

FAITH FOR TODAY

UNITY SAN DIEGO



FROM THE MINISTER'S HEART

REV. KARLA LIGHTNER

Dear Unity Family,

This time of year, is so beautiful. The rains have brought lovely shades of green grass and wildflowers are blooming in every color of the rainbow. The rainwater sprinkled new life into our community as everything in nature around us has become fresh and renewed.

Our spiritual community is experiencing a renewal as well. There is new energy, heart-felt music and more people attending our Sunday service each week. Our classes are spiritually energizing, and our fellowship times are full of love and light. These amazing times we spend together as a spiritual family help our community grow.

If you would like renewal in your life, what do you need to do?

I believe it all begins with a commitment to prayer. The Apostle Paul has great advice in

Colossians 4:2. He says: "Pray and keep praying..."

So, I ask you to commit to regular prayer times in your life. Besides your own personal prayer practice, there are many ways that we will provide prayer and support for you at Unity San Diego.

1. Call our New Prayer Ministry at 619-282-7609 and leave a message for one of our chaplains to call you back.
2. Email our Prayer Ministry at their new email address: prayerministryusd@gmail.com
3. Fill out a Prayer Card on Sunday with your prayer request and put it into our offering box.
4. Pray one on one with a Chaplain on Sunday mornings.
5. Mail in your prayer request to Unity San Diego 3770 Altadena Ave. San Diego, CA 92105
6. Become a member of Unity San Diego and get your own personal chaplain who will call you each month and pray with you when it is convenient for you.

All of your prayer requests are confidential, and our Prayer Ministry holds all your requests in prayer for thirty (30) days.

There is power in prayer and prayer renews our soul.

This is a time of renewal and God is ready to do amazing things for you and through you!

Prayerful Blessings of Love and Joy!

Karla

A LETTER FROM OUR BOARD MEMBER

I would like to share a word with you. It's a word that some dislike. Some people may run screaming from it. The word? Volunteer. We call it Sacred Service, but the truth is, it is volunteering.

I think it's important to understand why we should volunteer. When you give of yourself to be of service to another person, you are connecting your spark of divinity to another spark of divinity. It's a tithing of time.

Some people may claim that volunteering is too burdensome. But it really isn't. Let me explain:

There are 168 hours in a week. Now subtract 40 hours for working, then we have 128 hours. And another subtraction of 40 hours for sleep. That leaves 88 hours... that's more than I thought. Let's take it one step further. Can we volunteer for just 10% of the time? That would be 8.8 hours, leaving 79.2 hours.

We are not asking for this level of commitment from anyone. Of course, if you wish to volunteer at that level, we will graciously accept. But if all you have is 30 minutes to offer, we will gladly accept that too. We have countless ways to be of service to one another. I encourage you to speak with our Sacred Service/volunteer coordinator, Kathy Davis, after church on Sunday or email her at jkbdavis@gmail.com if you would like to serve.

I want to leave you with this definition of volunteer.

-A person who does noble deeds.

Let us be people of noble deeds. Sacred Servers who lovingly give of ourselves to honor our spiritual home.

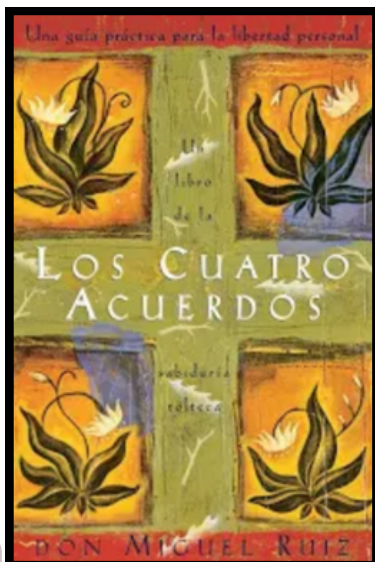
Much love,
Maria Garcia
Board President

MARIA GARCIA



SPANISH SPEAKING MINISTRY

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



LOS CUATRO ACUERDOS DE DON MIGUEL RUIZ **El miércoles 3 de abril a las 7 p. m. (PDT) en zoom**

Basados en la antigua sabiduría tolteca, los Cuatro Acuerdos ofrecen un poderoso código de conducta que puede transformar rápidamente nuestras vidas en una nueva experiencia de libertad, verdadera felicidad y amor. Los cuatro acuerdos son: Sea impecable con su palabra, no se tome nada personalmente, no haga suposiciones, haga siempre lo mejor que pueda.

