



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

January 2024

Enthusiasm in the Unity Movement

Enthusiasm - Theme of the Month

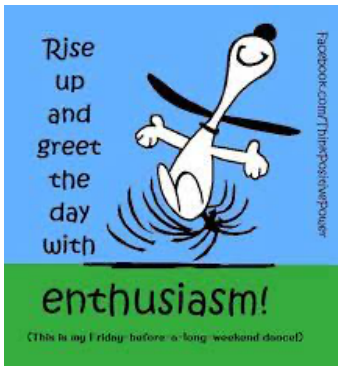
Enthusiasm, often referred to as zeal, played a crucial role in the Unity movement founded by Charles and Myrtle Fillmore in the late 19th century. It wasn't just a casual feeling; it was a driving force that permeated every aspect of their teachings and practices. Here are some specific examples of how enthusiasm and zeal fueled the Unity Movement.

1. **Transforming Lives:** The Fillmores believed that enthusiasm was a key ingredient for personal transformation. They taught that by cultivating a positive and enthusiastic attitude, individuals could overcome limitations, attract desired outcomes, and experience a deeper connection to the divine. Myrtle Fillmore's book, *How to Let God Help You*, emphasizes the importance of using thought and feeling (including enthusiasm) to shape one's reality.

2. **Spreading the Message:** The Fillmores' enthusiasm was infectious, drawing people to their teachings and igniting a passion for Unity principles. Their lectures, writings, and even their personal interactions were infused with a vibrant energy that resonated with seekers. Charles Fillmore's dynamic speaking style, often described as "magnetic" and "electrifying," captivated audiences and fueled their own zeal for the movement.

3. **Building Community:** Enthusiasm was the lifeblood of Unity communities. The Fillmores encouraged active participation in prayer groups, classes, and social gatherings, fostering a sense of shared purpose and collective joy. This shared zeal created a strong sense of belonging and support, drawing people together and solidifying the Unity movement's foundation.

4. **Facing Challenges:** The Fillmores' unwavering enthusiasm wasn't a naive optimism; it was a resilient



Facebook.com/ThinkPositivePower

Prayer Chaplain Program Orientation

Unity Five Cities Mission Statement

We are a heart-centered spiritual community dedicated to empowering personal growth and living the unlimited possibilities of Spirit.

In support of our mission, we are committed to reaching out in prayer, comfort and support to our congregation.

As Unity Five Cities continues to grow, our Prayer Chaplains serve to

meet the needs of our extended community. We will be soon conducting a Prayer Chaplain Orientation meeting that will lead to a training program for those interested.

Completing the Prayer Chaplain training and "being" a Prayer Chaplain is transformational soul work. As you discover your greatness and the greatness of others, we are here to support you as you make this next step on your spiritual journey.

We invite you to prayerfully consider becoming a Prayer Chaplain. It is a unique service that differs from many of the other volunteer opportunities in terms of commitment-level and responsibilities.

The orientation will answer your questions

What is a Prayer Chaplain?

What is the time commitment?

What if I've never done anything like this before?

How does a Prayer Chaplain differ from a Chaplain in a hospital or care facility?

How do I find out more information?

If the Prayer Chaplain Program resonates with you and feels like an opportunity you would like to explore further, please plan to attend our Prayer Chaplain Orientation on Friday, January 12, 1:00 pm at Peaceful Point, 2850 Peaceful Point Lane, Arroyo Grande. This orientation is mandatory for all those who ultimately do decide to take this next step and attend the training. If you have any questions, please contact Rev. Brian Walker.



Enthusiasm in the Unity Movement (Con't)

force that helped them navigate challenges and setbacks. When facing criticism or persecution, they maintained their unwavering belief in the power of positive thinking and enthusiastic action. This unwavering zeal allowed them to persevere and ultimately see the Unity Movement flourish.



Specific examples:

• Healing

Testimonials:

Many early Unity adherents attributed their physical and emotional healing to the power of

enthusiasm and faith cultivated through the movement's teachings. These stories of transformation, fueled by the collective zeal of the community, further attracted individuals seeking similar life-changing experiences.

Dynamic Growth: The Unity movement's rapid expansion across the United States in the early 20th century can be partly attributed to the contagious enthusiasm of its members. They actively shared their beliefs, organized outreach programs, and established new centers, all driven by a shared passion for Unity Principles.

The Fillmore's Personal Lives: The Fillmores themselves embodied the transformative power of enthusiasm. They faced personal hardships, including financial struggles and family losses, yet their unwavering zeal for their mission kept them going. Their own stories of resilience and joy served as powerful examples for their followers.

In conclusion, enthusiasm and zeal were not mere accessories for the Unity Movement; they were its beating heart. The Fillmores' passionate belief in the power of positive thinking and the contagious energy

they exuded fueled personal transformations, spread their message, built strong communities, and helped them overcome challenges.

