



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

October 2024

The Gift of Grace October Theme - Grace

In the ever-evolving landscape of spirituality and self-improvement, the theme of grace stands as a beacon of serenity and compassion. Grace, often described as the freely given, unmerited favor and love of a higher power, transcends the boundaries of religious traditions, inviting all to partake in its transformative essence. Within the context of New Thought, grace emerges not as a rare bestowal from an external deity but as an intrinsic part of our spiritual nature, capable of knitting together the threads of our lives with profound wisdom and endless compassion.

Grace is a gentle reminder that while we strive and plan, there exists an omnipresent force that cushions our falls and elevates our triumphs. It is the quiet understanding that our journey is guided and supported by a divine intelligence that sees not only our actions but also our heart's intentions. In moments of struggle, grace whispers, "You are cherished beyond your

mistakes,"
alleviating
the weight
of self-
judgment
and
opening
the door to self-

*Come, not to discuss
the words of others,
But to listen . . .
For in the sacredness of every moment
Divine Grace is telling you alone
all that is required.*

— Jean Pierre de Caussade

forgiveness and growth.

In the practice of New Thought, the concept of grace invites us to recognize and align with the higher truth of our being. It is through grace that we understand our connection to the divine, affirming that we are worthy of love, abundance, and peace, not because of our accomplishments but by the very nature of our existence. This realization cultivates a sense of spiritual confidence, encouraging us to live authentically and pursue our highest potential without fear of inadequacy or failure.

Embracing grace also transforms our interactions with others. When we acknowledge the grace offered to us, we become vessels of that grace, extending

Fundraiser Goal Reached!

Unity Five Cities is continuing its effort to support the 5Cities Homeless Coalition based in Grover Beach. With winter season approaching, the Homeless Coalition requested sweatshirts and pants. We set the goal to raise \$800 to purchase 48 sweatshirts and 48 sweatpants.

We have reached our goal!

Thanks to the generous contribution of the Men's Group, Women's group and the congregation. The goal is to distribute them in October. We

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



Blessing of the Animals

In honor of St Francis' feast day, which is celebrated in October, many spiritual communities have a special blessing of the animals.

Pastor Brian will lead an animal blessing on Sunday, Oct 13th, at 1pm in Elm St Park in Arroyo Grande. Please feel free to bring your favorite animal(s) for a special blessing.



New Member Class

Pastor Brian will facilitate a new member class during the month of October with the date and times to be determined based on the needs of the class. This class is appropriate for anyone who wants to become a member of Unity Five Cities and for those who simply want to learn more about New Thought and Unity. Please contact Pastor Brian if you're interested, revbrian.walker@gmail.com.



New Member Class

The Gift of Grace (Con't)

kindness, understanding, and compassion to those around us. We learn to see beyond the superficial faults and imperfections in ourselves and others, recognizing the underlying divinity that unites us all. This shift in perspective fosters a deeper sense of community and interconnectedness, essential for collective healing and growth.



"Alexa, would you like to say grace?"

Moreover, grace gently redirects our focus from what we lack to the abundance we inherently possess. In the hustle and bustle of daily life, it is easy to become

entangled in a web of scarcity and competition. However, grace shifts our perception, encouraging an attitude of gratitude and abundance. It reminds us that every moment is an opportunity to receive and give love, to grow, and to contribute positively to the world around us.

As we navigate through life's labyrinth, let us remain open to the quiet, transformative power of grace. By acknowledging and inviting grace into our hearts and minds, we align ourselves with a higher frequency of existence, creating a harmonious ripple effect that extends far beyond our immediate sphere. Grace is not merely a divine gift but a way of being, an approach to life that elevates and enriches both our individual journey and the collective experience of humanity.

