3rd 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.

Aging Gracefully

Preventative Care for All Ages

Part 1 class is under way! Part 2 starting June 5th

We can't stop getting older, but we can shift our thinking about it, remembering that we have some control over how the mind and brain ages. This is all about preventative maintenance as we do with a car. The same thing applies to our bodies and brains. There are things we can do as preventative care throughout our lives so we can up our healthy "mileage."

You can jump into the series at any time. See the flyer for the info on the Part 2 Class. *Join us!*



Women's Group May Meeting

Friday, May 17, 12-3pm

At Peaceful Point

Salad Potluck

Bring a salad dish of your choice

Hostess and Facilitator

Marilyn Mercado Teaching

"Hula for Health"

*Hula is good for
Body, Mind,
and Soul*

- Flexibility and coordination
- Fun and focus
- Cultural connection with Hawaiian tradition and values
- Self-expression



Unity Five Cities Stylin'



Yoga Workshop

On April 21st, during Unity Five Cities Sunday Celebration, Marilyn Mercado delighted the congregation with a gracefully done hula that was quite touching. After the ensuing potluck, Marilyn facilitated a yoga workshop that was based on her new book "Chakra Tools for Transformation." During the workshop she taught a yoga position, a mudra, and a breathing technique for each chakra.



ONE MIGHTY LIGHT CHOIR

New Members Welcome
Rehearsals Start May 21
Tuesdays 7pm to 8:30pm



No Singing Experience Required
Contact: Richard Inman
rich223344@gmail.com or Sign Up Sheet

Come Celebrate World Labyrinth Day!

Long's Labyrinth Open House

Sunday, May 5th, 1:00-5:00 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!



Contemplative Prayer Workshop

Centering Prayer: The ancient method of silent prayer for inner peace and transformation.

Lectio Divina: The meditative practice of scripture reading and reflection.

Lectio Divina, the "divine reading" of scripture, fosters spiritual growth through a heartfelt connection with sacred texts. It allows insights to emerge and a deeper connection with the divine to form. Centering Prayer cultivates inner stillness. By letting go of distractions, it allows practitioners to experience a deep sense of peace and quiet, opening them to a more receptive state for encountering the divine.

Sunday, May 26th, at 12:15pm

**At the Victorian,
789 Valley Rd, AG**

Facilitators:

Rev Brian Walker

Kathy Bornino, LMFT

Love Offering

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

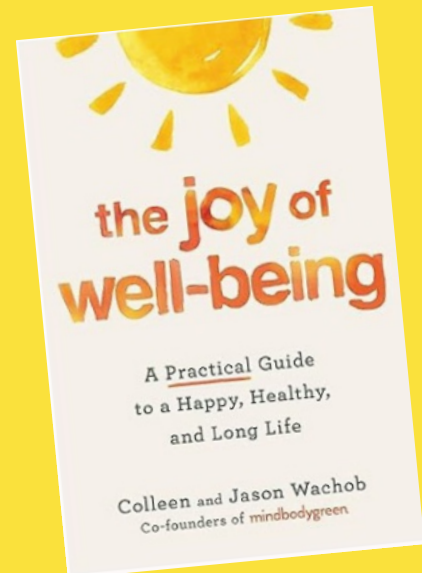
We will be studying the book "The Joy of Well-being" and videos with experts

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



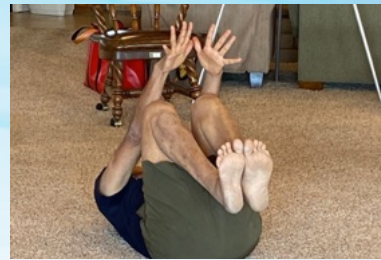
[Click here](https://vimeo.com/917987904) for a brief 2-minute video introduction to the Aging Gracefully program.
<https://vimeo.com/917987904>

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

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

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
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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>
May 5 Rev Jan Limberg	Jan Grigsby & Nina Ryne
May 12 Rita Conrad Ph.D.	Richard Inman & Sheila Cochran
May 19 Marvin Gross	Steve Kindel & Karen Wilkins
May 26 Richard Long	Richard Inman
Jun 2 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Jun 9 Rev Brian Walker	TBA
Jun 16 Kevin Hauber	Steve Kindel & Karen Wilkins
Jun 23 Richard Inman	Richard Inman
Jun 30 Jill Roberts	Rob Kimball

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

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A Spiritual Community

