

# FAITH FOR TODAY

UNITY SAN DIEGO

## FROM THE MINISTER'S HEART REV. KARLA LIGHTNER



*Happy New You!*

*As we step into a brand-new year together, our theme for the year is:  
"GOD IS IN THE MIX 2026".*

*Life rarely unfolds in neat, predictable ways. It's often a mix of joy and challenge, hope and healing, faith and figuring things out as we go. Yet Unity teaches us that God is everywhere present not only in the "finished product."*

*As we begin 2026, many of us are holding new intentions, fresh hopes, and maybe even a few uncertainties. The good news is that we don't have to do any of it alone. When we consciously invite Spirit into the mix, into our relationships, finances, health, and daily choices, we open ourselves to Divine guidance, wisdom, and peace beyond our own understanding.*

*We are reminded in Proverbs 3:6:*

*"In all your ways acknowledge God, and God will make your paths straight."*

*As a spiritual community, we begin this year committed to growing together, deepening our prayer life, strengthening our prosperity consciousness, serving with open hearts, and living our faith out loud in loving, practical ways.*

*Thank you for being part of this sacred community. Thank you for your prayers, your presence, your generosity, and your willingness to show up authentically.*

*I am deeply grateful to walk this journey with you!*

*With love and blessings for a grace-filled beginning to 2026*

*Karla*



# PRAYER MINISTRY

*Happy New Year & Happy New You!*

*From Your Prayer Ministry*

***In our ever-changing world, we take comfort in the knowledge that every prayer makes a difference. We see ourselves as expressions of love in action right now, promising peace, harmony, understanding, and trust in the global community. Our prayer consciousness helps us to demonstrate our love each day. Every heartfelt thought, word, and action makes a positive impact. Reflecting on the Truth, we center ourselves on our thoughts of love and peace.***

*Let us go forward into the New Year expressing greater love, peace and goodwill to all.*

**San Diego Prayer Ministry  
Chaplain Melva Green**



# A LETTER FROM OUR BOARD MEMBER

*Dear Unity Family,*

*This year our theme is: God Is in the Mix in 2026. This really resonates with me because it reminds me of the importance of recognizing that God is involved in every part of our lives. This theme also reminds us that we don't walk into 2026 alone, God is already in the mix, working things together for our good. Our job is to allow God into every area of our lives.*



**EDUARDO CERVANTES**

*We begin with White Stone Sunday on January 4<sup>th</sup> at 10am (PT), a sacred time of reflection and new beginnings. Through prayer and meditation, we receive a word or phrase that sets our intentions for the new year. This is a time of sacred revelation and is a Sunday you will not want to miss.*

*Every January, we like to teach prosperity. This year we will be focusing on the Prosperity Series: Keys to the Kingdom by David Owen Ritz. This series will help us understand what true prosperity really means, not just financially, but spiritually, emotionally, and in how we live each day. Not only will this be our Sunday talk series, but the Everlasting Serenity Spiritual Recovery Ministry is also inviting anyone who wishes to learn more to join a 7-week deep dive into The Keys on Thursday nights at 7:00 p.m. ( PT) on Zoom, beginning January 8th.*

*It is a privilege and honor to serve as a member of our Board of Directors,  
Many Blessings!*

*Eduardo Cervantes*

## THANK YOU - TO OUR 2025 BOARD MEMBERS





# YOUTH & FAMILY MINISTRY

## Happy New Year Unity Families,

*We are filled with gratitude and excitement for what's unfolding in our Youth Ministry. A fresh start—a chance to begin again, to grow, and to create meaningful moments together. The Clubhouse continues to be a warm, welcoming place where kids are invited to come just as they are.*

*Shoes off, hearts open, and joyfully present—our Clubhouse is a space where Kids and teens can truly be themselves. It's a place filled with laughter, creativity, and connection. We spend our time playing games, creating art, working on fun projects, and so much more, all while learning Unity principles and teachings in ways that are exciting, engaging, and age-appropriate.*

*We are also proud to offer a deeply enriching program for our Uniteens, ages 12 and up. On the first, second, and fourth Sundays of each month, our teens Gather on the fourth floor on Sundays with our Teen Sponsor Barb Mulvany, where they explore Unity teachings more deeply, ask questions, and grow together in a supportive and empowering environment.*

*One of our favorite Sundays each month is the third Sunday, when all of our youth—kids and teens—come together. This special day allows our teens to step into leadership roles while guiding our younger youth through collaborative projects and activities. It's a beautiful opportunity for connection, mentorship, and community-building across ages.*

*As we move forward into this new year, we are so excited to continue creating a space rooted in love, belonging, growth, and joy. Thank you for trusting us with your children and for being such an important part of our Unity San Diego family.*

*If you're interested in scheduling a tour of our classroom or have any questions about our program, we'd love to connect—please reach out to us at [YFMunity@gmail.com](mailto:YFMunity@gmail.com)*

