

# FAITH FOR TODAY

UNITY SAN DIEGO



## FROM THE MINISTER'S HEART



REV. KARLA LIGHTNER

As we move into the months of May and June, we see a renewal of life, of joy, and of the spirit within each of us. Nature's great symphony is in full bloom, and we are reminded that, just like the earth itself, we too are constantly growing and evolving in Spirit.

In May, we celebrate Mother's Day, a time to honor the nurturing presence that mothers, grandmothers, and mother figures have offered.

As we move into the months of May and June, we see a renewal of life, offered. But even deeper, it's an opportunity to celebrate the Divine Feminine within us all: the qualities of unconditional love, creativity, wisdom, and compassion that flow through us. Whether you are a mother, have a mother, or simply embody the nurturing spirit, know that you are a sacred channel for God's love in action.

June brings the warmth of summer. It's a season of graduations, transitions, and new beginnings. In Unity, we affirm that every ending is truly a new beginning. Life is a sacred adventure, and every step forward is guided by the Christ Light within each of us.

During these months, our theme at Unity San Diego is **"Living from Our Divine Identity."** We are moving beyond merely knowing spiritual truth to embodying it in our thoughts, our actions, and our relationships. We are all individualized expressions of God, here to shine our light uniquely and powerfully in this world.

Thank you for being part of our beautiful spiritual family. Thank you for your prayers, your presence, your gifts, and most of all, your love. I am honored to walk this path with you.

Blessings of light and limitless love,

*Karla*



# A LETTER FROM OUR BOARD MEMBER



ROBERT ARVESON

Greetings Unity San Diego! I hope you all had a Happy Easter and are having a joyful Spring as we transition into Summer. In the San Diego area, we usually think of May-Grey and June-Gloom this time of year because the weather is cloudy due to the marine layer. Then, as Summer arrives the marine layer dissipates and the weather gets warm and sunny. This is similar to what we go through as we celebrate the Lenten season and Easter. During Lent, we work to purge ourselves of qualities we no longer want. Then, when Easter arrives we resurrect ourselves and celebrate the riddance of those unwanted qualities. Lent is grey and gloomy and then Easter is warm and sunny. As Christians, we are very fortunate to be members of Unity San Diego where we have a specific time each year to go through such a process!

We have some great events coming up in May and June. Ester Nicholson is coming on May 4th to talk about "The Roadway Home to Your Authentic Self." Rev. Karla and Rev. Ken are holding a community engagement event entitled "Embracing Recovery as A Spiritual Journey" on May 4th at noon. Then on May 10<sup>th</sup>, we are having the Mother's Tea in Wrigley Hall. For Mother's Day, we are having Jane Leonard coming to give a talk as Myrtle Fillmore. Finally, for Father's Day, Reverend Blair Tabor will be giving a lesson. So, we have lots of great events happening to get us ready for Summer.

In conclusion, thank you so much for giving me the opportunity to serve as a board member. It is an honor and a pleasure to be of service.

With Love and Blessings,  
Bob Arveson

## 2025 UNITY SAN DIEGO BOARD MEMBERS





# YOUTH & FAMILY MINISTRY



Hello  
Unity  
Family!

This year seems to be going by so fast, I can't believe that summer is right around the corner. In April our Uniteens and YOU'ers attended Spring Rally in Tustin. Our youth really enjoyed getting to spend time with their friends throughout the region. The friendships that they are building have been continuing outside of Unity events, they are regularly texting each other throughout the week and checking in with each other. The community that they are building is truly heartwarming.

Our next big regional event that we have coming up is Summer Camp. Summer Camp is open to Unikids (3rd-5th grade), Uniteens (6th-8th grade). We will be returning to Lions Camp in Wrightwood, CA June 22nd-June 26th. Youth who plan on attending need to have attended class at least four Sundays between April 11th-June 1st. If your youth is unable to attend four Sundays due to sporting or family dynamics youth need to submit a paragraph or meet with Ms. Lauren and explain how they are living the Unity Principles or how God shows up in your life. As we get more information we will share it.

