

FAITH FOR TODAY

UNITY SAN DIEGO



FROM THE MINISTER'S HEART



REV. KARLA LIGHTNER

Dear Unity Family,

As we enter into the beautiful season of fall, my heart is filled with gratitude for the ways Spirit is moving in and through Unity San Diego. This time of year, serves as a reminder that change is not something to fear, but a sacred invitation to grow, renew, and prepare for new blessings.

I am excited to share that Victory Outreach/Alcance Victoria San Diego Spanish Ministry has joined our community as new tenants. They will be holding services in Wrigley Hall on Sunday afternoons and Wednesday evenings. With their presence comes a spirit of energy and collaboration. They will soon begin upgrading Wrigley Hall, bringing fresh improvements that will benefit all of us who gather in that sacred space. You can read more about them on page 2 of this FFT.

This year our Fall Festival will be held in the Youth Ministry clubhouse during class time on Sunday, October 26th. Children and teens will play games, do crafts and help create their own "Boo Baskets". The Fall Festival has morphed and changed over the years, but no matter how it is celebrated, it is always a highlight for our families.

While our annual church picnic will be postponed until Sunday, November 23rd, the new date brings with it a wonderful opportunity: a Friendsgiving Luncheon. On this day, we will not only gather as a church family but also invite Victory Outreach/Alcance Victoria San Diego Spanish Ministry to join us. It will be a beautiful occasion to share a meal and get to know each other.

As we embrace these upcoming events and changes, I invite you to remember the words of the Apostle Paul in 1 Corinthians 16:14:

"Let all that you do be done in love"

In everything that we do, love is the essence that unites us as one in Spirit.

With gratitude and love,

Karla

VICTORY OUTREACH / ALCANCE VICTORIA SAN DIEGO SPANISH MINISTRY

Beginning October 1, we are blessed to welcome Pastor Carlos and Nelly Garcia and The Victory Outreach/Alcance Victoria San Diego Spanish Ministry as they make their spiritual home in Wrigley Hall. Their vibrant faith community is dedicated to sharing God's love, hope, and transformation through worship, fellowship, and service. Their services will be held on Sundays at 1:00pm and Wednesday evenings at 7:00 pm.

In the Hebrew scriptures the Psalmist declared the beauty of community relationships in Psalm 133:1 where it states:

"How very good and pleasant it is when kindred live together in unity!"

At Unity San Diego, we rejoice in this new partnership, affirming that our shared spaces become holy ground when filled with prayer, praise, and the presence of Spirit. We open our hearts in oneness, knowing that together we shine the light of God's love more brightly for our community and our world.

Together we affirm:

"We bless The Victory Outreach/Alcance Victoria San Diego Spanish Ministry with love, harmony, and divine abundance!"



Meet Pastor Carlos & Nelly Garcia

We are Pastor Carlos and Nelly Garcia, and we are blessed to have been serving the Lord together for many years. God has given us the privilege of raising three wonderful children, and as a family we have dedicated our lives to the call of God.

For the past 14 years, we have had the honor of pastoring at Victory Outreach / Alcance Victoria San Diego Spanish ministry, where our mission has been to share the hope of Christ, reach hurting families, and raise up men and women for the work of the ministry. We have seen God transform lives, restore families, and bring healing where there was once brokenness.

Our heart is to continue building a church where people can encounter the love of Jesus, discover their purpose, and be equipped to impact their communities. We are excited, and look forward to what God has in store for us in this new season!



A LETTER FROM OUR BOARD MEMBER

Abundance

“The Inexhaustible Resource of Spirit is equal to every demand. There is no reality in lack. Abundance is here and now manifest.”

This quote by our founding father Charles Fillmore, emphasizes the core belief of Unity teachings that God is the source of all good.

Through my daily practices of prayer and meditation, along with teachings of Unity San Diego classes and Sunday sermons, my awareness has manifested not so much in material things but in family, friends, love, joy and inner peace.

With gratitude of enhanced awareness of my spiritual abundance, I now lead a life of continued growth of prosperity and wellbeing, understanding that God is the source of it all.



CAROLYN ROBBS

Affirmation: “I am abundantly blessed and so very grateful.”

Blessings! - Carolyn Robbs

2025 UNITY SAN DIEGO BOARD MEMBERS



YOUTH & FAMILY MINISTRY

Hello Unity Family!



