



A Spiritual Community on a Positive Path of Personal Growth

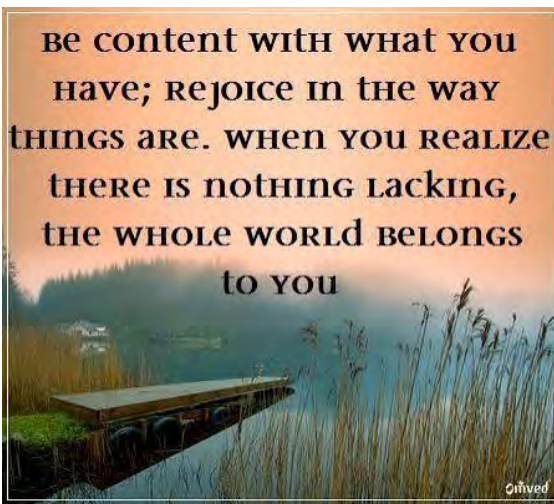
Unity San Luis Obispo founded - 1929, Unity Five Cities founded - 1999

September 2026

The Quiet Gift of Enough *September theme - Be Content*

There is a quiet wisdom in the words “Be content.” They invite us to stop measuring our lives by what is missing and begin noticing what is already present. Contentment, however, does not mean resignation. It does not mean giving up our dreams, tolerating injustice, or deciding that nothing in our lives needs to change. New Thought teaches growth, transformation, and the unfolding of our divine potential. We can desire a better tomorrow while still experiencing the goodness of today.

The difficulty is that much of our culture teaches the opposite. We are continually encouraged to believe that happiness lies just beyond the next achievement, purchase, relationship, promotion, or improvement.



The unspoken message is: “When I finally have enough, then I will be happy.” But “enough” has a remarkable way of moving

farther away whenever we approach it.

Contentment begins when we reverse the equation. Instead of saying, “When my circumstances change, I will be at peace,” we begin to discover a peace that does not depend entirely upon circumstances. The Apostle Paul wrote, “I have learned to be content with whatever I have” (Philippians 4:11). The important word may be learned. Contentment is not necessarily something we either possess or lack. It is a spiritual capacity we can develop. One way we learn it is through gratitude. Gratitude shifts our attention from scarcity to sufficiency. It does not deny our problems; it places them within a larger

New Project to Help the Homeless

The members of Unity Five Cities and San Luis Obispo are continuing their effort to support the 5Cities Homeless Coalition based in Grover Beach. As the winter season is approaching, the Homeless Coalition has requested

sweatshirts and sweatpants. We need to raise about \$970 to purchase 48 sweatshirts and 48 sweatpants. The goal is to distribute them in October before the cold weather. The Unity Men’s Groups is organizing this effort and look forward to the joint efforts of the Woman’s group and the congregation to help raise the funds.



We are doing this on an ongoing basis. If you are interested in helping or donating, contact Chris:

Beach Bonfire was Great Fun

On Sunday, August 23rd, at 7pm Unity Five Cities and San Luis Obispo had a beach bonfire at the end of Grand Avenue by Finn's Restaurant. There were your marshmallows, hot dogs, etc for roasting. Rich and Sheila led a sing-a-long. There was a great sunset. Everybody had a good time.



reality. There may be something unresolved in my life, but there is also beauty. There may be uncertainty, but



"My goal was to become a millionaire, then I became a billionaire. Now I realize that until I achieve the status of trillionaire, I won't be content."

there is also love. There may be something I still hope to achieve, but there is also much that is already good.

From a New Thought perspective, our deepest contentment comes from remembering that the ultimate

source of our good is not outside us. The divine presence is here, now, within and around us. We do not have to earn it, purchase it, or wait for it to arrive. Perhaps the spiritual practice of contentment can begin with a simple question:

What if, just for this moment, nothing is missing? We can still grow. We can still dream. We can still work to make our lives and our world better. But we can do so from gratitude rather than deficiency, from abundance rather than fear.

And perhaps that is the paradox of contentment: When we stop demanding that life give us more before we can be grateful, we begin to discover how much life has already given us.

