

FAITH FOR TODAY

UNITY SAN DIEGO

FROM THE MINISTER'S HEART



REV. KARLA LIGHTNER

Dear Unity Family,

As summer settles over San Diego, I'm reminded of how nature invites us into a slower rhythm—a sacred pause. July often brings vacations, sunshine, and a bit more breathing room. I invite you to see this season not as a break from spirituality, but as a deepening into it. Each moment is an invitation to live with full awareness of the Presence of God that within us.

As we move into August, our focus at Unity San Diego will be on prayer. Unity co-founder Charles Fillmore, once wrote, "True prayer is not begging or beseeching but a lifting up of the soul in communion with God."

Prayer is the quiet power behind every spiritual breakthrough. It is not a wish list but a sacred space where we align our minds and hearts with Divine Mind. Whether through silent meditation, affirmations, the words we speak, or the or the songs we sing, prayer is our direct line to Spirit. We will explore what it means to live a Prayer-Filled Life focusing on being in conscious alignment with the God of our understanding with every breath we take.

I invite you to refresh your own prayer practice. Start with just five minutes of silence each morning, then add a few minutes before you go to bed at night. As your prayer practice grows Spirit will indeed provide you with magnificent blessings!

May these summer months awaken in you a deeper peace, a quieter joy, and a renewed sense of Divine connection.

With love and blessings,

Karla

A LETTER FROM OUR BOARD MEMBER

Taking Flight

Recently news and social media have kept an 'eagle eye' on the nest of bald eagle pair Jackie and Shadow in Big Bear Valley, California.

We observed the parents sheltering their precious clutch as they weathered nature's sun, wind, rain and snow. All three eggs hatched, with two chicks, Sunny and Gizmo, surviving. Later identified as female, the sisters continued to grow, sprout flight feathers and strengthen wings with daily exercise imitating flight. At this writing, Gizmo had become a fledgling with Sunny watching her sister demonstrate the amazing accomplishment.

The eagles' instinctive behaviors, change of seasons, night and day, along with phases of the moon all demonstrate God's timely divine order in nature throughout the universe. It's as natural as breathing. No need to control. Just go with the flow. By increasing our awareness of the miracles available to us, we too have the ability to listen, relax and let go to receive the good that is ours. We encourage you to explore and become inspired during the summer months at Unity San Diego. Through inspirational messages, music, celebratory activities, six week Sunday series and workshops we invite you to discover the fledgling within you to soar above personal challenges, duties, responsibilities and experience the joy of knowing you are never alone. Consult your personal spiritual guidance and consider volunteering in areas of need to maintain and grow the activities necessary to assist Unity San Diego continue to remain Vibrantly Alive in 2025. We welcome you to contact a Board Member with comments and suggestions.

Blessings! - Julie Linville - Board Secretary



JULIE LINVILLE

2025 UNITY SAN DIEGO BOARD MEMBERS



Simon

Thaddeus

Judas

YOUTH & FAMILY MINISTRY

Hello Unity Family!

I hope everyone is having a wonderful summer so far. The Uniteens just got back from Uniteen Camp at Teresita Pines in Wrightwood, CA. where they got to spend 5 days with their friends from the Southwest Region. Some of the highlights were the rock wall, swimming, lake day, and singing and dancing to songs with Mark Stanton Welch. We even were able to make s'mores after lunch one day. It is always a joy to see our Uniteens interact with their friends from around the region. I would like to say a big THANK YOU to Rev. Karla and Danielle Dellosa for driving our crew to camp on Sunday. I would also like to recognize Philip for his help this summer at camp. He did an amazing job of bonding with campers who needed a positive role model to look up to. Our next Uniteen and YOU event will be Fall Rally on November 7-9 at Unity of Mesa in Mesa, Az.

Starting on August 8th the entire church will be studying Prayer. We will be using age appropriate Unity curriculum entitled My Prayer-Filled Life. I am really excited we will be doing this together as a whole congregation. We will be taking a closer look at prayer, different methods of prayer, and how to pray with others. When we look at meditation we will learn about the benefits and how to deal with things that distract us.

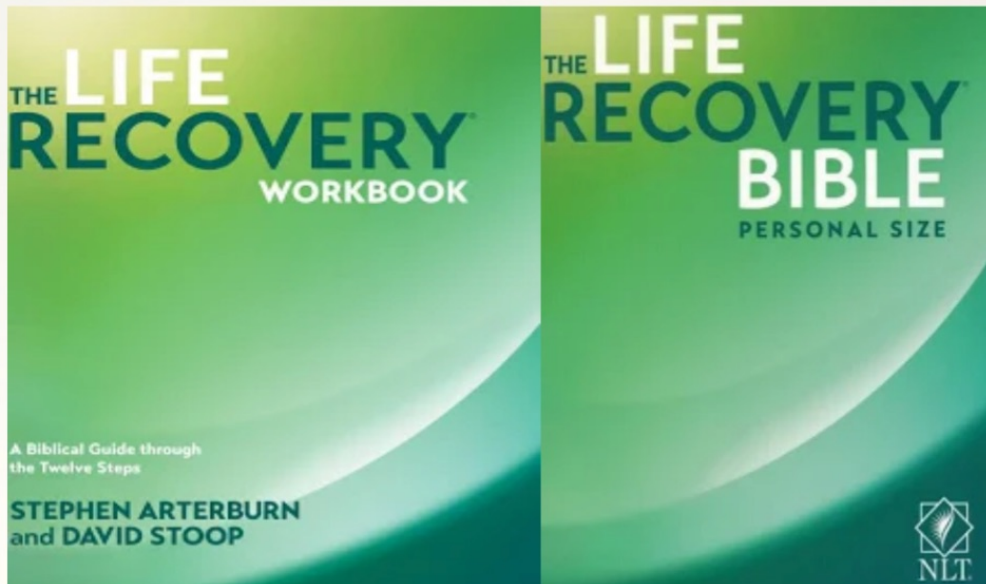
As a reminder Barb Mulvany meets with the Uniteens and Y.O.U.'ers on the fourth floor of the tower on the 2nd and 4th Sunday's of the month. Also, on Sundays when Barb is not here, we would love our teens to help lead prayer and lessons with the younger kids. If this is something that speaks to your teen please have them come speak to me. I would love to give them the opportunity to start leading prayers, meditations and crafts. As always if you feel called to help in the classroom on any Sunday, we'd love for you to visit us, take off your shoes and stay for awhile.



