



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

November 2025

Unleashing the Power of Imagination: A Key to Transformation

November Theme - Imagination

In the New Thought tradition, imagination is not merely a faculty of the mind; it is a divine power that allows us to envision and create our reality. Charles and Myrtle Fillmore, the founders of Unity, recognized imagination as one of the Twelve Powers inherent in each individual. This power is crucial for spiritual growth and personal transformation.

Imagination, in the context of the Fillmores' teachings, is the ability to visualize and conceptualize possibilities beyond our current circumstances. It is a creative force that allows us to transcend limitations and tap into the infinite potential of the universe. When we imagine, we are engaging in a sacred act of co-creation with the divine.

The Fillmores taught that imagination is closely

Logic will get you
from A to B.
Imagination will take
you everywhere.

Albert Einstein

BrainyQuote

related to faith. While faith gives us the conviction to believe in the

unseen, imagination provides the vivid imagery that brings our dreams to life. It is through our imagination that we can see ourselves healed, prosperous, and fulfilled. By envisioning these possibilities, we align ourselves with the divine flow of life and begin to manifest our highest potential.

In practical terms, harnessing the power of imagination involves a few key practices. First, it requires setting aside time for quiet reflection and visualization. In a world filled with distractions, carving out space to connect with our inner selves is essential. During this time, we can visualize our goals, dreams, and the life we desire. By focusing our thoughts and feelings on these images, we send a clear message to the universe about what we wish to

Unity Five Cities and Unity SLO Merger

Last month at a special congregational meeting, Unity Five Cities members voted unanimously to merge with Unity San Luis Obispo. While the Unity Board of Trustees and the Unity bylaws would remain the same, we would have a name change to Unity Five Cities and San Luis

Obispo. Since that meeting, the CA attorney general's office has approved the merger.

Chris Toews of

Toews, Bio, and Abram, the attorney doing the legal work for the merger, is now (at the time of this writing) filing the signed documents from both churches with the state to complete the legal process. We should hear shortly that we are a reborn community with a new name, additional resources, and an expanded ministerial mandate.



Special Guest Speaker

On Sunday, November 16th, Dr. Rita Conrad, LUT, will return as a special guest to deliver the Sunday message. Her topic will be Prosperity. Don't miss this opportunity to reconnect with Rita.



Purposeful Manifestation

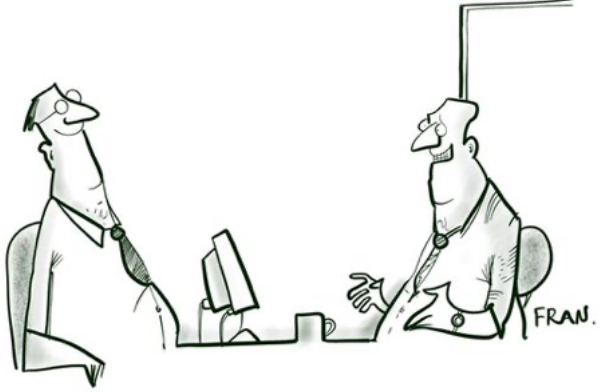
On Sunday, October 5th, Marilyn Mercado, the author of *Chakra Tools of Transformation*, facilitated a workshop on Manifesting Through the Chakras. This workshop was a preview to her class, which runs through October and November. The workshop included breathwork, mudras, reflective journaling, guided meditation, and group sharing.



Imagination (Con't)

manifest.

Another important aspect of exercising our imaginative power is to engage in creative expression. Whether through art, writing, music, or any other form of creativity, we can channel our imagination into tangible expressions. This not only enriches our lives



Further-
more, it

is vital to nurture a mindset of possibility. Often, we limit ourselves with negative beliefs and doubts. By consciously choosing to replace these thoughts with empowering, imaginative visions, we can reshape our reality. Affirmations and positive self-talk can help reinforce this mindset, reminding us of our inherent creative power.

In conclusion, imagination, as taught by Charles and Myrtle Fillmore, is a transformative power that enables us to create the life we desire. By embracing our imaginative faculties, engaging in creative expression, and nurturing a mindset of possibility, we can unlock the doors to our potential and co-create a brighter future. Let us remember that our imagination is not just a fantasy; it is a divine tool for manifestation, waiting to be unleashed.

Homeless project is complete!

Unity Five Cities was successful with our effort to support the 5Cities Homeless Coalition based in Grover Beach. They requested sweatshirts and sweatpants. We raised \$950 to purchase 48 sweatshirts and 48 sweatpants. They were delivered Oct 28th just before the cold weather starts.

The Unity Men's Group organized this effort and worked with the Woman's groups and the congregation to raise the funds. Good Job by all! Unity supporting the community.



Unity Five Cities Women's Gatherings

The Unity Women's Group gathered Friday, October 17th, at Peaceful Point for a potluck and to



celebrate Dios de Los Muertos (Day of the dead). Each participant placed a picture of a deceased friend or family

member on the altar with a small candle and shared a story about our deceased loved one. The whole experience was quite moving.

The Spiritual Spa, the Women's Group meeting on Zoom, facilitated by Rita Conrad, LUT, will meet Thursday, November 13th, at 6:30pm. Contact Rita for the Zoom link, rmconrad99@gmail.com. *Come as you are.*

The November Women's Group meeting will be on Friday, November 21st. See flyer below for details.

