

## Embracing Faith: The Cornerstone of Our Spiritual Journey

*December Theme - Faith*

As we navigate the complexities of life, the theme of faith emerges as a guiding light, illuminating our path and providing us with strength and resilience. In New Thought philosophy, faith is not merely a religious concept; it is a powerful, transformative force that can shape our experiences and empower us to create the lives we desire.

Faith is often defined as a deep trust in the unseen, an assurance that there is a greater order at work in the universe. It is the belief that, despite our current circumstances, something wonderful is unfolding. This perspective invites us to release our worries and doubts, allowing us to tap into the infinite possibilities that lie before us.

In moments of uncertainty, faith acts as our anchor.



It encourages us to look beyond the surface of our challenges and to trust in the divine intelligence that orchestrates our lives. When we cultivate this trust, we open ourselves to new opportunities and insights, often discovering solutions that we could not see before. Faith allows us

to rise above our fears, empowering us to take bold steps toward our dreams.

Moreover, faith is deeply intertwined with the practice of affirmation. In New Thought, we understand that our thoughts and beliefs shape our reality. By affirming our faith in a positive outcome, we align ourselves with the vibration of hope and possibility. Affirmations such as "I trust the process of life" or "I am supported by the universe" can reinforce our faith and help us cultivate a mindset of abundance and resilience.

It is also essential to recognize that faith is a dynamic process, not a static state. It can ebb and flow, influenced by our experiences and challenges. During

## Unity Five Cities and Unity SLO Merger

Unity Five Cities has been engaged for the last several months in a merger with Unity San Luis Obispo, including a number of special board meetings and a special congregational meeting, at which the merger was unanimously approved. Chris Toews, the attorney working on the merger, has submitted the final documents to the state Attorney General's office.



As of this writing, we haven't gotten word that the process has been completed, but expect it any day now. In the meantime, the board created a Steering Committee consisting of Pastor Brian, Chris Garey, Therese Solimeno, Alicia Nowicki, Barbara Lane, Ethel "Tink" Landers, Amanda Sherlock, Jeanne Surber, and Art Westerfield to plan how we're going to offer Unity ministry in San Luis Obispo. See related article about the work of the Steering Committee.

## Unity Five Cities Steering Committee

In anticipation of the Unity Five Cities and San Luis Obispo merger being approved, a steering committee was formed to guide the transition to the new combined ministry. Chris Garey was appointed as Facilitator and our first meeting was Nov. 3rd. We achieved two major goals.



### 1. Develop a Committee

**Mission Statement:** To develop short term and long term plans to provide Unity Ministry to San Luis Obispo County.

### 2. Establish subcommittees

**Liaison** – Working with the SLO Unity, Unity Worldwide Ministries, the Lawyer

**Finding a Venue** – Establish needs, Searching availability

## Embracing Faith (Con't)

difficult times, it is natural to question our faith. Yet, it is precisely in these moments that we are called to deepen our understanding and practice of faith. Engaging in prayer, meditation, and community support can help strengthen our faith, reminding us that we are never alone on our journey.



As we embrace the theme of faith this month, let us commit to nurturing our trust in the universe. Let us practice gratitude for the blessings we have and remain open to

the miracles that await us. In doing so, we not only enrich our own lives but also inspire those around us to explore the transformative power of faith. Together, let us walk boldly on our spiritual path, guided by the unwavering belief that all is well and that we are supported on our journey.

## Christmas Gifts for Seniors in Health Care Facilities

Our program spreads holiday cheer by providing personalized Christmas gifts for seniors in health care facilities in the Five Cities area. Each gift is thoughtfully chosen to match the recipient's interests and needs, reminding them they are loved and valued. Through community generosity, we bring warmth, joy, and connection to seniors during the festive season. Members of the congregation have generously stepped forward and they're buying gifts for 30 seniors. The gifts and the loving thoughts behind them will be much appreciated.

### October 2025

Income	\$3,510
Expense	\$5,492
Net Income	\$-1,982

### Year to Date

YTD Income	\$47,858
YTD Expense	\$47,262
YTD Net Income	\$596

## Unity Five Cities Steering Committee (Con't)

**Market Survey** - What are the needs of the community?

**Tech** - Sound and Zoom system, Website update, Using AI

**Public Relations** - Advertising/Social Media

**Prayer group** - To Hold the entire process in prayer

The committee's next meeting will be Dec. 1st. If you would like to be part of this creative and exciting process, contact Brian or Chris

## Unity Five Cities Women's Gatherings

The November women's group had their potluck luncheon at the home of Kathy Bornino. Each participant shared sacred objects from their own home alters and some of the stories that went with them, realizing that even a special shelf with mementos can be a home altar when we are mindful of the sacred connections we have had.



