

Faith for Today

OUR VISION - To transform lives and inspire people to make a positive difference in our world.

OUR MISSION - We empower personal growth through positive spiritual practices, inspirational music, and community service.

From the MINISTER'S HEART



Rev. Karla Lightner

Dear Unity Family,

As we come to the end of 2023 we prepare for two meaningful holidays, **Thanksgiving** and **Christmas**. As we think of the Divine Order of these two holidays something astounding is very clear - **Gratitude precedes receiving**.

When we shift our focus from desiring things to being grateful for what we already have our minds begin working with Spirit in greater, even more abundant ways.

The Apostle Paul gives us great advice in 1 Thessalonians 5:18, "**Give thanks in all circumstances...**"

This means that we don't need to wait for Thanksgiving to be grateful. We can be grateful right now as we celebrate our blessings and open our hearts to express more and more gratitude each day.

We also don't need to wait for Christmas to celebrate the new birth of the Christ presence within us. We can be "born again" each and every day as we allow the God of our understanding to work in, as, and through us in wonderful, joyous ways.

Affirm with me please, "**I let gratitude and new blessings work powerfully in me!**"

Joyous in the Spirit of thanksgiving and Love!

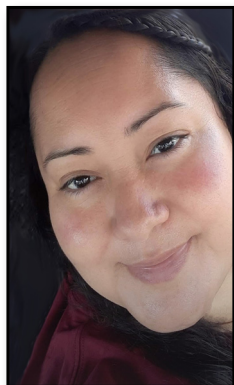
Rev. Karla Lightner, Minister



3770 Altadena Avenue
San Diego, CA 92105
(619)280-2501
unitysandiego@gmail.com

Sunday Service 10am (PT)
Prayer Ministry (619)282-7609
PrayerMinistry@UnitySanDiego.org
Daily Word Line: (619)281-LOVE (5683)

A Letter from the Board Member, *E'luna Padilla*



E'luna Padilla
Board Member

Bountiful Greetings Unity Family!

Every season has a reason and purpose to be grateful for. The month of November is spiritually about transition, action, continuity and gratitude. As we transition into the holiday season to celebrate Thanksgiving let's take a moment to reflect on what we are grateful for and what makes it possible. Being grateful makes sense of our past and allows for new beginnings, it brings out peace and joy for today and creates a vision for tomorrow.

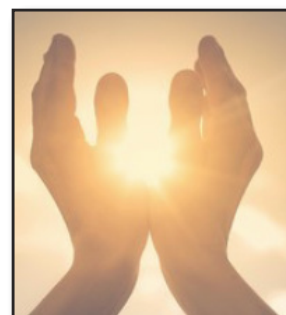
May every transition bring to you new beginnings and opportunities in the form of blessings, faith in action to move forward and grow spiritually and continuous gratitude. Lots of blessings and good health be with you all. Happy Thanksgiving!

Lovingly in Gratitude,
E'luna

Prayer MINISTRY

Rest in Prayer and Gratefulness

Join your Prayer Ministry this grateful season in peaceful prayer. Let your worries go, relax into the Presence of Love and Joy. Feel yourself surrounded by the most delightful love of Spirit in every moment of your day. Use these affirmations to ground yourself in the knowledge that you are the beloved creation of the One Power and One Presence.



I am one with the One.

All my needs are met in the right and perfect time.

Love guides me in all I do and say.

I am created in the image of love and joy.

Perfect health is mine. My body vibrates with joy.

I am grateful for my many blessings of grace.

Join us on the second Wednesday, November 8th and December 13th at 11am (PT) on Facebook Live for Prayer and Meditation.

We are grateful for your continued contributions.

Your Prayer Ministry loves and supports you in prayer always.

We bless you and hold the high watch for you in all your needs.

<https://www.facebook.com/unitysandiego>

Prayer Ministry - Monday-Friday from Noon-5pm (PT) at (619)282-7609

Silent Unity 365 days a year - 3am-11pm (PT) call (816)969-2000



Spanish Speaking MINISTRY

will continue their study of
“Charlas Sobre la Verdad” (Talks on Truth)
 by Unity co-founder Charles Fillmore

Tuesdays at 6:30pm (PT) on Zoom for the month of November

*For the month of December, they hold an intensive study
 of Advent, Faith/Hope, Peace, Love, Joy*

For more details and the Zoom link, please email unitysdespanol@gmail.com.

