



A Spiritual Community on a Positive Path of Personal Growth

Founded November 1999

March 2026

The Transformative Power of Peace

March Theme - Peace

Peace in New Thought is not merely the absence of conflict; it is the presence of spiritual order. It is the quiet certainty that Life is governed by Principle, and that we can cooperate with that Principle from within. When peace is treated as a condition “out there,” dependent on circumstances, it remains fragile. When peace is recognized as a state of consciousness, it becomes available in the midst of changing events. Many of us were taught to wait for peace: “Once this situation resolves, then I’ll relax.” Yet the New Thought teaching is wonderfully practical—peace is something we practice. We can choose the inner posture from which we meet the day. As we align thought with Truth, we begin to experience a steadying center that does not rise and fall with every headline, relationship shift, or financial fluctuation.



One simple way to cultivate peace is to notice what we are feeding our attention. Attention is a form of agreement. When we repeatedly rehearse fear, we consent to fear’s authority. When we repeatedly return to spiritual reality, we consent to God’s presence and guidance. This does not mean denying challenges; it means placing them in the larger context of divine support. We can say, quietly and sincerely: There is One Power, and it is active in me now. I am guided. I am held. I am safe to be present.

Peace also grows through forgiveness. Unforgiveness is inner conflict kept on repeat. It binds our life-force to an old injury, continually refreshing it. Forgiveness does not excuse harm; it releases our spirit from the burden of carrying it. In New Thought terms, forgiveness is a mental and spiritual hygiene: we let go of what we no longer wish to energize. Another doorway into peace is gratitude. Gratitude gathers the scattered mind and returns it to awareness of good already present. A grateful consciousness is not naïve;

Annual Congregational Meeting Recap

A well attended meeting where we

1. Had a financial report for 2025
2. Elected Trustees to fill the open positions.

Jeanne Surber
Ruth Jackson
Ethel Tink Landers
Jan Limberg Morgan



3. Report on Merger progress – The who, what, why, when, and how we are proceeding
4. Had a good general discussion
5. Prayed the Reunification Prayer

Reunification Update

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 have a committee of 14 people that are serving on various subcommittees



working on interfacing with other Unity entities, researching new venues, financial setup, doing a market survey, tech improvements, public relations, developing program, and prayer group. Join our effort to expand our organization and create a sustainable ministry that will continue to serve the county into the future.

If you would like to help with the planning process, Contact Rev. Brian or Chris. We normally meet twice a month.



Power of Peace (Con't)

it is powerful. It trains perception to recognize supply, beauty, kindness, and possibility—even in small forms—until peace becomes the atmosphere of our inner home.

Try this brief practice this week: Pause three times a day. Exhale slowly. Place a hand on the heart. Affirm:

The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace.

Carlos Santana

The peace of God is my peace now. Then listen for one minute. Not for the perfect answer—just for the next quiet right step.

Peace is not a distant reward. It is a spiritual capacity. As we choose it again and again, we

become peacemakers—not only by what we do, but by what we radiate.

Helping the Homeless

The Unity-Five Cities Men's Group is continuing an effort to support the 5Cities Homeless Coalition based



in Grover beach. We are purchasing men's and woman's socks and underwear. We will be buying them in bulk and need to raise about \$750. So far we have raised \$589. There will be a donation basket at

the Victorian or you can contact Chris: chris@peacefulpoint.com

January 2026

Income	\$7,951
Expense	\$6,650
Net Income	\$1,301

Year to Date

YTD Income	\$7,951
YTD Expense	\$6,650
YTD Net Income	\$1,301

St Patrick's Day Humor

How are friends like four-leaf clovers?
They're hard to find and lucky to have.

Unity Five Cities and SLO Women's Group

The Women's Group enjoyed their time getting together February 27th at Peaceful Point, where an amazing potluck was shared. Jane Mountrose led the



group in getting in touch with their emotions through Emotional Freedom Techniques (EFT) tapping, a self-administered mind-body tool that combines acupressure with cognitive affirmation to reduce stress, anxiety, and emotional distress.

