



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

May 2022

The Epidemic of Loneliness By Rev. Robert Brumet

Are you lonely? If so, you are not alone. (Maybe that should make you less lonely!)

All joking aside, loneliness is a serious issue – for all of us.

And, perhaps it's more widespread that you think. A recent study by Cigna Insurance of 20,000 people in the US found that nearly 50% reported feeling lonely most of the time. And curiously, the age group reporting the highest score for loneliness were the ages 18-37.

One might think that social media would reduce our loneliness, but perhaps the opposite is occurring. In one study of Americans age 19-32, the top 25% of social media users were twice as likely to report feeling lonely as those using it the least.

And the issue is not limited to Americans. Studies in Japan and the UK show similar results. 40% of British surveyed reported that their primary social contact was a pet or their television. This issue is so common that the British government has created a cabinet-level position titled "Minister of Loneliness."

Loneliness is not just about how we feel emotionally; there are serious health consequences as well. A 2010 Brigham Young University study found that chronic loneliness significantly decreases one's life span by the same amount as that of smoking 3/4 pack of cigarettes a day. It also leads to a greater risk of many health issues: heart disease, stroke, cancer and others. Loneliness may



be categorized into three general types, which are not mutually exclusive.

The first type could be named Circumstantial Loneliness. This is the loneliness that often arises when we are deprived of being with someone with whom we are emotionally attached. This can occur when someone dies, or a relationship ends. It also arises when we are geographically separated from someone, we are accustomed to being with.

Easter Celebration

On Sunday, April 17th, Unity Five Cities had a combined in person and online presence of over 60 people at the Easter service,



which featured Kevin Hauber with an inspiring message titled "Rising

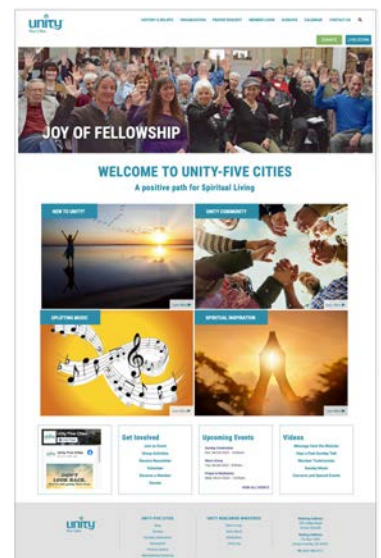
Again." The service was followed by a spectacular potluck and a concert. The Richard Inman-led choir performed both during the service and at the concert. The choir performed a spirited rendition of "Move that Rock," a song which was written by Richard Inman and Janice Lamont two years ago. It finally got its premier performance this Easter. At the concert the

choir was preceded by the Unity Ukes, who received a thunderous round of applause after their performance.



New Unity Five Cities Website

The upgraded site is being unveiled May 9th! It features the theme of fellowship, music, and spiritual inspiration. Look for more details next month.



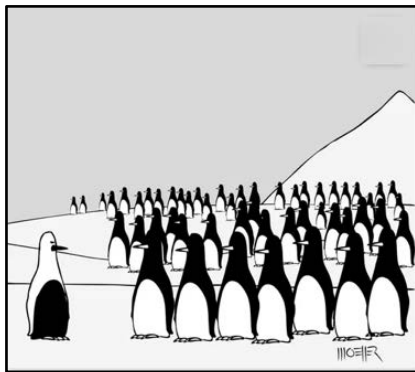
The Epidemic of Loneliness (Con't)

This form of loneliness is usually temporary and generally fades away after grieving the loss and adjusting to the new circumstances.

A second form is Psychological Loneliness. This type of loneliness tends to be chronic; it is almost always present to some degree, and generally does not disappear with time. The cause of this form of loneliness is in the past and may have little to do with present circumstances—although it can be worsened by present-time events or circumstances.

The source of this loneliness is generally a lack of appropriate bonding or connection with significant others during our childhood. Parent-figures may have been physically absent or emotionally unable to create healthy bonding with their children. There are many other factors that may contribute to this issue.