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

MINISTERIO DE HABLA HISPANA



NUESTRO MINISTERIO DE HABLA HISPANA LES INVITA A LEER "ENCIENDE LA LUZ" DE ERIC BUTTERWORTH.

Comienza el jueves 24 de julio a las 6:00 p. m. (hora del Pacífico) por Zoom.

Acompáñenos a explorar juntos cómo los principios espirituales universales enseñados en Unity ofrecen una guía práctica para aplicarlos en nuestra vida diaria y así vivir con mayor conciencia, paz y propósito.

SPECIAL EVENTS & SERVICES

**“BEHIND THE DISGUISE: WHAT WE REVEAL,
WHAT WE HIDE... AND WHY”**

AT UNITY SAN DIEGO



JULY

20th

2025

Concert begins at 12:00PM | \$25 ticket

BRING A POTLUCK DISH TO SHARE AFTER THE SERVICE

CHRISTMAS IN JULY - SUNDAY, JULY 27TH



We will sing carols and celebrate the sense of love and joy that the Christmas Spirit brings to us each day of the year.



This is also the day that we begin our Stuffed Animal Drive. So please bring new and gently used stuffed toys to be blessed and given away at children in need at Christmastime.



Come to church dressed in your holiday best.



ALOHA SUNDAY - SUNDAY, AUGUST 24TH



Aloha!!!

This year our Aloha Sunday Celebration will focus on

*“Understanding Ho’oponopono
a Prayer for Forgiveness”*

Come in your Hawaiian gear and experience the deep love of our Spiritual family here at Unity San Diego. Stop in for a visit in Wrigley Hall after service and share some special snacks with your Unity San Diego family.



EL NIDO PROJECT - APT 11



Soon we will be welcoming another family into El Nido Apartment 11. We want them to feel ,welcomed and loved. So, we will be collecting new items throughout the month of July.

If you would like to get involved or receive a list of needed items, please reach out to Rev. Karla Lightner or Board President E'luna Padilla.

WORKSHOPS

UNITY 201 – LIVING THE LORD’S PRAYER

Sunday, August 3rd at 11:45

In-Person With Rev. Karla Lightner In Wrigley Hall



In this workshop we will explore why Jesus our Wayshower used “The Lord’s Prayer” as a model prayer for us to use today.

We will look at the modern translation, the Aramaic translation and the metaphysical meaning of “The Lord’s Prayer” while focusing on Oneness, gratitude, forgiveness and love.

Then we will celebrate as we each write our own version of the Lord’s Prayer that we can share on Sundays.

Just think, if 52 people take this workshop we could have a different and unique version of the Lord’s prayer every Sunday for a year!

Please contact Rev. Karla at 619-218-6135 or revkarlalightner@gmail.com for more information and to enroll in the workshop.

“EMBRACING YOUR SHADOW”

Beginning August 10th (four-week class)

With Rev. Gretchen Peña on the 3rd floor from 11:30am - 1:00pm



In Jungian psychology, the shadow is a concept referring to the unconscious aspects of one’s personality that are repressed or denied. We ALL have a shadow. In this class, we will learn to recognize our shadow; learn how it manifests in our lives; learn what it can teach us; and learn how we can finally come to embrace it.

Are You Ready To Change Your Life For The Better?

SUNDAY TALK TITLES

JULY 2025

July 6 - "Freedom from the Inside Out" – Rev. Karla Lightner

July 13 - "Who Knows Where or When" – with Gretchen Peña

July 20 - "Behind the Disguise: What We Reveal, What We Hide, and Why"
– Daniel Nahmod

July 27 - "A Silent Night in July" – Rev. Karla Lightner

AUGUST 2025

"LIFE OF PRAYER" SERIES

August 3 - "Divine Harmony" – Rev. Karla Lightner

August 10 - "The Mystery of Prayer" – Rev. Gretchen Peña

August 17 - "Mindfulness in Motion" – Angie Keyes, CSE

August 24 - "Understanding Ho'oponopono- a Prayer for Forgiveness"
– Rev. Karla Lightner

August 31 - "Pray Without Ceasing" – Rev. Gretchen Peña

PRAYER MINISTRY

Prayer Ministry

LEAVE A MESSAGE ANYTIME

(619) 282-7609

-OR-

EMAIL AT

PRAYERMINISTRYUSD@GMAIL.COM



EVENTS & ACTIVITIES



Sunday, August 24th
-At 11:45am in Wrigley Hall-



Win exciting gifts and prizes - Reusable Bingo Cards are \$10
Bring a dish to SHARE for the Potluck!!



GIFT SHOP WILL BE OPEN ON JULY 13 AND AUGUST 3 & 31

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