

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.



Heart 2 Heart Connections

Dear Unity Community,

There have been moments in time where the heartbeat of our nation and world have been felt in deep and profound ways. For over three months, we were ordered to stay home. If we go out, we must wear a face covering, no hugs, no handshakes. Nothing. Our life as we knew it came to a halt. How does one stop their life in order to accomplish this directive? We did it because there were no other options. Many were furloughed or terminated from their jobs. Some of us had to learn new online technologies. Parents had to become teachers. There were so many changes happening.

Then on Memorial Day, one of the most horrific encounters we have ever seen occurred. This other wound in the history of our country was glaring at us every where we turned. This snap shot in time, has caused us to experience the pain of our collective past right here, right now in the present moment. Peaceful protests, burning cities and so many images imprinted themselves on our hearts and minds. We have been cracked wide open by these two things: the corona virus pandemic and the pandemic of racism. Indeed, we have been living in an unprecedented time in our lives. How do we find the good in all of this? These words from *Amazing Grace* comes to my mind, "I was lost and now I am found."

At the beginning of the first pandemic, we may have felt and still may feel lost. With the second one, an entire group of citizens felt and still feel lost in a sense; not seen; invisible and judged by the color of their skin. Some may say, "Why do Black Lives Matter? Don't All Lives Matter? Perhaps, after seeing the images which happened that day, you may now understand the words from *Amazing Grace*, "I was blind and now I see."

Black and Brown lives have been systematically judged and persecuted. We cannot heal what is not revealed. Let's heal together. Let's plan to have conscious dialogues so we can discover, learn and grow together. I invite you to look inside yourself and ask, what is mine to do?

Please affirm with me, "We are ALL created in the image and likeness of God; therefore, each of us is beautiful and a unique expression of the Divine!"

Rev. Edith Washington-Woods, M. Div.
Senior Minister

Letter from Board Member, Sheryl Ashley

My favorite word is “**harmony.**” The last few months have been very inharmonious and stormy. We’re staying at home to prevent the spread of a virus unable to see or hug our friends and family or go shopping without a mask. We’re saddened by the recent murders of people of color by police who are supposed to serve and protect. Some of us have taken to the streets to protest those murders and proclaim “Black Lives Matter.” A favorite Unity hymn “Weave” states that we are like the notes of a symphony each blending into a wonderful harmony or unique threads that blend to create a beautiful tapestry. Per a recent *Daily Word*: “When two or more people harmonize, they don’t sing the same note. Different but complementary notes make a more interesting sound - that’s the very definition of harmony. Our differences can be harmonious if we are willing to attune to each other.” Each of us are created in the image and likeness of God. Each of us individually are important but together create something even greater. I encourage you to take the affirmation of that *Daily Word* to heart: “Today I will blend differences into harmony.” Each of us are an important piece of the puzzle to fulfill God’s purpose for us on earth. My hope is that we find some harmony within the storm while loving those who may differ from us. We are here for each other.

Blessings,
Sheryl

Youth & Family MINISTRY

Hello Unity San Diego!

I bring you blessings and peace! I am surrounding you in safety and prayer. The **Youth & Family Ministry** continues to be circled with joy, growth and spiritual blessings. Right now, life looks differently than we were used to, but our Unity family is strong and powerful in love and in prayer.

First, we’d like you to send **Congratulations to Fiona Mulvany** who was elected as a regional officer for the Southwest region. Yeah, yeah, yeah!!!

I know that there are plans afoot to come back into Sunday services in person. When this happens, please note, **we will continue the Zoom calls for both YOU/UniTeens and the UniTots/UniKids on Sundays as usual. There will be no In-Person YFM or childcare until further notice.**

Southwest Unity Regional Youth & Teen Events Director, **Angie Keyes** continues to host a **Zoom call on Sunday mornings from 11am-12pm for the YOU and UniTeens (ages 12-18) in the Southwest region.** She has them fully engaged in participating in lessons run by the young people in both large and small groups. If you have a YOU/UniTeen that needs the connection information, feel free to reach out to me for the information. Our young people continue to share in our vision of being prosperous, abundant and connected.

On **Sunday mornings from 11:30am-12:30pm a separate Zoom call happens with our UniTots and UniKids (ages 3-11) group.** The call is hosted by teachers **Tamara Leeper and me, along with parent volunteers.** We will occasionally send some out of the lessons, art projects, mindfulness exercises and links to videos prior to the call, but mostly we have our lessons in real time. The **Zoom calls are done on Sundays after our church service** so that the teachers can attend service and be spiritually fed as well. Again, feel free to reach out to me for information on **how to connect with the Zoom call.**

As you can see, our youth will continue to be busy! We appreciate your continued support and thank you for your trust!

