A Spiritual Community on a Positive Path of Personal Growth

Unity San Luis Obispo founded - 1929, Unity Five Cities founded - 1999 November 2026

Making Love Visible

November theme - Teach Compassion

"Be compassionate, just as your Father is compassionate." — Luke 6:36 (NRSV)

Compassion is one of the most beautiful expressions of our spiritual nature. It is more than feeling sympathy for another person's suffering. Compassion is love put into action—the willingness to recognize another's pain and respond with understanding, kindness, and care.

In New Thought, we affirm that every person is an expression of the Divine. Beneath our differences, judgments, and misunderstandings lies a shared spiritual identity. When we recognize the presence of God in ourselves and others, compassion becomes more than a moral obligation. It becomes a natural expression of who we truly are.



Jesus demonstrated this understanding throughout his ministry. In the parable of the Good Samaritan, he challenged the conventional boundaries of religion, culture, and social acceptance. The Samaritan did not stop to ask whether the injured traveler deserved his help. He simply saw someone suffering and responded with love. Jesus concluded the story with a simple instruction: "Go and do likewise" (Luke 10:37).

Yet compassion is not always easy. We live in a world where disagreement frequently becomes division, where people are quickly judged, and where kindness may be mistaken for weakness. Teaching compassion begins with recognizing that we can disagree without condemning, establish boundaries without hatred, and stand for justice without losing our humanity.

Church Membership

Membership is more than belonging—it's making a difference! As a member of Unity Five Cities and San Luis Obispo, you have a voice in shaping our church's future, opportunities to serve, and a meaningful role in strengthening our spiritual community. Your membership matters!



New member class on Zoom starting in November, facilitated by Pastor Brian. Class time is flexible to accomodate interested participants. Everyone is welcome. You don't need to be new or a non-member to join, learn, and welcome those who are becoming members.

The Principles and Process of True Prosperity

God Is the Infinite Source of All Good

Eric Butterworth teaches that true prosperity begins with the recognition that God is the infinite Source of all good. Divine substance is ever-present and inexhaustible.



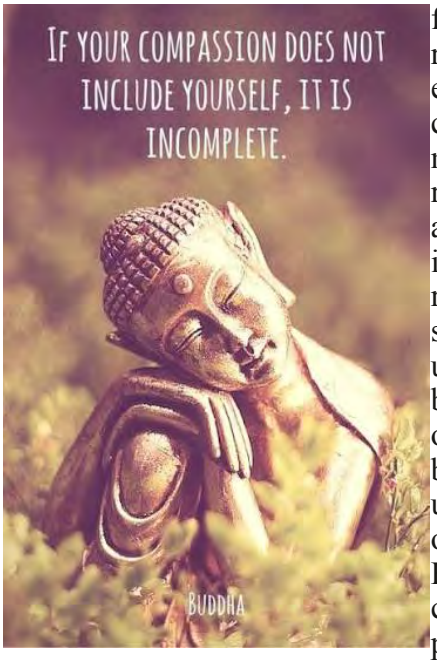
Our good does not finally come from a job, a person, or a particular circumstance, but from this limitless Source.

When we live from this awareness, we move from fear and scarcity to trust and openness, ready to receive and express the abundance of life.

Affirmation: *The same infinite Source that sustains the universe lives and works through me.*

Making Love Visible (Con't)

Equally important is learning to extend compassion to ourselves. Too often, our inner conversations are filled with criticism, regret, and unrealistic expectations. Self-compassion does not mean avoiding responsibility. It means acknowledging our imperfections while remembering that our spiritual worth remains unchanged. As we become more accepting of ourselves, we often become more understanding of others.



How, then, do we teach compassion? Most powerfully, through example. We teach it when we listen without interrupting, offer forgiveness rather than resentment, reach out to someone who feels excluded, or respond gently to a person who is struggling. We teach it when we seek to understand before insisting on being understood.

Compassion also invites us beyond individual acts of kindness. It challenges us to create communities where everyone experiences dignity, belonging, and genuine concern.

Every encounter presents an opportunity to make Divine Love visible. We may not be able to heal every wound or solve every problem, but we can choose how we respond to the people and circumstances before us. When we teach compassion, we do more than change behavior. We help awaken the awareness of our spiritual oneness—and through that awareness, we help create a more loving world.

Affirmation: I recognize the Divine in every person. I choose understanding over judgment, kindness over indifference, and compassion as my way of life.

Unity Women's October Gathering

The women's group met Friday, October 30th, at Peaceful Point for a lovely potluck gathering. Marilyn



Mercado facilitated a casual, experiential gathering using breath, movement, touch, and simple self-love and self-care practices. It was heavenly.

Reunification Is Now Development

Since the Unity Five Cities and Unity San Luis Obispo reunification process is complete and we are now in a "Growth" stage. It was decided that the Reunification Committee will be renamed to Development Committee meeting quarterly to oversee and coordinate subcommittee efforts. The Venue Search, Tech, Market Survey, Public Relations, and Program subcommittees will meet more frequently to carry out their duties and projects. Our next Development Committee meeting is January 11th, at 7:00 pm on Zoom. We need your talents and expertise! If you would like to help with the development process, Contact Rev. Brian or Chris.