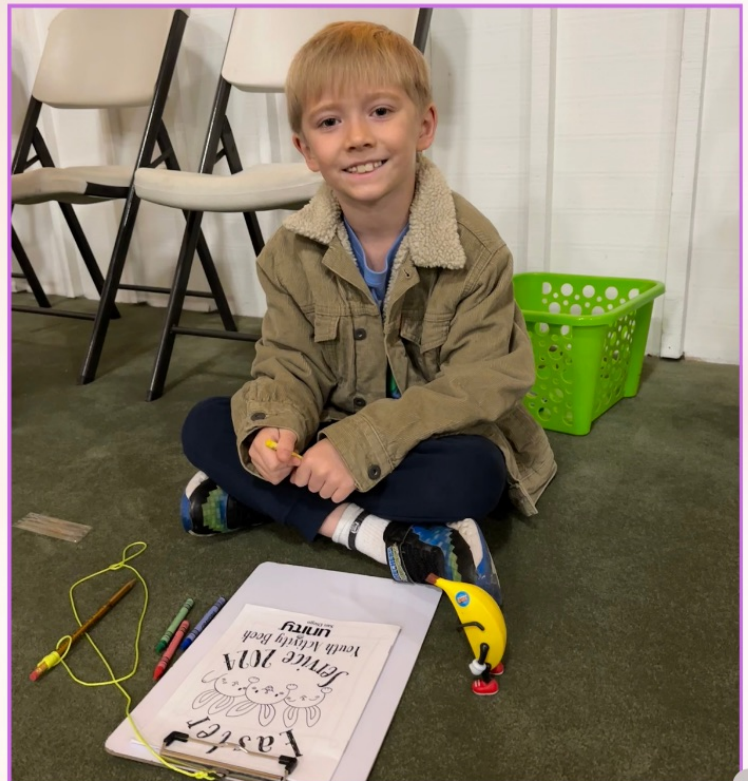
MISS LAUREN

At Unity San Diego, our Youth and Family Ministry is a place where love, joy, and spiritual growth come alive each week. Our children and teens are discovering their own divine potential through stories, prayer, music, and creative expression. We celebrate their curiosity, their unique gifts, and their openness to Spirit.

Whether they are learning a Unity principle, practicing an affirmation, or sharing in group activities, our youth are reminded that they are radiant expressions of God's love.

Unity San Diego's Youth and Family Ministry is more than a program, it's a community of hearts growing together. Every smile, every prayer, and every shared moment reminds us that Spirit is alive and active in our youth, guiding them into a bright and love-filled future.

This year we will not be holding our regular Fall Festival. On October 26th we will be inviting those who choose to wear costumes and celebrate during classroom time. We will have a special Halloween craft, games and special surprises. This is a day all kids will not want to miss!



EVERLASTING SERENITY

SPIRITUAL RECOVERY MINISTRY

“SOUL RECOVERY”

