



# A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

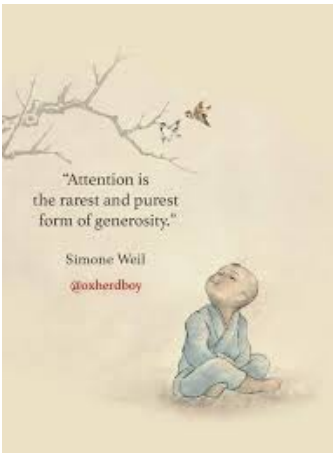
April 2024

## Attention in the New Thought Universe *April Theme - Attention*

Have you ever closed your eyes and envisioned a vibrant future, only to be jolted back to reality by a sudden distraction? In our fast-paced world, attention is a precious commodity. Yet, for those familiar with New Thought principles, it's more than just staying focused. It's the key to unlocking the power within.

New Thought teaches us that our thoughts and beliefs shape our reality. We are creators, constantly attracting experiences that resonate with our dominant mental state. Here, attention becomes the sculptor's chisel, shaping the formless potential of the universe into our lived experience. Think of the famous quote, "As a man thinketh, so is he." Every fleeting thought, every lingering worry, holds a magnetic charge. By consciously directing our attention, we can amplify the positive frequencies that attract abundance, joy, and fulfillment.

New Thought practices like meditation and visualization are powerful tools for harnessing this power. By quieting the mental chatter and focusing on our desires, we plant potent seeds in the fertile ground of our minds. These seeds, nourished by sustained attention blossom into reality.



This doesn't mean ignoring challenges. A New Thought approach acknowledges difficulties but refuses to dwell on them. When faced with negativity, we can choose to shift our attention. Instead

of fixating on the problem, we can visualize the solution, radiating positive energy toward its manifestation.

The Law of Attraction, a cornerstone of New Thought, emphasizes the role of attention. We attract what we focus on, both consciously and unconsciously. By becoming mindful of our internal dialogue and redirecting negative thought patterns, we break free from attracting limitations and step into the realm of limitless possibilities.

## Homeless Project Complete!

The Unity Five Cities Men's and Women's Groups, along with other key individuals, worked together to support the Five Cities Homeless Coalition based in Grover beach. The effort raised \$800 to purchase new men's and woman's socks and underwear. The boxes were delivered March 19th and the Homeless Coalition was very happy to receive:

- 96 pairs of Men's socks
- 96 pairs of woman's socks
- 120 woman's underwear – assorted sizes
- 144 men's boxer underwear – assorted sizes



Good Job Everyone! Working together we can help support everyone in our community.

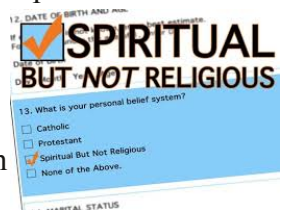
## Wellness Call Survey

Thank you to everyone who responded to the survey asking how you wanted to be contacted for the Wellness Call program. If you haven't responded yet, please do so to the repeat survey being sent out on Monday, April 1st. Chaplains will 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. It's a way for all of us to stay better connected.



## Spiritual, But Not Religious (SBNR)

On Sunday, March 17th, after a scrumptious potluck, Pastor Brian, gave a workshop exploring and explaining why so many people these days are claiming to be "spiritual, but not religious." Some people have had negative experiences with organized religion, like scandals or disagreements with dogma. SBNRs often value creating their own spiritual path, utilizing practices from various religions or philosophies, crafting a personalized belief system of their own.



## Attention in the New Thought Universe (Con't)

This mindful attention isn't just about self-improvement. As Ralph Waldo Trine wrote, "What we think of others weaves their destiny with our own." When we direct our attention towards others with kindness, compassion, and well-being, we contribute to a more harmonious world.



"He's just doing that to get attention."

In conclusion, attention, in the New Thought framework, is a sacred power. It's the conductor of our lives, orchestrating the symphony of our experiences. By

consciously directing our focus, we can craft a reality that aligns with our deepest desires and cultivate a world brimming with love, abundance, and peace. Let us become masters of our attention, co-creators with the universe, and manifest the vibrant futures that lie within our power to imagine.

## 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 April 4th, 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 April 14th.



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](mailto:chris@peacefulpoint.com). *Everyone is welcome and can join us anytime.*

## Church Financial Summary

February 2024

Total Income	\$4,221
Total Expense	\$4,171
Net Income	\$50
YTD Income	\$10,132
YTD Expense	\$8,568
YTD Net Income	\$1,564

## Unity Five Cities Women's Gatherings

Dear Unity Women, are you seeking warm, fellowship, fun, and good food? The Women's group is a warm community of like-minded women who support one another and enjoy sharing about our lives together. On March 15, 2024, the Women's group met at Rita Conrad's wonderful home. Rita did a grounding sound mediation. Then, we enjoyed a delicious potluck and a time of sharing with one another. We each spoke about a special book, mentor, or sacred object that holds meaning for our lives. It was an inspirational time of hearing each person's experience, strength, and hope. We celebrated the divine love, wisdom, light, and grace that lives within each of us. Please consider hosting a future meeting at a location you enjoy and connect with Glenda Allen about it.\*



The next Women's meeting will be held from 11AM to 2PM on Friday, April 19, 2024. Glenda Allen will be the hostess with details forthcoming soon. \*Glenda's email: [glendsgka@gmail.com](mailto:glendsgka@gmail.com)

## Easter Celebration

On Sunday, March 31st, Unity Five Cities had an amazingly moving Easter celebration with a combined in person and online attendance of 75 people. The participants were treated to the joyful sounds of the One Mighty Light Choir, directed by Richard Inman, a rousing chant of "Crucify, Resurrect", led by Therese Solimeno, Licensed Unity Teacher, and an inspiring message titled "Roll Away the Stone" by Mark Stanton Welch. All of this was followed by homemade refreshments. Thanks to all who participated.