Present moment social contact may temporarily cover up this feeling--but it usually returns with time; it's almost always in the background of one's awareness. Generally speaking, some form of therapy is usually necessary. This "therapy" can take many different forms, but it most always requires reviewing one's personal history, uncovering repressed emotions and unmet needs and mourning these losses from the past.



The third form of loneliness is so common that it's generally repressed and unrecognized. This type might be called Existential Loneliness. The cause of this loneliness is a sense of separation from our own essential nature—our

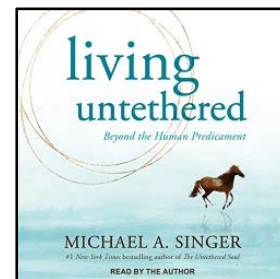
true self. This is sometimes referred to as "the human condition" and is present any time one is identified with the ego. The Buddha referred to this condition as "dukkha" —which is often translated as suffering or dissatisfaction. In this form of loneliness, the individual feels a sense of primal alienation from life itself. This is a very painful experience and is usually covered up through a variety of defense mechanisms. Our life style, our relationships, and our identity itself is shaped by our response to this experience of primal loneliness. This practice does not see loneliness itself as the problem but focuses primarily on our awareness and our attitude toward the loneliness. Ultimately, we discover that what we are seeking is the seeker itself. Loneliness is a problem only to the extent that we identify with it and make it real; it is dissolved not by trying to fix it but by seeing its unreality (i.e., emptiness).

"Instead of searching for what you do not have, find out what it is that you have never lost." - Nisargadatta Maharaj

New Book Study Group Forming for *Living Untethered*

Meeting every Wednesday, 6:00 pm, starting May 25th on Zoom and in person at 2850 Peaceful Point Lane, Arroyo Grande. Contact Chris Garey for details: chris@peacefulpoint.com

Living Untethered by Michael Singer is the book to reach for. At once profoundly transcendent and powerfully practical, it provides clear guidance for moving beyond the thoughts, feelings, and habits that keep you stuck—so you can heal the pain of the past and let your spirit soar. On each page, you'll discover a deeper understanding of where your thoughts and emotions come from, and how they affect your natural energy flow. Finally, you'll find freedom from the psychological scars, or samskaras, that block you and keep you from reaching your highest potential. It's time to stop struggling and start experiencing. This miraculous book will show you how to put the spiritual teachings of Michael A. Singer into practice every day, and propel you toward a life of liberation, serenity, openness, and self-knowledge.



Grief Recovery Group

LaDawn Davis, now in living Maryland, is facilitating a new Grief Recovery Group, which will be on Zoom. The program, which will be from 1:00-3:00pm PDT, starts on Saturday, May 21st, and last 8 weeks (May 21 - July 9th). Contact LaDawn for more details and to register: ladawnd@gmail.com

Church Financial Summary

March 2022

Total Income	\$5,186
Total Expense	\$4,032
Net Income	\$1,154
YTD Income	\$12,036
YTD Expense	\$11,515
YTD Net Income	\$523



Wedding Reception



Potluck



Toasts

Prayers

Entertainment

Readings

Slideshow of Wedding

Sunday, May 1st

Immediately after the service

The Victorian

789 Valley Rd, AG

Everyone is Invited



Congregational Gift

Contact Janice Lamont for details:

Janicelamont@gmail.com

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	805-440-1693
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	805-440-1693

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

Schedule

Speaker	Music
May 1 Rev Brian Walker	Jan Grigsby & Nina Ryne
May 8 Chris Garey, LUT	Gale McNeeley & Bob Moloznik
May 15 Timber Hawkeye	Steve Kindel & Karen Wilkens
May 22 Rita Conrad	Richard Inman
May 29 Amanda Sherlock	Robbie Kimball
June 5 Rev Jan Limberg Morgan	Jan Grigsby & Nina Ryne
June 12 Rev Joyce Zorger	Gale McNeeley & Bob Moloznik
June 19 Kevin Hauber	Steve Kindel & Karen Wilkens
June 26 Richard Inman	Richard Inman

A Spiritual Community

P. O. Box 1005
 Arroyo Grande, CA 93421

