

# FAITH FOR TODAY

## UNITY SAN DIEGO



## FROM THE MINISTER'S HEART

REV. KARLA LIGHTNER ❤️

Dear Unity Family,

Our mantra for this year is "Love more in 2024" and we have been doing a fabulous job. This summer, I invite you to go deeper and join us in manifesting more in 2024.

Ten years ago, in 2014, Rev. Blair and I taught E-Squared (E2) as a program for the entire church. This summer, Rev. Blair will kick off our E2 Sunday summer program on July 7th as our entire church including our Spanish-speaking Ministry will conduct spiritual experiments that prove that the Universe brings to us that which we focus upon.

Each week, for nine weeks, we will use Spirituality and Quantum Physics to prove:

- 1. There is an invisible energy force or field of infinite possibilities.**
- 2. You impact the field and draw from it according to your beliefs and expectations.**
- 3. You, too, are a field of energy.**
- 4. Whatever you focus on expands.**
- 5. Your connection to the field provides accurate and unlimited guidance.**
- 6. Your thoughts and consciousness impact matter.**
- 7. Your thoughts and consciousness provide the scaffolding for your physical body.**
- 8. You are connected to everything and everyone else in the universe.**
- 9. The universe is limitless, abundant, and strangely accommodating.**

I believe that there is nothing better than PROVING that what we teach in Unity is true.

Please join us each Sunday from July 7th- September 1st , as we experiment, have fun, and MANIFEST!

Bountiful Blessings!

*Karla*

# A LETTER FROM OUR BOARD MEMBER

Hello Unity Family,

EDUARDO CERVANTES

In this edition of Faith for Today I would like to share about our Spanish-Speaking Ministry.

The Spanish-Speaking Ministry at Unity San Diego has been a blessing in our community especially for our Spanish-speaking members.

We began this ministry in January of 2023, studying “The Five Principles” each week on zoom. Since then, we have studied “Spiritual Economics”, “Talks on Truth”, the “4T Prosperity Program”, the “Handbook of Positive Prayer” and “The Four Agreements”. We have also held online fellowship events in Spanish, along with outreach programs that help connect Spanish-speaking families with essential resources in the community. It is a wonderful feeling to be able to provide spiritual support and help those of us who speak Spanish grow spiritually.



I would like to thank Belinda Pena-Pitts and E'luna Padilla for facilitating this vibrant and dynamic ministry with me. It has truly enriched our lives and contributed to the church's overall diversity and unity.

I look forward to the Spanish-Speaking Ministry becoming a larger presence at Unity San Diego in the months ahead.

Many Blessings!

Eduardo Cervantes

## SPANISH SPEAKING MINISTRY

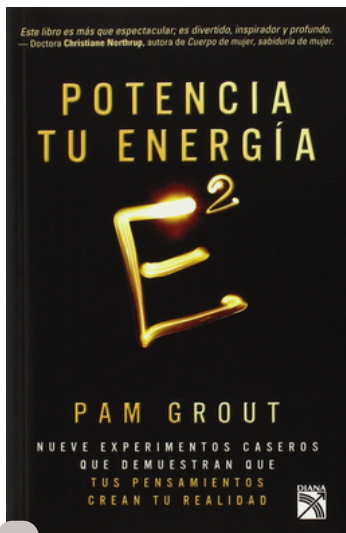
El Ministerio de Habla Hispana de Unity San Diego comenzará un estudio de:

### SERIE DE CHARLAS DE VERANO

**Los jueves a las 6 pm (PDT) en zoom**

E-Squared es un manual de laboratorio con experimentos sencillos que demuestran que la realidad es maleable y está moldeada por nuestra mente. Cada domingo, combinaremos los Principios de Unity, las enseñanzas metafísicas y la ciencia de E-Squared para demostrar que el Universo aporta aquello en lo que nos enfocamos. Durante nueve semanas, realizaremos experimentos de 48 horas para demostrar que los principios espirituales son tan confiables como la gravedad. Los participantes completarán informes de laboratorio durante la semana y compartirán los resultados el domingo. Únase a Unity San Diego y E-Squared para demostrar que estas enseñanzas son ciertas.

