

Faith for Today

OUR VISION - A world powerfully transformed through the growing movement of shared spiritual awakening.
OUR MISSION - Empowering personal growth through positive spiritual principles, inspirational music and community service.

From the MINISTER'S HEART

Dear Unity Family,



Rev. Karla Lightner

I love this time of year. Winter is ending while new life emerges all around us. Spring is a fascinating season, a time of rebirth for all living things. It is a time of hope, a reminder that God is making all things new. Spring represents being reborn and coming alive in unique and positive ways during this Lenten and Easter season.

As new experiences call out to you, I invite you to breathe in the energy of Spirit and feel the Divine working in, as and through you.

Good Friday is on April 7th and Reverend Gretchen will be holding a Noon-3pm Watch Service in our sanctuary. "The Seven Last Words of Jesus" have long inspired people to find a deeper connection with God. Come join Reverend Gretchen for all or part of this meditative service. This will be in-person only.

On Good Friday at 7pm, Pastor Robert and I will be holding a meditative service and communion celebration together in our sanctuary. Combining **Unity San Diego and Unity Church of El Cajon** for such a holy and meaningful event will be something you will truly want to attend. If you attended World Day of Prayer in

September, I'm sure you remember how deeply moving it was to work together in unity with our sister church. This will be both livestreamed and in-person.

Easter is on Sunday April 9th and will be a morning full of inspirational music and ceremony as I speak about "**Embracing the Vision**". To experience this to the fullest, I invite all of you to attend our **Easter Service** in person if at all possible.

I'm looking forward to sharing this holy season with you.

Blessings of love and gratitude!

Karla

Rev. Karla Lightner, Minister



3770 Altadena Avenue
San Diego, CA 92105
(619) 280-2501
unitysandiego@gmail.com

Sunday Service 10am (PT)
Prayer Ministry (619) 282-7609
PrayerMinistry@UnitySanDiego.org
Daily Word Line: (619) 281-LOVE (5683)

A Letter from the Board President *Maria Garcia*

Hello Fellow Sparks of Divinity!



Maria Garcia
Board President

With the winter holidays over, we look forward to Spring. We ignore much of the in between time. Spring is about renewal and rebirth, while many only see Winter as bleak.

I offer a unique look. Some plants can't fruit until it's cold enough or there's a frost. Let this be an opportunity to spend time in introspection. To explore the deeper parts of our spiritual life. To reconnect with the divine within. See this as a quiet time for inner growth and preparation for new life.

Moving forward through this 'in between' time, I invite you to reflect on your spiritual gifts. What are you willing to share with this spiritual community and the world at large? What is spirit calling you to step up to? It might be volunteering. Perhaps running for the board. Maybe it's as simple as sharing one of our social media posts.

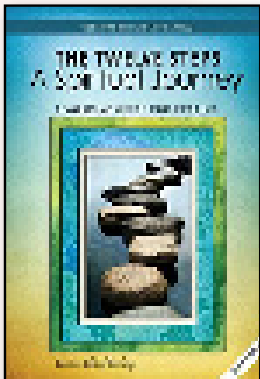
Prepare yourself for renewal. Prepare for rebirth. You are part of a community that is ready for your spiritual blossoming. Come grow with us.

Much Love,
Maria Garcia, Board President

"Everlasting Serenity" Spiritual Recovery

MINISTRY

will continue their study of *"The Twelve Steps A Spiritual Journey
A Working Guide for Healing Based on Biblical Teachings."*



This book was written by people who have experienced the healing love of God and the transforming power of *the Twelve Steps*. Using Biblical Principles, *Twelve-Step* wisdom and the power of self-disclosure, this workbook will serve as a roadmap on our journey toward lasting change and healing. For thirty weeks we will work together as a group melding spirituality and step work as we deepen our recovery and our relationship with the God of our understanding.

Please join us on **Thursdays at 7pm (PT) on Zoom**. While this ministry is primarily for those who are in recovery and families whose lives have been touched by addiction, you do not have to be in recovery to be a part of **The Everlasting Serenity Spiritual Recovery Ministry**.