**Please feel free to reach out to Ms. Lauren if you have any questions or ideas for our youth program [yfmunity@gmail.com](mailto:yfmunity@gmail.com).**

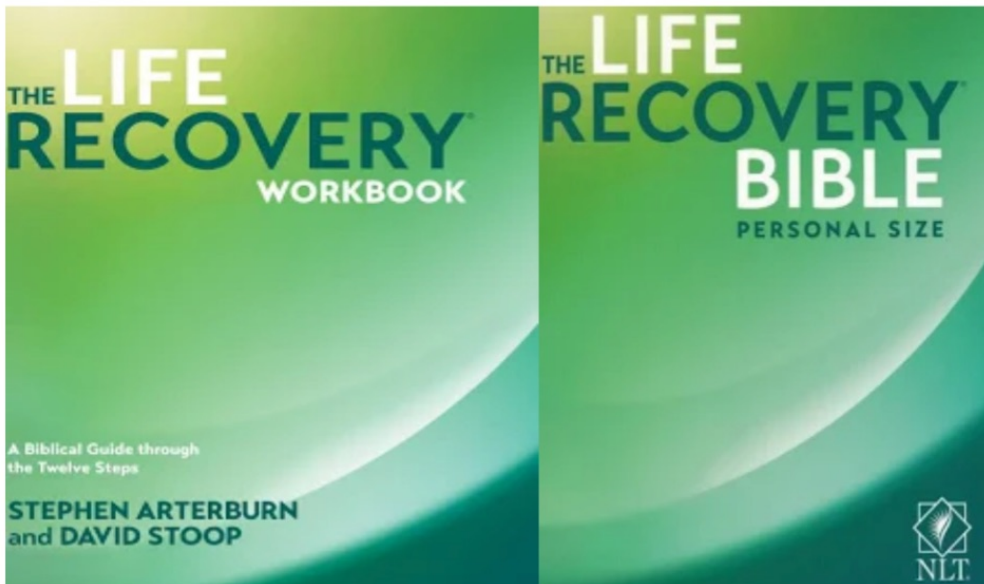




# EVERLASTING SERENITY

## SPIRITUAL RECOVERY MINISTRY

*Will continue their study of*



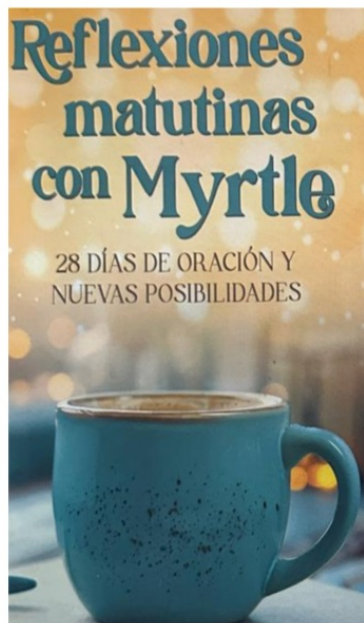
***Please join us on Thursdays at 7pm (PDT) on zoom***

*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 Everlasting Serenity Spiritual Recovery Ministry.*

**PLEASE CONTACT REV. KARLA LIGHTNER FOR MORE INFORMATION AND THE ZOOM LINK AT (619) 218-6135 OR [EVERLASTINGSERENITYUSD@GMAIL.COM](mailto:EVERLASTINGSERENITYUSD@GMAIL.COM)**

## MINISTERIO DE HABLA HISPANA

***El Ministerio de habla hispana de Unity San Diego comenzará un estudio de:***



*Comienza  
el miércoles 14 de mayo  
a las 6:00 p. m.  
(hora del Pacífico)  
por Zoom.*

**PARA OBTENER EL ENLACE DE ZOOM, ENVÍE UN CORREO ELECTRÓNICO A [UNITYSDESPANOL@GMAIL.COM](mailto:UNITYSDESPANOL@GMAIL.COM)**

# SPECIAL EVENTS & SERVICES

Guest Speaker at Unity San Diego

**ESTER NICHOLSON - Sunday, May 4th at 10:00AM**

unity<sup>®</sup>  
San Diego



**“The Roadway Home To Your Authentic Self”**

WORKSHOP WITH SPECIAL GUEST

**ESTER NICHOLSON**

**Workshop on Monday , May 5th at 6:30pm**

*Healing Code of*  
**FORGIVENESS**  
Freedom from Shame & Trauma

Cost: \$40.00

Learn more at [www.esternicholson.com](http://www.esternicholson.com)

At Unity San Diego - 3770 Altadena Ave. San Diego, 92105







**SUNDAY, MAY 4TH**

12:00PM - 3:30PM

**Unity San Diego**

3770 Altadena Ave.  
San Diego, CA 92105

Let's come together, share solutions, and support one another in the journey of recovery and awareness.

# Embracing Recovery As A Spiritual Journey

EMPOWERED THROUGH FAITH

## WHAT TO EXPECT

- ✓ Resource Booths & Tables – Learn how different recovery methods unite for healing, including Narcan training
- ✓ Community Connection – Engage with faith-based programs, sober livings, and recovery groups
- ✓ Food Provided
- ✓ Networking Opportunities – Connect with faith leaders and organizations offering prevention, treatment, recovery and harm reduction resources.