**Para obtener más información y el enlace de zoom, envíe un correo electrónico a: [unitydespanol@gmail.com](mailto:unitydespanol@gmail.com)**





# SOUL SISTERS

## Harry Griffin Park - Free Family Concert Event Sunday, July 28th from 4-7pm

Grab a picnic and lawn chair and relax at the beautiful outdoor amphitheater at Harry Griffin Park located at **9550 Milden Street in La Mesa**. We will meet at 4:00 pm for fellowship and fun then enjoy the concert from 6:00 – 7:00 PM. For more information, please contact Rev. Karla at [soulsistersusd@gmail.com](mailto:soulsistersusd@gmail.com)



## 9AM Hike & 12PM Lunch to Follow Tuesday, August 20th

Please bring a picnic lunch and join us at **Chollas Lake Park 6350 College Grove Dr, San Diego, CA 92115** while we spend time in nature together. Come hike around the lake with us at 9 am or just come for lunch at noon. Families welcome – For more information please contact Rev. Karla at [soulsistersusd@gmail.com](mailto:soulsistersusd@gmail.com)



# YOUTH MINISTRY

## Hello Unity Family!

I don't know about you but I am always looking for fun and **FREE** ways to get out and spend some time with my family. One of the things we love to do is take a picnic and watch a movie in the park. For a full list of parks and movies you can check out the full list of movies and participating parks at **2024 Summer Movies in the Park**. The La Mesa Municipal Pool will be showing Elemental (PG) on July 26th at 6 pm if you would like to go for a swim while watching a movie. Parks After Dark is a free event every Thursday-Saturday Night from 5-8pm. Kids can get a free meal while supplies last with games and lots of fun activities for kids to do. For more information and a list of participating parks check out **Parks After Dark**. While this one isn't free the price is unbeatable UltraStar Cinemas has \$2 Family-Friendly Movies every Monday-Friday at 11 am for more information check out **Family-Friendly Film Summer Series**. The Youth and Family Ministry will be going bowling on **Wednesday August 21st**. For more information contact Lauren at [yfmunity@gmail.com](mailto:yfmunity@gmail.com). We are always looking for help in The Clubhouse, please reach out to me if you are interested in joining the fun on Sunday Mornings!





# PRAYER MINISTRY

Prayer Ministry

LEAVE A MESSAGE ANYTIME  
(619) 282-7609

-OR-

EMAIL AT  
PRAYERMINISTRYUSD@GMAIL.COM



## MUSIC NEWS - ALOHA SUNDAY



**AUGUST 25TH**  
**POTLUCK AND CONCERT**



Aloha Sunday on **August 25th** will be an Extra-special day of celebration because there will be a ***Hawaiian-themed potluck*** after the service, followed by a ***Music Team Concert*** in the sanctuary at 12:30!!!

It will be a more intimate and interactive concert, similar to our Christmas program, with members introducing their song and why it was chosen (because we individually get to pick songs we've most enjoyed singing or other members of the team most enjoyed by/with us).

We are SO looking forward to sharing an early afternoon of music with you and do hope you'll plan to attend and invite family and friends as well. The 90-minute concert will start at 12:30, allowing you plenty of time to enjoy fellowship and potluck food, or to grab a quick bite and go pick up friends or family to bring back.

This will be a fundraiser for the Music Department, with free admission for one and all and an offering basket to be passed for donations.





