

A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

October 2025

Unlocking Inner Strength: Embracing the Power Within

October Theme - Strength

Charles and Myrtle Fillmore, in their system of Twelve Powers, described Strength as the ability to stand firm in our convictions, to maintain our integrity, and to embody resilience in the face of life's challenges. It is not merely physical strength; rather, it is an inner fortitude that draws upon the divine essence within us. In the words of Myrtle Fillmore, "I am a child of God, and therefore I do not inherit sickness." This affirmation reminds us that our true nature is one of strength and vitality, rooted in our spiritual identity.

Strength manifests in our lives in various forms—emotional, mental, and spiritual. When we cultivate this power, we become capable of overcoming obstacles and embracing change. This month, let us explore how we can tap into this divine strength, enabling us to navigate the complexities of our lives



with grace and confidence.

Affirmation and Meditation: Begin your day with affirmations that

reinforce your inner strength. Phrases like "I am strong and capable" or "I draw upon my inner strength" can set a powerful tone for your day. Follow this with a few moments of meditation, visualizing a radiant light at your core, representing your strength. Allow this light to expand with each breath, filling you with confidence and resilience.

Embrace Challenges: Life presents us with various challenges, often as opportunities for growth. Instead of shying away from difficulties, embrace them as moments to exercise your strength. Reflect on past challenges you have overcome; this will remind you of your capacity to rise above adversity.

Unity Five Cities Votes to Merge with Unity SLO

On Sunday, September 28th, Joe Davidson, facilitator (president) of the board, led a special congregational meeting to determine whether Unity Five Cities should merge with Unity San Luis Obispo. There was a

presentation by Pastor Brian, and then Brian and Joe answered questions from the

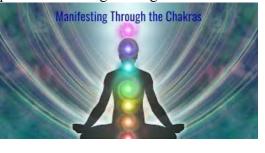


congregation. Brian and Joe clarified that the merged church would have our current bylaws and board but have a new name – Unity Five Cities and San Luis Obispo –and the combined assets of both churches, which includes a significant sum of money from the sale of Unity SLO's last building. In addition, the merged church would have the responsibility of providing Unity ministerial services for both communities. The vote was unanimous to accept the merger proposal. There are still legal steps to complete the process. There's no doubt that Spirit is offering us an important stewarship opportunity to expand the Unity teachings on the central

Purposeful Manifestation

On Sunday, October 5th, Marilyn Mercado, the author of *Chakra Tools of Transformation*, will be leading a workshop on Manifesting Through the

Chakras. This workshop will be a preview to her upcoming class, starting on Tuesday, October 7th (see flyer in this newsletter



for details). The work- shop will include gentle yoga, breathwork and mudras, reflective journaling, and guided meditation. Don't miss this important work.

Inner Strength (Con't)

Connect with Community: Strength is not merely an individual trait; it flourishes in community. Reach out to your fellow congregants, share your experiences, and lean on one another for support. Together, we create a tapestry of strength that uplifts us all.

Practice Self-Care: Recognize that true strength

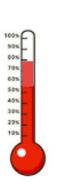


"In order to get through this, I've had to find an inner strength that I never knew I had in the medicine cabinet."

includes nurturing your body and spirit. Engage in activities that replenish your energy—be it through exercise, creative expression, or quiet reflection. When we care for ourselves, we fortify our inner strength. As we move through this month, let us embody the Power of Strength in every aspect of our lives. Together, we can cultivate a spirit of resilience, supporting one another as we navigate our journeys. Remember, you are never alone; the divine strength within you is always accessible.

Project to Help the Homeless is Almost Complete

Unity-Five Cities is continuing their effort to support the 5Cities Homeless Coalition based in Grover Beach.



The Homeless Coalition has requested sweatshirts and sweatpants. We are raising \$950 to purchase 48 sweatshirts and 48 sweatpants. The goal is to distribute them in October before the cold weather. The Unity Men's Groups is organizing this effort and is working with the Woman's groups and the congregation to help raise the funds. So far we have raised \$834. Almost there!

We are doing this on an ongoing basis. If you are interested in helping or donating, contact Chris: chris@peacefulpoint.com

Unity Five Cities Women's Gatherings

Marilyn Mercado guided 17 amazing women to Draw Your Dreams to Life using Neurographic Art.



She started with a somatic release exercise and meditation to release limiting beliefs and create space for new dreams.

With Neurographic Art, they practiced mindful lines, rounding sharp edges to release inner conflict and beliefs, and added field lines — a nonverbal prayer connecting to a Higher Power. They discovered that neurographic art is a sacred tool of manifestation, healing, and transformation.

The Spiritual Spa, the Women's Group meeting on Zoom, facilitated by Rita Conrad, LUT, will meet Thursday, October 9th, at 6:30pm. Contact Rita for the Zoom link, rmconrad99@gmail.com. *Come as you are*.