Youth MINISTRY

Hello Unity Family!

As this year is coming to a close, I can't help but think about how blessed I am to have found my family here at **Unity San Diego**. I would like to officially welcome **Barb Mulvany** and **Beci Rohkohl** along with **Fiona, Maeve,** and **Sam** who are helping our Uniteens/Y.O.U. They will be working with them on the 2nd and 4th Sundays on the 5th floor of the tower. Our goal over the next few months is to create a space for the “older” kids to have an area to learn and build a fellowship with outings and events that are geared towards their age group. While giving the Unikids something to look forward to when they get older.

In September we started painting the **“Peace Wall”** and decided that painting the wall in a patch work pattern would hopefully help deter others from tagging, while also making it easier to cover up any tagging that happens. Going forward any time the wall is tagged the kids will be in charge of going down and painting over the tagging and adding more colors to the wall.

Again thank you for all the love and support you have shown our youth group here. We are looking for what the new year has to bring us.

Lauren Ferrin, YFM Director



“Everlasting Serenity” Spiritual Recovery MINISTRY

Please join us as we continue our study of Hettie Grutman's fabulous book

“Activate Your Soul & Change Your Life.”

This book will show us how to recognize and live with the knowledge that

**“Our Higher Power has instilled in us everything we need to have
 a happy, blessed, prosperous, and generous life.”**

We meet each Thursday at 7pm (PT) on Zoom.

While this ministry is primarily for those who are in recovery & 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.**

**Please contact Rev. Karla Lightner for more information and the Zoom link
 at (619)218-6135 or everlastingserenityusd@gmail.com**

Unity San Diego Sunday Talk Titles

NOVEMBER 2023

Nov 5 - "Prioritize to Magnetize" Rev. Ken (ORDER)

Nov 12 - "Burn, Baby, Burn" Rev. Karla (ZEAL)

Nov 19 - "I'm Letting Go of Holding On" Rev. Gretchen (ELIMINATION)

Nov 26 - "Living a Clockwise Life" Rev. Karla (LIFE)

DECEMBER 2023

Dec 3 - "Launch Out on Faith" - Rev. Blair (ADVENT) - Hope & Faith

Dec 10 - "The Power of a Peacemaker" - Rev. Karla

Dec 17 - "The Love "Express-Way" - Rev. Ken

Dec 24 - "The Light That Shines in the Darkness" - Rev. Karla & Rev. Gretchen

Dec 31 - "Behold! I AM Making All Things New!" - Rev Karla & Rev. Gretchen



Special * Holiday Services

**This year both Christmas Eve
and New Year's Eve are on Sundays.**

...and our Special Services will be our Sunday Services.

This will give those unable to attend our usual evening Special Services
the opportunity to experience these glorious traditions.

Christmas Candlelighting - Sunday, December 24th, at 10am

Our **Candlelighting Service** is one of our most beautiful throughout the year. Come celebrate the Glory of the new birth of the Christ in you. Please plan to bring your family and guests to these services.

Burning Bowl & Letter to God Service - Sunday, December 31st, at 10am

Get ready for the New Year by releasing what you don't want to carry forward. At this, one of our most popular services of the year, 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 in the **Burning Bowl**. Then we write a **Letter to God** opening ourselves to new blessings for the New Year. The music is great; the ritual is transformative!

White Stone Sunday - Sunday, January 7th, 10am

You can celebrate a new beginning in your life with our **White Stone** ritual.
A special time of meditation will be provided for you to receive from Spirit a blessing for your new year.

Unity Healing and Your Energy Centers

by Kelly McDowell, Creator of Soul Health for Whole Health™

Unity author Emilie Cady said this: "The first step toward freeing ourselves from our troubles is to get rid of our erroneous beliefs about God and about ourselves." This is the Unity practice of releasing ("denying") beliefs that are not ultimately true in divine reality.