And as always, **We Stand in Love!!**

In gratitude,
Akosua Washington-Woods
Youth & Family Ministry Director
akosua.yfm.sandiego@gmail.com

Prayer MINISTRY

Blessings Abound in All of Life

Return within to contemplate peace in the midst of outer confusion. Connect with the Power and Presence of eternal life and love. Sometimes the beauty of another's story can bring new awareness of the sacred in every moment. One such beautiful blessing to share with you is from author Denise Roy's book, *My Monastery is a Minivan: or Where the Daily is Divine and the Routine becomes Prayer*. May you discover the Sacred in the center of your world, and may you welcome moments of grace. May your eyes find signs along your path, your ears hear the holiness that surrounds you. May your life be blessed with good companions, and may your heart grow in wisdom and compassion. May you teach your children to sing and to dance, and to know the sheer joy of celebration.

May you tell stories to one another all of your days, and may you grow to love the sweet comfort of silence.

May you care for the earth as your home, and may passion give life to your work. May what you do be for the benefit of all, and may your love extend to all generations. May the blessings of love be always upon you, and may all the dreams on your journey be fulfilled. Your Prayer Ministry extends love and light to you. Remember to join us each second **Wednesday at 11am on Facebook** for a special time of prayer and meditation. Save the date, **September 10th, 2020 for World Day of Prayer**.

Many blessings each and every day and may your prayer life be filled with love, joy and peace.

Your Prayer Ministry

El Nido Update

Interviews for a family for Apt. 11 will probably take place in July. There isn't an exact date yet for moving items but it may be in July.

If you have items to donate, please keep them safely at home and we will notify you when they can be brought to Unity.

We have a seashore theme so colors can be light blues and light green. Here is more info on items needed. Let Aline King at ankunity@gmail.com know what you sign up for to avoid duplication.

With grateful thanks for your contributions and grateful thanks for your service.
Contact Aline King at ankunity@gmail.com for more info.

Items Needed:

- One 4 qt saucepan
- One 2 qt saucepan
- 1 kitchen trash can
- 3 small trash cans
- 1 set hot pads, blue or green
- 1 wall mount toothbrush holder for 6 brushes
- 1 mop/bucket
- Laundry detergent
- \$10 quarters for washer and dryer
- Zip lock bags, sandwich and gallon size

Basic food items: (several people could help)
salt, pepper, oil, sugar, soup, rice, beans, canned chicken, tuna, canned vegetables, peanut butter and jelly, bread, cheese, milk

Prayer Ministry (619)282-7609 | PrayerMinistry@UnitySanDiego.org | Daily Word (619)281-LOVE (5683)

Unity San Diego 3770 Altadena Avenue, San Diego, CA 92105 (619)280-2501

Dear Choir and Congregation,

It has been a difficult three months since the **Unity San Diego choir** stopped rehearsing and performing on March 8th due to the emergence of the Covid-19 virus. At the time, I was uncertain about the decision to suspend rehearsals, but I was most concerned with the safety and health of our choir members. As it turns out, that was the best decision for everyone so I am greatly relieved that we stopped when we did. But here we are three months later with an uncertain future for all choirs in churches and schools across America.

As a responsible leader of our church music program, I have decided that the choir **will not return this Fall until it is safe for all to return**. I greatly hope that will be soon but I expect it will not happen until sometime next year. I don't have any answers about our yearly **Christmas Concert** because no one knows what to expect in the NEXT three months, but I am hopeful for the future.

But I have an idea! I know you've all seen those **virtual choir videos** and I want our choir to start doing those for service! Maybe not three times a month, but definitely at least once a month **starting in September**. It will be a new and exciting way for us of being together and sharing our love of music! AND if you're someone who's maybe thought they'd like to sing with the choir but were unable to make the weekly commitment, this is YOUR time to start! **Please contact me if you'd like to get involved in celebrating our love and faith in the virtual world!**

Blessings,
Ron Councill
ron@unitysandiego.org

Tenant Update - by Rev. Karla Lightner - Associate Minister

As Covid-19 restrictions begin to be lifted and we start returning to some semblance of normalcy, groups that rent space at our Spiritual Community are beginning to return. Here is the most recent information regarding these wonderful groups.

City Heights Music School (CHMS) We don't currently have a return date for CHMS, but, they have continued to pay their rent and will be returning soon. Music and singing lessons have been adapted for students on Zoom. Summer classes began the week of June 15th with both class and private zoom lessons are available for children and adults. Please contact Victoria Eicher at victoria@music15.org if you are interested in taking any singing or music classes. They are available for children and adults.

Al-Anon: Our Spanish-speaking Al-Anon group began meeting back the church in June. They are now meeting on the east side of the second floor of the tower on **Tuesdays at 6pm**. For the time being, their **Thursday night meeting will continue on Zoom**.