**Para obtener más información y el enlace de zoom,
envíe un correo electrónico a:**

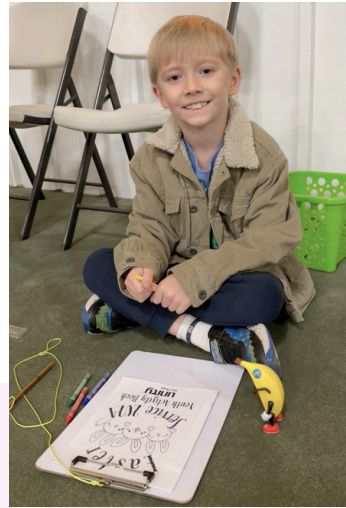
unitysdespanol@gmail.com

TOWN HALL/COMMUNITY FORUM

Please join us Sunday, June 2nd for our first 2024 Town Hall/Community Forum at 11:45am (PDT) in Wrigley Hall. This is a time for you to find out from Rev. Karla, the board, staff, and special group leaders where our church currently is where Spirit is leading us. There will be food provided and we welcome your questions and comments. This will also be hybrid on zoom for those who cannot attend in person. The zoom link will NOT be published so if you would like it, please text Rev Karla at 619-218-6135.

YOUTH MINISTRY

Hello Unity Family! A year ago our youth department asked the congregation for donations of paint so that we could repaint the "Peace Wall". When we painted the wall we decided to paint the wall so that random squares in it were different colors. We were hoping that this would help prevent some of the tagging, which it seems to have and when the wall does get tagged it is smaller areas. We have been checking the wall on a regular basis and anytime that we notice any new tagging a group of the youth will go down and paint over the wall with a random color. I am so proud of all of our youth for their help and dedication to keeping our church beautiful and tag free.



In other news we have just started to get information about Kids and Uniteen Camp which will be happening July 15th-19th. Camp is open to all Youth in grades 3-8. Adults who would like to join in the fun of experiencing Unity camp with our youth should see me or Rev. Karla for details.

We can always use adults to help out with the camp. We will also be having a few fundraisers coming up to help our youth attend camp.

From me and our youth here at Unity San Diego we would like to say a big Thank You to everyone for their love and support. As always we can always use more volunteers in The Clubhouse.



PRAYER MINISTRY

Prayer Ministry

LEAVE A MESSAGE ANYTIME
(619) 282-7609

-OR-

EMAIL AT
PRAYERMINISTRYUSD@GMAIL.COM



PRAYERMINISTRY GUIDED MEDITATION

MAY 8TH & JUNE 12TH

-On Facebook Live-

Please join Jack Nalbandian as he continues
to lead the Second Wednesday
PrayerMinistry Guided Meditation on
Facebook Live May 8th and June 12th at
11am (PDT)

JACK NALBANDIAN



SMALL GROUPS

THE FOUR AGREEMENTS

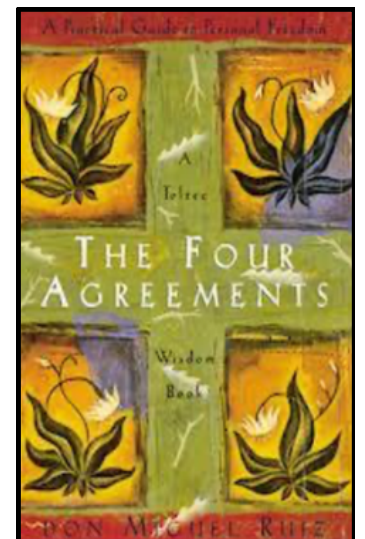
(2 different class options)

Tuesdays at 7pm (PDT) on ZOOM

1. May 7, 2024 07:00 PM - "Don't Make Assumptions"
2. May 14, 2024 07:00 PM - "Always Do Your Best"
3. May 21, 2024 07:00 PM - "Implementation in our Life!"

Wednesdays at 10am (PDT) on ZOOM

1. May 1, 2024 10:00 AM - "Don't Take Anything Personally"
2. May 8, 2024 10:00 AM - "Don't Make Assumptions"
3. May 15, 2024 07:00 PM - "Always Do Your Best"
4. May 22, 2024 07:00 PM - "Implementation in our Life!"



For more info & the ZOOM link please email: revkarlalightner@gmail.com

WHAT THE FOUR AGREEMENTS CAN DO FOR YOU...

