



A Spiritual Community on a Positive Path of Personal Growth

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

July 2026

Living Lightly, Living Fully *July Theme - Embracing Simplicity*

We live in a culture that often equates success with more—more possessions, more commitments, more information, more activity. Yet beneath the constant striving lies a quiet longing for something else: peace. From a New Thought perspective, simplicity is not about deprivation; it is about alignment. It is the conscious choice to remove what obscures the presence of the Divine within us.

The spiritual journey is rarely about adding something we lack. Rather, it is about remembering who we already are. Our true nature is whole, complete, and inseparable from Infinite Mind. The clutter that fills our lives—whether physical, emotional, or mental—can distract us from this enduring truth.

Embracing simplicity begins in consciousness. We

simplicity
IS A FORM OF SELF CARE.

can ask ourselves, What thoughts am I carrying that no longer serve me? Fear, resentment, worry, and self-judgment consume tremendous spiritual energy. As we

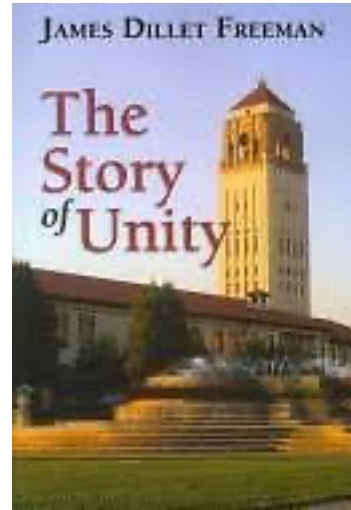
gently release them, we create space for wisdom, gratitude, and inspiration to emerge. Like clearing clouds from the sky, simplicity allows the light of Spirit to shine unobstructed.

Simplicity also invites us to be fully present. Instead of rushing toward the next task or replaying yesterday's disappointments, we discover the sacredness of this moment. The Divine is never found in yesterday or tomorrow—it is experienced in the eternal now. A quiet walk, a heartfelt conversation, a few moments of meditation, or simply watching the sunrise can become profound spiritual practices when approached with mindful awareness.

Jesus often demonstrated the power of simplicity. He pointed people away from elaborate rituals and toward the kingdom of God within. His teachings

"What Is Unity?" Class

The "What Is Unity?" class had its first of eight sessions on Wednesday, June 24th, on Zoom. The first class, which was well attended with 24 participants, was facilitated by Chris Garey, LUT, on the topic of "Unity: Origins to Today." The class members were an interesting mix of long time Unity practitioners to those who were engaging it for the first time. The stimulating discussion was wide ranging and provocative. Unlike most of our Unity classes, this class is designed to be a drop-in class, that is, you can attend any class that interests you without attending any of the other classes. In addition, there are four different facilitators from two different Unity communities. See the flyer in this newsletter for detailed information.



Cataloging Our Books

A heartfelt thank you to our dedicated volunteers who have taken on the tremendous task of unpacking and cataloging 25 boxes of books into our new database. Your time, care, and commitment will help us better understand, organize, and share this wonderful collection with our congregation and the wider community. The return date for the boxes of books is Sunday, July 12th at the Victorian.



Living Lightly, Living Fully (Con't)

remind us that the deepest spiritual truths are often the simplest: love God, love one another, forgive freely, and trust the abundant care of the Universe.

As we simplify our outer lives, we often discover greater richness within. We begin to appreciate quality over quantity, meaning over busyness, and being over



"Since when did they start including a phone number for tech support on pencils?"

constant doing. We realize that joy does not depend upon accumulating more but upon awakening to the abundance already present in Spirit. This month, consider choosing one area of your life to simplify. Perhaps it is your schedule, your

home, your inner dialogue, or your expectations. Each small act of releasing creates room for greater peace and deeper awareness.

Simplicity is not the absence of fullness—it is the presence of what truly matters. And when we make space for Spirit, we discover that everything essential has been with us all along. Thought reminds us that thought is creative. As we change our thinking, we open ourselves to new possibilities. We do not force life; we align with it.