Enough

I need not chase a distant shore
To find the peace I'm longing for.
The good I seek is here, somehow—
Within this breath, within this now.

Life does not promise all I choose,
Yet even loss has gifts to use.
I bless what is, release what's gone,
And trust the Love that leads me on.

No future day must make me whole;
Divine abundance fills my soul.
And quietly my heart can say:
I have enough. I am enough. Today.

Unity Women's August Gathering

On Friday, August 28th, ten women gathered at Peaceful Point for a potluck and a Self Discovery Love



Circle, led by Marilyn Mercado. It was a gentle space for the participants to explore, reconnect, and rise. In this heart-centered women's circle, participants were invited to step into a journey of self-love, inner discovery, and personal truth, leading to a profound sense of awe, unity, peace, and 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 Program Sub-Committee is Currently working on plans for the September 13th church picnic at Strother Park and the September 26th concert in San Luis Obispo at the Dalledet Adobe Garden. Both events will be fun fellowship events where we can enjoy shared time that brings and our congregation together.

Our next Committee meeting is September 14th, 7:00 PM on Zoom. If you would like to help with the planning process, Contact Rev. Brian or Chris.

July 2026

Income	\$7,702
Expense	\$6,077
Net Income	\$1,678

Year to Date

YTD Income	\$59,844
YTD Expense	\$52,117
YTD Net Income	\$7,727

Power of Eight Intention Sessions in September

The Power of Eight is available on Zoom, 6:30 pm on Thursday, Sept. 3rd, 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 Sept. 20th. If you

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

Near Death Experience Workshop

On August 16th there was a special workshop "Beyond this Reality" which was a journey of awakening. Grace Bubulka shared her powerful near death experience and the insights it revealed about life,



love, consciousness, and our connection to something far greater than ourselves. After the meaningful discussion, many left the workshop with a renewed

sense of purpose, peace, and possibility.

Book Fair

On Sunday, September 6th, after the Sunday Celebration, there will be a Book Fair at the Victorian. A portion of the church's book collection will be available for people to examine and purchase for a love offering. A list of the books is available in our church emails and at the Victorian. Everyone is invited to

participate.

Book Cataloging Program

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. That portion of the task has been completed. The program committee is setting up a regular schedule for distributing the books. A list of the books being offered will be published ahead of time and those books will be made available at the Victorian on certain dates on a love offering basis.



"What Is Unity?" Class Completed

The well attended "What Is Unity?" class offered an insightful and meaningful exploration of Unity teachings and spiritual growth. Participants explored Unity history, the Five Unity Principles, the Metaphysical Bible, prayer, healing and wholeness, prosperity and abundance, along with two thought-provoking sessions examining what it means to be "Spiritual but Not Religious."



Men's Group

The Men's Group enjoyed a wonderful outing at Lopez Lake, sharing a potluck and freshly cooked meal surrounded by nature. The gathering provided time for fellowship, laughter, stimulating discussion, and meaningful connections while appreciating the



peaceful beauty of the outdoors. If you would like to join the group, contact Chris.



At Unity Village and Online

Silent Unity welcomes you to join them in person for a prayer retreat September 7-11 at Unity Village. A special, in-person ceremony for World Day of Prayer is included in the full registration. This year's WDOP theme is Love is Alive. For details visit - www.unity.org

If you can't make it in person but would like to immerse yourself in prayer with us for World Day of Prayer, register for the online events that start with the opening ceremony Wednesday, September 9, at 7 p.m. CT. Registration is free. You will be sent a Zoom link. For details visit - www.unity.org

At Unity of Santa Maria

Unity of Santa Maria (1165 Stubblefield Rd, Santa Maria) will be observing a day of prayer and silence on Thursday, September 10th, from 8-5pm in their sanctuary. Everyone is invited to participate. For more details, see flyer in this newsletter.

