



# A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

March 2024

## Unveiling the Darkness: Why Carl Jung's Shadow Matters *March Theme - Shadow*

Carl Jung's concept of the shadow delves into the hidden corners of the human psyche, illuminating the aspects of ourselves we deem unacceptable, undesirable, or simply unknown. This "shadow self" encompasses repressed emotions, instincts, and experiences that lurk beneath the surface of our conscious awareness. While often associated with negativity, Jung believed the shadow, though challenging, held immense significance for personal growth and individuation.

The shadow forms through our social conditioning and upbringing. Traits deemed inappropriate or incompatible with societal norms are pushed aside, forming a hidden counterpoint to our carefully constructed persona, the face we present to the world. This includes not only traits like aggressiveness or selfishness but also unexplored talents, desires, and



vulnerabilities. The shadow, however, doesn't simply disappear. It festers in the unconscious, influencing our behavior in subtle and sometimes destructive ways.

Jung saw the shadow's power in our projections. When we encounter someone who embodies our repressed

traits, we often project our shadow onto them, leading to negative judgments and emotional reactivity. This dynamic can fuel conflict in relationships and hinder our ability to see ourselves clearly.

But the shadow isn't just a source of problems. It also holds immense potential for personal growth. By acknowledging its existence and integrating its contents into our conscious awareness, we gain a more complete understanding of ourselves. We can discover hidden strengths, tap into creativity fueled by our deepest desires, and develop greater compassion for

## Prayer Chaplain Dedication Ceremony

On Sunday, February 11th, pastor Brian led a dedication ceremony to officially welcome into our community four new Prayer Chaplains: Rita Conrad, Ruth Jackson, Jill Roberts, and Lisa Leonard. Having completed a multi-session training program, the new prayer chaplains committed themselves to a daily spiritual



journey, based on love, faith, prayer, and gratitude; to demonstrate an active commitment to our Unity principles; to holding a spiritual space of possibility for others and yourself, knowing and trusting that God is in charge; to lovingly listen; to pray, both with yourself and with others; to hold all that is shared in strict confidence.

There will undoubtedly be many visible and invisible ripples of blessings, which will be the results of the loving service of these new Prayer Chaplains. They are indeed a tremendous gift to our spiritual community.

The Prayer Chaplains that are continuing to serve: Martha Aivaz, Ethel (Tink) Landers), Deborah Hall-Sandor, Sheila Cochran and Therese Solimeno, Licensed Unity Teacher. Therese has recently taken over the role of Prayer Chaplain Coordinator. With such a compassionate group of dedicated individuals, we encourage all congregants to reach out whenever there is a need for prayer and spiritual support - phone numbers and emails for each Chaplain are listed in the Sunday bulletin, monthly newsletter and online at Prayer Chaplains | Unity Five Cities ([unity5cities.org](http://unity5cities.org))

*A Prayer Chaplain is someone who will create and hold a sacred, spiritual space, who will lovingly listen, who will pray from the heart, and who will hold what is shared in the strictest confidence.*

## Unveiling the Darkness: Why Carl Jung's Shadow Matters (Con't)

four own flaws.

This process of "shadow work" is not easy. It requires confronting uncomfortable truths and challenging deeply held beliefs. But the rewards are substantial. Facing the shadow allows us to move beyond self-deception and embrace our authentic selves, leading to greater psychological maturity and emotional well-being.

Jung's idea of the shadow transcends the realm of individual psychology. It sheds light on societal dynamics. Prejudice, for example, can be understood as the collective shadow being projected onto certain groups. Recognizing this dynamic is crucial for fostering empathy, understanding, and social justice.

In conclusion, Carl Jung's shadow is not merely a repository of darkness. It is a complex and multifaceted aspect of the human psyche that holds immense power for both personal and collective transformation. By acknowledging its existence, engaging in shadow work, and integrating its contents into our conscious awareness, we can unlock a deeper understanding of ourselves, cultivate greater compassion, and contribute to a more just and harmonious world.

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## Power of Eight Intention Sessions in March

We have switched to one Zoom and one in-person session per month. So the Power of Eight is available on Zoom, 6:30 pm on March 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 Sunday service on March 24th. 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](mailto:revbrian.walker@gmail.com)  
Larry Conrad [ldconradnc@gmail.com](mailto:ldconradnc@gmail.com) or  
Chris Garey [chris@peacefulpoint.com](mailto:chris@peacefulpoint.com)



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***Life is a balance between holding on and letting go.***

- Rumi

## Unity Five Cities Women's Gatherings

February: Lynn Marie facilitated a wonderful Unity 5 Cities Women's Group gathering on February 23rd at Peaceful Point. The topic was Vision Boarding. Lynn provided background on the tool followed by participants creating their individual vision boards and then sharing them with the group. It was not only fun but powerful. Thank you, Lynn for this marvelous opportunity to connect more deeply with ourselves and with one another!

The online Women's Group gathering on February 13th focused on the topic of "Revealing Our Inner Mystic." The gathering was facilitated by Rita Conrad who provided a short reading from *Reveal: A Sacred Manual for Getting Spiritually Naked* by Meggan Watterson, followed by discussion.

March: The online Women's Group gathering will be on March 5th, 6:30-7:30 on Zoom. Contact Rita Conrad at [rmconrad99@gmail.com](mailto:rmconrad99@gmail.com) for the Zoom info.

The Women's Group in-person gathering is being hosted by Jocelyn Brown and Rita Conrad on March 15th, 12 - 3 p.m, at Rita's house (see directions below). The theme is spiritual heroes/role models. Please bring something that represents your spiritual role model, male or female --- a book, music, reading, picture, statue. Also, if you can, bring a dish to share.