A VERY IMPORTANT factor in this is that for complete mind-body-soul healing, we need to completely release error beliefs (and the emotions and experiences related to them) on the deepest energetic soul levels. Otherwise, the creative substance of these things will continue to cause negative effects in our lives.

In 2018 Holy Spirit gave me new healing tools for release work. I started having spine and neck tremors when actual deep energy releases of error beliefs and trauma emotions were happening for me. I also learned how to identify which energy center (part of the soul; chakra) was releasing and what exactly was being released (super helpful for learning soul lessons). I use the same processes to help my clients grow and heal faster.

In the past five years, I've completed about 1000 hours of my own personal release work this way (the average person has many, many soul traumas to release). The result? My spiritual growth and healing have been progressing about 30 TIMES FASTER than before.

TIP: Relate a life or health problem to one of your soul energy centers. (Use my energy center model to help you. If you don't have this, I can give you a copy.) Focus on the body location of that energy center. Practice allowing deep error feelings to surface and be released from there. Ask the Divine to give you a physical sensation indicator when an actual deep release is happening.

Kelly McDowell, BHSP, Soul Doctor

Creator of Soul Health for Whole Health™

Advancing Biofield Healing, Pathwork, Unity Consciousness, Mind-Body Medicine

PURE Nutrition

www.kellyaurora.com

Re: Client Confidentiality: Please do not send confidential personal health information to Kelly McDowell by email. If you have received this e-mail in error (if you are not the intended recipient), please call Kelly McDowell immediately at (619)350-3003, and delete this email and any attachments from any computer. (perineum)



Kelly McDowell

"the art of Extreme Self-Care"

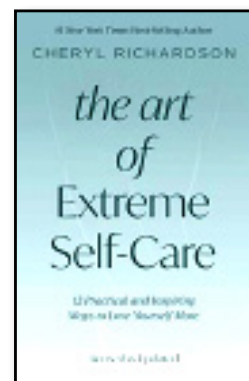
by Cheryl Richardson

**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 7pm (PT) as we learn new ways to love ourselves.**

The intention is to create community and learn to live a soul-nurturing life.

**Please contact Rev. Karla for more information
at revkarlalightner@gmail.com or (619)218-6135.**



SCRIP - Charlyn Earp is now pre-selling Scrip every 2nd Sunday in Wrigley Hall then delivers it on the third Sunday.

Charlyn will also show you how you can **reload Scrip from your phone** to relieve the plastic problem in the environment. Using **Scrip** will benefit the church as the various companies give percentages of money back to Unity San Diego for every card sold. **For more information contact Charlyn at charearp@sbcglobal.net.**

Christmas Concert

Please join us for our annual Christmas Concert at 3pm on Sunday, December 10th.

We will be featuring our wonderful Unity San Diego Music Team and Orchestra
under the direction of our Music Director, Ron Councill,

For more information please contact Ron Councill at ron@unitysandiego.org

Entrepreneur Mart

Unity San Diego's Entrepreneur Mart and Craft Sale is BACK!

on Sunday, December 3rd from 9am-2 pm.

Christmas is right around the corner, and shopping right here in our community is a wonderful way to support our talented entrepreneurs and artists. Visit every booth to be entered in a drawing for a \$25 gift certificate of your choice.

Cut-off to sign up to promote your business or craft and be a vendor is November 19th. Please bring check, cash and application form to Linda or Charlyn no later than November 19th. Booths are \$25 for members and \$30 for non-members.

For more information contact Linda Jalving at ljalving@san.rr.com.

Healing Services

will resume in January, 2024.

For more information contact Rev. Karla Lightner
at (619)218-6135
or revkarlalightner@gmail.com

Arts & Crafts

FALL Large Sale - Sunday, Nov. 5th
Christmas Large Sale - Sunday, Dec. 3rd
at the Entrepreneur Mart in Wrigley Hall
featuring beautiful, hand made creations.

BINGO!

& POTLUCK!

ENJOY FELLOWSHIP, A POTLUCK & FUN

at our last Bingo event of the year.

Sunday, November 19th

at 11:45am in Wrigley Hall

Win exciting gifts and prizes!

Reusable Bingo Cards are \$10 each

All ages welcome!

