



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

September 2024

Devotion: A Path to Spiritual Awakening September Theme - Devotion

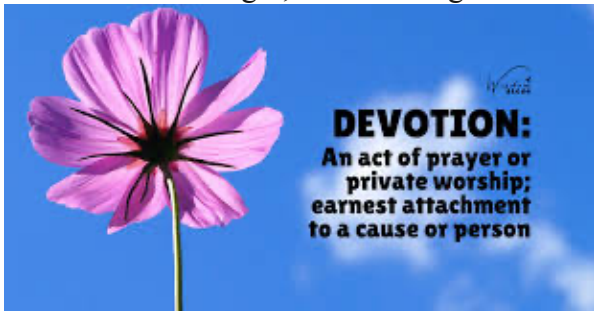
In the modern era, characterized by rapid change and digital connectivity, the virtue of devotion beckons us to pause, reflect, and deepen our commitment to what truly matters. Within the context of New Thought spirituality, devotion is not confined to a specific practice or religious dogma. Instead, it is a heartfelt dedication to the principles, people, and passions that elevate our souls and transform our lives.

Devotion, at its core, is about aligning our minds, hearts, and actions with our highest values and spiritual truths. It is the conscious choice to consistently turn towards love, wisdom, and understanding, regardless of external circumstances. Unlike fleeting motivations or passing interests, devotion roots us in a deeper sense of purpose and guides us through the trials and triumphs of life with unwavering focus and resilience.

In New Thought, devotion begins with a commitment to self-awareness and spiritual growth. It urges us to explore the vast

landscape of our inner world, to recognize the divine spark within, and to cultivate a compassionate relationship with ourselves. Through practices such as meditation, prayer, and affirmative thinking, we foster a daily habit of connecting with our inner divinity, reaffirming our commitment to personal and spiritual evolution.

Yet, devotion extends beyond individual practices. It is also reflected in our relationships with others. When we are devoted to our loved ones, we prioritize presence, communication, and understanding. We listen with empathy, act with kindness, and seek to support and uplift those around us. This sense of devoted service is integral to building communities



New Project to Help the Homeless

Unity Five Cities is continuing their effort to support the 5Cities Homeless Coalition based in Grover Beach. As the winter season is approaching, the Homeless Coalition has requested sweatshirts and pants. We need to raise about \$800 to purchase 48 sweatshirts and 48 sweatpants. The goal is to distribute them in October before the cold weather. The Unity Men's Group is organizing this effort and looking forward to the support of the Women's Group and the congregation to help raise the funds. We are doing this on an ongoing basis. If you are interested in helping or donating, contact Chris: chris@peacefulpoint.com



Hot August Nights Was Enjoyed By All

Therese Solimeno and Bob Nelson hosted the potluck gathering with much fun, fellowship and food. Dancing was led by Linda Drake, dance teacher extraordinaire, and singing was led by Richard "no wrong notes" Inman.



Devotion: A Path to Spiritual Awakening

rooted in compassion and interconnectedness. By honoring our commitment to others, we create a ripple effect of positive energy that fosters collective healing and growth.

Furthermore, devotion invites us to dedicate ourselves to a cause or purpose that transcends personal gain. Whether it is a creative endeavor, social activism, or environmental stewardship, when we devote our skills and energies to something larger than ourselves, we contribute to the well-being of the world. This outward focus not only enriches our own lives but also amplifies our impact, creating a legacy of



"I don't think we're devoted to the Lord. I think we're devoted to dessert."

love and service.

In embracing devotion, we inevitably encounter challenges. Life's unpredictability can test our commitment and resilience. However, it is precisely through these challenges that our devotion is forged and strengthened. By steadfastly returning to our core principles, we grow in faith and fortitude, knowing that each step, no matter how small, is a part of our spiritual journey. Ultimately, devotion is a beacon that guides us towards a life of meaning, purpose, and fulfillment. It is a practice of daily recommitment, an ongoing affirmation of our deepest values and aspirations. Through devotion, we discover the profound joy of living in harmony with our highest self, and in doing so, we contribute to the creation of a more loving and enlightened world.

Power of Eight Intention Sessions in September

The Power of Eight is available on Zoom, 6:30 pm on Friday, Sept 13th, 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 September 15th. 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

On August 16th, the Women's Group, which was hosted by Deborah Hall Sander and Lisa Leonard, met at Rooster Creek Tavern. The theme for the meeting was "All Creatures Bright and Beautiful".

Everyone shared a photo, poem, prayer, verse, or spirit animal that had personal meaning for them. It was a heartfelt experience for everyone attending.



The Women's Group meeting in September will be on the 20th from noon-3pm at Peaceful Point. Glenda Allen and Ruth Jackson will be facilitating the meeting with a theme of "Exploring Communication." Ruth, who is experienced in Sign Language, will give an introduction to the deaf culture and then teach some basic signing. See the flyer in this newsletter for more details.

The Women's Group on Zoom, aka The Spiritual Spa, will be meeting on Friday, September 6th, from 6:30-7:30pm. The facilitator is Rita Conrad, Ph.D., whom you can contact for the Zoom link: rmconrad99@gmail.com

Mark Welch Concert

On Sunday, August 11th, in the Victorian Garden, Mark Welch entertained the Unity Five Cities community with songs, stories, and humor. Introducing each song with a personal note of the background circumstances when he composed it, Mark added a depth of meaning and insight to each of the songs that he performed. It was a performance that touched a whole range of emotions.