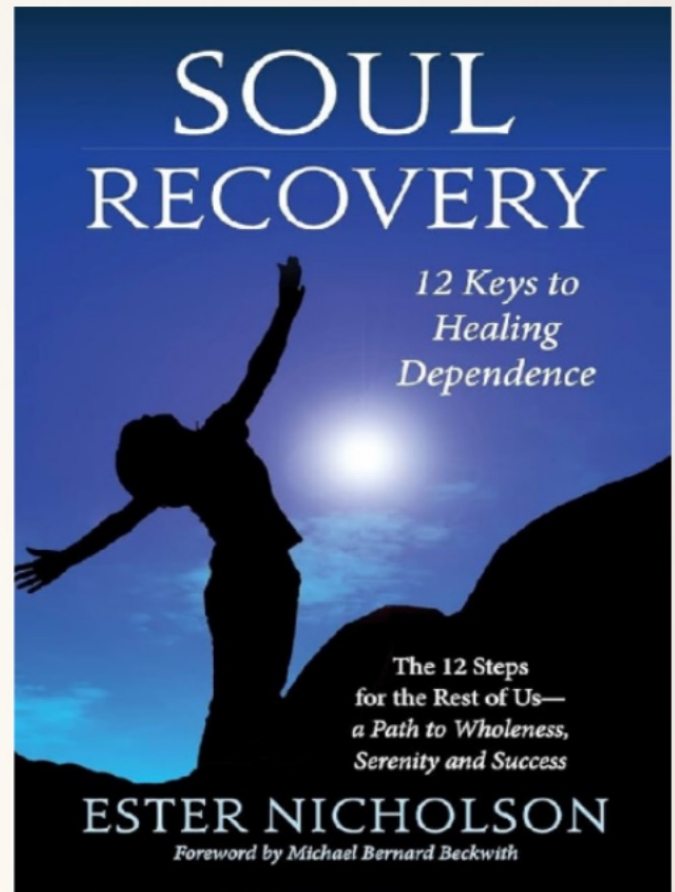
**12 KEYS TO HEALING DEPENDENCE
12 STEP & SPIRITUAL PRACTICE**

by Ester Nicholson

Thursdays at 7pm (PDT) on zoom
Begins September 25th

During the next 12 weeks, we will expand the study of the 12-Steps to include spiritual processes. Author Esther Nicholson states, “Soul Recovery takes the essence of the 12-Steps and incorporates widely-accepted spiritual practices with a deeply compassionate approach.”

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



MINISTERIO DE HABLA HISPANA

SPANISH MINISTRY IS EXCITED TO SHARE A NEW WAY TO CONNECT IN PRAYER. WE HAVE ADDED A DEDICATED SPANISH PRAYER REQUEST LINE TO SERVE OUR SPANISH-SPEAKING COMMUNITY.

Prayer is at the heart of Unity, and we believe that every person should feel welcomed and supported in their own language. Through this line, Spanish-speaking friends and members can leave their prayer requests and know that our prayer chaplains will lovingly hold them in prayer for 30 days.

This ministry is an important step in making Unity San Diego a truly inclusive spiritual home. By offering prayer in Spanish, we are affirming that God’s love transcends all languages and cultures.

We invite you to spread the word and let others know that Unity San Diego is here to listen, to pray, and to walk together in faith—in English and in Spanish.

Blessings,

E'luna

COMMUNITY FORUM

SUNDAY, OCTOBER 12 AT 11:45AM

In the Sanctuary



During this forum you will have the opportunity to take part in positive discussions focusing on where our church is headed and moving next.

**For more info, please contact Rev. Karla at:
revkarlalightner@gmail.com or 619-218-6135.**

WORLD DAY OF PRAYER

SUNDAY, SEPTEMBER 7TH



World Day of
Prayer 2025
“Be Still and Know”



Here at Unity San Diego, we will honor World Day of Prayer during our Sunday service on September 7, 2025 so that more people are able to celebrate together.

Our friends at Unity Church of El Cajon have invited us to join them in their special celebration of the 2025 World Day of Prayer on:

**Thursday, September 11, 2025
10:00 am – 2:00 pm (PDT)
Unity Church of El Cajon
311 Highland Ave, El Cajon, CA 92020**

This is a wonderful opportunity to gather in prayer with our greater Unity family. Prayer is more than words—it is a powerful expression of Love, Health, Prosperity, Harmony, and Peace. We hope you'll join us as we celebrate in community, uplifted in faith, and anchored in prayer.

Please affirm together:

**“Centered in God, I am never alone. In prayer, I unite with
Spirit and with all creation in love, peace, and harmony.”**

For more info, please contact: Rev. Karla Lightner at 619-218-6135 or revkarlalightner@gmail.com

SUNDAY TALK TITLES

SEPTEMBER 2025

September 7 - "Be Still And Know" – Rev. Karla Lightner

September 14 - "Creature Comfort" – Rev. Ken Fendrick

September 21 - "Divine Paradox" – Rev. Gretchen Peña

September 28 - "One Desk, One Lamp, One Pen-

The Story of Myrtle Fillmore" – Rev. Karla Lightner

OCTOBER 2025

October 5 - "Observing The Sabbath"– Rev. Gretchen Peña

October 12 - "Fixed On Faith" – Rev. Karla Lightner

October 19 - "Living Fully In The Sphere Of Gratitude"

– Mark Stanton Welch

October 26 - "Truth Decay" – Rev. Karla Lightner

PRAYER MINISTRY

Prayer Ministry

LEAVE A MESSAGE ANYTIME

(619) 282-7609

-OR-

EMAIL AT

PRAYERMINISTRYUSD@GMAIL.COM

Our Prayer Ministry is now offering service in English & Spanish.

