

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,



This is the time of the year we typically start preparing for the holiday season. Many of us would be planning to visit our loved ones for Thanksgiving and preparing for a multitude of Christmas gatherings. I am questioning; just as most of you, if it will happen in the way we are accustomed to this year. It may not. How does that feel inside? For me, it does not feel good. I love the fun we have at these gatherings! The thought of not gathering with you has my desire for connection, contribution and fun not being met. The thought of this has me feeling sad, disconnected and frustrated.

Last year was our first holiday season with you. Many attended the Thanksgiving dinner held at church. Akosua, Taevion and I went to several holiday gatherings at your homes. We even hosted our own Christmas party at our new home. Many of you came to bless us with your presence that day and we are grateful. Just remembering brings a smile to my face. 😊

This year, the holiday season may not take place in the way we are accustomed. Let these words be with you as we consider how to create a new way to celebrate. Revelation 21:5 states, "And the one who was seated on the throne said, 'See, I am making all things new.' Also he said, 'Write this, for these words are trustworthy and true.'"

This Bible verse lets us know we CAN create new ways to have gatherings with those we care about. Right now, we can activate the spiritual power of imagination to come up with infinite possibilities to celebrate this season. Here are some suggestions: write three things we are grateful for and share it with our loved ones; meet with family and friends on Zoom; have a contest for what dish looks best; have a contest for the person whose dish took the longest to prepare. This season is really about connecting. How will YOU connect? Let's join together in prayer: **"We affirm new possibilities for connection with each other this holiday season."**

From a love-filled heart,
Reverend Edith

Letter from a Board Member, Michael Shefcik

We share a wonderful vision statement together, “A world powerfully transformed through the growing movement of shared spiritual awakening.” Personally I have had this feeling, this deep knowing for many years that we are undergoing a dynamic shift in energy and manifestation of light, or perhaps a passing of a dark shadow that has held us tightly through history. J.R.R. Tolkien wrote about the passing of shadow in his book “Return of the King” he said “For like a shaft, clear and cold the thought pierced him that in the end the Shadow was only a small and passing thing: there was light and high beauty for ever beyond its reach.”

Being people of faith we believe and understand this ultimate triumph of light and love over darkness and fear. We can look within, feeling the Christ Spirit dwelling in our hearts, personally sharing in this spiritual awakening. Yet as we look around us we see a world filled with hate, fear, greed and destruction. This external chaos is at war with our internal faith and peace.

For me this highlights our need to embrace the virtue of patience. I once wrote that patience finds its foundation in faith and trust. As we hold onto patience we discover our ability to remain calm despite setbacks and troubles that may befall us. Our vision our faith our trust offer to us this blessed gift of patience we need only accept it. I pray that we might all discover patience within our faith, letting its gift of calm embrace us.

Peace, love and health,
Michael Shefcik

Prayer MINISTRY

Prayers of Gratitude and New Life

Blessings of love to all. We are always holding you in prayer even if you do not call or write. We have been living in some extraordinary times. We are grateful for our ability to connect with Spirit in every moment. We seek the good that is occurring within and without. Have you been able to know your true selves, appreciate your body, talk more with family, enjoy a church service online, bless others with your emails and Facebook posts, take walks in the early morning or afternoon and love your pets? Perhaps your work life has also changed by working at home and been challenged creatively in working with pressing needs of children, parents and pets all at the same time. We bless you in these new days at home.

Please remember the joy of being God’s beloveds can never leave us. Rest now in that truth. Peace be still and know that I am God. With my mind on Spirit, I am calm and serene as I go within. I affirm the life-giving power of love now.

Our Prayer Ministry is now open **from Noon to 5pm Monday through Friday** and is currently working offsite during the COVID19 challenge. The earlier hours received very few calls. Please call us for prayer at **619-282-7609** since we cannot access email from home. **Please leave your voice mail requests outside of this time and we will call you back as soon as possible.** This is a non-denominational prayer line. We hold you lovingly in prayer for 30 days and will send a letter and affirmations upon request.