# COMMUNITY WORKSHOP



## GREIF AND LOSS COMMUNITY WORKSHOP



Sunday, August 11th at 1:00pm

*"The medicine to heal a broken heart comes from the heart itself"*

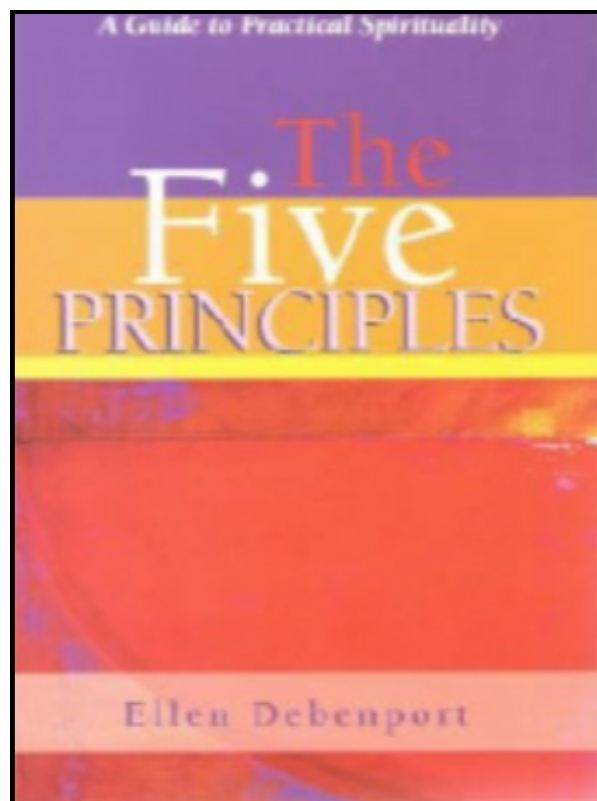
For more info: [Tania@rutasagrada.org](mailto:Tania@rutasagrada.org)

**\*\*SUGGESTED \$15 LOVE OFFERING\*\***

## SMALL GROUP LEADERS

**LOOKING FOR SMALL GROUP LEADERS: TEACH UNITY 101  
"THE FIVE PRINCIPLES"- BY ELLEN DEBENPORT**

*We are looking for passionate, committed members who feel called to share Unity's teachings with others. If you have a heart for service and a desire to make a positive impact, we invite you to become a small group leader for our upcoming "Unity 101" – The Five Principles" course that begins in September.*



### Why Teach Unity 101?

Leading a small group in Unity 101 is a wonderful way to:

- Deepen Your Own Understanding: Teaching these principles will enhance your personal spiritual journey as you explore and discuss their meanings and applications with others.
- Foster Community: Small groups create a supportive environment where members can share experiences, insights, and encouragement. As a leader, you will play a key role in building these meaningful connections.
- Empower Others: By guiding others through Unity's foundational teachings, you help them discover their divine potential and live more fulfilling lives.
- Grow Together: As we collectively study and practice the Five Principles, our entire community benefits from shared growth and spiritual development.

**Training and resources will be provided to ensure you feel confident and prepared to lead your group.  
For more information, please contact Rev. Karla at 619-218-6135 or email her at [revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com).**

# SUNDAY TALK TITLES

## E-SQUARED SUMMER PROGRAM

### JULY 2024

July 7 - "Finding Reality For Myself" – Rev. Blair Tabor

July 14 - "Focus Pocus" – Rev. Gretchen Peña

July 21 - "Direct Your Energy With Love" – Rev. Ken

July 28 - "What Do You Want " – Rev. Karla

### AUGUST 2024

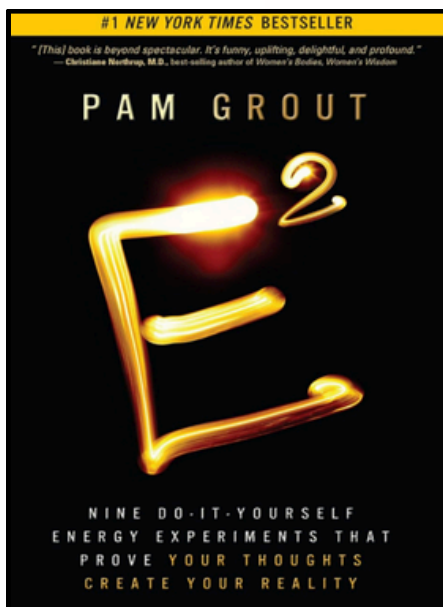
August 4 - "You Are Guided, Pay Attention"– Rev. Gretchen

August 11 - "The Mind Within Matter"– Rev. Ken

August 18 - "Body: Blessings In, Blessings Out"– Rev. Karla

August 25 - "We Are So Connected" – Grace Caluya

September 1 - "I Am Enough" – Rev. Gretchen



## Summer Talk Series

July 7th - September 1st

E-Squared is a lab manual with simple experiments proving that reality is malleable and shaped by our minds. Each Sunday, we will combine Unity Principles, metaphysical teachings, and E-Squared's science to demonstrate that the Universe brings what we focus on.