The Unity movement's enduring legacy is a testament to the transformative power of enthusiasm, reminding us that a passionate belief in something bigger than



ourselves can truly move mountains.

Unity Five Cities Women's activities

Have you been thinking about what you want to manifest or what intentions you plan to set for yourself in 2024? Whether you have a clear vision or are still undecided, come join our Women's group on January 19th, 12 pm at Peaceful Point to learn about making Vision Boards. Using Present Moment

Consciousness, Lynn Marie will guide you towards creating your own Vision Board for 2024 and manifesting in a visual form what you truly want for yourself in the coming year.



Please bring magazines to share and your own scissors; poster boards and glue sticks will be provided.

We will be having a pot luck and Lynn will bring a vegetarian (portobello mushroom, spinach and three cheese) lasagne.

Our next on-line meeting is Tuesday, January 30, 6:30-7:30 p.m. Come join our Unity Five Cities sisterhood on Zoom. Last month a group of 10 discussed the topic of revealing your soul-voice and considered questions such as "In what ways are you loving you?" and "How do we hear our soul-voice, and believe it enough to act on its directives?" Contact Rita Conrad on rmconrad99@gmail.com to receive the link. Anyone with questions about using Zoom contact Rita or Tink ethellanders@gmail.com.

Helping the Homeless

The Unity Five Cities Men's Group is continuing an effort to support the 5Cities Homeless Coalition based in Grover beach. The homeless have pets too so the Men's Group is collecting donations for dog food. We will use cash donations to purchase bulk dog food that was broken down into smaller bags. There will be a donation basket at the Victorian or you can contact Chris: chris@peacefulpoint.com



Power of Eight Intention Sessions

The Power of Eight is available on Zoom, 6:30 pm on January 4th and 18th, with an email reminder and Zoom link going out the morning of the session. In-person sessions at the Victorian, will be after the Sunday service on Jan. 14th and 28th. If you would like to be on the mailing list, to participate, or be a recipient of an intention, contact: Rev. Brian Walker revbrian.walker@gmail.com Larry Conrad ldconradnc@gmail.com or Chris Garey chris@peacefulpoint.com

Start the New Year Exploring Greater Possibilities!

Our prayer this New Year is that we hold fast to a commitment to our continued unfoldment of greater



possibilities. Together we grow in Christ consciousness. Together we express the gifts of that consciousness. In alignment with “Greater Possibilities”, we are

offering new classes:

“Aging Gracefully with Healthy Longevity”

You can see from the detailed flyer in this newsletter, that we’re going to have two different classes going at the same time. This is designed with one track for people that are just starting the program, and one for those that have been in it for a while. People can take both if they want.

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

Potluck Lunch and Annual Congregational Meeting

February 4th, 11:30am after the Sunday Service, our annual meeting will be held at the Victorian. It will be a



potluck lunch, so bring your favorite dish. The meeting topics: elect trustees to fill the open positions; review the 2023 financials; receive input on how we can

better fulfill our vision and mission statements; discuss any questions, comments, or concerns. This is an important meeting for our community to thrive!

Church Financial Summary

November 2023

Total Income	\$3,639
Total Expense	\$4,287
Net Income	\$-648

YTD Income	\$47,596
YTD Expense	\$47,228
YTD Net Income	\$368

Time to Join the Unity Ukulele Group

Unity Ukes are starting the year with a new set of songs so this is a great time to join! The group is open to Unity and non-Unity beginners and more advanced players. We have songs sheets to practice so all you need to bring is your ukulele, music stand and be prepared to have fun! We perform at Unity events.



Days and times may vary. Contact Richard Long for detailed information. richardlong1@gmail.com

Community Outreach

Unity's One Mighty Light Choir, directed by Richard Inman, performed Dec 17th at the Oceano Community Center for the Angie's Angels December Event. A good time was had by all and Santa Claus was there to greet us!



Angie's Angels

In partnership with Angie's Angels, many people from Unity Five Cities donated gifts to senior citizens in local assisted living facilities. Here are some examples of the results.



Next in the Unity-Five Cities “Aging Gracefully” series



Join us for this remarkable lineup of video interviews with visionary voices for the Aging Gracefully sessions. Participants will view the videos online in advance and then we will discuss them each week on Zoom.

There will be two separate sessions running parallel

Track 1: Mon. Jan 8th- Feb 12th, 6:00 pm (6 weeks)

New Perspective on Aging videos, Unsinkable Videos

This is a review of the series we showed January 2023 by journalist Maria Shriver who is on a mission to shatter outdated myths about aging and give people the tools they need to age with their fullest capacity of joy, optimism, grace, and guts. Also videos by Sonia Ricotti on being “Unsinkable”, by bouncing back from adversity.