Please contact Rev. Karla Lightner for more information at everlastingserenityusd@gmail.com or (619) 218-6135.

Scrip/Gift Cards - You can help raise money for Unity San Diego by buying Scrip from your phone.

There are 250 companies that will send them directly to you or your family. The other 500, you can pay for for by the 15th of the month, and the church should receive them in a week.

If you already have the **ShopwithScrip** app, it is easy to transfer your account to the new **RaiseRight** app. Just go to your app store and get the free app. All your information remains the same. **RaiseRight** keeps track of your reloadable balances, and it is easy to reload many of those cards. They keep you aware of bonus scrip and you can raise even more for Unity. If you do not have the ShopwithScrip app, just go to your app store and get the free RaiseRight app.

You must contact the church office to get the Enrollment Code to ensure the donation goes to our church. Then fill in all your personal information and credit info so you can order directly. They let you know which are directly mailable and which ones must be sent to the church. **For more information email us at unitysandiego@gmail.com or call at (619)280-2501, ext 102.**

Youth MINISTRY

Hello, Unity Family!

The year is off to a fun start and we are excited to announce that we will be having an **Easter Egg Hunt** after church service on **Easter Sunday, April 9th**.

Recently we have been gaining a better understanding of what God is and where we can find God around us in everyday life. We have also been working on what to do when we feel anxious with different techniques like **“Box Breathing”** by taking a breath in for the count of four, holding it for four, releasing it for four and then holding for another four before taking in another breath.

We also have been spending time practicing affirmations like **“I see love in every situation.”** A lot of our time over the next few months will be spent exploring how we know we are loved by God, by knowing ourselves and what to do when big emotions pop up around us.

We are also looking for those who would like to volunteer in **The Club House**. If you or anyone you know would like to join us please feel free to reach out to me at yfmunity@gmail.com.

Lauren Ferrin
Director of Youth and Family Ministry
yfmunity@gmail.com



Lauren Ferrin
YFM Director

Spanish Speaking MINISTRY

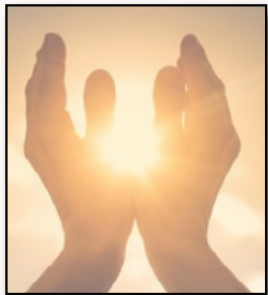
Unity San Diego's
Spanish Speaking Ministry
is now studying
“Manual de Oración Positiva”
on Zoom Mondays at 6:30pm (PT)



Hypatia Hasbrouck teaches how to pray. **“Manual de Oración Positiva”** (**“Handbook of Positive Prayer”**) is full of exercises, tools, specific steps, and practices to use in creating your personal prayer life. She even explains the meaning of Affirmative Prayer and why we use the word “Amen.”

She writes about visualization as a form of prayer and makes suggestions for prayer journals, prayer partners, prayer letters and prayer vigils using the same, simple prayer to create peace of mind in any circumstances. She teaches how to construct prayers using scripture and backs up her teachings with lessons from **the Bible** that might surprise you. Prayer is not magic to Hasbrouck; it is law. Our lives reflect the power of our thoughts. To that end, she teaches how to use denials and affirmations with fill-in-the-blank instructions so we can learn how to release worry and keep our thoughts elevated.

For more details and the zoom link, please email unitysdespanol@gmail.com



Prayer MINISTRY

Wisdom and Love are Here Now

Wisdom and Love are two of the **Twelve Powers** the Unity calendar highlights for March and April. As we sit in the silence of meditation, the wisdom of Spirit flows into our heart and mind. **Letting go into Spirit** is the best way to receive answers for all our needs. As the song says, **“In the stillness of the moment there is peace.”** Also in this stillness is all that we need of love, joy and wholeness. Love enfolds us and its vibrations flow throughout every cell in our body temple. As we enter into the Easter Season, your Prayer Ministry holds you in the light of wisdom and love and sees the resurrection of the Christ qualities in each of you. As you go through your day, bless this resurrection in yourself and others. Feel Spirit move in you to be all that you are meant to be. Rejoice in the Lord always and again we say rejoice.