We love to support you in prayer and look forward to praying with you.. Please tell your friends about our service. Remember our lovely once per month **Prayer and Meditation on Facebook on November 11th and December 9th at 11am.** You will hear original compositions and beautiful prayers.

We bless and love you,
Your Prayer Ministry

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

Youth & Family MINISTRY

Hello Unity San Diego!

I bring you blessings and peace! I am surrounding you all in continued safety and prayer. The **Youth and Family Ministry** is 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.

We are aware that some school districts and some churches are holding school and/or church in-person. Please note that despite these plans, **Unity San Diego will continue the Zoom calls with both the YOU/UniTeens and the UniTots/UniKids on Sundays. There will continue to be no in-person YFM or childcare until further notice.**

Southwest Unity Regional Youth & Teen Events Director, **Angie Keyes** and **YOU regional reps** host a **Zoom call on Sunday mornings from 11am-12pm for the YOU/UniTeens (ages 12-18) throughout the region.** She has them fully engaged in participating in lessons run by the young people in both large and small groups.

Also, **Sunday morning from 11:30am-12:30pm a Zoom call takes place with our UniTots and UniKids (ages 3-11) group.** The call is hosted by Teachers **Tamara Leeper and me, along with parent volunteers.**

The **holidays** are quickly approaching us. Since we are hosting our YFM online this year during the holidays there are both opportunities and challenges. For all of our holiday lessons, we are looking to have a service component for our young people.

For **Thanksgiving** that will include an exchange of letters, cards, artwork or other ways for our young people and our elders to connect; perhaps a young person reading a story to an elder, either online or over the phone, and they both can exchange what Unity principles are represented in the story. This provides a learning experience for both of them. The YFM department has sent out books to all of our UniTots, UniKids and UniTeens.

Christmas will also be celebrated and lessons around this holiday will be part of our December gatherings. We’ll have some simple ideas for cooking, reading, crafting, gift giving based on our Unity principles.

For our **Kwanzaa** lessons, there will be similar exchanges. As part of a Kwanzaa celebration, Zawadi which means hand-made gifts are presented. Crafting ideas will be shared with our YFM for simple gifts to honor this tradition.

While we will not meet in-person, the **Giving Tree** will be different as well. The YFM are asking for gift cards, small interactive items, inclusive books and games. Please have the gifts unwrapped and at the church by **December 6th, 2020** so that we have time to wrap and deliver to our families prior to Christmas. Thank you in advance so much for your generosity.

As you can see, our youth and YFM department continue to be busy! Our young people continue share in our vision of being prosperous, abundant and connected. 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

SAVE THE DATE! - December 1st 2020

GIVING TUESDAY



Unity San Diego Music Update

Unity San Diego Christmas Concert

This year we have a very special **Christmas Concert** planned. Our **Unity San Diego Virtual Choir and Music Team** will present a **live Facebook concert on Sunday, December 13th, at 3pm**. As those who have been watching our livestream services have seen, our choir has performed three songs virtually over the past three months. In this same way, they will present several of their past Christmas favorites for all to enjoy. The full Music Team will also present several virtual songs as well. All this will be blended with live performances from our in-service Music Team along with several talented musician friends. So please save the date and join us for a truly wonderful Christmas experience!

Ron Councill,
Music Director

Our Virtual Choir

Although we have had an unusual year due to the challenges of the Corona virus, we have found this new, exciting way for us to be together and share our music through the internet and modern digital technology. Now we even have choir members now who live in other cities, states and countries in our Virtual Choir! Thank you again to our choir, music team, music director, Ron Councill, and video editor, Gerry Kowalski, for all their work to bring us this essential element in our Spiritual Journey.

