



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

April 2026

Where Spirit Leads, Freedom Follows

April Theme - Freedom

Freedom is not merely a condition granted by laws or circumstances; it is a spiritual reality to be claimed and lived. In the New Thought tradition, we begin with the premise that Divine Life is present everywhere, and that same Life expresses as us. Freedom, then, is the natural state of the soul—our original inheritance—before fear, habit, or old conclusions try to name us and limit us.

Many of us were taught to think of freedom as “someday”: when the schedule clears, when the money arrives, when the relationship settles, when the body feels better. Yet the deeper teaching is that freedom begins within consciousness. We are not denying the facts of the moment; we are refusing to let them have the final word. When we shift our inner agreement—from “I am bound” to “I am guided,” from “I am

stuck” to “I am supported”—new pathways open that were

Real freedom is the ability to pause between stimulus and response, and in that pause, choose.

previously invisible.

This is why spiritual practice matters. Prayer and meditation are not escapes; they are activations. In the silence, we remember that we are not victims of life—we are participants in Life. We reconnect with the Presence that is calm, clear, and creative. We learn again to choose our response, and in that choice we experience liberation. Even a small shift—one forgiving thought, one courageous conversation, one disciplined “yes” to what is life-giving—can loosen a chain we forgot we were wearing.

Freedom also has a collective dimension. As we awaken to our own wholeness, we become less reactive, less divided, less compelled to prove our worth. We begin to see the same Divine spark in others. This is the inner basis of justice and compassion: not guilt, not superiority, but recognition. When I know I am free in Spirit, I can support freedom

First Outreach to San Luis Obispo, Furnishing Food for Those in Need

For more than 20 years Unity of San Luis Obispo has been participating in serving a lunch once a month for the participants in homeless services provided by People’s Kitchen.

Don Aronson has volunteered in this program almost from its inception.

Recently three of Unity Five Cities & SLO members, Jeanne Surber, Alex Kramer, and Cindy

Maynard have joined the volunteer crew, which serves on the first Thursday of the month.

The various assignments include furnishing sandwiches, salads, soup, milk, fruit juices, and even tapioca pudding. A few who bring their “goodies” stay and serve them to needy people of all types. We who volunteer not only receive the benefit of giving but we receive even more the knowing that we are in alignment with the Universal Spirit of Love. By the way, we are presently in need of someone wanting to make sandwiches. If you are interested in participating, get in touch with Don for further information swededaronson@gmail.com -



Martha Aivaz Celebration of Life April 19th

On Sunday, April 19th, at the Sunday Celebration, we'll be honoring Martha Aivaz on her 90th birthday. Therese Solimeno, LUT, co-founder with Martha of Unity Five Cities, will be speaking and leading the activities. Everyone will get a chance to share their memories of Martha. Don't miss this special event.



Where Spirit Leads, Freedom Follows (Con't)

in the world without hatred, and I can work for change without losing my center.

Consider taking a simple freedom inventory this week. Where have you been living from obligation rather than inspiration? Where have you been repeating a story that no longer fits? Where might you be called

to release resentment, or to set a boundary, or to accept help? Freedom is often less about dramatic leaps and more about gentle, persistent alignment with Truth.

Affirm with me: I am free because I am one with Infinite Spirit. I release the past, I bless the present, and I welcome the good unfolding now. Divine

Wisdom guides my

choices, Divine Love supports my heart, and Divine Life expresses through me in new and joyful ways. May we remember: freedom is not something we earn. It is something we awaken to—and live from—today.

Congregational Survey

The upcoming congregational survey is a vital part of our planning process, providing meaningful insight into the hopes, needs, and perspectives of our Unity community. Each response helps shape decisions that will guide our future direction.

Thoughtful and honest answers ensure that the results truly reflect

who we are and where we feel called to grow. Your voice matters, and by taking time to respond carefully, you will help build a stronger, more aligned, and sustainable path forward together.



"Peace comes from within. Do not seek it without."

Buddha

Unity Women's Gathering at Feather Ranch

March 27th - A day to remember. The theme for the day was "joy." Name tags were provided as we joined together Unity Five Cities and San Luis Obispo as well



as ladies from the Santa Maria Unity Church. We had an abundance of food brought and shared by those attending.

A "Joy Rosary" was created by each attendee intended to represent a joy-filled memory. The large selection of beads of all colors, shapes and sizes were a focal point. Women were invited to choose seven beads. Their beads were then threaded on a leather cord. Afterward, the women joined together in small groups to share the joy-filled memory that each bead represented.

The weather was made to order. The wrap-around porch gave attendees the opportunity to enjoy the outdoors if they chose to do so.

Helping the Homeless

The Unity-Five Cities Men's Group is continuing an effort to support the 5Cities Homeless Coalition based in Grover beach. With the generosity of the congregation, we collected the \$750 needed to purchase 120 pairs of men's socks, 120 pairs of woman's socks, 120 woman's underwear in various sizes and 144 men's underwear in assorted sizes. They were delivered March 17th.



The homeless community is deeply grateful for these clothing donations. Your kindness provides warmth, dignity, and comfort during difficult times. These simple gifts restore hope, lift spirits, and remind those struggling that they are seen, valued, and supported by caring people.