The Women's Group on Zoom, facilitated by Dr. Rita Conrad, LUT, will meet Thursday, Dec 11th, at 6:30pm. Contact Rita for the Zoom link, [rmconrad99@gmail.com](mailto:rmconrad99@gmail.com). *Come as you are.*

## Power of Eight Intention in December

The Power of Eight is available on Zoom, 6:30 pm on Tuesday, Dec. 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 service Dec. 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)





## Dr. Will Tuttle

On November 23rd, Dr Will Tuttle, scholar, musician, Zen Master, and author of several books, delivered an inspiring Sunday talk titled "Awakening Your Inner Genius." After a hearty potluck, Will and



Madeline, his visionary artist wife, led a workshop titled "The Keys to Developing Your Intuition," during which we, in turn, using our intuitive sense, listened to some of Will's original piano compositions and viewed Madeleine's artwork. Will shared his



seven ways to develop your intuition: 1. Meditation 2. Dreams. 3. Positive internal environment 4. Connect with nature 5. Creativity. 6. Compassion. 7. Try new things or take risks. As with all qualities that we want to cultivate, practice is important.

Will generously donated three books to the church: *The World Peace Way: Six Keys to Health and Harmony for All*; *Your Inner Islands: The Keys to Intuitive Living*; *Daily Veg Inspirations: Jewels from the World Peace Diet*. These books will be available to be checked out at the Victorian.

## Unity Five Cities Christmas Party

The church Christmas party will be on Friday, December 5th at 5pm at the Victorian. It's a potluck; so bring something special. And don't be afraid to



dress up. How often do you get a chance to dress up these days? The party will feature the One Mighty Light Choir directed by Richard Inman, the Unity Ukes, and the fabulous members of our community. Don't miss it unless you're allergic to good time. Please sign up with Pastor Brian, [revbrian.walker@gmail.com](mailto:revbrian.walker@gmail.com)

## Unity Five Cities 26 Year Anniversary A Great Success!

It was a special celebration on Sunday, November 9th, at the Victorian featuring a potluck and fabulous volunteer appreciation carrot cake. The event was filled with joy, gratitude, and community spirit. Members and friends came together to celebrate our history, honor our journey, and look ahead with renewed purpose. The warm fellowship, meaningful moments, and shared blessings made it a truly uplifting milestone for everyone involved.





## *December Women's Group Meeting*

**Where: Peaceful Point**

**Date: Dec. 19th, Friday**

**Time: 12:00 noon**

**Bring a festive dish to share**

**+ A gift exchange up to \$15.00**

**Utensils will be provided...**

### **A Healing Self Love Massage + Gift Exchange**

As we move into the holiday season, this heart-centered session invites you to slow down, breathe deeply, and come home to your body.

Through mindful movement, breathwork, and gentle self-massage on a chair, you'll melt away layers of stress and tension — physically, emotionally, and energetically. Each slow, intentional massage becomes an act of love — a tender whisper to your body saying, "I see you. I'm here."

You'll leave feeling grounded, lighter, and deeply connected to your heart. A perfect gift for yourself this season.

**Please bring a gift exchange of up to \$15.00 to celebrate the season and share with all the ladies.**



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*Christmas Candle Light Ceremony*

# *Be The Light*

*Saturday, December 20, 4 pm*

*Unity of Santa Maria*

*1165 Stubblefield Road*



*Featuring*

*The One Mighty Light Choir &*

*The Chapel of Light Singers*

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## 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
John Hauk, Trustee	831-227-0215
Don Aronson, Trustee	805-544-4504
Chris Garey, LUT, Volunteer Coordinator	805-440-1693
Nancy Johnson, Hospitality Coordinator	805-270-6646
Therese Solimeno, LUT	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 – 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

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)

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## Schedule

### Speaker

### Music

Dec 7 Rev Joyce Zorger	Jan Grigsy, Nina Ryne
Dec 14 Mark Stanton Welch	Mark Sstanton Welch
Dec 21 Richard Inman	One Mighty Light Choir
Dec 28 Ruth Jackson	Mike Smothers & Shari Fortino