

A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

May 2023

Grief and Loss, The Theme for May by Amanda Sherlock

We have certainly been through many Grief-provoking events over the last few years, and in particular, Covid changed our lives in many unexpected ways. Typically, most people think of Grief when dealing with death but there are many other types of Grief that we encounter in our lives such as divorce, moving, retirement, changes in health or finances, and of course, Covid. Intangible but important aspects include experiences such as loss of faith, trust, or safety.

Some helpful definitions of Grief:

- Grief is the normal and natural reaction to a significant emotional loss of any kind.
- Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behavior.
- Grief is the feeling of reaching out for someone who has always been there (or has never been there) only to find when you need them again, they are no longer there.



Also it's good to remember:

- Grief is individual and unique; it can't be compared to other's losses.
- Grief cannot be neatly categorized.
- There are no absolutes in Grief. There are no reactions that are so universal that all people will experience them.

Unity Women's Group

On Friday, April 14th, fourteen Unity women had lunch at the Ventana Grill to inaugurate the Unity Five Cities Women's Group,

which is facilitated by Glenda Allen and Ethel "Tink" Landers.

Overlooking the Pacific Ocean, the participants, with tremendous heart and energy,



they would like to express themselves as a group of spiritually oriented Unity women. The vision that arose from the group is increased social and spiritual connection between the Women's Group members. To that end, there will be monthly meetings that will vary in location and be facilitated by members on a rotating basis that could take many forms, e.g. luncheon, potluck, tea and coffee in someone's home, cocktails watching the sunset at the beach, a field trip, or a spiritual message in nature.

Wanting to include everyone who is interested, the group discussed how the members might support each other in encouraging everyone's participation, e.g. acknowledging that restaurants can be expensive, that some members don't use email, and that some members don't drive. The watchword of the day was committing to reach out in support of each other and to celebrating that the envisioned social and spiritual connection could be done in a spirit of joy and being our sister's keeper.

By the end of the luncheon, there were commitments to host and to facilitate the June, July, and August meetings. Hearing that there was no host or facilitator for the May meeting, the Unity Men's Group, wanting to support their Unity women, volunteered to host and facilitate the May meeting. Richard Long, a long time Enneagram practitioner and teacher, will lead a presentation on Using the Enneagram to Explore Spiritual Gifts, that will take place at Rev. Brian's home (1183 Shannon Ln, AG) on Friday, May 19th, at 1pm. All participants are invited to bring finger foods for refreshments. Please RSVP to Tink, ethellanders@gmail.com or (805)550-0348.

Grief and Loss (Con't)

- There are no stages - Elizabeth Kubler Ross's important work was on death and dying, not Grief. She was very specific about this distinction in her books and yet the media have regularly ascribed her work to Grief. This common misinformation has confused and hurt many griever throughout the years because they



believe that if have completed a Kubler Ross death and dying stage that they should feel better, but they are still incomplete with their loss.

What has proved to be an effective solution to Grief is to gently uncover what is incomplete in a relationship and take the simple actions that are necessary to complete it.

What can you do for others who have experienced a loss?

The most helpful thing you can do for someone who is experiencing a loss is to listen, without advice, comment, or your own editorial on their loss. People just want a safe space to be heard.

The simplest and kindest thing to say is "I can't imagine how you feel." or "I can't imagine how painful – devastating – heartbreaking – that must be / have been for you." Every relationship is unique; therefore, everyone who experiences a loss is in a unique situation. You cannot know how they feel, so this is always a truthful statement that will never offend the person.

Do listen with your heart, not with your head. Even though it might be uncomfortable, allow all their emotions to be expressed, without judgment, criticism, or analysis. "Ouch", "ooh", "ah", "wow" are all empathetic responses to make without getting in the way of what they are sharing.

Please feel free to reach out to me if you have any questions or if I can support you in any way.