The October Women's Group meeting will be on Friday, October 17th.

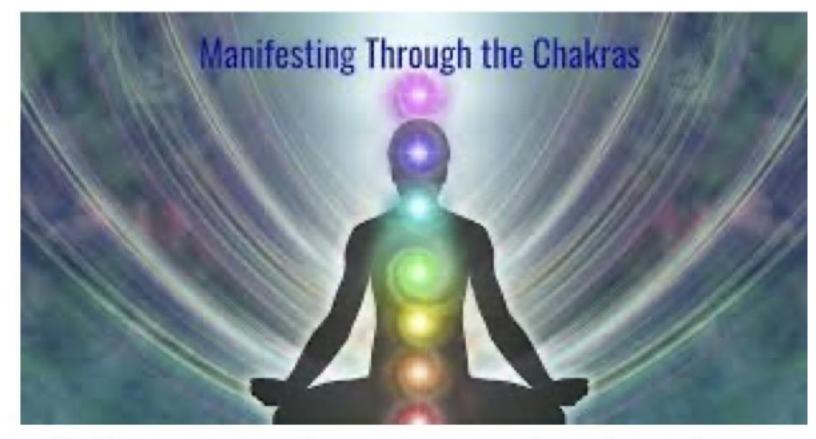
Power of Eight Intention in October

The Power of Eight is available on Zoom, 6:30 pm on Thursday, Oct. 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 service October 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

August 2025			
Income	\$3,639		
Expense	\$4,928		
Net Income	\$-1,289		
Year to Date			
YTD Income	\$37,131		
YTD Expense	\$37,154		
YTD Net Income	\$-23		



Awaken your energy, align your vision, and manifest with purpose

A 7-Week Journey Through the Chakras

By the end of this 7-week journey, you'll carry a clear vision, embodied practices, and a grounded manifestation ritual to support your purpose and dreams.

When: Tuesdays, October 7- November 18

Time: 5:30-7:00 p.m.

Where: 2850 Peaceful Point, AG: In-person or on Zoom

To register: Contact - Marilyn Mercado, nalaniweb@yahoo.com

Cost: Love Offering \$20.00/per class, (no one turned away)

What You'll Experience Each Week		Highligh	its by Chakra
Each week, we'll focus on one chakra (starting	Crown	(7):	Connect with divine
with the Crown and moving to the Root) to unlock manifestation energy step by step. You'll explore	Third Eye	(6):	vision & clarity Awaken intuition & inner wisdom
* Gentle Yoga Poses for chakra balance	Throat	(5):	Express truth &
* Breathwork & Mudras to activate energy centers	Heart	(4):	authentic voice Open to love & compassion
* Reflective Journaling to release blocks and call in clarity	Solar Plexus	(3):	Empower confidence & purpose
* Guided Meditation for manifestation alignment	Sacral	(2):	
Description of the American State of the Am	Root	(1):	Ground dreams into

reality



Upcoming Class: Living Your Life Purpose & Passions



The goal of this class is to help you remember that you have wisdom, skills, life experience, and interests that are of value now and in the

future. You can "come alive" by utilizing those abilities and interestes. The workbook takes us through the steps:

- Step 1. Maintain the mindset that we each have something to contribute.
- Step 2. Consider our overall purpose in life
- Step 3. Clarify your skills and abilities
- Step 4. List your current passions and interests
- Step 5. Apply your skills and abilities to your current interests
- Step 6. Set up a plan to weave these things into your life

Three weekly sessions on Saturday, 10/11, 10/18, 10/25, 1:00-2:30 pm in the Unity of Santa Maria Activity Center. Cost: \$15 for the 28-page workbook

Facilitated by: Chris Garey, LUT. Questions: chris@peacefulpoint.com Unity of Santa Maria, 1165 Stubblefield Rd., Santa Maria Email: unityofsantamaria@gmail.com Office Phone: 805-937-3025

FORTVINE

RETURNS TO UNITY OF SANTA MARIA



LOVE OFFERING CONCERT

DONATIONS TO SUPPORT FORT VINE ON THEIR TOUR ARE VERY MUCH APPRECIATED.

Church Picnic, 2025













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,	805-440-1693
Volunteer Coordinator	
Nancy Johnson,	805-270-6646
Hospitality Coordinator	
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

<u>Speaker</u>	Music
Oct 5 Marilyn Mercado	Jan Grigsy & Oct
Oct 12 Rev Joyce Zorger	Mark Stanton Welch
Oct 19 Chris Garey, LUT	Steve Kindel & Karen
	Wilkins
Oct 26 Richard Inman	One Mighty Choir
	Cochran

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