Join us as we bring awareness to the overdose epidemic and work to reduce the stigma of addiction within our community. This event is an opportunity for faith leaders, recovery groups, Recovery Community Organizations (RCO's) and community members to come together in support of healing and transformation.



619-218-6135



[embracingrecoveryusd@gmail.com](mailto:embracingrecoveryusd@gmail.com)

**MAY THE FOURTH BE WITH YOU!**



# Annual Mother's Day Tea

SATURDAY, MAY 10<sup>TH</sup> 1:00PM-3:00PM



unity<sup>®</sup>  
San Diego  
a spiritual community

**JOIN US FOR A LOVELY  
AFTERNOON OF TEA &  
TREATS, FINGER FOODS &  
FUN, ENTERTAINMENT, A  
SILENT AUCTION & MORE!**

TICKETS: \$25 FOR ADULTS  
\$15 FOR KIDS (12 & YOUNGER)

## "MEET MYRTLE FILLMORE"

### Sunday, May 11th

*Jane Leonard as "Myrtle Fillmore"*

Join Us for her talk entitled:

### "Meet Myrtle Fillmore- Mother of Unity"

Celebrate Mother's Day with Unity co-founder Myrtle Fillmore. Learn how the Unity Movement began and how through the power of prayer, Myrtle cured herself from tuberculosis. Receive special gifts.

*Portrayed by Jane Leonard, who will stay in character the entire day, this is a Sunday you won't want to miss.*

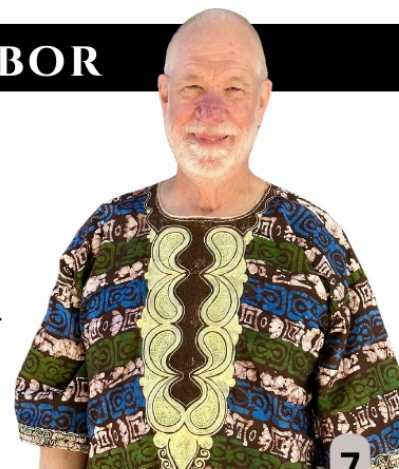


## FATHER'S DAY WITH REV. BLAIR TABOR

**Sunday June 15<sup>th</sup> at 10:00 am (PDT)**

### "Divine Interruption"

We all have experiences where people or circumstances seem to get in the way of our lives, our good. What if those seeming blockages and interruptions are really opportunities to let God's power flow through you in unexpected ways?



# SUNDAY TALK TITLES

## MAY 2025

May 4 - "The Roadmap Home to Your Authentic Self" – Ester Nicholson

May 11 - "Meet Myrtle Fillmore – Mother of Unity" – with Jane Leonard

May 18 - "Living Above the Line" – Rev. Karla Lightner

May 25 - "It Is for Us the Living" – Rev. Gretchen Peña

## JUNE 2025

June 1 - "Relaxing in God's Goodness" – Rev. Karla Lightner

June 8 - "The Power of the Holy Spirit" – Rev. Gretchen Peña

June 15 - "Divine Interruption" – Rev. Blair Tabor

June 22 - "The Burnt Toast Theory" – Rev. Ken Fendrick

June 29 - "Choosing Which Doors to Walk Through" – Rev. Karla Lightner

## PRAYER MINISTRY

*Prayer Ministry*

LEAVE A MESSAGE ANYTIME  
(619) 282-7609

-OR-

EMAIL AT  
[PRAYERMINISTRYUSD@GMAIL.COM](mailto:PRAYERMINISTRYUSD@GMAIL.COM)





# EVENTS & ACTIVITIES

## COMMUNITY FORUM - SUNDAY, JUNE 1ST AT 11:45AM



### IN WRIGLEY HALL

During this forum you will have the opportunity to take part in positive discussions focusing on this year's theme, "Vibrantly Alive in 2025!"

**For more info, please contact**

**Rev. Karla at: [revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com) or 619-218-6135.**



**Sunday, June 22nd**

**-At 11:45am in Wrigley Hall-**



**All ages welcome!!!**

**Win exciting gifts and prizes - Reusable Bingo Cards are \$10**

**Bring a dish to SHARE for the Potluck!!**



**GIFT SHOP OPEN - MAY 4TH FROM 12PM-3PM**



# 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 Board Treasurer Sheryl Sabin. 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 of San Diego: 3770 Altadena Avenue San Diego, CA 92105.**

Please note: The Information in this issue of Faith For Today is only current at the time of publishing. All classes and events are subject to change without notice.

For more accurate postings, please visit [www.unitysandiego.org](http://www.unitysandiego.org)