Many blessings in this joyous season,
Your Prayer Ministry

Sacred Service

El Nido Apartment March 2023 Update

Thank you, thank you, thank you . . . to all who gave time, talent, prayers and treasure to set up Apt. 11 again for a new family. As of this writing in January, the apartment is ready but we do not know the composition of the new family yet. But soon we will.

On December 10th, 5 strong male volunteers from **College Baptist Church** (our church friend from shelter days) helped **Ken F** and **Ali** move all the furniture and boxes upstairs. **Ken** drove the U Haul and picked up items from Mira Mesa and Unity. Then a few days later **Marty, Julie, Aline** and **Carol** helped wash all the dishes and pans and open boxes and sort furnishings. **Carol** came another day to finish tasks. **Cynthia** and **Steve** set up the TV and DVD and moved a heavy chair to its new location. **Ward** fixed dressers. **Kathy** and **Aline** put on the final touches.

Furniture came from many sources: **Melva**, couch and chair, **Cath** and **Charlie**, 2 dining chairs, **Wendy**, upholstered chair, **Rebecca**, TV, DVD player, clock, floor lamp and miscellaneous kitchen items and former Charter school, 2 desks.

With donations from **Jamie's Joy, Joan, Patti, Aline, Marian, Lynn, Barbara, Judy**, and **many others** (names did not always appear with donation summary-sorry) **Aline** was able to purchase many other needed items from estate sales. Towels, sheets, microwave and many kitchen items are new.

So you see it takes a village to carry out this loving contribution to the new family who will live there at least a year. They receive 5% of their prorated rent back at graduation and another 5% at Christmas. **Thank you for your continued dedication to community service!!**

Our Second Wednesday Prayer Ministry Guided Meditation on Facebook March 8th and April 12th at 11am (PT)

We bless you and hold the high watch for you in all your needs.

<https://www.facebook.com/unitysandiego>

Prayer Ministry: (619)282-7609

PrayerMinistry@UnitySanDiego.org

Sacred Server for March/April 2023 - Charlyn Earp

Springtime Wishes of Joyous New Personal Growth & Possibilities to each of you!

We are blessed in SO many ways, universally and personally. In this issue I'd like to spotlight a particular Sacred Server who blesses each of us through her service at church, **Charlyn Earp**.

Charlyn has served as a volunteer in many areas, prior to and following her time employed as our **Scrip and Special Events Coordinator**. She took charge of memorial receptions back when **Elaine Meyers** could no longer do them, has been a money counter, always cooked or baked for our **Spring Tea** as well as beautifully coordinated our last Tea, is quick to step up to help serve during or clean up after any event in Wrigley Hall (even without being asked), sings in the choir, serves as an usher/greeter in the sanctuary, and has continued (as a volunteer) handling **Scrip** sales to clear out our inventory and for those who continue to preorder (even paying for the handling & mailing herself, we recently discovered).

Charlyn, for your willing hands and heart, your joyous laugh and fun loving spirit, we are so grateful. *Thank You for how You make a difference in our spiritual family and elsewhere!*

Kathy Davis, Sacred Service Coordinator

P.S. Charlyn and Rev. Karla are working on restarting the Scrip program on a smaller scale, so more new about that will be forthcoming!



Charlyn Earp



Kelly McDowell

Unity Healing and Your Energy Centers

by Kelly McDowell, Creator of Soul Health for Whole Health™

Hello, friends. In this new column, I will give tips on the many ways that energy center (chakra) work can advance and accelerate our Unity consciousness, spiritual growth, and healing.

Unity teaches that affirming positive statements of spiritual Truth and Divine Mind can have powerful healing effects on our life creations, abundance, happiness, and physical health. We also learn that we need to release any negative limiting thoughts, including those that have been hidden in the soul's unconscious.

Energy center awareness can help tremendously with these practices. How? Your energy centers can tell you volumes about the current health of your soul. They can help you see much deeper within you. Each center corresponds to a different major spiritual and psychological aspect within you, and each is a gateway to a specific divine Truth and blessing (such as love, oneness, safety, support, life, pleasure, goodness of self, power, all nourishment). If your spiritual practice addresses all centers and parts of your soul, you are less likely to miss or neglect something important.

