



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

February 2024

February Theme - Imagination

In Charles and Myrtle Fillmore's 12 Powers system, imagination holds a unique and powerful position on the path of spiritual growth. It's not just about conjuring up fanciful daydreams; it's about actively engaging with the unseen, the intangible, and the divine.

Imagine a vast, uncharted ocean. Your intellect is the sturdy ship, navigating the currents of logic and reason. But to truly explore the depths, to discover hidden treasures and encounter the wonders of the unknown, you need imagination as your sail. It catches the wind of intuition, propels you beyond the limitations of the physical world, and allows you to glimpse the infinite possibilities that lie beyond the horizon.

Here are some key ways imagination fuels your spiritual journey:

•**Envisioning your highest potential:** Imagination allows you to paint a vibrant picture of the person you aspire to be, the life you desire to live, and the connection you seek with the divine. This vision serves as a guiding star, a



constant reminder of the path you're on and the purpose you're pursuing.

Building bridges of understanding: Complex spiritual concepts like faith, grace, and love can be difficult to grasp with the intellect alone. Imagination provides a bridge, translating these abstract ideas into concrete symbols and metaphors that resonate with your heart and soul.

Connecting with the divine: Many spiritual traditions use guided imagery and visualization as powerful tools for prayer and meditation. By picturing yourself in sacred spaces, communing with spiritual figures, or basking in the presence of divine light, you deepen your connection to the unseen and cultivate a sense of awe and wonder.

Unity Five Cities Annual Congregational Meeting

Unity Five Cities will have its annual Congregational meeting on Sunday, Feb 4th, immediately after the Sunday Celebration in person and on Zoom. No potluck or refreshments on that Sunday. See flyer in this newsletter for details.

Aging Gracefully Support Group

What's the optimal lifestyle de-facto formula for longevity? The Unity Aging Gracefully Support Group and recent classes are exploring these ideas. Aging Gracefully Support Group will meet twice in February.

Once on Zoom

Feb. 8th and once in-person with a plant-based potluck February 16th, see flyer for details. We share our ideas and experiences in the



important areas of aging gracefully: diet and hydration, moderate exercise, keeping our brain active, developing a positive mindset, getting adequate sleep, and reducing stress.

We all want healthy longevity. To be part of this support community, contact Chris to get on the mailing list - chris@peacefulpoint.com

Power of Eight Intention Sessions in February

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 Feb 1st, 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 Feb. 18th. 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

The Power of Imagination (Con't)

Embracing the power of metaphor: Stories, myths, and parables are often rich in imaginative language and symbolism. By engaging with these narratives, you tap into their deeper meaning, allowing them to illuminate your own spiritual path and offer guidance on your journey.



"I've gotten by on imaginative and innovative thinking. In other words, I make it up as I go along."

Finding joy and wonder: A healthy dose of imagination keeps your spirit playful and open to the magic of the universe. It allows you to see the beauty in everyday moments, appreciate the interconnectedness of all things, and find wonder in the simplest acts of creation. Remember, imagination is a muscle that needs exercise.

Here are some ways to

cultivate its power:

Engage in creative pursuits: Write stories, paint pictures, play music, or dance. Let your imagination flow freely and express itself in whatever way feels natural to you.

Practice guided imagery: Find guided meditations or visualizations that resonate with you and allow yourself to fully immerse in the experience.

Spend time in nature: Immerse yourself in the beauty and wonder of the natural world. Let the sights, sounds, and smells spark your imagination and connect you to something larger than yourself.

Read inspirational stories: Fill your mind with tales of courage, compassion, and wisdom. Let the stories ignite your own imagination and inspire you on your spiritual journey.

By embracing the power of imagination, you unlock a treasure trove of possibilities on your spiritual journey. It becomes your compass, your paintbrush, and your bridge to the divine. So, set your sails, catch the wind of intuition, and let your imagination guide you on an adventure of the soul.

And so there comes a time — I believe we are in such a time — when a civilization has to be renewed by the discovery of new mysteries, by the undemocratic but sovereign power of the imagination, the power that makes all things new.