Amandasherlock@yahoo.com or 650 279 1881

Ageing Gracefully Support Group

We all age, but there are some things we can do to slow the aging process. The New Perspective on Aging class, that ended in February, stressed the key areas where we can look at our lifestyle and make positive choices. Self-care is the key to ageing gracefully. The key areas are: Plant based diet and hydration; Moderate exercise; Keeping our brain active; Positive mindset; Adequate sleep; Reducing stress.

The Unity Ageing Gracefully Support Group meets once a month on Zoom, 6:30 pm on the second Thursday of the month to share our ideas and

experiences in those areas. We are also planning an in-person meeting where we will get together for a potluck featuring plant based dishes with sharing of the recipes. It will be a great learning experience and fun!

We are also working with Yogi Dr. Neel Kulkarni to record a video series of yoga poses titled "Ageing Gracefully Yoga" focusing on deep relaxation that emphasizes the meditative aspect of yoga—thus helping the Body and Mind tremendously.

If you want more information or would like to be part of the support group, contact Chris to get on the mailing list. chris@peacefulpoint.com



Power of Eight Intention Sessions Now Live and on Zoom

The Power of Eight is available on Zoom, 6:30 pm on the 1st and 3rd Thursdays of the month with an email reminder and Zoom link going out the morning of the session. In-person sessions are held twice a month at the Victorian after the Sunday service, weather permitting. Those dates vary depending on other events at the Victorian. If you would like to be on the mailing list, participate, or be a recipient of an intention, contact: Rev. Brian Walker revbrian.walker@gmail.com Larry Conrad ldconradnc@gmail.com Chris Garey chris@peacefulpoint.com

March 2023

Total Income	\$4,393
Total Expense	\$3,891
Net Income	\$503

YTD Income	\$13,837
YTD Expense	\$12,437
YTD Net Income	\$1,400



**What is a
Labyrinth?**

**Why walk
the
Labyrinth?**

**Explore why
it might be
your perfect
meditation
walk.**

Labyrinth Open House

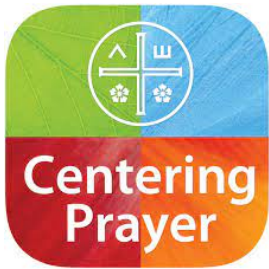
**Join hosts Donna and Richard Long on their 1 acre
of California Native Plants in super Bloom.**

Co-hosted by Rita Conrad.

Sunday, May 21st

12:30PM (After the church potluck)

154 Walnut St, Arroyo Grande



Meditation: What, Why, and How

Topics to be Covered

-  What is meditation
-  How to meditate
-  Learn different techniques
-  Research on meditation
-  Develop a meditation practice
-  Meditation - sleep and stress management

Wednesdays
May 17, 24, 31 / June 7
6:00-7:30pm
on Zoom

Facilitator: Rev. Brian Walker

Text: "Meditation for Dummies"
by Stephan Bodian

For more information
(805) 345-0832
revbrian.walker@gmail.com

Love Offering

Board of Trustees & Staff

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Prayer Chaplain - Ethel Landers	805-550-0348
Coordinador	
Prayer Chaplain - Sheila Cochran	619-540-0665
Prayer Chaplain - Deborah Hall	805-788-4777
Hospitality Coord. - Nancy Johnson	805-270-6646

Schedule

<u>Speaker</u>	<u>Music</u>
May 7 Rita Conrad	Jan Grigsby & Nina Ryne
May 14 Rev Brian Walker	Gale McNeeley & Bob Moloznik
May 21 Richard Long	Steve Kindel & Karen Wilkins
May 28 Rev Jan Limberg Morgan	Richard Inman
June 4 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
June 11 Ethel Landers	Gale McNeeley & Bob Moloznik
June 18 Kevin Hauber	Steve Kindel & Karen Wilkins
June 25 Richard Inman	Richard Inman

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: info@unity5cities.org
Website: www.unity5cities.org

A Spiritual Community

P. O. Box 1005
Arroyo Grande, CA 93421