Your soul energy centers can show you where you are truly open to giving and receiving blessings and Good, and where you are not. An open center means that your soul is actually open to that divine Truth and blessing in your life. A closed center means that your soul is not truly open to experiencing that Truth and blessing. You may be doing all the right positive practices on the outer level but not seeing the negative inner obstacles that still exist. Wonderfully, our energy centers tell the truth of what is actually going on in our deeper soul's emotions. (More benefits and practical tips to come.)

Prayer Ministry Monday - Friday from Noon-5pm (PT) at (619)282-7609

Prayer Request - Send email to prayerministry@unitysandiego.org

Daily Silent Unity hours - 3am-11pm, call (816)969-2000

Daily Word Line - call (619)281-LOVE (5683)

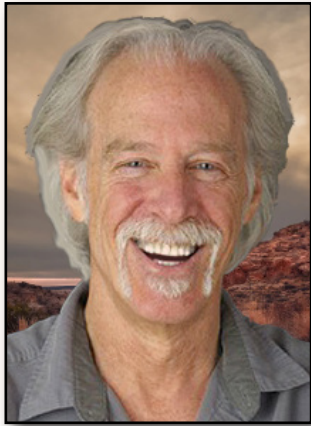
ePrayer Signup - <https://www.unitysandiego.org/enews>

or by email at emailprayer-request@unitysandiego.org

Sign up there for ePrayer, and also for weekly eNews and bi-monthly *Faith for Today*.

Happenings at Unity

Callings: In Search of An Authentic Life



Gregg Levoy

Please join us on Sunday, March 26, 2023, as our guest speaker, Gregg Levoy, presents his Sunday sermon "Callings: In Search of An Authentic Life." His workshop which will be a deeper dive into his sermon will be at 12 noon and is \$30 per person.

"Callings" are urgings from the deep self that tell us what it will take to make our lives literally "come true." They point us toward awakenings, course-corrections and powerful authenticity.

In this presentation, a combination service talk and hands-on workshop, we'll explore that process we typically encounter in listening and responding to our callings, whether in the arenas of work, relationship, lifestyle, service or spirituality. That calling could be to make a career change or creative leap, take on a new role or let go of an old one, launch a new venture or relationship, or simply make a course-correction in your life or work.

While honoring a calling's essential mystery, we'll also explore the questions that arise naturally in the presence of any call: What does it ask of us? How do we tell the true call from the false? How do we handle our resistance to it? What happens when we say no? What happens when we say yes?

Who is Gregg Levoy? Gregg is a past Keynoter at the Unity Worldwide Ministries Conference, and the author of *Callings: Finding and Following An Authentic Life* (Random House) rated among the "Top 20 Career Publications" by the Workforce Information Group and *Vital Signs: The Nature and Nurture of Passion* (Penguin). The former "behavioral specialist" at *USA Today* and a regular blogger for *Psychology Today*, he's presented at the **Smithsonian Institution, the National Conference on Positive Aging, the American Counseling Association, National Career Development Association, and has appeared on ABC TV, CNN, NPR and PBS.** A former adjunct professor of journalism at the University of New Mexico, former columnist and reporter for *USA Today* and the *Cincinnati Enquirer*, he's written for the *New York Times Magazine*, *Washington Post*, *Omni*, *Psychology Today*, *Christian Science Monitor*, *Fast Company*, and many others.

Unity San Diego Sunday Lessons - March/April 2023

March

March 5th - "Living an Anointed Life" - Rev. Karla

March 12th - "The Transfiguration" - Rev. Gretchen

March 19th - "Claim Your Royalty" - Rev. Ken

March 26th - "Callings - In Search of An Authentic Life" - Gregg Levoy

April

April 2nd - "Hosanna"- Rev. Gretchen

April 9th - "Embracing the Vision" - Easter Sunday - Rev. Karla

April 16th - "The Superstar in Who You Are" - Rev. Ken

April 23rd - "Fearless Living" - Rev. Karla

April 30rd - "Building a Better Life" - Rev. Karla (Communion)

Good Friday

Friday, April 7th, Noon-3pm - Watch Service
"The Seven Last Words of Jesus" have long inspired people to find a deeper connection with God. Come join Reverend Gretchen for all or part of this meditative service.