*With love and gratitude,  
Julie Perez*

*Director of Youth Education and Unity San Diego's Youth & Family Ministry*

## Let's Build The Future of Unity Together!





# EVERLASTING SERENITY

## RECOVERY MINISTRY

*is inviting all who have a desire to raise their spiritual consciousness to a 7 week study of :*

### **“THE KEYS TO THE KINGDOM”**

**AN ADVANCED COURSE IN PROSPERITY CONSCIOUSNESS BUILDING**

**By David Owen Ritz**

**Beginning Thursday January 8<sup>th</sup> at 7pm (PT) on Zoom**



*This classic Metaphysical Christian book explores how spiritual laws operate in everyday life. By focusing on inner spiritual principles like faith, thought and belief we learn how to unlock harmony, abundance, and healing.*

*This book empowers readers to consciously use their thoughts and spiritual understanding to align with divine law and experience the kingdom of God as a present, lived reality rather than a distant promise.*

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

# MINISTERIO DE HABLA HISPANA

## **“EN EL FLUIR DE LA VIDA”**

**BY ERIC BUTTERWORTH**

**Jueves por la noche a las 6pm por Zoom**

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





# WHITE STONE SUNDAY

## SUNDAY, JANUARY 4TH AT 10:00AM PT

*in person at Unity San Diego and on Facebook Live*



*Celebrate a new beginning in your life with our White Stone ritual as we set our intentions for the new year. Each person is presented with a white tile upon entering the church and a pencil or pen. During the service, a special time of meditation will be provided for you to receive from Spirit a blessing for your new year. Please invite your family and friends to these unforgettable, inspirational Holiday services.*

# ANNUAL MEMBERSHIP MEETING

## SUNDAY, FEBRUARY 22ND AT 1:00PM ON ZOOM

**PLEASE CONTACT MONICA AT [UNITYSANDIEGO@GMAIL.COM](mailto:UNITYSANDIEGO@GMAIL.COM) FOR INFO AND THE ZOOM LINK.**

*We will be voting in 4 board members.  
Voting members will receive the bios of each candidate.*

*If you are interested in becoming a member before the annual meeting,  
please email Re. Karla at [Revkarlalightner@gmail.com](mailto:Revkarlalightner@gmail.com)*





# SPECIAL SERVICE & WORKSHOP

**SUNDAY, FEBRUARY 1ST AT 10:00AM**

*Special Guest Talk Title:*

## **“SPIRITUAL PROSPERITY”**

**WITH BRIAN LOTTMAN, THE TRAVELING MONK**



*Please bring a finger food potluck dish to share for after the service.*



## **WORKSHOP TO FOLLOW AT 11:45AM**

*Workshop will take place after the service in the Sanctuary*

## **AWAKENING HIGHER STATES OF CONSCIOUSNESS**



**With Brian Lottman**

Tune in to the spiritual presence and touch the transcendental soul. Dive into guided meditations and holy mantras that awaken deeper realization. Bask in soul-stirring music, explore profound states of consciousness, and look into the Essential Nature of Life.

Brian Lottman, a wandering monk, has held hundreds of “satsangs” at yoga studios, churches, and spiritual centers across the US and Canada. Satsang is an immersion into higher states of consciousness through energy healing, mystical mantra, sweet harmonium music and guided meditation.

**Learn simple practices for reaching the transcendent realms through mystical mantra, chakra clearing, breath, and meditation.**

**\$25**  
**Love Offering**



# BINGO IS BACK!!!

**SUNDAY, JAN 18TH & FEB 15TH AT 11:45AM**



**Win exciting gifts and prizes!!!!!!**

**Reusable Bingo Cards are \$10**

**Please bring a potluck dish to share**



## REBECCA'S CORNER GIFT SHOP

**SUNDAY, JAN 11TH & FEB 22ND**



**OPEN AFTER THE SERVICE AT 11:30AM**



# SUNDAY TALK TITLES

## JANUARY 2026

### January 4th

*"God Is in the Mix in 2026 — Even When We Forget the Recipe"*  
-With Rev. Karla

### -----KEYS TO THE KINGDOM SERIES 1/11-2/15/26-----

### January 11th

*"I Embrace My Divine Purpose"* -With Rev. Gretchen

### January 18th

*"Seeing Beyond the Old Story"* -With Rev. Karla

### January 25th

*"I Make Room for My Good"* -With Rev. Gretchen

## FEBRUARY 2026

### February 1st

*"Spiritual Prosperity"*

-With Brian Lottman, The Traveling Monk

### ---Workshop to Follow: Awakening Higher States of Consciousness---

### February 8th

*"I Multiply My Good"* -With Rev. Gretchen

### February 15th

*"Walking in the Divine Flow"* -With Rev. Karla

### February 22nd

*"Choosing the Inner Path"* -With Rev. Karla



# PRAYER LINE

*Leave a message or send an email anytime*

*(619) 282-7609*

*prayerministryusd@gmail.com*

*Prayer Chaplains  
will call you back*



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

## **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 email Board Treasurer Sheryl Sabin at [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com) and put "estate planning" in the subject line. 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)