Power of Eight Intention in November

The Power of Eight is available on Zoom, 6:30 pm on Tuesday, Nov. 6th, 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 Nov. 23rd. 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



September 2025

Income	\$7,148
Expense	\$4,622
Net Income	\$2,516

Year to Date

YTD Income	\$44,279
YTD Expense	\$41,776
YTD Net Income	\$2,503



What the Gospels Really Teach about Jesus's Birth



New Love Offering Class on Zoom

What You'll Learn

- ▲ Discern a deeper meaning of Christmas for yourself through the practice of lectio divina, observing Advent, and clarifying your own values around the celebration of Christmas
- ▲ Reimagine the meaning of Christmas in light of social justice, peace, and the radical message of love and inclusion that Jesus embodies.
- ▲ Understand the symbolic elements in the Christmas story to realize their metaphysical meaning.
- ▲ Compare the nativity stories in Mathew and Luke focusing on the theological messages conveyed through the narratives rather than the hisorical details.
- ▲ Discover how other cultural Christmas traditions have influenced our own

5 Wednesdays, Nov 5th to December 10th, 6:30-8:00pm (no class Nov 26th)

Facilitated by Rev Brian Walker

Register: revbrian.walker@gmail.com



Based on the book
*The First Christmas:
 What the Gospels Really Teach About Jesus's Birth*
 by Marcus Borg and
 John Dominic
 Crossan
Required for class



ANNIVERSARY
UNITY
FIVE CITIES
• 2025 •

Boost resolution

Unity Five Cities Celebrates 26 Years of Spiritual Community

**Sunday, November 9th,
After the Sunday Celebration**

Potluck

Volunteer appreciation

Slide show of the year's events

Review of the church's history

Speaker: Co-founder, Therese Solimeno, LM7

Anniversary Cake

CREATE YOUR OWN ALTAR



Women's Group November Meeting

Friday, November 21, noon-2

1183 Shannon Ln, AG

Potluck

Facilitated by Kathy Bornino

Having sacred spaces in your home and/or garden is both grounding and uplifting. If you already have an altar, please bring a picture of it to share for ideas. Feel free to bring sacred objects to honor from your altar.

Opening the Intuitive Gate



The Keys to Developing *Your* Intuition with Will Tuttle, Ph.D.

An acclaimed pianist, composer, and author, Will Tuttle unites both eastern and western meditation traditions and is a Dharma Master in the Zen tradition.

Uplifting, philosophical, musical, and both challenging and reassuring, this is a workshop that can change lives, as we invite spirit to work its wonders on the ultimate frontier: the human heart.

Sunday, November 23rd, 12:30pm
At the Victorian, After the potluck
Love Offering

Dr. Tuttle's insights include:

- 🕒 Discovering your unique ways of accessing your intuitive wisdom
- 🕒 Effective inner & outer practices for developing joy and spiritual awareness
- 🕒 Techniques using meditation, imagery, music, and art that inspire intuitive insights
- 🕒 How to respond to the global "intuitive imperative" and meditate more effectively
- 🕒 Ancient secrets for awakening the love, compassion, joy, and peace within.

Dr. Will Tuttle, visionary educator, pianist, composer, and author, has performed and lectured widely throughout the United States and Europe. His doctorate degree with highest honors from the University of California, Berkeley, focused on educating intuition in adults, and he has taught college courses in creativity, humanities, mythology, and philosophy. He has a broad background in both Eastern and Western meditation traditions, and is a former Zen monk. Devoted to planetary awakening and to creating uplifting healing music, he has created 10 much-loved CD albums of original piano music and guided meditations, as well as several books including his #1 Amazon best-seller, *The World Peace Diet*. He currently travels with his spouse, Madeleine, a visionary artist from Switzerland, providing concerts, lectures, workshops, and exhibits.



Thanksgiving Day

Vegan Potluck

(no meat or dairy products please)

Thursday, November 27 at 1pm

Please bring your silverware, dishes and glasses

Amanda's condo clubhouse in Oceano

(please contact Amanda for directions)

805amandasherlock@gmail.com / 650.279.1881



Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
Jeanne Surber, Treasurer	805-708-1823
Joe Davidson, Facilitator	661-304-5154
Art Westerfield, Trustee	805-295-0558
John Hauk, Trustee	831-227-0215
Don Aronson, Trustee	805-544-4504
Chris Garey, LUT, Volunteer Coordinator	805-440-1693
Nancy Johnson, Hospitality Coordinator	805-270-6646

Prayer Chaplain - Martha Aivaz	805-458-1792
Prayer Chaplain - Ethel Landers	805-550-0348
Prayer Chaplain - Sheila Cochran	619-540-0665
Prayer Chaplain - Deborah Hall	805-788-4777
Prayer Chaplain - Lisa Leonard	916-765-1846
Prayer Chaplain – Jill Roberts	805-451-2886
Prayer Chaplain – Ruth Jackson	805-451-1313

Schedule

Speaker

Music

Nov 2 Rev Jan Limberg Morgan	Jan Grigsy, Nina Ryne
Nov 9 Therese Solimeno, LUT	Rob Kimball
Nov 16 Rita Conrad, LUT	Steve Kindel & Karen Wilkins
Nov 23 Dr Will Tuttle	Dr Will Tuttle
Nov 30 Rev Brian Walker	One Mighty Light Choir

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

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