Good Friday Evening Service

Friday, April 7th, 7pm

Please join us in our sanctuary as we combine with Unity of El Cajon for this meaningful meditative service combined with Holy Communion.

Join us for the Easter Egg Hunt

after the service
Easter Sunday,
April 9th
outside
Wrigley Hall



Soul Sisters

Ladies Tea Organizational Meeting

Sunday, March 19th after church service
at 11:15am in Wrigley Hall.

The Tea will be held on Saturday, April 29th.

Please come if you are interested in being a table hostess. We also need servers to volunteer (traditionally this has been men and boys). We will also decide on a theme. Contact Marty at soulsistersusd@gmail.com.



Soul Sisters March Brown Bag Lunch

Tuesday, March 21st
@11am in Wrigley Hall -
Easter Bunny Wreath Craft
(This is a very easy from a
kit) followed by lunch. \$2
donation to help cover cost
of kit. Please RSVP to Marty at
soulsistersusd@gmail.com by
March 12th for ordering kits.

Soul Sisters Trip to the Flower Fields at Carlsbad Ranch

On Tuesday, March 28th we will meet at church at 8:45am to carpool leave at 9am OR meet at the Ranch at 9:30am. We will have a reservation for 10am and we must be on time.

Adult \$23, Senior 60+ and Military \$21. Payable to Marty RSVP by March 21st to make our reservation. Please email Marty at soulsistersusd@gmail.com for more information.

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Visit our growing Soul Sisters photo album on our website <https://www.unitysandiego.org/soul-sisters-womens-group>

Healing Services

Sundays, March 19th & April 23rd
at 12 noon (PT)

in Person in St. Luke's Chapel AND on Zoom

The powerful activity of God's healing power
is available to us when we are
in conscious connection with Spirit.

Please join Rev. Karla Lightner as we go within to access the healing power that already exists in each and every one of us.

Love offerings are graciously accepted.

For more information, contact Rev. Karla at (619) 218-6135 or revkarlalightner@gmail.com.

Arts & Crafts

Mini St. Patrick's Day & Easter Sale

Sunday, March 12th

& Mini Holiday Decoration Sale

on Palm Sunday, April 2nd

11am-12pm in Wrigley Hall.

We will be featuring scarves, jewelry, wreaths, towels, table runners and decorations, greeting cards, novelty and more.

Memorial - Barbara Ann Murphy Evje

January 4, 1934 - January 30, 2023 A member of Unity San Diego for many years, Barbara Evje sang in the choir, and worked two Sundays a month preparing food for Friendship and Fellowship Sundays. Remember the deviled eggs? She made them. We bless Barbara with love and joy as she moves on in her spiritual journey.



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San Diego, CA 92105
(619) 280-2501

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Unity San Diego
3770 Altadena Avenue
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Rev. Karla Lightner, Minister

Church Offices: (619)280-2501
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Daily Word Line (619)281-LOVE (5683)

Prayer Ministry: (619)282-7609
PrayerMinistry@UnitySanDiego.org
2nd Wednesday Facebook Prayer Meditation 11am

Did You Know?

**Planning your estate
can save time and money for your heirs.**

There are also several IRS approved ways to benefit our church and ensure that your heirs are taken care of. If you would like more information, please talk to Reverend Karla.

If you plan to include our church in your estate, or on a deed of trust, insurance or any other vehicle, please use the full name and address of our church:

Christ Church Unity, San Diego
3770 Altadena Avenue
San Diego, California 92105

Please Note:

The information in this issue of Faith for Today is only current at the time of publishing.

All Classes & Events are subject to change without notice.

For more accurate postings, please visit: www.unitysandiego.org.