February 2026

Income	\$9,076
Expense	\$5,967
Net Income	\$3,019

Year to Date

YTD Income	\$17,028
YTD Expense	\$12,617
YTD Net Income	\$4,411

Reunification Steering Committee

The Reunification Steering Committee is hard at work fulfilling the Mission Statement: "To develop short term and long-term plans to provide Unity



Ministry to San Luis Obispo County." We are meeting every other week and we have several subcommittees. Our current main effort has

been to develop a congregational survey to better understand the needs, feelings and desires of our Unity community. Join our effort to expand our organization and create a sustainable ministry that will continue to serve the community into the future.

Power of Eight Intention Sessions in April

The Power of Eight is available on Zoom, 6:30 pm on Tuesday, April 2nd, 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 service April 5th. 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



Community Outreach Opportunities

The 5Cities Homeless Coalition now has a meal program with three options:

- Meal Prep and Delivery** - Groups can sign up to prepare and deliver dinner for residents at our transitional shelters. Meals serve anywhere from 20 to 50 residents
- Kitchen Volunteering** - For those who would like a one-time experience, we also welcome



small groups to join our kitchen team at the Oceano Community Center to help with meal preparation, packaging, and light cleanup for our shelters.

- Volunteer Assistance** - We also welcome volunteers to lead or assist with our Day Hab program, which offers life skills, creative, and vocational workshops for adults in our housing programs.

A detailed flyer is available. Contact Chris: chris@peacefulpoint.com

Turn Your Interests and Hobbies into Community Groups

One of the many reasons that people traditionally join a church community is for social enrichment - people want to share not just spiritual knowledge and experiences but their interests and hobbies as well. Do you have an activity that you're passionate about and would like to share with the U5CSLO community? We are looking for leaders to expand the opportunities for social

engagements...like hosting a game night once a month. Or starting a cooking, hiking or dancing

group. Whatever your interest, there are probably many others who would love to join you, whether it's on a weekly, monthly, quarterly or "whenever the time feels right" basis. This is how our beloved Power of Eight, men's and women's groups, the choir, and Unity Ukes got started - by people who wanted to share their talents, passions and interests with the community. If you think you'd have more fun and make new friends in a group, then contact Rev. Brian so he can publicize the activity and get it into our church calendar.



Planning Meeting

The April 4th Planning Meeting at Peaceful Point will play a crucial role in shaping the sustainable future of our church. By bringing together key voices, it fosters thoughtful collaboration, shared vision, and strategic alignment. This gathering allows us to evaluate current needs, anticipate future challenges, and steward our resources wisely. Through prayerful reflection and intentional planning, we strengthen our foundation and create a clear, unified path that supports growth, resilience, and meaningful impact in our church and wider community.



Empowering Your Life Workshop

On Sunday, March 8th, Phillip and Jane Mountrose, co-founders of Awakenings Institute, facilitated a workshop titled "The Gift of Imagination: Empowering Your Life with Imagery and EFT."

Attendees were invited to discover how the images we hold in our inner world shape our outer reality and how to consciously shift them to manifest our dreams and step into our highest potential.





Easter Celebration, Sunday April 5th

Music

One Mighty Light Choir

Directed by

Richard "No Wrong Notes" Inman

Speaker

Rev Brian Walker

"Resurrecting Jesus"

The One Mighty Mighty Light Choir

SPRING INTO LOVE

With Special Guest Matt Green

April 26 at Noon • 789 Valley Rd, Arroyo Grande, CA 93420

NAVIGATING DYNAMIC AGING

JOAN VIRGINIA ALLEN

Join author, coach and publisher Joan Virginia Allen as we explore the magic of dynamic aging, followed by Q&A and an in-person book signing.