Thank You to Our Generous Congregation

A heartfelt thank you to our wonderful congregation for raising $970 to support the 5Cities Homeless Coalition in Grover Beach! Your generosity made it possible to purchase 48 sweatshirts and 48 sweatpants, delivered on October 12th, just ahead of the colder weather. The Homeless Coalition was very appreciative. Your kindness and compassion are making a meaningful difference in the lives of those experiencing homelessness in our community. Together, we are putting our spiritual values into action through love and service. This is an ongoing outreach effort! If you would like to volunteer or contribute, please contact Chris at chris@peacefulpoint.com.



September 2026

Income	$8,805
Expense	$7,041
Net Income	$1,764

Year to Date

YTD Income	$77,783
YTD Expense	$66,550
YTD Net Income	$11,233

Church Christmas Party - Friday, December 4, 5pm

AWAKENING THE HEART

Float in a blissful immersion of musical chanting

Sunday November 15th 12:15pm - 1:45pm

at Unity Five Cities

789 Valley Rd. | Arroyo Grande, CA | (805)788-4777

Learn different practices for clearing the heart center, activating Life Force and entering a meditation of joy and sweetness.



Bask in the holy vibrations of mantra music and reverential sound of the harmonium, calling forth the awakening of the soul. Brian speaks in a dynamic way about the nature of Truth and Existence.

As a wandering monk, Brian has held hundreds of these "satsangs" at yoga studios, churches and spiritual centers all over the US and Canada. Satsang is an immersion into profound states of consciousness through energy healing, mystical mantra, sweet harmonium music and guided meditation.

Learn more about Brian at
stirtheheart.com

Follow Brian on Facebook at
Satsang with Brian Lottman

Suggested Donation: $20



We are putting our spiritual values into action through giving and service.

Let's share our love and generosity with neighbors in need. Please bring non-perishable food or monetary donations that can purchase up to four times more food.

Donations benefit the SLO Food Bank and 5Cities Homeless Coalition.

Especially needed are high protein items such as, peanut butter, canned fish, and beans either canned or dried

By Nov. 22nd, please bring food items and monetary donations to the 10:00 am Sunday service at the Victorian, 789 Valley Rd., Arroyo Grande.

unity®
Five Cities and
San Luis Obispo

Or donate online www.unity5cities.org

Contact: info@unity5cities.org

THE BIG Christmas CONCERT

SATURDAY, DECEMBER 12, 2026

2:00–3:30 PM



FEATURING

Brynn Albanese

Concert Violinist

The One Mighty Light Choir

A 20-voice vocal ensemble

Directed by Richard Inman

A Christmas Song Singalong

Sing in the Christmas Season!

JOIN US AT

First Presbyterian Church

981 Marsh St. • San Luis Obispo, CA 93401

Love Offering

PRESENTED BY

unity
Five Cities and
San Luis Obispo

A heart-centered community providing a positive path to spiritual living

Power of Eight Intention

A Unity Circle Inspired by Lynne McTaggart's Transformational Intention Process



Join us for a powerful shared intention process that brings people together in prayerful presence, compassionate support, and focused healing intention. Experience the strength of spiritual community as we gather in a circle to hold one another in love.

November Meeting Times

Thursday, Nov. 5 • 6:30 PM • Zoom

Sunday, Nov. 22 • After Sunday Service • In Person at The Victorian

An email reminder and Zoom link will be sent the morning of the Zoom session.

To join the mailing list, participate, or be a recipient of an intention, contact:

Chris Garey
chris@peacefulpoint.com

All are welcome.

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
Jeanne Surber, Treasurer	805-708-1823
Joe Davidson, Facilitator	661-304-5154
Art Westerfield, Trustee	805-295-0558
Dr Jan Limberg Morgan, Trustee	805-801-4553
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Chris Garey, LUT, Volunteer Coordinator	805-440-1693
Nancy Johnson, Hospitality Coordinator	805-270-6646
Therese Solimeno, LUT, Prayer Chaplain Coordinator	805-440-9461
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 – Ruth Jackson	805-451-1313
Prayer Chaplain - Therese Solimeno	805-440-9461

Schedule

Speaker	Music
Nov 1 Rev Jan Limberg Morgan	Jan Grigsby
Nov 8 Therese Solimeno, LUT	Richard Inman & Sheila Cochran
Nov 15 Brian Lottman	Brian Lottman
Nov 22 Rev Brian Walker	One Mighty Light Choir
Nov 29 Rita Conrad, LUT, IMCP	Karen Wilkins & Dana Fiore

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
- Peaceful
- Accepting
- Loving
- Grateful
- Inspired
- Connected
- Affirming

Unity Five Cities and San Luis Obispo

Sunday Celebration 10:00 am

Meeting at The Victorian and on Zoom

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

A Spiritual Community

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