



A Spiritual Community on a Positive Path of Personal Growth

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

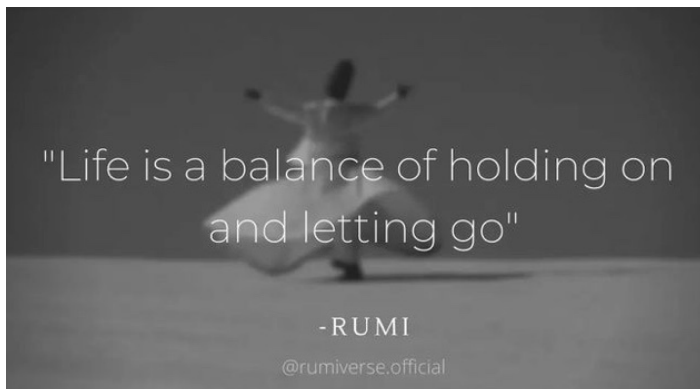
October 2026

Returning to Center ***October theme - Create Balance***

We often think of balance as something we either have or do not have. But spiritual balance is not a fixed condition. It is something we create, moment by moment, as we learn to live from the center of our being.

Unity teaches that there is within each of us a divine presence—the Christ within—that remains whole, peaceful, and spiritually centered even when the outer circumstances of life feel uncertain. Our task is not to control every condition around us, but to return again and again to that inner place of wisdom and strength.

Nature gives us a helpful image. A tree does not remain perfectly still in the wind. It bends, adjusts, and



moves while remaining deeply rooted. So it is with us. Balance does not mean that nothing disturbs us. It means that we know where our roots are. When life becomes hurried, demanding, or confusing, we can pause and ask: Where is my attention? What am I giving my energy to? What is Spirit calling me to restore?

Sometimes we need more activity; sometimes we need rest. Sometimes we need solitude; sometimes we need companionship. Sometimes we need to speak, and sometimes we need to listen. Divine order does not mean that everything happens exactly as we would choose. It means that we trust there is a deeper wisdom available to guide us in responding to what life presents.

Affirmative prayer is one way we return to that

Church Administrative Assistant

At the September meeting, the Unity Five Cities and SLO board approved hiring a part-time administrative assistant, who would work remotely. The 20 hour per month position requires that a person be computer literate and have a basic familiarity with application software such as word processing, database, presentations, and publications. Of course, there will be training for the specific church related tasks. The salary will be dependent on experience. If you know anyone who might be interested, please refer them to Pastor Brian. revbrian.walker@gmail.com



Spread the Books

The September 6th Book Day at the Victorian was filled with fun and discovery! Books offered on a love offering basis, filled the table, inviting everyone to browse. Many enjoyed the hunt for that special book of interest, sharing recommendations and discovering new ideas, inspiration, and enjoyable reading.



One Mighty Light Choir

The One Mighty Light Choir, with choir director Richard "No Wrong Notes" Inman, is in full swing preparing for the upcoming holiday season. If you like to sing and have fun, see Richard.



Returning to Center (Con't)

center. Rather than praying from fear or lack, we affirm



"IF I CAN'T PLEAD INSANITY, CAN I PLEAD SLIGHTLY OFF BALANCE?"

the spiritual truth already present within us: peace, wisdom, strength, love, and wholeness. We remember that these qualities are not distant gifts we must somehow obtain. They are expressions

of our divine nature waiting to be recognized and lived.

Creating balance also means honoring the many dimensions of life—body, mind, relationships, work, service, rest, and spiritual practice. Not every area will receive equal attention every day. Balance is less about equal portions and more about conscious alignment. We might affirm:

The Christ within me is my center. Divine wisdom guides my choices. I move through life with peace, strength, and balance.

Balance is not a destination we finally reach. It is the spiritual practice of continually returning to center—and remembering who we truly are.

Power of Eight Intention Sessions in October

The Power of Eight is available on Zoom, 6:30 pm on Thursday, Oct 1st, 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 Oct. 25th.



If you would like to be on the mailing list, to participate, or be a recipient of an intention, contact: Chris Garey

Helping the Homeless

Unity Five Cities and San Luis Obispo is continuing their effort to support the 5Cities Homeless Coalition based in Grover Beach. We are raising \$970 to purchase 48 sweatshirts and 48 sweatpants for distribution in October before the cold winter weather. The generous Unity Community has donated \$751 so far so we are almost there! We are doing this on an ongoing basis. If you are interested in helping or donating, contact Chris: chris@peacefulpoint.com

Unity Women's September Gathering

The women's group met Friday, September 25th, at



Peaceful Point for a lovely potluck gathering. Each of the participants told a personal story about themselves to

create a greater sense of intimacy in the group. It was wonderful learning more about each other, an experience that deepened the group's connection.

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. The Public Relations

committee is

maintaining the advertising program in the New Times and

social media. Everyone can help with "word-of-

mouth" advertising by talking about church events with family and friends, particularly with past Unity congregants. We are considering a Christmas program in SLO with One Mighty Light Choir and local musicians to broaden SLO appeal. The Committee will brainstorm ideas on outreach to the LGBTQ community with an inclusive invitation.

Our next Committee meeting is Oct 12th, 7:00 PM on Zoom. If you would like to help with the planning process, Contact Rev. Brian or Chris.



August 2026

Income	\$9,134
Expense	\$7,393
Net Income	\$1,741

Year to Date

YTD Income	\$68,978
YTD Expense	\$59,510
YTD Net Income	\$9,468

Church Picnic 2026



Reunification Concert in Dallidet Adobe and Gardens



GYROKINESIS® WORKSHOP

MOVE • BREATHE • RENEW



SUNDAY, OCTOBER 18 | 12:00 NOON

The Victorian | 789 Valley Rd, Arroyo Grande

LOVE OFFERING

WHAT IS GYROKINESIS?

GYROKINESIS combines gentle, flowing stretches with breathing and rhythmic movement. Much of the class can be done while seated or standing. GYROKINESIS uses circular, spiraling patterns that gently pull the joints into extension, expanding your reach and creating more space in the joints.

MEET WENDY HOLDEN

Wendy has taught movement classes since 2001. She is certified in Gyrokinesis, Gyrotonic, and Pilates, and has studied yoga healing. Drawing on her experience in dance and fitness, she offers clear guidance and helps each person move comfortably at their own pace.

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
Dr Jan Limberg Morgan, Trustee	805-801-4553
Ethel Landers, Trustee	805-550-0348
Chris Garey, LUT, Volunteer Coordinator	805-440-1693
Nancy Johnson, Hospitality Coordinator	805-270-6646
Therese Solimeno, LUT, Prayer Chaplain Coordinator	805-440-9461
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 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

Oct 4 Rev Joyce Zorger	Jan Grigsby & Nina Ryne
Oct 11 Mark Stanton Welch	Mark Stanton Welch
Oct 18 Don Aronson	Steve Kindel & Karen Wilkins
Oct 25 Richard Inman	One Mighty Light Choir

