



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

November 2024

Harnessing the Power of Meaning: Crafting a Life of Purpose and Spiritual Abundance *November Theme - Meaning*

The concept of "meaning" is paramount in New Thought philosophy, which emphasizes the transformative power of our thoughts and perceptions. For a New Thought audience, meaning is not merely an intellectual exercise but a profound tool for shaping personal experience and enhancing spiritual growth. It influences how we interact with the world and determines the quality of our inner and outer lives.

In New Thought, the creation of personal reality is intricately tied to the meanings we assign to our experiences. Our thoughts are seen as powerful creative forces that shape our reality. Therefore, when we ascribe meaningful interpretations to our circumstances, we harness the creative force of our minds in line with the universe's principles of abundance, love, and harmony. Meaning becomes a guiding light, providing a sense of purpose and clarity

that propels personal transformation and drives collective well-being.

A fundamental belief within New Thought is that the universe is inherently good, mirroring the predominant state of our minds. Here, meaning acts as a catalyst,

bridging our internal thoughts with the external world. By consciously choosing to interpret life events in empowering ways, we foster resilience and the ability to manifest experiences filled with positivity and growth, regardless of external conditions. This practice not only enhances our immediate experience but also instructs our ongoing evolution as spiritually aware beings, attuned to the wisdom of the universe.

The search for meaning is fundamentally a spiritual endeavor. New Thought recognizes each person as an

Delivery to the Homeless Coalition

Unity Five Cities is continuing its effort to support the 5Cities Homeless Coalition based in Grover Beach. With winter season here, the Homeless Coalition requested sweatshirts and pants. Thanks to the generous donations from the congregation, we raised \$850 to purchase 72 sweatshirts and 48 sweatpants.

In addition, a private campground in the L.A. area collected and donated items left behind by campers. Those items included 15 sweatshirts, 20 t-shirts, 10 blankets, 6 sheets, 40 boxes of hygiene wipes, and 23 towels.

The Homeless Coalition was very happy to receive the items. We are doing this community support project on an ongoing basis. If you are interested in helping or donating, contact Chris: chris@peacefulpoint.com



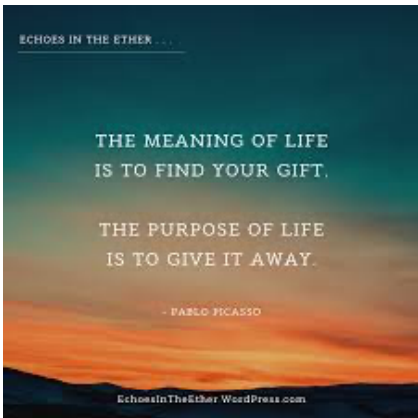
Power of Eight Intention Sessions in November

The Power of Eight is available on Zoom, 6:30 pm on Thursday, Nov. 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 Nov. 24th. 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



**"Abundance is not a result you create.
It is an existing state you recognize."
- Ralph Waldo Emerson**



Harnessing the Power of Meaning: Crafting a Life of Purpose and Spiritual Abundance

expression of the Divine mind, eternally linked to a source of infinite wisdom and potential. By seeking and discerning meaning, we engage in a process of aligning more closely with this Divine essence. This journey can lead to profound spiritual awakenings,



"If I knew the meaning of life, would I be sitting in a cave in my underpants?"

deepened insight, and a more expansive understanding of our relationship with the universal consciousness.

Practically, the pursuit of meaning

involves cultivating awareness, reflection, and gratitude. New Thought practitioners are encouraged to engage in practices such as meditation, affirmation of positive thoughts, and listening to their higher self's guidance, which help in shaping a mindset resilient to negativity and open to opportunities for growth. Such practices aid in framing challenges not as setbacks, but as vehicles for personal and spiritual development.

Meaning is not restricted to personal growth; it extends into our communal interactions, fostering a collective consciousness centered on positive action and compassion. For a New Thought community, the pursuit of meaning brings individual insights into larger societal contributions, recognizing that as we transform our inner landscape, so too do we influence the collective environment, promoting universal love and harmony.

In essence, for a New Thought audience, meaning is foundational to living a life aligned with cosmic principles. It serves as a vital aspect of crafting a fulfilling existence, enhancing resilience, and nurturing our divine connection. By conscientiously shaping the meanings we derive from our lives, we unlock our potential, contributing to a world that reflects the inherent goodness and abundance of universal consciousness.

"If the only prayer you said was thank you, that would be enough."
- Meister Eckhart

Unity Five Cities Women's Gatherings

On Friday, October 18th, nine members of the Unity Women's Group gathered to meet at Kathy Bornino's home to share a potluck meal and open their hearts about loved ones that each of them wanted to remember. It was a heartfelt experience for everyone attending.



The November meeting will be on Friday, November 15th, at Peaceful Point from 12-3pm. The topic is Living with Passion and will be facilitated by Marilyn Mercado. See flyer in this newsletter.

The Women's Group on Zoom, the Spiritual Spa, facilitated by Rita Conrad, Ph.D, will meet Friday, November 1st, from 6:30-7:30pm. Contact Rita for the Zoom link, rmconrad99@gmail.com.

The Aging Gracefully Classes Finished for the Year

The year-long Aging Gracefully curriculum is complete for this year. The classes followed the book "The Joy of Well-being" and participants viewed various videos by experts in the areas of nutrition, exercise for the body and brain, sleep, stress reduction, being in a supportive community, and finding purpose and passion in our lives.

