



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

July 2024

Embracing Wonder *July Theme - Wonder*

In the ever-evolving landscape of spiritual exploration, the concept of wonder stands as a beacon, illuminating our path with its radiant glow. For those of us on the New Thought journey, wonder is more than just a fleeting feeling; it is a state of being, a gateway to profound spiritual insight, and a bridge connecting us to the infinite possibilities within and around us.

Wonder is the lens through which we view the world with fresh eyes, unclouded by cynicism or doubt. It is that childlike curiosity that compels us to ask questions, to seek deeper understanding, and to see the Divine in the mundane. In every sunrise, every blooming flower, and every act of kindness, wonder beckons us to pause, to be present, and to recognize the sacred in all of existence. In the teachings of New Thought, we often emphasize the power of thoughts and beliefs in shaping our reality. Wonder, in this

context, becomes a vital practice. It encourages us to step beyond the limits of our current understanding and to embrace the

vast, uncharted territories of the unknown. When we cultivate a sense of wonder, we open our minds to new ideas and perspectives, paving the way for greater creativity and innovation in our lives.

Furthermore, wonder deepens our connection to the Divine. It reminds us of the infinite intelligence that orchestrates the cosmos and the divine patterning that permeates every aspect of our being. When we marvel at the intricacies of nature or the boundless potential of the human spirit, we attune ourselves to the frequency of the Divine, fostering a sense of unity and oneness with all that is.

Wonder is the
beginning of wisdom.

Socrates

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Summer of Love

On Sunday, June 16th, after a sumptuous potluck, the Summer of Love concert was held in the Victorian garden. The participants included the Unity One Mighty Light Choir (directed by Richard Inman), Steve Kindel and Karen Wilkins, Richard Long, Ruth Jackson, Rev Joyce Zorger, Chris Garey, and Therese and Bob leading dancing.



Embracing Wonder (Con't)

In our daily practice, embracing wonder can be as simple as taking a moment to gaze at the stars, to listen to the whispers of the wind, or to find joy in the laughter of a child. It can be found in the quiet moments of meditation, where we allow ourselves to rest in the mystery and magnificence of life. By

practicing gratitude, we acknowledge the countless miracles that unfold around us, further nurturing our sense of wonder. power of affirmative prayer or treatment. By aligning yourself with the good that is ever present, you open yourself to a world of possibilities.

As we journey together in this New Thought community, let us recommit to

experiencing the world with hearts full of wonder. Let us allow this sense of awe to guide us, to inspire us, and to deepen our connection to each other and to the Divine. In doing so, we not only transform our own lives but also contribute to the collective awakening of humanity to the miraculous nature of existence.

Let wonder be our compass, leading us ever closer to the Truth, Beauty, and Goodness that are the hallmarks of divine life. May we each find wonder in our everyday experiences and let it shine brightly in our hearts as we walk this sacred path.

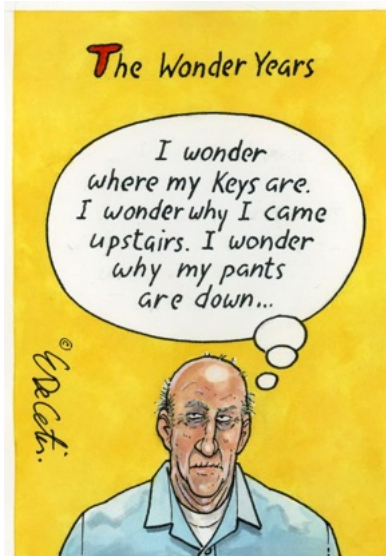
Power of Eight Intention Sessions in June

The Power of Eight is available on Zoom, 6:30 pm on Friday, July 5th, with an email reminder and Zoom link going out the morning of the session. Because of

scheduling conflicts at the Victorian and with the facilitators, there will be no in-person session at the Victorian. 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

Aging Gracefully - Preventative Care for All Ages Part 3, Starting July 24th

See flyer in this newsletter.



Unity Five Cities Women's Gatherings

On Friday, June 14, the Women's Group gathered at Gardens of Avila restaurant at Sycamore Mineral Springs for a lunch and sharing session. It was a soul-satisfying get together.

The Women's Group Zoom

Meeting, also known as The Spiritual Spa, will meet on Friday, July 12th (postponed one week because of the Independence Day weekend), at 6:30pm for inspiration and relaxation. No preparation needed. Come as you are! Facilitated by Rita Conrad, Ph.D. Contact Rita for the Zoom link, rmconrad99@gmail.com



New Members Class

Pastor Brian will be leading a New Members class in July with the date and times to be determined based on participant's availability. Please see Pastor Brian if you're interested. Remember that everyone is invited to the class. Learn the Unity foundational stories and visit with friends. We have a good time!