The Spiritual Spa for Women

Need a spiritual pick me up during the week?

Don't want to leave the comfort and warmth of your home? Consider dropping by *The Spiritual Spa for Women* on Zoom. There's no preparation needed, no book to read, no restrictive agenda or long talk and no need to be there for every session. We open with a short prayer, check-in with one another, do a short meditation, have a bit more heart-centered discussion, and end with an inspirational reading, sending our light out into the world.

So come as you are. Drop in whenever you can. Share whatever is on your heart. The group now meets twice a month -- the 2nd and 4th Thursdays of the month, 6:30-7:30 pm. on Zoom. Contact Dr. Rita Conrad, LUT,




Power of Eight Intention Sessions in March


The Power of Eight is available on Zoom, 6:30 pm on Thursday, March. 5th, 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 March 22nd. 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



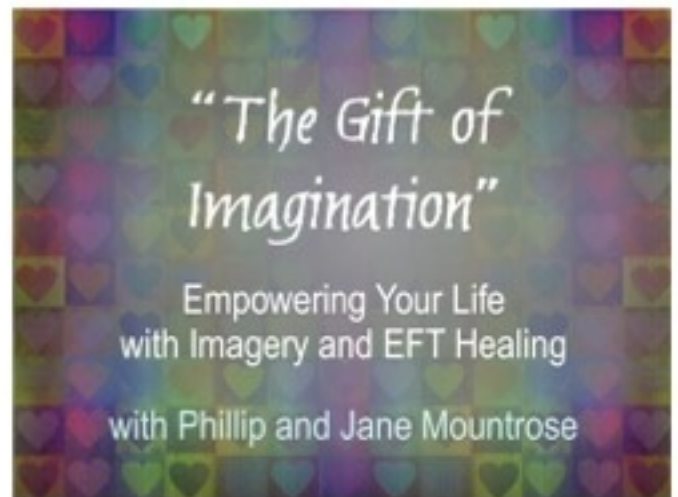
The Gift of Imagination: Empowering Your Life with Imagery and EFT

A Transformational Workshop
with Phillip & Jane Mountrose

 Sunday, March 8th

 12:15 – 1:45 PM

Unity Five Cities – Arroyo Grande



Your imagination is the language of your soul.

In this powerful 90-minute experiential workshop, you will discover how the images you hold in your inner world shape your outer reality — and how to consciously shift them to manifest your dreams and step into your highest potential.

In This Workshop, You'll:

- Discover the creative power of your imagination
- Learn how imagination is the foundation of manifestation
- Understand how metaphors – usually unconscious – create your reality
- Align more fully with your soul and higher version of yourself
- Gain practical tools to shift limited thinking and imagery to empowering presence

Come Experience ...

- How to activate your inner senses for greater insight and intuitive development
- A guided journey into your Soul's Garden -- where dreams are planted, cultivated, and brought into fruition
- The Reality Shift with EFT energy healing (tapping) for deep and lasting change

Your inner world is not random. It is the blueprint. And you are the architect.

Love Offering Appreciated



Phillip and Jane Mountrose are pioneering teachers, healers, and co-founders of Awakenings Institute, a nonprofit organization devoted to creating a more loving world where everyone's gifts are honored and nurtured. Learn more at gettingthru.org

Board of Trustees & Staff

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Prayer Chaplain – Ruth Jackson	805-451-1313
Prayer Chaplain - Therese Solimeno	805-440-9461

Schedule

<u>Speaker</u>	<u>Music</u>
Mar 1 Dr Jan Limberg Morgan	Jan Grigsy, Nina Ryne
Mar 8 Phillip Mountrose	Mike Smothers & Shari Fortino
Mar 15 Dr Rita Conrad, LUT	Steve Kindle & Karen Wilkins
Mar 22 Kathy Bornino, LMFT	Richard Inman & Sheila Cochran
Mar 29 Therese Solimeno, LUT	Mark Stanton Welch

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

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A Spiritual Community