— Norman O. Brown

Unity Five Cities Women's activities

Have you been thinking about what you want to manifest or what intentions you plan to set for the year in 2024? Whether you have a clear vision or are still undecided, come join our Women's group on February 23rd, 12 - 3 pm, at Peaceful Point to learn about making your personal Vision Board. Using Present Moment Consciousness, you will be guided towards creating your own Vision Board for 2024 and manifesting in a visual form what you want to create for yourself in the coming year. If you want to share your Vision Board from a previous year, please bring it. You will need magazines to share and your own scissors; poster boards and glue sticks will be provided. Please RSVP so we know how many poster boards to bring.



We will be having a potluck (Lynn is bringing a vegetarian lasagne!) Our next on-line meeting is Tuesday, February 13th 6:30-7:30 p.m. Contact Rita Conrad - rmconrad99@gmail.com to receive the link.

Community Project is Underway

The Unity Five Cities Men's Group is continuing their 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 pet care items. Petco in Arroyo Grande donated collars, harnesses, leashes, shampoo, dog toys, and



treats. Generous donations from the congregation were used to purchase 90 pounds of bulk dog food that was broken down into smaller zip-lock bags. The items were taken to the Homeless Coalition on January 30th and they were very appreciative.

New Member Class

In February, there will be a New Member class, which is designed for anyone wishing to become a member of Unity Five Cities. However, it's also appropriate for anyone wishing to improve their knowledge of Unity or to connect with and support those who are becoming members. Dates to be determined. Contact Pastor Brian if you're interested - revbrian.walker@gmail.com.



Living a Committed Life

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one...the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. I am of the option that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly

used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It is a sort of splendid torch which I've got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

~ George Bernard Shaw

This is the opening quote of Chapter 1 in the book *Living a Committed Life: Finding Freedom and Fulfillment in a Purpose Larger than Yourself* by Lynne Twist. The book is the focus of the Unity 5 Cities discussion group that will meet Wednesdays, February 21 - April 3 (7 weeks) from 6:00 - 7:30 p.m., on Zoom.

Shaw's quote not only captures the philosophy behind the book but of Lynne Twist's life as well. Lynne has devoted her life to such missions as ending world hunger, saving the rainforest, and empowering women to step into leadership roles to save their communities and nations. She is considered to be one of the most inspiring, transformational leaders of our time, having been mentored by Buckminster Fuller and Mother Teresa. In her book she shares the guiding principles she has used to live her life of commitment and that can be used by each of us to move into inspired action in the challenging times our world faces.

The Wednesday evening discussions will center on how to make and keep commitments, engage in individual and collective action, and discover ways to connect and collaborate to make a difference. The flyer for this group is in this newsletter. Contact Rita Conrad, rmconrad99@gmail.com, for the Zoom link.

Decemberr 2023

Total Income	\$4,979
Total Expense	\$5,025
Net Income	\$-46
YTD Income	\$52,575
YTD Expense	\$52,253
YTD Net Income	\$322

Proposed Change to Unity Five Cities Bylaws

Our current bylaws state that to retain active membership, every year each member must submit to the church a completed card stating their desire to retain membership. We currently are not in compliance with this bylaw. After much discussion, the board determined that this would require an unnecessary burden on the active members and additional administrative burden for the staff. The proposed bylaws change will instead assume ongoing active membership for all those who attended a church function or made a donation within the previous calendar year. For those who either didn't attend or didn't donate in the previous calendar year, a form will be sent requesting that they indicate a desire to remain an active member. (At the end of this article see a change in the old versus the new bylaws - in italics.) If we don't hear from the member, they will be placed on the Inactive Member list. While this may seem like a trivial matter, an accurate, up to date membership list is of vital importance for a member run organization, which we are. Thanks for your consideration and for voting in the annual congregational meeting.

Existing Members. ~~To retain active membership rights, each member must indicate a desire to remain a member by completing and returning to the church a yearly~~ A review will be conducted the first week of each January. Those existing members that have not participated in church events or donated during the last calendar year, will be declared "Inactive". A membership renewal form is to be sent to the inactive member's last known email or street address, to be returned indicating a desire to remain a member. ~~email or such other document as~~ Form to be approved by the Board of Trustees. ~~If no current membership~~ If an inactive member does not have a renewal card or approved document is on file prior to the annual February membership meeting, that person ~~becomes~~ remains inactive and cannot serve on the Board of Trustees or vote at any membership meeting. The membership database will indicate a member's status.

