

FAITH FOR TODAY

UNITY SAN DIEGO



FROM THE MINISTER'S HEART

REV. KARLA LIGHTNER

Dear Unity Family,

As the final months of the year unfold, I'm reminded of how gratitude and love intertwine to form a heartfelt spiritual practice. The holidays invite us to pause and recognize the Divine Presence that lives and moves through each of us.

At Unity San Diego, we've seen the Presence of God expressed in so many ways. Each moment is a reminder that we are not just a congregation; we are a family of faith, growing together in understanding, compassion, joy, and love.

As we move from gratitude to giving, from Thanksgiving into Christmas and beyond, may we remember that God's love is the constant melody that guides us through every season.

Our congregation will once again participate in the Angel Tree program, joyfully serving 21 children by providing Christmas gifts to children whose parents are incarcerated for the holidays. Each gift is a reminder that we are living, breathing expressions of God's love made visible in the world. Our "Giving Tree" will be up in the next few weeks and our paper "Angels" with gift requests will be on the tree.

As we move from gratitude to giving, from Thanksgiving into Christmas and beyond, may we remember that God's love is the constant melody that guides us through every season.

Happy Thanksgiving and Merry Christmas!

I am so grateful for you

Karla

PRAYER MINISTRY

Peace in the Midst



***Father Mother God,
Silence my thoughts of confusion and anxiety.
Silence my thoughts of grief, despair, hurt and anger
When there are chaos and turmoil,
shelter and protect me with your peace and loving power presence.
As I take the time to stop and pray, fill me with your peaceful presence.
With each breath I take, I breathe in your peaceful presence that surpasses all understanding.
I surrender my unrest to you so that I might receive peace.
Help me to be a spark that ignites peace in others.
Help me to see your face in the faces of the people around me.
Give me the courage and compassion to love one another even when love seems like a risk.
Teach me to listen to those I disagree with, to hear stories that make me uncomfortable.
Heal the hatred in the world around me,
By healing our own heart first.***

Amen

**San Diego Prayer Ministry
Chaplain Melva Green**

A LETTER FROM OUR BOARD MEMBER

"It has been my honor to serve on your board of directors for many years in several capacities but mostly as treasurer. We are truly grateful for the financial support you have given us so that we can continue to be a thriving spiritual community. Rev. Karla has been an excellent steward of all donations, making sure that dollars are stretched and safeguarded. She has brought in excellent tenants who add to our bottom line helping to keep us solvent. Altadena Blessing Corporation (ABC) has also consistently supported us financially every month for which we express deep gratitude.

Thank you for being a part of our community. We wish you a wonderful holiday season and hope that you will help us celebrate by participating in upcoming activities. Friendsgiving will be on Sunday, November

23. This event includes a potluck in conjunction with the Victory Outreach congregation. We'll have a chance to meet some of those congregants who have enhanced Wrigley Hall. We are very grateful that they are now part of our campus community. We invite you to join us for uplifting Advent services each week starting November 30 leading up to Christmas. There will be a lively Christmas concert filled with music and celebration on December 14. Our annual Candlelighting ceremony will take place during the service on December 21, and the Burning Bowl ceremony will take place during the service on December 28. We look forward to making this holiday season meaningful for all! We bless you in the new year! -Sheryl Sabin



SHERYL SABIN

2025 UNITY SAN DIEGO BOARD MEMBERS



YOUTH & FAMILY MINISTRY

Hello Unity Family!

Unity San Diego is excited to introduce Julie Perez as our new Youth Director!

Many of you already know Julie from her wonderful work behind the scenes managing our social media and email marketing. Now, she will be stepping into a new role as part-time Youth Director — and she couldn't be more excited to bring her energy, creativity, and passion to our youth program!

Julie joins us with a wealth of experience working with children and families. She has spent time in the school district as a substitute teacher, coached gymnastics for over 10 years, and even runs her own business offering youth programs in the community. Her heart for kids and her enthusiasm for creating engaging, growth-filled experiences truly shine through in all that she does.