"The Four Agreements" by Don Miguel Ruiz is a powerful book that offers practical wisdom for personal transformation and fulfillment. I'll explore the core concepts of the book and reflect on how they have positively impacted my life. The Four Agreements are:

EDUARDO CERVANTES



Be impeccable with your word.
Don't take anything personally.
Don't make assumptions.
Always do your best.

"Be impeccable with your word" emphasizes the importance of integrity in communication. This agreement encourages us to speak with honesty and kindness, avoiding gossip, criticism, and self-deprecation. Practicing impeccable speech has helped me build trust in my relationships and maintain a sense of authenticity in my interactions. By being mindful of my words, I've cultivated deeper connections with others and fostered a more positive environment around me.

"Don't take anything personally" reminds us that other people's actions and words are a reflection of their own beliefs and experiences, rather than a judgment of our worth. This agreement has been really helpful for me, as it has allowed me to release the burden of unnecessary self-criticism and emotional distress. By recognizing that not everything is about me, I've developed a greater sense of empathy and understanding towards others, leading to healthier and more harmonious relationships.

"Don't make assumptions" urges us to seek clarity and avoid jumping to conclusions based on our own interpretations of events. This agreement has been instrumental in reducing misunderstandings and conflicts in my life. By practicing open communication and asking questions when in doubt, I've learned to navigate situations with greater confidence and effectiveness. Letting go of assumptions has also enabled me to approach life with a sense of curiosity and openness, embracing new opportunities and perspectives with enthusiasm.

"Always do your best" helps us to give our fullest effort in everything we do, while also accepting our limitations and honoring our personal boundaries. This agreement has helped me cultivate a healthy balance between ambition and self-care, allowing me to pursue my goals with passion and resilience, without succumbing to perfectionism or burnout. By acknowledging that my best may vary from day to day, I've learned to be kinder to myself and celebrate progress rather than dwelling on shortcomings.

"The Four Agreements" by Don Miguel Ruiz offers great principles for personal growth and self-mastery. By integrating these agreements into my life, I've experienced profound shifts in my mindset, behavior, and relationships. From cultivating integrity in my communication to fostering greater compassion towards myself and others, the wisdom of "The Four Agreements" continues to inspire me on my journey towards living a more authentic, fulfilling, and purposeful life.

SUNDAY TALK TITLES

MAY 2024

May 5 - "The Power of Community" - Rev. Karla Lightner

May 12 - "Mother Nature" - Rev. Gretchen Pena

May 19 - "Together We Grow" – Rev. Karla Lightner

May 26 - "Those Who Forgot" - Rev Gretchen Pena

JUNE 2024

June 2 - "Creating a Culture of Comfort"– Rev. Karla

June 9 - "Happiness is a Heart Condition"– - Rev. Karla Lightner

June 16 - "DANIEL NAHMOD- Father's Day

June 23 - "Standing on Holy Ground" – Rev. Gretchen Pena

June 30 - "Anchored in God" (Communion) – Rev. Karla Lightner

"EVERLASTING SERENITY" SPIRITUAL RECOVERY MINISTRY

Thursday's at 7pm (PDT) on ZOOM

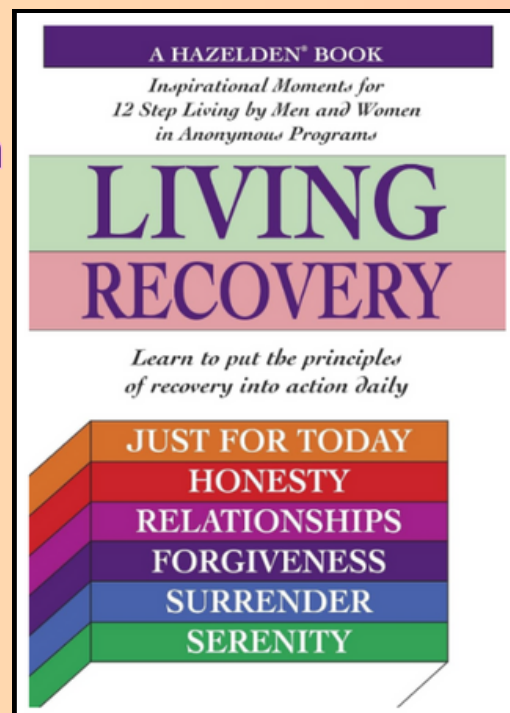
Please join us as we learn more ways to
put the principles of recovery into action
in our daily lives.