Aging Gracefully
Preventative Care for All Ages

We are planning next year's schedule and would like your input on which of these topics spark your interest:

Human longevity project

Ancient medicine for modern illnesses

Health by Rewiring the Brain (Heart Mind Institute)

Rewiring Your Beliefs

Coming alive with Life purpose

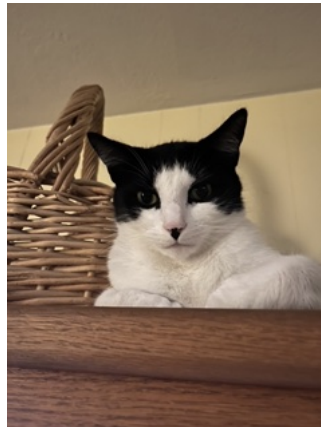
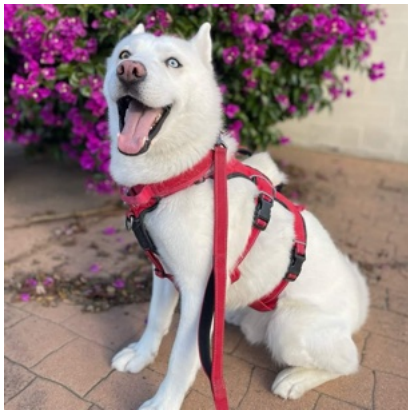
Eating for health

Radically reframing relationships

Please give Brian revbrian.walker@gmail.com or Chris chris@peacefulpoint.com your input on what topics intrigue you.

Blessing of the Animals

On Sunday, October 13th, Unity Five Cities pet owners who wanted to have their animals blessed met at Elm Park to share a community blessing. It was a small, but enthusiastic group who love their animals and wanted to extend that care to all animals everywhere. Joe Davidson also blessed the attendees with a reading of his poems about animals and the natural world. Here are some pictures of the blessed pets.



Church Financial Summary

September 2024

Income	\$4,409
Expense	\$4,261
Net Income	\$148
Year to Date	
YTD Income	\$39,797
YTD Expense	\$39,006
YTD Net Income	\$791

New Feature on the Unity Five Cities Website

There have been several requests to have a way to donate to Unity Five Cities without having to use PayPal or a credit/debit card that charge fees and reduce the amount received.

If you are interested in making either a one-time payment or a repeating donation by this new direct deposit method here is the procedure that is also on the Unity Five Cities website under "Donate".

1. Go to your own account at your bank's website and find "Bill Pay"
2. Set up a payment to Unity Five Cities Church at SESLOC
3. Here is the account number- 10001003685100- that you will need to enter
4. Here is the address of SESLOC you will need to enter - SESLOC at 1399 E. Grand Ave, Arroyo Grande, CA 93420



Thank you for your continued support of Unity Five Cities. Should you choose to use this method of donation, Unity's treasurer, Jeanne Surber, will notify you of the arrival of your first payment to verify that it has worked. Jeanne can also cancel any ongoing credit cards payments you have set up. Just let Jeanne jeannesurber@me.com know if you want to do that. No problem if you want to just continue contributing as you are currently doing.

Thanksgiving Food Drive

Unity Five Cities is doing a Thanksgiving food drive for families that need help. We'll be contributing donations to the Food Bank.

Food items needed:

Canned food (non-perishable); Canned meats (tuna, chicken, beef, sardines);

Toiletries (shampoo/ soap/toothpaste/

brushes); Can openers (new and used); Pasta/Dry beans/Rice; Cash and grocery store gift cards; Frozen turkeys; Box cake/ cookie mixes; Tubs of icing; Baby items (diapers/ baby food/formula); Cooking oil; Clothing; Paper goods; Dog and cat food.





Unity Five Cities Celebrates 25 Years of Spiritual Community

**Sunday, November 17th,
After the Sunday Celebration**

Potluck

Volunteer appreciation

Slide show of the year's events

Review of the church's history

Anniversary Cake



Women's Group Meeting

Friday, November 15th, 12-3pm

Peaceful Point

**Potluck: Bring a dish that's
made with passion!!**

**Facilitator: Marilyn Mercado
nalaniweb@yahoo.com**

Passion is how you choose to live your life. When you follow your passions, you will love your life. Your passions are not your destiny; they are the clues or keys to your purpose in life.

The survey found that powerful, successful people (at any age) had totally fulfilled the top 3-5 things they felt were most necessary for their ideal life.

Instruction on how to do the passion test to discover your top 3-5 passion will be e-mailed to the women of unity. You will need to bring your list at the event in order to participate.

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
Jeanne Surber, Treasurer	805-904-6166
Larry Conrad, Facilitator	805-219-0219
Ethel Landers, Trustee	805-550-0348
Art Westerfield, Alternate Trustee	805-295-0558
Amanda Sherlock, Trustee	650-279-1881
Don Aronson, Trustee	805-544-4504
Chris Garey, LUT, Volunteer Coordinator,	805-440-1693
Therese Solimeno, LUT Prayer Chaplain Coordinator	805-440-9461
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

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

Speaker

Music

Nov 3 Rita Conrad, Ph.D.	Jan Grigsby & Nina Ryne
Nov 10 Rev Brian Walker	Mike Smothers & Shari Fortino
Nov 17 Therese Solimeno LUT	Steve Kindel & Karen Wilkins
Nov 24 Rev Jan Morgan	One Mighty Light Choir
Dec 1 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Dec 8 Mark Stanton Welch	Mark Stanton Welch
Dec 15 Timber Hawkeye	Steve Kindel & Karen Wilkins
Dec 22 Richard Inman	One Mighty Light Choir
Dec 29 Therese Solimeno LUT	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