Navigating *Dynamic Aging*

A Memoir

by

Joan Virginia Allen

A co-author of *Dynamic Aging*



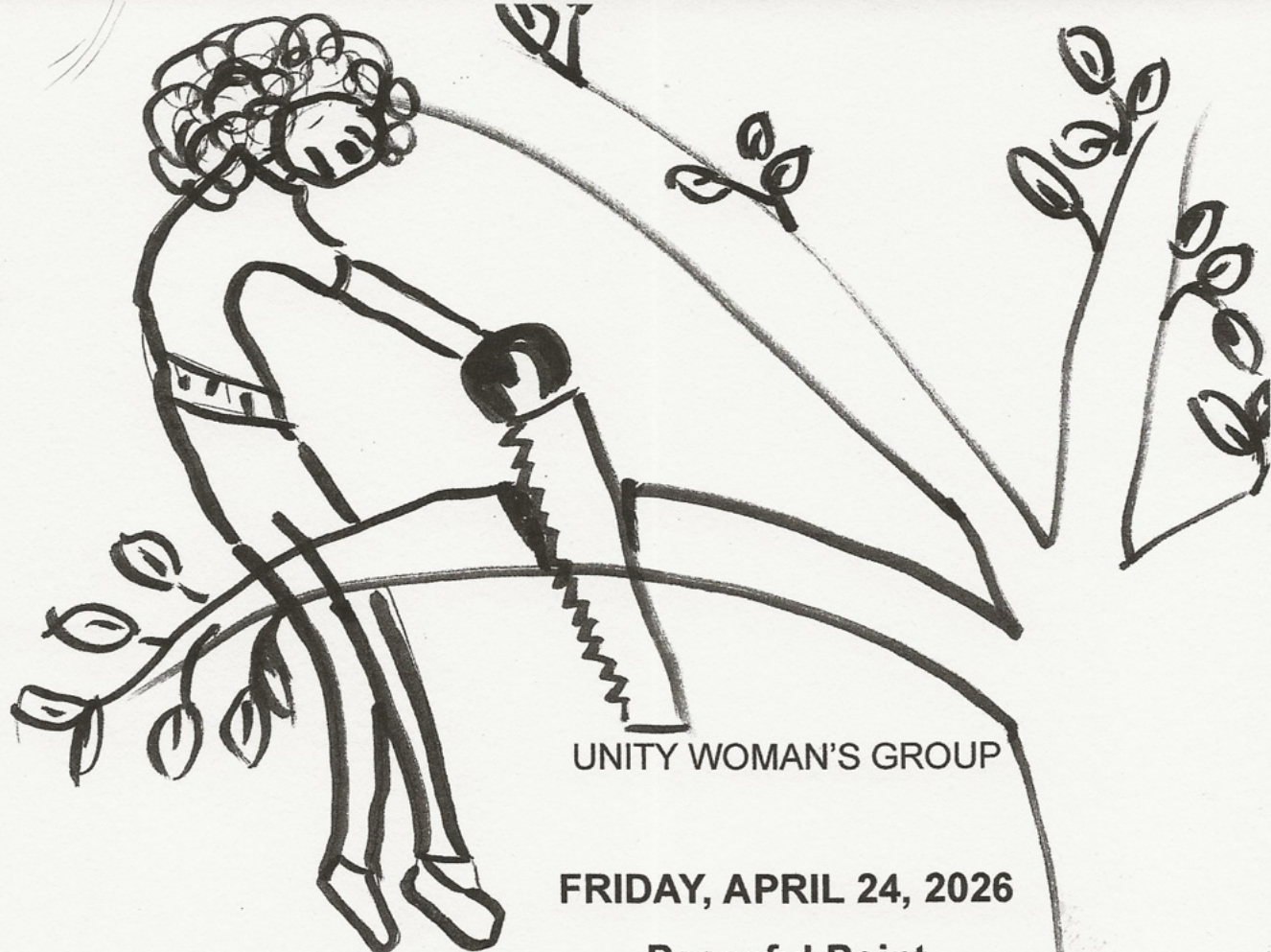
Foreword by Katy Bowman, M.S.,
founder of Nutritious Movement and
author of *Move Your DNA* and *Dynamic Aging*



PRESENTED BY UNITY WOMEN'S GROUP

LOCATION: 2850 PEACEFUL POINT LANE, ARROYO GRANDE, CA

DATE & TIME: FRIDAY, APRIL 17, 2026 @ 2:00 PM



UNITY WOMAN'S GROUP

FRIDAY, APRIL 24, 2026

Peaceful Point

Noon -2pm

Discussing "Sarah the Saboteur"

A character in Joan Virginia Allen's book,
"Navigating Dynamic Aging"

Salad Bar Potluck lunch. Bring a salad or something that goes in a salad (tomatoes; shredded carrots; mushrooms; kidney beans; boiled egg, etc.) Bring your own drink.

PURCHASING OR READING THE BOOK IS NOT NECESSARY

RSVP by April 22nd to Ruth Jackson jxruth@hotmail.com or

(805) 451-1313

Come Celebrate World Labyrinth Day!

Long's Labyrinth Open House

Sunday, May 3rd, 12:00-4:00 pm
154 Walnut St., Arroyo Grande



What is a Labyrinth?

It is not a maze, there are no dead ends, or wrong ways. In fact the Labyrinth is the opposite, a sacred, safe, single path, that lead you to the center, the same path takes you back out to the entrance. It is a spiritual tool meant to center yourself and find clarity and peace. You might think of it as a meditative walk, going on a symbolic journey, creating your own sacred path.



Our design is a Chartres style 7 circuit pattern called the "Chartres Essence" a smaller version of the the 800 year old Chartres Cathedral Labyrinth in France.

Everyone is Welcome!

Board of Trustees & Staff

Rev. Brian Walker, Minister	805-345-0832
Ruth Jackson, Secretary	805-451-1313
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Joe Davidson, Facilitator	661-304-5154
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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

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 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

Schedule

<u>Speaker</u>	<u>Music</u>
Apr 5 Rev Brian Walker	One Mighty Light Choir
Apr 12 Rev Joyce Zorger	Steve Kindle & Karen Wilkins
Apr 19 Therese Solimeno, LUT	Jan Grigsby & Nina Ryne
Apr 26 Richard Inman	One Mighty Light Choir

P. O. Box 1005
Arroyo Grande, CA 93421

A Spiritual Community