PRAYER MINISTRY

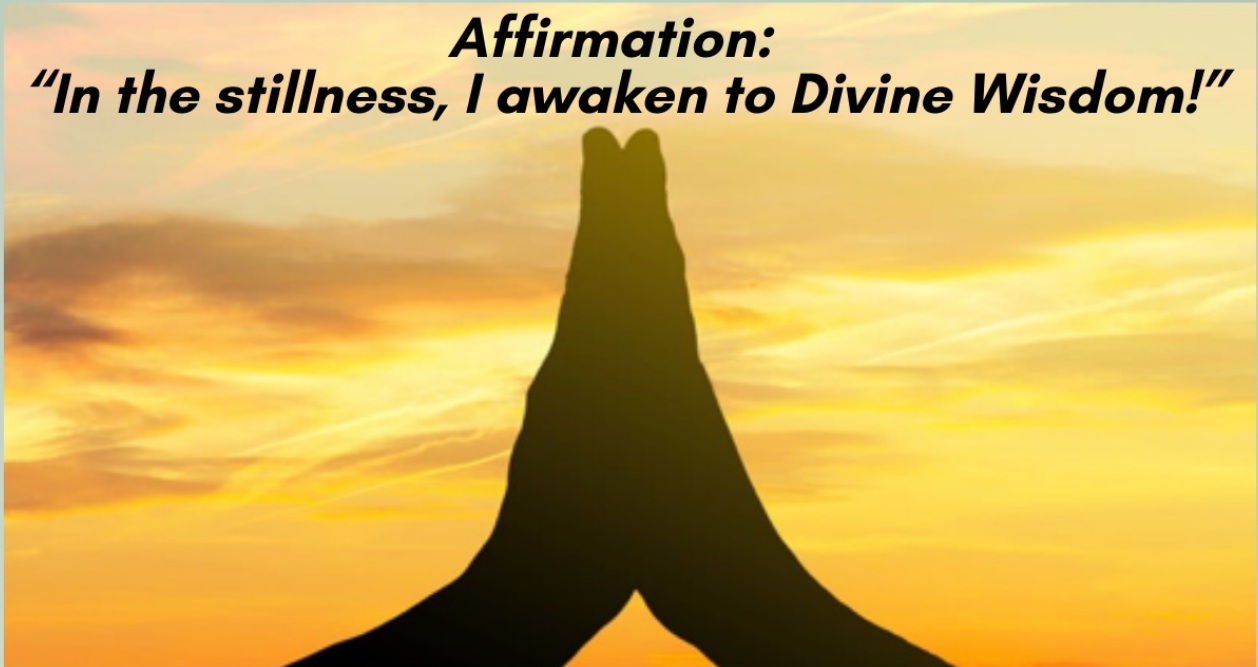
LET US JOIN IN THE CELEBRATION OF

WORLD DAY OF PRAYER

September 10-11, 2025

Psalm 46:10 - "BE STILL AND KNOW"

Affirmation:
"In the stillness, I awaken to Divine Wisdom!"



In that Spirit, here are a few suggestions for how to practice stillness:

1. Find a safe place and time
2. Breathe in the breath of God. Relax your body, quiet your mind and become present.
3. Become one with Spirit, believing and trusting your cares into God's hands.

Let us pray: "Precious Spirit, thank you for this time together, experiencing the gift of presence. Infinite wisdom reveals to me a new understanding of my life's circumstances. Thank you, God for prayers answered."

Your Unity San Diego Prayer Ministry

Now praying in English and Spanish

Please email your prayers to: prayerministryusd@gmail.com

Call and leave a voice message at: 619-282-7609 (messages will be returned M-F)

Or mail a prayer to: Unity San Diego Prayer Ministry

3770 Altadena Ave.

San Diego, CA 92105

EVENTS & ACTIVITIES



Sunday, September 14th
-At 11:45am in Wrigley Hall-



Win exciting gifts and prizes - Reusable Bingo Cards are \$10
This will be the last BINGO event of the year!!!



GIFT SHOP WILL BE OPEN ON SEPTEMBER 28TH AND OCTOBER 26TH

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