Power of Eight Intention Sessions in July

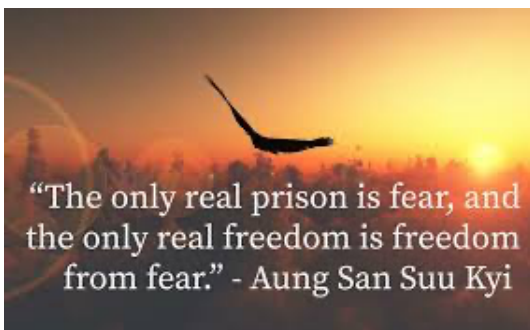
The Power of Eight is available on Zoom, 6:30 pm on Thursday, July 2nd, with an email reminder and



Zoom link going out the morning of the session. The in-person session at the Victorian will be after the service July 26th. 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



"The only real prison is fear, and the only real freedom is freedom from fear." - Aung San Suu Kyi

Unity Women's May Gathering

Sixteen people gathered for the women's group meeting on June 26th at Alex Kramer's home. After a potluck lunch of delicious food, we learned about spirit animals & how they can be

spiritual guides or messengers in our lives. We did some interactive & craft activities & enjoyed visiting & relaxing in a beautiful outdoor setting on a gorgeous summer afternoon.



Reunification Update

The Reunification Steering Committee's goal is to develop short- and long-term plans to provide Unity ministry throughout San Luis Obispo County. This month, we are highlighting the Program Sub-Committee which is working on a balanced schedule of classes, programs, events and activities that supports:

1. Spiritual growth
2. Personal growth (mind & body)
3. Fellowship (feeling part of a group and the larger UMW Unity Community)
4. Supporting the greater community by volunteering time, money, & talent

Our next meeting is July 13th, 7:00 PM on Zoom. If you would like to help with the planning process, Contact Rev. Brian or Chris.



May 2026

Income	\$8,275
Expense	\$7,964
Net Income	\$311

Year to Date

YTD Income	\$43,303
YTD Expense	\$48,797
YTD Net Income	\$-5,494

Variety Show 2026





The Gift Within Change

Understanding, Navigating, Growing Through Life's Transitions

Life is always changing. Whether it's a health challenge, divorce, a move, a career shift, retirement, loss, or a new beginning, change invites us to grow.

In this interactive workshop, you'll learn how to:

Understand the stages of change and recognize where you are in the process.

Navigate uncertainty using the **A.C.E. Framework** (Accept • Connect • Engage).

Build your own **Change Navigation Toolkit** with practical strategies you can use in everyday life.

Discover the gifts hidden within change—and learn how to move through uncertainty with greater confidence, resilience, and ease, no matter what life brings.

Sunday, July 19th, noon
At the Victorian
Facilitator: Marilyn Mercado

Love Offering



What is Unity?

New Eight Week Class in a Drop-in Format

June 24 • Origins till today

July 1 • Five Principles

July 8 • Metaphysical Bible

**July 15 • Unity, modern authors,
and online resources**

**July 22 • Spiritual, but not
Religious**

July 29 • Prayer

Aug 5 • Healing/Wholeness

**Aug 12 • Prosperity/
Abundance**

Wednesdays, June 24-August 12

6:30pm - 8:00pm, On Zoom

Facilitators

Rev. Brian Walker, July 8 & 22

Dr. Rita Conrad, LUT, IMCP, August 5 & 12

Therese Solimeno, LUT, July 1 & 29

Chris Garey, LUT, June 24 & July 15

Curious about Unity—or ready to deepen what you already know? Join us for “What is Unity?”, an engaging Unity class for newcomers and seasoned Unity practitioners alike. Together we’ll explore Unity’s rich history, affirmative prayer, the metaphysical interpretation of the Bible, healing, prosperity, and Unity’s Five Principles, with plenty of time for open discussion and Q&A. Come with your questions, insights, and curiosity as we discover how Unity’s practical spiritual teachings can inspire, empower, and transform everyday life.

Love Offering

**Contact Rev Brian
revbrian.walker@gmail.com**

Board of Trustees & Staff

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Nancy Johnson, Hospitality Coordinator	805-270-6646
Therese Solimeno, LUT	805-440-9461
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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 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

Speaker

Music

July 5 Ruth Jackson	Jan Grigsby & Nina Ryne
July 12 Rev Jan Limberg Morgan	Richard Inman & Sheila Cochran
July 19 Marilyn Mercado	Steve Kindel & Karen Wilkins
July 26 Amanda Sherlock	Choir