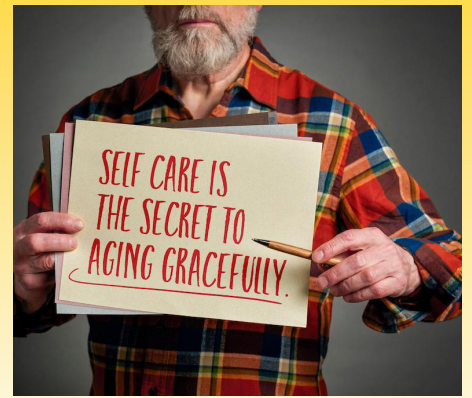


## Aging Gracefully - Preventative Care for All Ages

We can't stop getting older, but we can shift our thinking about it. Moving from I can't do anything about it to, I have some control over how my mind and body ages. This is all about preventative maintenance. Using a car as an analogy, in order to get high mileage out of a car we have to perform preventative maintenance such as changing the oil, rotating the tires, good coat of wax to protect the paint job keeping the vehicle in the garage out of the sun etcetera. The same thing applies to our bodies and minds. There are things we can do as preventative care throughout our lives so we can up our healthy "mileage." *See the flyer with details and join us!*

# Presented by Unity Five Cities “Aging Gracefully with Preventative Care”

Class series starting April 17th



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 approach, have shown to give positive results with our group.

## Aging Gracefully schedule summary

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

**Part 1 - 7 weeks** Wednesdays starting April 17th, 6:30 pm on Zoom

**Introduction**

**Breathing**

**Proper Sleep**

**Part 2 - 6 weeks** (dates to be announced)

**Nutrition for body and mind**

**Part 3 - 10 weeks** (dates to be announced)

**Exercise for body and mind**

**Part 4 - 6 weeks** (dates to be announced)

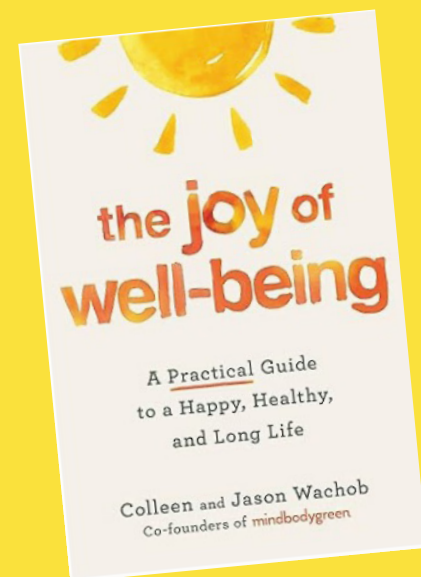
**Stress reduction**

**Part 5 - 6 weeks** (dates to be announced)

**Earth Regeneration**

**Being in a Supportive Community**

**Finding 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](mailto:chris@peacefulpoint.com)**

**Unity-Five Cities Website: [www.unity5cities.org](http://www.unity5cities.org)**



# Yoga Workshop

Sunday, April 21st, 12:15pm  
At the Victorian

Facilitator: Marilyn Mercado  
(Bring a yoga mat)

This workshop is based on Marilyn's book, "Chakra Tools of Transformation." You will practice 1 simple and gentle yoga posture for each chakra (on a chair), breathing techniques, sacred hand gestures, and affirmations. A short guided meditation aimed at balancing the chakras will be incorporated at the end.

Chakras - are wheels of energy and when it is balanced, the quality of your life is enhanced in all areas. Each week or even each day, our chakras experience imbalance because of stress, past trauma, unawareness, and some normal daily issues. Transformation begins by doing the INNER-WORK and releasing energy blocks.



## Balanced Chakra

Chakra 1 - grounded/balanced  
Chakra 2 - creative/passionate  
Chakra 3 - empowered/confident  
Chakra 4 - loving/compassionate  
Chakra 5 - truthful/self-expression  
Chakra 6 - intuitive/clear  
Chakra 7 - connection to higher self

## Imbalanced Chakra

Chakra 1 - fear  
Chakra 2 - guilt  
Chakra 3 - shame  
Chakra 4 - grief  
Chakra 5 - lies  
Chakra 6 - illusion  
Chakra 7 - attachment

"The healthy functioning of the chakras will propel you into the life you deserve to live."

Marilyn Mercado  
200 & 500 hrs RYT  
Yoga instructor 25 years,  
Yoga Educator K-12th grade

# Love Offering

## 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

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## Schedule

<u>Speaker</u>	<u>Music</u>
Apr 7 Rev Joyce Zorger	Steve Kindel & Karen Wilkins
Apr 14 Ruth Jackson	Gale McNeeley & Bob Moloznik
Apr 21 Kevin Hauber	Jan Grigsby & Nina Ryne
Apr 28 Richard Inman	Richard Inman
May 5 Rev Jan Limberg Morgan	Jan Grigsby & Nina Ryne
May 12 Rita Conrad Ph.D.	Gale McNeeley & Bob Moloznik
May 19 Marvin Gross	Steve Kindel & Karen Wilkins
May 26 Richard Long	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)