The Spiritual Laws of Abundance



MATERIAL
Eternal
sufficiency



RELATIONSHIPS
Love, connection
and belonging



HEALTH
Vibrant body,
energized life



SPIRITUAL
Deep connection,
purpose & peace



EMOTIONAL
Joy, resilience &
inner freedom



MENTAL
Clarity, creativity
& growth



LIFE EXPERIENCE
Adventure, beauty
& wonder

*Abundance is not luck.
It's alignment.*

These timeless spiritual laws
are always at work.

When we live in harmony with them,
abundance flows—effortlessly.

- 🐾 Think from plenty, not lack.
- 🐾 Give, and the river keeps flowing.
- 🐾 Gratitude opens the floodgates.
- 🐾 Serve a purpose greater than self.
- 🐾 Trust the timing. It's perfect.

*Live these laws...
and life becomes a banquet.* ♡

*Abundance isn't
something you get...
it's something you
remember.*



ABUNDANCE IS YOUR BIRTHRIGHT. LIVE IT. SHARE IT. BE IT. ♡

All aspects of the human experience—material, relationships, health, spiritual, emotional, mental, and beyond.

Topics to be Covered



Discover the spiritual laws that support lasting abundance and prosperity.



Learn how your thoughts and beliefs shape your experience of supply.



Move beyond fear and limitation into a consciousness of divine sufficiency.



Transform your relationship with money, work, success, and giving.



Create abundance through the power of giving.

Wednesdays

September 2nd - October 14th

6:30 - 8:00pm

On Zoom

**Facilitators: Rev Brian Walker,
Therese Solimeno, LUT,**

Jeanne Surber

**Text: *Spiritual Economics:
The Principles and Process of
True Prosperity* by Rev Eric
Butterworth**

Pre-register

revbrian.walker@gmail.com

Love Offering



Unity Five Cities and San Luis Obispo Is Having A Picnic!

Sunday, September 13th
12:00-2:00 pm

Strother Park
1150 Huasna Road, Arroyo
Grande

Unity will provide regular and vegan
Hamburgers, hot dogs, buns, condiments
soda and water.

Bring a salad, snack, or dessert to share.
Plant-based dishes will be in a designated
spot.

There is a BBQ and tables with
some shade so bring a hat. You
can bring a lawn chair, game or
Frisbee. We will have croquet and
cornhole.

Fun for Family & Friends!
Bring pets (on a leash)

Will need volunteers to setup and
cleanup.

Contact: Rev. Brian Walker
revbrian.walker@gmail.com
805-345-0832



Unity Five Cities and San Luis Obispo

Celebrate with a

REUNIFICATION CONCERT

Two Communities • One United Ministry • A New Beginning

Live Music Featuring

**MARK STANTON WELCH
RICHARD INMAN • SHEILA COCHRAN**

**SATURDAY
SEPTEMBER
26, 2026**

2:00 – 3:30 PM

**FREE
ADMISSION**

*Love Offering
Accepted*

Join us
for an afternoon
of music,
fellowship and
celebration.

EVERYONE IS WELCOME!

Members, friends and the entire
Central Coast community.

*In Garden
at the*
Dallidet Adobe

1185 Pacific Street
San Luis Obispo,
CA 93401



Five Cities and
San Luis Obispo

 www.unity5cities.org
 info@unity5cities.org
 Unity Five Cities and San Luis Obispo



Love is Alive !

***Love leads me. Faith steadies me.
Prayer carries me forward.***

**Celebrate Unity World Day of Prayer in-person with
Unity of Santa Maria
1165 Stubblefield Road**

**Wednesday, Sept. 9th, 5 pm
Opening Ceremony Streamed from Unity Village**

**Thursday, Sept. 10th, 8 am - 5 pm
Drop-in for Prayer in the Chapel of Light**

**For more information, email
unityofsantamaria@gmail.com**

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

Sept 6 Rev Jan Limberg Morgan	Jan Grigsby & Nina Ryne
Sept 13 Richard Long	Mark Stanton Welch
Sept 20 Dr Rita Conrad, LUT, IMCP	Steve Kindel & Karen Wilkins
Sept 27 Rev Brian Walker	One Mighty Light Choir