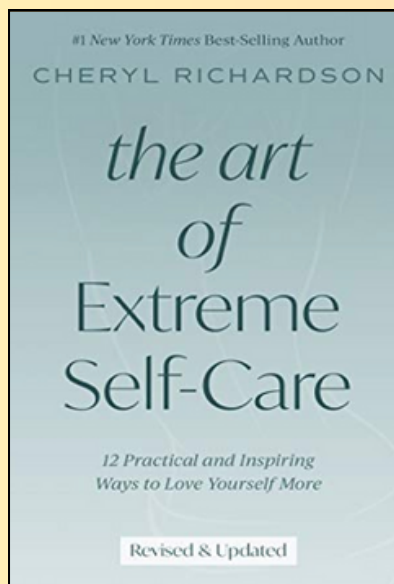
• ♦ •
While this ministry is primarily for those who
are in recovery and families whose lives have
been touched by addiction, you do not have to
be in recovery to be a part of The Everlasting
Serenity Spiritual Recovery Ministry.

• ♦ •
For More info & the zoom Link:

Call: (619) 218-6135

Email: everlastingserenityusd@gmail.com





The Art of Extreme Self-Care by Cheryl Richardson

Monday, May 13th & June 10th

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 or 619-218-6135

SACRED SERVICE EL NIDO

APT 11, REFURNISHING TIME UPDATE

It's time again to refurnish the family apartment at El Nido. The last family moved into a toy-box trailer and is beginning the next adventure of their life. We bless the mom and her four children.

Please check the El Nido Giving Tree in Wrigley Hall for donation possibilities for the new family who comes in June. Bins are placed in Wrigley Hall for the items. Please return items by Sunday, May 19, 2024. Every gift is appreciated to establish a warm and loving home for the next family fleeing domestic violence. Thank you in advance for your participation.



A sacred service work party is scheduled for Sat., May 25, 2024, at 9:30am at Unity San Diego. For updates and information on moving-in day, please contact Aline King at ankunity@gmail.com. Please let her know if you have an available pickup truck for boxes and 2 dressers. Many blessings of joy and order.

HEALING SERVICES

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.



SOUL SISTERS

Soul Sisters

Wednesday, May 15th @9:15am

SAN DIEGO BOTANIC GARDEN

300 Quail Gardens Drive, Encinitas, CA 92024

ADMISSION: \$18 MUST PURCHASE TICKETS IN ADVANCE

*****CLICK HERE TO PURCHASE TICKETS*****

Please RSVP by Sunday, May 12th

Carpool leaves from the church at 8:30am

Soul Sisters

Saturday, June 15th @9:30am

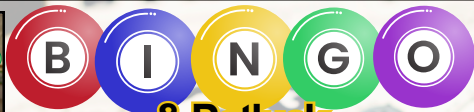
SUMMERS PAST FARMS LAVENDAR DAY & ANTIQUE CRAFT FAIR

15602 Olde Highway 80, Flinn Springs, CA 92021

Spend the day with us at the farm and shop in the barn for great lavender gifts like lavender soaps, candles and linen spray. Stroll around the lovely gardens and nursery. Over 40 fine craftsmen and expert artisans can be found at this event. Crafts, collectables, antiques, and a garden sale all on the spacious lawn area. Also live music and a coffee/smoothie bar!

Please RSVP by June 14th

Carpool from Santee Park n' Ride at 9am



& Potluck

SUNDAY, MAY 19TH

AT 11:45AM IN WRIGLEY HALL



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

All ages welcome!!!



Drumming Circle

With Matt Manning

Sunday, June 9th

After the Service in Wrigley Hall



ARTS & CRAFTS

Mother's Day Sale

SUNDAY, MAY 5TH

AFTER THE SERVICE IN WRIGLEY HALL



ARTS & CRAFTS

FATHER'S DAY & PATRIOTIC MINI SALE

SUNDAY, JUNE 2ND

AFTER THE SERVICE IN WRIGLEY HALL

Unity San Diego
Library



OPEN DATES & HOURS

11:15AM - 12:15PM

May 12th & 26th

June 9th & 23rd



DANIEL NAHMOD
IS COMING TO
UNITY SAN DIEGO

CELEBRATING FATHER'S DAY!

JOIN US!!!
SUNDAY, JUNE 16TH

TICKETS: \$25

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

SUNDAY
CELEBRATION
SERVICES
10AM


unity®
San Diego

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.