Church Financial Summary

July 2024

Income	\$4,390
Expense	\$3,989
Net Income	\$401

Year to Date

YTD Income	\$31,604
YTD Expense	\$30,340
YTD Net Income	\$1,264



Unity Five Cities Is Having A Picnic!

Sunday, September 22nd
12:00-2:00 pm

Strother Park
1150 Huasna Road
Arroyo Grande, CA

Unity will provide regular and vegan
Hamburgers, hot dogs, buns, condiments
soda and water.

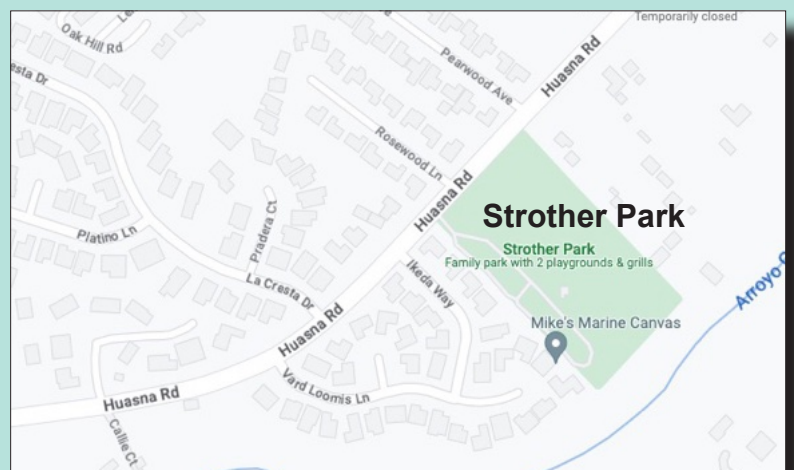
The homemade ice cream machine will be
churning with the Conrad's special recipe!

Bring a salad, snack, or dessert to share.
Plant-based dishes will be in a designated
spot.

There is a BBQ and tables with
some shade so bring a hat. You
can bring a lawn chair, game or
Frisbee. We will have croquet and
cornhole.

Fun for Family & Friends!
Bring pets (on a leash)

Contact: Rev. Brian Walker
revbrian.walker@gmail.com
805-345-0832



Presented by Unity Five Cities

Aging Gracefully

Preventative Care for All Ages

**Part 4 Class starting September 18th
6 weeks, Wednesdays, 6:30 pm on Zoom**

It is all about adjusting our lifestyle so we can become healthier, and live longer productive lives. Changing our lifestyle takes some effort but can be done in little steps that are easier to take. In the upcoming classes, we'll focus on the major areas that, when addressed with an integrated holistic preventative care approach, have shown to give positive results with our group.

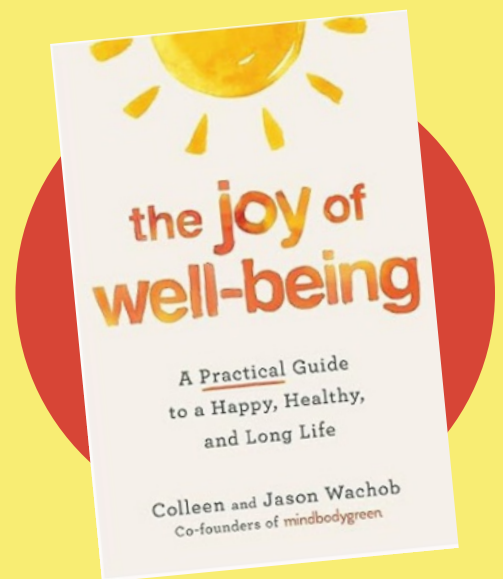
Aging Gracefully schedule summary

We are studying the book “The Joy of Well-being” and videos with experts

Part 4 is focusing on

- **Stress reduction**
- **Impact of toxins**
- **Value of social connection**
- **Rediscovering life purpose**

[Click here](https://vimeo.com/917987904) for a brief 2-minute video introduction to the Aging Gracefully program.
<https://vimeo.com/917987904>



No charge for these sessions on Zoom. Love offering accepted.

For information or to be put on the email list to receive class info and links, contact Chris Garey chris@peacefulpoint.com

Unity Five Cities Website: www.unity5cities.org



**Unity Women's Group
Exploring Communication**

Friday, September 20th, 2024

Peaceful Point

Noon – 3pm

POTLUCK – bring your salad fixin's!

(Salad bar – bring something that would go in a salad – boiled eggs; tomatoes; sliced carrots; olives; artichoke hearts, etc. Lettuce will be provided – bowls, utensils, napkins, water provided – bring your own drink)

Explore finger spelling & Explore sign language

Explore the many ways we Communicate

**BRING THE ADDRESS OF SOMEONE YOU HAVE
NOT COMUNICATED WITH FOR AWHILE**

Leaders: Ruth and Glenda

RSVP by Sept. 18th

To Alex Kramer

(805) 616-7000

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

Schedule

<u>Speaker</u>	<u>Music</u>
Sept 1 Rita Conrad, Ph.D.	Richard Inman & Sheila Cochran
Sept 8 Rev Jan Limberg Morgan	Jan Grigsby & Nina Ryne
Sept 15 Timber Hawkeye	Steve Kindel & Karen Wilkins
Sept 22 Amanda Sherlock	Richard Inman and Sheila Cochran
Sept 29 Therese Solimeno, LUT	Rob Kimball
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

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