Please contact Rev. Karla
at revkarlalightner@gmail.com for details.





unity® FAMILY CAMP

ACTIVITIES:

- Reiki
- Hiking
- Swimming
- Crafts
- Drum Circle
- Outdoor Service

Stallions Oaks Ranch
10950 Boulder Creek Rd.
Descanso, CA 91916

**NOV
17-19**

**Campers
Friday-Sunday**
\$105 for tent or
self-contained RV
\$275 for 6 Person Yurt
SATURDAY ONLY
\$25 per person
\$55 families
(3 or more)

FOR MORE INFORMATION:
sdcunity@gmail.com

"Your God-Given Potential, Unfolding the Twelve Spiritual Powers"

by Winifred Wilkinson Hausmann

**Sundays with Rev. Gretchen Peña at 9am
in the St. Luke's Chapel**

and Wednesdays with Rev. Karla Lightner at 7pm (PT) on Zoom.

Available on Amazon, *"Your God-Given Potential"* is designed to help us recognize the Twelve Spiritual Powers with which God has endowed each of us. We will learn to recognize each power, their corresponding location in our bodies, and their relationships to the Disciples of Jesus.

Please contact Rev. Karla for more information at (619)218-6135
or unitysdsmalgroups@gmail.com



Soul Sisters - November / December

Brown Bag Lunch - November & December

We meet at 11:30am every 3rd Tuesday of the month in Wrigley Hall. Please bring your lunch & beverage.

Our Featured Activity: "Brown Bag Conversations."

On Tuesday, November 21st the topic is "Fellowship and Friendship." On Tuesday, December 19th the topic is "Joy."

All women are cordially invited to attend. **PLEASE RSVP by the Monday BEFORE the lunch.**

Annual Aubrey Rose Tea - Saturday, November 18th at 11am

The Tea Room is at 8362 La Mesa Blvd, La Mesa 91942.

The Tea Menu consists of Seasonal Soup Course with Accompanying Savory 3 Tiered Tea Tray Assorted Finger Sandwiches and Savories Seasonal Fruit and Dessert Scones Petite Treats and Sweets Unlimited Premium Loose Leaf Tea. The cost per person is \$45 which includes tax and gratuity.

Gluten free menu is \$48. Vegetarian and Nut free is available.

Please reserve your spot with payment by Sunday, November 5th to Marty Ellingwood, first PAID, first reserved!

Space is limited to 20 ladies. For more information email Marty at soulsistersusd@gmail.com.

Natural History Museum & Lunch at the Mingei - Tuesday, December 5th

Carpool from church at 9:30am or meet at 10am at the Museum in Balboa Park.

Lunch at noon at The Mingei International Museum Cafe.

PLEASE RSVP for carpool and lunch by Sunday, November 26th.

Late RSVPS will not be able to attend lunch as there will be a reservation made in advance.

Christmas Party - Saturday, December 16th 12:30-3pm

at Meadowbrook Mobile Estates Clubhouse, 8301 Mission Gorge Rd., Santee.

Marty is a resident of Meadowbrook and is able to secure this lovely venue with full kitchen free of charge.

It is always beautifully decorated for the holidays by resident Rose Garner.

This will be a potluck luncheon. If you wish to participate in the **Optional Gift Exchange**, please bring a wrapped gift valued at up to \$20. We will draw numbers to determine the order of selecting your gift, which you get to keep (not a White Elephant where you get to steal!)

Please RSVP by December 10th with what you plan to bring to potluck to soulsistersusd@gmail.com.



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

NON-PROFIT
U.S. POSTAGE PAID
SAN DIEGO, CA
PERMIT NO. 686

www.UnitySanDiego.org



Unity San Diego
Rev. Karla Lightner, Minister
revkarlalightner@gmail.com

Church Email: unitysandiego@gmail.com

Daily Word Line (619)281-LOVE (5683)

Prayer Ministry: (619)282-7609

PrayerMinistry@UnitySanDiego.org

Sign up for ePrayer, weekly eNews
and bi-monthly *Faith for Today*

at <https://www.unitysandiego.org/enews>

or by email - emailprayer-request@unitysandiego.org

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 Reverend Karla.

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 & Events are subject
to change without notice.**

**For more accurate postings,
please visit: www.unitysandiego.org.**