Here are the topics:

- How to Radically Reframe Aging
- Spirituality: Keeping the Mind Your Friend
- Ignite Your Creativity, Curiosity and Imagination
- The Science and Secrets of Super-Agers
- Embracing an Engaged Lifestyle of Diet, Sleep, Movement & Purpose
- The Secrets to Staying Strong, Successful, and Bold at Any Age
- Power of Perspective—Tools and Take-a-ways to Live Long and Carry On
- Being Unsinkable



Track 2: Wed. Jan 3rd- Feb 14th, 6:00 pm (7 weeks)

Active Life at any Age videos

An extensive list of videos you can choose from and a second video if you want to “go deeper” on that particular subject. Then there will be a discussion on Zoom of the topics.

Here is just a sample of the interviews:

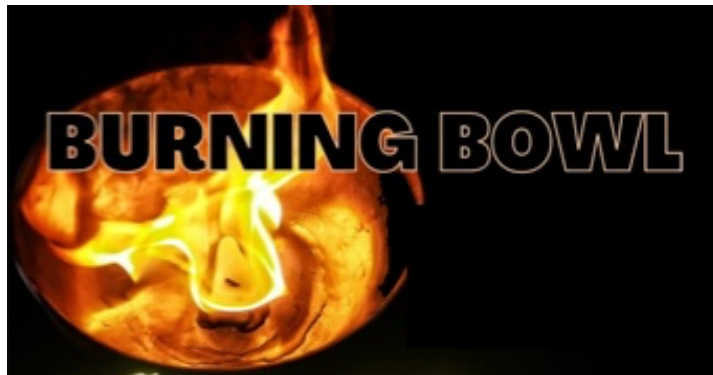
- Joan Borysenko, PhD - Develop Resilience for Life!
- Lisa Nichols - Living Your Dream - No Matter What!
- Peggy O’Neill - Tapping into Your True Joy
- Karen Putz - Unwrapping Your Passion in Midlife and Beyond
- Anat Baniel - Activate Your Brain for Vitality with NeuroMovement



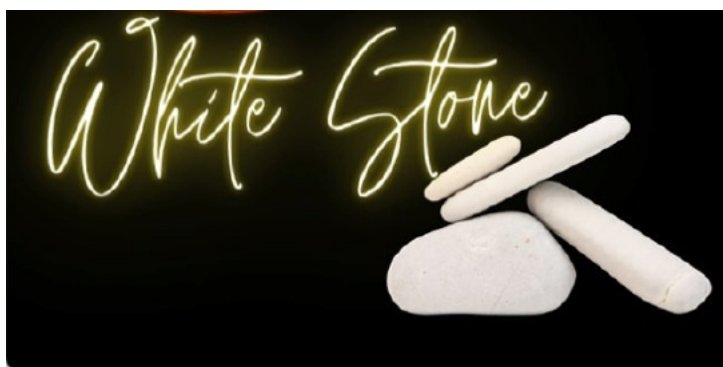
No charge for these sessions on Zoom. Love offering accepted.

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

Sunday, January 7th
After the Sunday Celebration



- *What have I learned this year?*
- *What am I still carrying that I'm ready to put down?*



- *What is Spirit calling for me to experience in 2024?*
- *How does Spirit want me to express my true gift and my heart's deepest desire?*

Facilitated by Rita Conrad, Ph.D.

Music by Richard Inman

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Joe Davidson, Treasurer	661-304-5154
Jeanne Surber, Secretary	805-904-6166
Larry Conrad, Trustee	805-219-0219
Ethel Landers, Facilitator	805-550-0348
Donna Nisbet, Trustee	805-219-0331
Amanda Sherlock, Trustee	650-279-1881
Don Aronson, Alternate Trustee	805-544-4504
Chris Garey, LUT, Volunteer Coordinator	805-440-1693
Therese Solimeno, LUT	805-440-9461
Prayer Chaplain - Martha Aivaz	805-458-1792
Prayer Chaplain - Ethel Landers Coordinator	805-550-0348
Prayer Chaplain - Sheila Cochran	619-540-0665
Prayer Chaplain - Deborah Hall	805-788-4777

Schedule

<u>Speaker</u>	<u>Music</u>
Jan 7 Rita Conrad	Jan Grigsby & Nina Ryne
Jan 14 Rev Brian Walker	GaleMcNeeley BobMoloznik
Jan 21 Rev Jan Limberg Morgan	Karen Wilkens/Jim Townsend
Jan 28 Therese Solimeno	Richard Inman
Feb 4 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Feb 11TBA	Gale McNeeley & Bob Molznik
Feb 18 Kevin Hauber	Steve Kindel & Karen Wilkens
Feb 25 Richard Inman	Richard Inman

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