Julie is eager to help our youth program grow and flourish with fresh ideas, fun activities, and a spirit of connection and love. We can't wait to see the wonderful ways she'll help our young people learn, play, and grow together here at Unity San Diego!

While we are sad to see Miss Lauren move on, we hold her in prayer and gratitude for the love and dedication she's poured into our youth ministry. We wish her all the best as she continues her journey.

Let's give a warm Unity welcome to Julie as she steps into this new role — exciting things are ahead!



EVERLASTING SERENITY

SPIRITUAL RECOVERY MINISTRY

“SOUL RECOVERY”

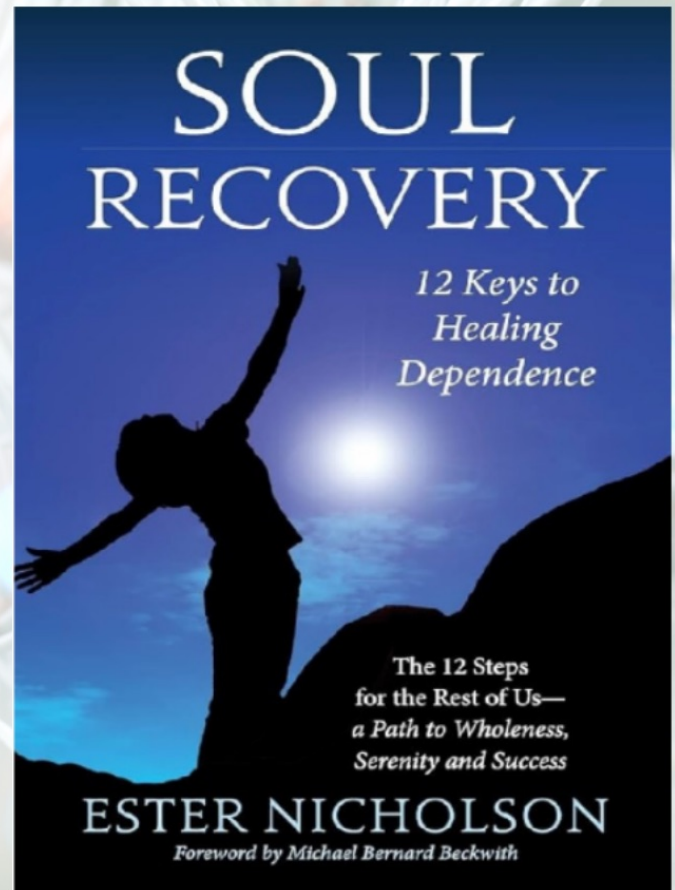
**12 KEYS TO HEALING DEPENDENCE
12 STEP & SPIRITUAL PRACTICE**

by Ester Nicholson

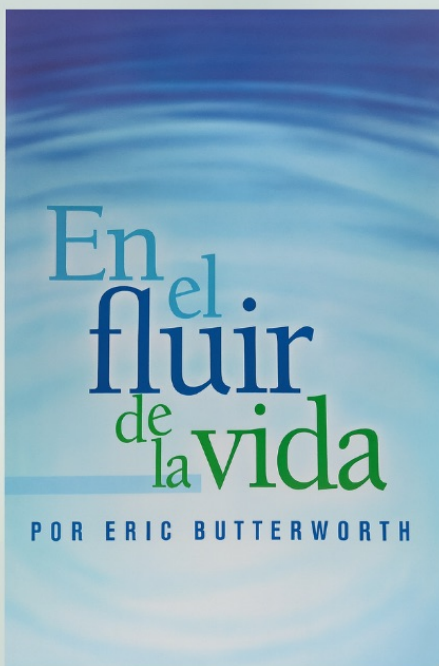
Thursdays at 7pm (PDT) on zoom

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



**OUR SPANISH SPEAKING
MINISTRY WILL BEGIN A
NEW STUDY ON THE BOOK:
“EN EL FLUIR DE LA VIDA”
BY ERIC BUTTERWORTH.**

STAY TUNED FOR MORE DETAILS.