Unity Ukelele Group

Still going strong and starting a new batch of songs so this is a good time to join. The group is open to Unity and non-Unity beginners and more advanced players. All you need to bring is your ukulele, music stand and be prepared to have fun! Contact Richard Long for detailed information. richardlong1@gmail.com



*Sunday, February 4th, immediately
after the Sunday Celebration
At the Victorian and on Zoom
Elect Board Members; Review 2023 Financials;
Vote on Changes in Bylaws; Honor our Volunteers*



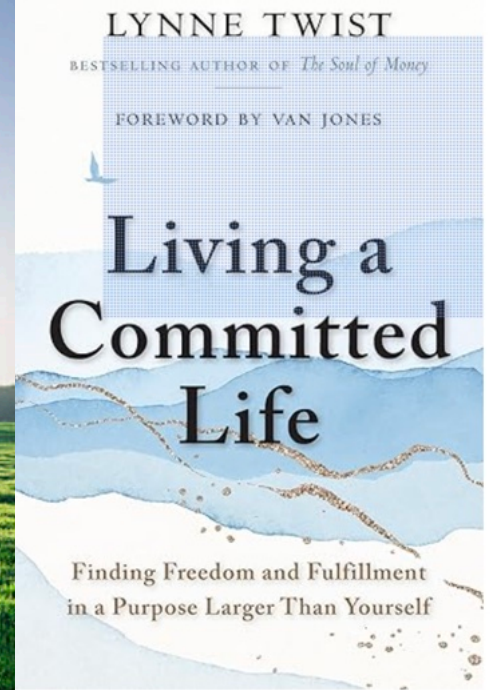
*Unity Five Cities is built on the contributions of our volunteers.
We couldn't make it without you.
Thanks for all you do.*

**You make a living by what you get.
You make a life by what you give.**

Living a Committed Life

February 21 - April 3, 2024

6:00 - 7:30 p.m. on Zoom



New Book Discussion Group

Join in the group discussion of the latest book by Lynne Twist, global visionary and activist committed to creating a future that is environmentally sustainable, spiritually fulfilling, and socially just.

Topics to be discussed include:

- Answering the Call
- Transformation
- The Magic of Possibility
- Breakdown into Breakthrough
- Loss, Failure, and Resilience
- Closure, Forgiveness, and New Openings
- Co-creating an Evolutionary Leap

"I believe that those of us who are alive now - young, old, male, female - are the imaginal cells that are gathering together to create the next phase of human existence. It is crucial that we have a vision that pulls us out of fear and despair and guides our actions. And it is also crucial that we dare to believe that that vision is possible."
~ Lynne Twist

When: **February 21 - April 3 (7 weeks)**

Where: **Zoom**

Time: **6:00 - 7:30 p.m.**

Facilitator : **Rita Conrad, PhD**

For more info or to sign-up, contact Rita at rmconrad99@gmail.com or 510-898-8514

Unity Five Cities Presents

Potluck and Sound Meditation

Peaceful Point, 2850 Peaceful Point Lane, Arroyo Grande

Friday, February 16th • Love offering accepted

Potluck: 4:30-5:30 • Sound Meditation 6:00-7:00 pm

Potluck

Unity's Aging Gracefully Support Group is having a potluck featuring Plant-Based dishes. Meaning no meat, dairy, eggs, cheese, etc.

We can see how delicious the dishes are and we will have fun sharing recipes and cooking tips.

Bring your own plate, utensils, and beverage.
Friday Feb. 16th, 4:30-5:30 pm
Contact Chris: chris@peacefulpoint.com



Sound Meditation

Join Rita Conrad as she plays various gongs and crystal bowls in a meditation to expand consciousness and connect with the Divine. Please bring whatever you need to lie on the carpeted floor comfortably, such as yoga mats. Chairs and support pillows are available, if needed.

Friday Feb. 16th, 6:00-7:00 pm. Contact Rita with any questions - rmconrad99@gmail.com, 510-898-8514.

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>
Feb 4 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Feb 11 Ethel "Tink" Landers	Gale McNeeley & Bob Molznik
Feb 18 Kevin Hauber	Steve Kindel & Karen Wilkens
Feb 25 Richard Inman	Richard Inman
Mar 3 Rita Conrad, Ph.D.	Jan Grigsby
Mar 10 Rev Brian Walker	Gale McNeeley & Bob Molznik
Mar 17 Rev Jan Limberg Morgan	Steve Kindel & Karen Wilkens
Mar 24 Angela Patnode	Rob Kimbal
Mar 31 Mark Stanton Welch	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 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