Church Financial Summary

May 2024

Income	\$5,192
Expense	\$4,036
Net Income	\$1,562

Year to Date

YTD Income	\$23,800
YTD Expense	\$21,162
YTD Net Income	\$2,638

Online Weekly Prayer and Meditation Group

Zoom Online Prayer Meeting every Wednesday, 10:00 am (Pacific time). Everyone is invited. There is a 3-minute guided meditation, a 10 minute meditation period with soft music, and then a sharing and prayer requests. A reminder e-mail goes out every Wednesday morning with the zoom link. Contact Brian to get on the mailing list:

revbrian.walker@gmail.com chris@peacefulpoint.com





Shindig On the Porch

A Celebration in Song, and Word

Music - Sing Along-Sharing-Connection
Featuring "The Unity Ukes" "The One Mighty Light Choir"
and Special Guests.

July 28 - 12:00 PM at the Victorian

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.



Everyone is Welcome!

Friday, July 19th, noon-2:00 pm

Bring your own plate, utensils, and beverage.

Peaceful Point, 2850 Peaceful Point Lane, Arroyo Grande

Contact Chris: chris@peacefulpoint.com

Presented by Unity Five Cities

Aging Gracefully

Preventative Care for All Ages

Part 3 Class starting July 24th

It is all about adjusting our lifestyle so we can become healthier, and live longer productive lives. Changing our lifestyle takes some effort but can be done in little steps that are easier to take. In the upcoming classes, we'll focus on the major areas that, when addressed with an integrated holistic preventative care approach, have shown to give positive results with our group.

Aging Gracefully schedule summary

We will be studying the book “The Joy of Well-being” and videos with experts

Part 3 – 7 weeks July 24 – Sept 4

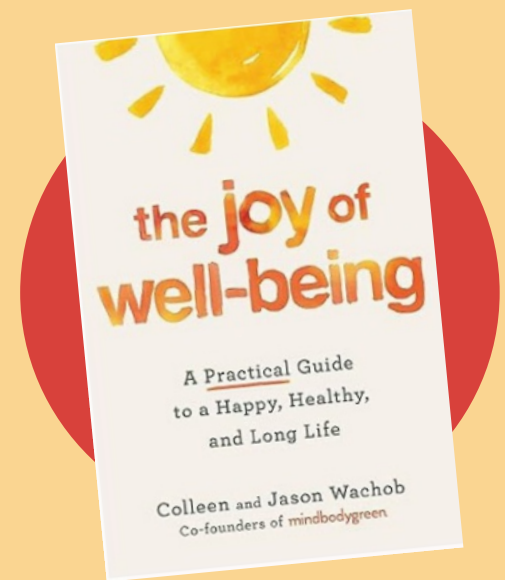
**Exercise for a healthy body and brain
with emphasis on the brain and the
prevention of dementia.**

Part 4 – 6 weeks Sept 18 – Oct 23

Stress reduction

Part 5 - 6 weeks Nov 6th – Dec 11

**Earth Regeneration
Being in a Supportive Community
Finding Purpose**



[Click here](https://vimeo.com/917987904) for a brief 2-minute video introduction to the Aging Gracefully program.
<https://vimeo.com/917987904>

No charge for these sessions on Zoom. Love offering accepted.

**For information or to be put on the email list to receive
class info and links, contact Chris Garey chris@peacefulpoint.com**

Unity-Five Cities Website: www.unity5cities.org

Board of Trustees & Staff

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Prayer Chaplain - Deborah Hall	805-788-4777
Prayer Chaplain - Lisa Leonard	916-765-1846
Prayer Chaplain – Jill Roberts	805-451-2886
Prayer Chaplain – Rita Conrad	510-898-8514
Prayer Chaplain – Ruth Jackson	805-451-1313

Schedule

<u>Speaker</u>	<u>Music</u>
July 7 Rita Conrad, Ph.D.	Jan Grigsby & Nina Ryne
Jul 14 Charmian Redwood	Richard Inman & Sheila Cochran
Jul 21 Rev Jan Limberg Morgan	Steve Kindel & Karen Wilkins
July 28 Timber Hawkeye	One Mighty Light Choir
Aug 4 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Aug 11 Marcelle Kardush	Mark Stanton Welch
Aug 18 Kevin Hauber	Steve Kindel & Karen Wilkins
Aug 25 Richard Inman	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