ENTREPRENEUR MART

SUNDAY, NOVEMBER 16 - IN THE SANCTUARY



Join us for our Entrepreneur Mart and discover the incredible talents of our local artists and vendors! From handmade treasures to one-of-a-kind gifts, there's something special for everyone. Come shop, connect, and celebrate our amazing community of entrepreneurs — and don't forget to bring your friends!

EMAIL: ljalving@san.rr.com for more information

FRIENDSGIVING DINNER

SUNDAY, NOVEMBER 23RD - IN WRIGLEY HALL



Friendsgiving

Join us for a special meal as we come together in community with Victory Outreach! Let's celebrate friendship, gratitude, and togetherness with a joyful shared meal. We invite everyone to bring a dish to share as we gather around the table.

NEW MEMBER SPIRITUAL BAPTISM

SUNDAY, DECEMBER 7TH - DURING THE SERVICE

Join us as we celebrate and welcome new members into our Unity San Diego Family! It's a special time of renewal and connection as we open our hearts to embrace those joining our spiritual community!

CHRISTMAS CONCERT

SUNDAY, DECEMBER 14TH AT 3PM

Join us for a heartwarming celebration of the season as Music Director Ron Cuncell and our talented Unity San Diego music team fill the sanctuary with joy, harmony, and Christmas spirit. It's a festive and beautiful evening you won't want to miss!

REBECCA'S CORNER GIFT SHOP

SUNDAY, NOVEMBER 30TH & DECEMBER 21ST



OPEN AFTER THE SERVICE AT 11:30AM

CHRISTMAS CANDLELIGHTING

SUNDAY, DECEMBER 21ST AT 10:00AM (PT)

"JOY TO THE WORLD - LET YOUR LIGHT SHINE"

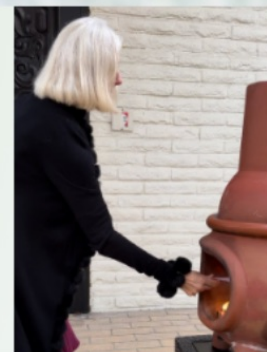


Join us for this beautiful and transformative "Christmas Candlelighting Service." We invite you to celebrate the Divine light within yourself, knowing that you are a beacon of love and light.

BURNING BOWL & LETTERS TO GOD

SUNDAY, DECEMBER 28TH AT 10:00AM (PT)

"BYE-BYE BAGGAGE: A BURNING BOWL EXPERIENCE"



Get ready for the New Year and release what you don't want to carry forward. We put the spiritual principles into action in a dramatic way. We write down what we want to release and literally set it on fire! Then we write a letter to God opening ourselves to new blessings for the New Year. The music is great; the ritual is transformative! Please invite your family and friends

ANGEL TREE



Angel Tree Christmas brings children and their incarcerated parents together on Christmas, one gift at a time. Pick up an angel from the tree and bring your donated gift by December 14th.

SUNDAY TALK TITLES

NOVEMBER 2025

November 2 - "Rememberies" – Rev. Ken

November 9 - "In the World Not Of It" – Rev. Gretchen

November 16 - "Let Go and Grow" – Rev. Blair

November 23 - "Finding God at the Table" – Rev. Karla

November 30 - "I Could Choose Peace Instead of This" – Rev. Gretchen

DECEMBER 2025

December 7 - "Faith-Full!" – Rev. Ken

December 14 - "Born in Love" – Rev. Karla

December 21 - "Joy to the World — Let Your Light Shine"
– Rev Karla & Youth Of Unity Candlelighting

December 28 - "Bye-Bye Baggage: A Burning Bowl Experience"
Burning Bowl and Letter to God – Rev. Gretchen and Rev Karla

EL NIDO PROJECT - APT 11



We're excited to share that a family will be moving into APT. 11 on November 24! If you'd like to contribute, a sign-up sheet is available in the Narthex for anyone interested in bringing an item. We're still in need of various household items. Thank you for your generosity and continued support!

PRAYER MINISTRY

Prayer Line

Leave a message anytime (619) 282-7609

-or-

Email at prayerministryusd@gmail.com

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 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](https://www.unitysandiego.org).

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