Power of Eight Intention Sessions in October

The Power of Eight is available on Zoom, 6:30 pm on Friday, Oct 11th, 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 Oct 27th. 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



Unity Five Cities Women's Gatherings

About a dozen Unity Women met Friday, September 20th at Peaceful Point. We explored communication. We imagined being the Deaf kid at the family dinner table; learned the sign language alphabet; learned about 30 common (and easy to remember) signs. We each learned how to ask for a cookie in sign language. Facilitator, Ruth Jackson, talked about Deaf History and Deaf Culture. We talked about how grateful we are for our hearing and our ability to communicate easily. We talked about the value of reaching out to others...especially those we haven't communicated with lately. We each took a card and wrote a note to a person we care about but haven't talked to in awhile. The event was fun, educational and there was good food, too.



The October meeting, which will be facilitated by Kathy Bornino, will be on Friday, Oct 18th, at 11:30. Please see the flyer in this newsletter for details.



Facilitated by Rita Conrad, Ph.D., The Spiritual Spa, the Women's Group online, will meet on Friday, Oct 4th, at 6:30pm. Contact Rita, rmconrad99@gmail.com, for details.

Unity Five Cities' 25 Year Anniversary and Thanksgiving Celebration

Sunday, November 17th, at the Victorian after the service. The event will feature:

Potluck; Volunteer appreciation; Slide show of the year's events; Review of the church's history.

We are also doing a Thanksgiving food drive for families that need help. Things collected will be taken to the SLO Food Bank.



ANNIVERSARY

Church Financial Summary

August 2024

Income	\$3,783
Expense	\$4,406
Net Income	\$-623

Year to Date

YTD Income	\$35,388
YTD Expense	\$34,745
YTD Net Income	\$643





Metaphysical Christianity isn't about a confession of faith but rather a transformation of mind. ~ Eric Butterworth

Metaphysical Religion: Reclaiming Our Christian Heritage

What will you learn?

- The difference between the modern definition of faith and what it meant during the time of Jesus.
- How to define metaphysical religion and how it (including New Thought) became mainstream in the interpretation of American religious history.
- How to explain the difference between the traditional and metaphysical definitions of sin, salvation, heaven, Jesus Christ, crucifixion, rapture and Second Coming, born again, communion, forgiveness and repentance, Bible.
- How to metaphysically interpret Bible passages that have been claimed for Christian exclusivism, such as, John 3:16 and John 14:6
- How to live a life that lives up to Jesus' commandment to "love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind."


**Sunday, October 20th
12:00pm**

**The Victorian
789 Valley Rd, AG**

Sunday Celebration Talk Title

"What Did Jesus *Really* Teach?"

Love Offering



Remembering Loved Ones

Women's Group October Meeting

- Fall again! That time of the year soon arriving when we celebrate family, past and present. The "past" part we can celebrate at our October meeting.

- Please come with a story and maybe a picture of some family member whose legacy you treasure. The legacy might be an heirloom of wisdom or stories or character qualities you hold dear - or a physical heirloom or both. (Could also be from a family "of choice").

- Please park as many cars as possible in the driveway - 3 can go side by side at the side of the driveway. Avoid mailbox. Thanks.

Friday, October 18th

11:30am-1:30pm

1183 Shannon Ln, AG

Facilitated by Kathy Bornino

RSVP

kbornino@yahoo.com

(805)458-4509

(message or text)

Lunch

***Community Salad Bar
Salad Greens and Salad***

Dressing Provided

***Bring Your Favorite
Salad Ingredients***

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 – Rita Conrad	510-898-8514
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

Oct 6 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Oct 13 Mark Welch	Mark Welch
Oct 20 Rev Brian Walker	Steve Kindel & Karen Wilkins
Oct 27 Richard Inman	One Mighty Light Choir
Nov 3 Rita Conrad, Ph.D.	Jan Grigsby & Nina Ryne
Nov 10 Rev Jan Limberg Morgan	TBA
Nov 17 Therese Solimeno LUT	Steve Kindel & Karen Wilkins
Nov 24 Rev Brian Walker	One Mighty Light Choir

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