Heartland House: Heartland House has not begun meeting back at the church yet, but, we are looking forward to their return in the near future. **When they do return, their 12-step meetings will be held on Friday, Saturday and Sunday nights from 6:30-8:30pm on the east side of the third floor of the tower.**

C.A.F.E. Grupo is back! They are meeting on **Friday and Saturday nights from 6:30-8:30pm** on the east side of the second floor of the tower. We are blessed to have them return as a part of our spiritual community.

SAVE-A-LIFE EDUCATORS – Beginning May 30th, Save-A-Life Educators began meeting from **9am-3pm in Wrigley Hall twice a month** to provide in person CPR, AED and First Aid Training. They have been training staff and board at Unity San Diego for over ten years.

While they always practice safe sanitation they are being extra cautious by:

- Keeping group maximum size to 10 people
- Spreading people out 6 ft.
- Not performing the breath portion of CPR - Simulation only
- Handing out disposable gloves
- Washing hands before and after each skill while sanitizing equipment
- Requiring face masks
- Continuing to update themselves of CDC and County policies.

It is a such an honor to be learning to save lives in partnership with Save-A-Life Educators!

Please join us on Sunday mornings for words of inspiration from Rev. Edith and Rev. Karla, and wonderful music provided by our Music Team starting with Gathering Music at 9:50am and Service at 10am LIVE on both our YouTube page and Facebook Live Stream. After service we have online Fellowship which can be accessed through Zoom.

Unity San Diego | 3770 Altadena Ave | San Diego, CA 92105



Sunday Lessons



July / August 2020
Sunday Service at 10am

Annual Theme - Perfect Vision: Seeing Through a Spiritual Lens

July

- July 5th "Love with No Motive"
- July 12th "Praying and Playing Together"
- July 19th "Understanding Happiness"
- July 26th "Release Your Inner Awesome"
- Rev. Karla

August

- August 2nd "There's a Crack in My House"
- August 9th "Just Open the Door"
- August 16th ... "The Willingness to Grow"
- August 23rd ... "It's All About Becoming"
- Rev. Karla
- August 30th ... "Standing on Fertile Ground"

Unity San Diego - a Spiritual Community

Senior Minister
Reverend Edith
Washington-Woods

Associate Minister
Reverend Karla Lightner



3770 Altadena Avenue
San Diego, CA 92105

Sunday Service 10am
Church Offices: (619) 280-2501
Prayer Ministry: (619) 282-7609
Daily Word Line (619) 281-LOVE (5683)
2nd Wednesday Meditation 11am
PrayerMinistry@UnitySanDiego.org

Unity San Diego's Tuesday Night Spiritual Recovery Group // Everlasting Serenity has been meeting by zoom since March. During the month of April, we made the decision to move from twice a month, to **weekly zoom meetings**. As Covid-19 restrictions lift, and 12 step groups begin meeting in person, we have decided to continue weekly zoom meetings and hold an **in-person meeting once a month beginning in August**. We have not decided which week we will meet in person, yet, but will let everyone know as soon as that decision is made.

We are continuing our study of the Biblical 12 Steps using the *Life Recovery Bible* and Workbook. This group is for those who are in recovery and for families whose lives have been touched by addiction. **Please contact Rev. Karla Lightner for more information at 619-218-6135 or revkarlalightner@gmail.com.**

If you would like to receive

Daily ePrayers, Weekly eNews and/or the Bi-monthly Faith for Today Newsletter
sent to your email sign up on our website at <https://www.unitysandiego.org/enews>.

Did You Know?

A gift to our church of appreciated stocks, mutual funds or other property, could be a great tax advantage to you. If you are interested, please contact the church office at **619-280-2501, ext.102** or at **unitysandiego@gmail.com**. Your request will be directed to our **Board President, Cathie Robertson**.

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 legal name and address of our church:

Christ Church Unity, San Diego
3770 Altadena Ave., San Diego, California 92105

Gift Card (Scrip) News

Those people who have signed up on shopwithscrip.com can continue reloading those cards that are reloadable when they need to. Then the church will continue to make money. Also be sure to use your Food for Less, Ralph's and other cards so the money goes to Unity San Diego.

If you are shopping on Amazon, be sure you are using AmazonSmile. It works just like Amazon, but some items have rebates that come to Unity as long as you have designated Christ Church Unity, San Diego as your organization.

From the 12 Powers ...

July • Understanding

Thomas
Front of brain
Color: Gold

The ability to know, perceive,
comprehend and apprehend.

*My understanding of Truth deepens
and directs my life.*



August • Will

Matthew
Center of brain
Color: Silver

The ability to choose, decide, command,
lead, determine.

*I choose my good based on
spiritual understanding.*