*Please RSVP to Jocelyn Brown: [jocbr8@aol.com](mailto:jocbr8@aol.com).*

*Directions to Rita's house - 1482 Vista Tesoro Place, Nipomo (Monarch Dunes Trilogy): 101 South to Willow Road exit; turn right onto Willow Road; go approximately 2 miles and turn left on Via Concha. Once inside Trilogy, at the first stop sign, turn left onto Centre Point Place and then turn left onto Vista Tesoro (if you see a sign for Mesa, you've gone too far). Call 805-219-0219 if needed.*

April: Glenda Allen will be hosting the in-person U5C Women's Group gathering. More to come in the next newsletter!

Future Months: Please consider hosting an in-person Women's Group gathering. It does not need to be an elaborate event. A gathering can be as simple as saying, "Let's meet at....and have coffee together." The intention is Connection! Wherever and however Unity women are together, it's a soul-full time! Contact Glenda Allen at [glendsgka@gmail.com](mailto:glendsgka@gmail.com) if you are interested in planning a future gathering.



## Wellness Calls

Now that we have some new prayer chaplains on duty, we can restart a program we've had in the past called "Wellness Calls," where Chaplains check in with members of the congregation who elect to be contacted on a periodic basis, normally once a month, to see how they are doing and if they need anything. To take advantage of current available technology, we will

send out a survey to all members of the congregation to see how they would prefer being contacted. The contact options will be:

1. None
2. Phone
3. Email
4. Zoom appointment

Let us know your preferred method of contact so we can better serve you.



## Easter Celebration

Easter is on March 31st this year, and we're planning a special celebration with Mark Stanton Welch delivering an inspiring Easter message and the Unity One Mighty Light Choir, directed by Richard "No Wrong Notes" Inman, performing some special Easter tunes. Don't miss this holiday special.



Welch delivering an inspiring Easter message and the Unity One Mighty Light Choir, directed by Richard "No Wrong Notes" Inman, performing

## Church Financial Summary

January 2024

Total Income	\$5,910
Total Expense	\$4,106
Net Income	\$1,804
YTD Income	\$5,910
YTD Expense	\$4,106
YTD Net Income	\$1,804

*Keep on praying for faith, it is through prayer that you develop all your wonderful qualities of soul.*  
- Myrtle Fillmore

## Plantbased Potluck and Sound Meditation

On Friday, February 16th, at Peaceful Point, Unity's Ageing Gracefully Support Group hosted a plantbased potluck followed by a sound meditation. The potluck included a variety of plantbased dishes some of which were quite creative, e.g. Jan Grigsby brought a vegan African stew.



After the potluck, Rita Conrad played various gongs and crystal bowls in a meditation to expand consciousness and connect with the Divine. It was heavenly.

## Helping the Homeless

The Unity Five Cities Men's Group is continuing an effort to support the 5Cities Homeless Coalition based in Grover beach. When we delivered the last batch of dog food and dog supplies, they informed us that there is always a need for socks and underwear. So the Men's group is taking on the additional task of gathering money to purchase new men's and woman's socks and underwear. We may do some fundraisers and there will be a donation basket at the Victorian or you can contact Chris: [chris@peacefulpoint.com](mailto:chris@peacefulpoint.com)



## Chair Cleaning at the Victorian

Unity Five Cities owns the chairs that we use at the Victorian and over the years they have gotten dirty and some are stained. Recently, a team of four church members - Ruth Jackson, Jan Grigsby, Art Westerfield, and Pastor Brian - spent an afternoon cleaning all our chairs. The look so much better! Thank you!





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## *Spiritual, But Not Religious*

In the last several decades, survey data show that more and more Americans are describing themselves as SBNR: "spiritual, but not religious" (You know you've arrived when you have an acronym for your movement). What does it mean to be SBNR? What can those who identify as SBNR and those who identify as traditionally religious learn from each other? Is it possible to join ancient wisdom with modern truth to give today's seeker a more authentic, contemporary meaning? Regarding the meaning of human existence, a philosopher has suggested that there are three essential questions: 1. "Where did we come from?"; 2. "Where are we going?"; 3. "What do we do in the meantime?" This workshop will take a lighthearted but engaging look at spirituality, religion, and how to create a life of meaning.

**Sunday, March 17th, 12:15-2:00pm**

**After the Sunday Potluck**

**At the Victorian**

**Facilitated by Rev Brian Walker**

**Love Offering**

## Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Trustee	805-451-1313
Jeanne Surber, Treasurer	805-904-6166
Larry Conrad, Trustee	805-219-0219
Ethel Landers, Facilitator	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

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## Schedule

<u>Speaker</u>	<u>Music</u>
Mar 3 Rita Conrad, Ph.D.	Jan Grigsby
Mar 10 Rev Brian Walker	Gale McNeeley & Bob Moloznik
Mar 17 Rev Jan Limberg Morgan	Steve Kindel & Karen Wilkens
Mar 24 Angela Patnode	Rob Kimball
Mar 31 Mark Stanton Welch	One Mighty Light Choir
Apr 7 Rev Joyce Zorger	Steve Kindel & Karen Wilkens
Apr 14 Ruth Jackson	Gale McNeeley & Bob Molznik
Apr 21 Kevin Hauber	Jan Grigsby & Nina Ryne
Apr 28 Richard Inman	Richard Inman

## 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](mailto:info@unity5cities.org)  
Website: [www.unity5cities.org](http://www.unity5cities.org)