Over nine weeks, we'll conduct 48-hour experiments to show that spiritual principles are as reliable as gravity. Participants will fill out lab reports during the week and share results on Sunday. Join Unity San Diego and E-Squared in proving these teachings true.

**Be prepared for life-changing results!**

## HEALING SERVICE

The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit.

Access the healing power that already exists in each and everyone of us.

## HEALING SERVICE

AUGUST 18TH @ 12PM



IN ST. LUKE'S CHAPEL & ON ZOOM  
WITH REV. KARLA LIGHTNER



# "EVERLASTING SERENITY" SPIRITUAL RECOVERY MINISTRY

July 11th - July 25th

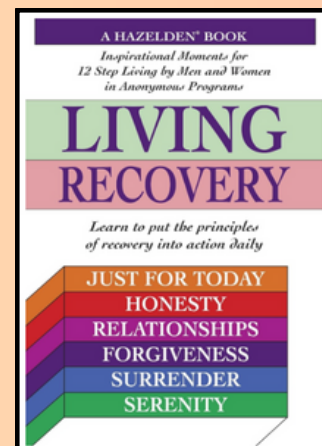
Thursday's at 7pm (PDT) on ZOOM

Please join us as we learn more ways to put the principles of recovery into action in our daily lives.

For More info & the zoom Link:

Call: (619) 218-6135

Email: [everlastingserenityusd@gmail.com](mailto:everlastingserenityusd@gmail.com)



August 8th - September 19th

Thursday's at 7pm (PDT) on ZOOM

Will study the Unity Booklet:

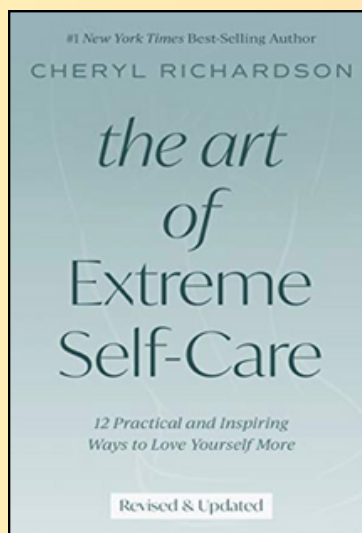
"The Spiritual Journey from Addiction to Recovery"

Sobriety is more than abstaining from drugs, alcohol, or any of our addictive behaviors. It means recovering the person you were born to be. The Spiritual Journey from Addiction to Recovery offers deeply honest and personal stories and insights about the spiritual journey of recovery, as well as affirmations and prayers for strength, peace, and connection.

For More info & the zoom Link:

Call: (619) 218-6135

Email: [everlastingserenityusd@gmail.com](mailto:everlastingserenityusd@gmail.com)



## The Art of Extreme Self-Care by Cheryl Richardson

Monday, July 8th & August 12th

Life can be stressful and it's easy to feel overwhelmed. Could you use 12 practical and inspiring ways to love yourself more? Please join Rev. Karla on the second Monday of each month on zoom at 7:00 pm (PT) as we continue to learn new ways to love ourselves.

for more info:

[revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com) or 619-218-6135

# BINGO & BOOKSTORE

**OPEN**



**OPEN**



**SUNDAY, JULY 28TH & AUGUST 25TH  
AFTER THE SERVICE**



**B I N G O  
& Potluck**

**SUNDAY, JULY 21ST**

**AT 11:45AM IN WRIGLEY HALL**



**WIN EXCITING GIFTS AND PRIZES  
REUSABLE BINGO CARDS ARE \$10**

**All ages welcome!!!**



# CELEBRATION OF LIFE - AUG 10TH

## **JOYCE GOTFREDSON** (*February 7, 1934 - June 28, 2024*)

Joyce (Joy-See) Gotfredson born February 7, 1934 peacefully made her transition on June 28, 2024, at the age of 90. Joy-See, a Licensed Unity Teacher (LUT), studied Unity Principles and teachings and helped others apply them to their lives. She shared her deep knowledge and life experiences with all who were interested in finding a more spiritual way of life. A singer, world traveler, and adventure-seeker, Joy-See lived a full and exciting life. We bless her now, as she moves forward on her spiritual journey. Her Celebration of Life will be held at Unity San Diego on Saturday August 10, 2024, at 10:00 am. All are invited to attend.



## **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, California 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).