And if you have an interest in singing with the choir in any of their upcoming performances, you are warmly invited to join us. **For more information, contact Ron Councill at ron@UnitySanDiego.org or call 619-280-2501, ext. 110.**

Uplifting Update - David Rounsley

It's been so long since we have all met together as a church family. We miss you all so very much! In this issue of *Faith for Today*, I would like to highlight our beloved **David Rounsley**. David has not missed a day's work since COVID-19 began. He has lovingly cared for our spiritual home and has taken this time to spruce up our entire facility.

David has completed painting Wrigley Hall and along with Toni Atkinson, has organized the entire kitchen and pantry. All paper plates and eating utensils have been put into sealed containers. In fact, according to Toni, we have so many plates and silverware, that once we begin having food at church again, we will not have to buy any for an entire year. What a blessing!

This picture of our Rose Garden was taken on October 21st. David's "green thumb" continues to yield beautiful, colorful roses that brighten up our courtyard. We are so thankful to have David still lovingly tending the grounds of our church home as he has been for 35 years. We look forward to him being with us for many more years to come.

We would like to take this time to thank and honor David Rounsley with these words, "David we love, we bless you and we truly appreciate you. We behold the Christ you are!!"



We're Glad to be Connected!

Spiritual Recovery Group - Everlasting Serenity

Unity San Diego's **Spiritual Recovery Group** has changed days. Our group, **Everlasting Serenity** now meets by **Zoom** every **Thursday night at 7pm**. We will finish up working the Biblical 12 Steps using the *Life Recovery Bible and Workbook* in December. In January 2021, we will begin a study of "The Four Agreements" by Don Miguel Ruiz. 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.**

Healing Services

Healing Services Sundays at 1pm on Zoom

Rev. Karla is inviting you to scheduled **Healing Services on Zoom** which will take place **November 22nd and December 20th**.

The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit. Please join Rev. Karla Lightner, as we go within to access the healing power that already exists in each and every one of us. Love offerings are graciously accepted.

For Zoom log in information contact Rev. Karla at revkarlalightner@gmail.com or 619-218-6135.

From the 12 Powers ...

November • Elimination

Thaddeus
Abdominal region
Color: Russet

The ability to release, remove,
denounce, deny, let go.

*I release anything and everything that no
longer serves my unfolding good.*



December • Life

Judas
Generative organs
Color: Red

The ability to energize, vitalize, enliven,
animate and invigorate.

I am filled with life, sweet life.

Weekly Events Everyone Welcome!

SUNDAYS

Weekly Facebook Live Service at 10am
Zoom Fellowship online at 11am
YOU and UniTeens Zoom from 11am-12pm
Unitots and UniKids Zoom from 11:30am-12:30am
Healing Service - November 22nd and December 20th
at 1pm on Zoom

TUESDAYS

Feeding San Diego 4th Tuesday at 1pm in the
Large Parking Lot

WEDNESDAYS

Prayer Meditation 2nd Wednesday, on
Facebook Live
Prayer Ministry Hours Monday-Friday,
from Noon to 5pm

THURSDAYS

"Let's Talk About It" 1st & 3rd Thursdays
at 6:30pm on Zoom
Spiritual Recovery Group "Everlasting
Serenity" at 7pm on Zoom, except
Thanksgiving and Christmas Eve

Please Note:

This information is only
current at the time
of printing.
All Classes & Events
are subject to change without
notice.
For more accurate
postings, please visit: www.unitysandiego.org

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

Gift Card (Scrip) News

An exciting new way to order SCRIP - You can order your own gift cards from 750 companies from your phone. They will be delivered directly to you.

You will only need to download the **RaiseRight app** from your app store on your phone. If you already have the **Shopwithscrip app**, just use the same sign-in info for this new app. All of your information will transfer automatically. If you do not have the current app, just download the new app and follow the directions.

This new app is so easy. You have access to 750 companies of your choice, rather than using our previous in person method to purchase. Searching by category makes it very easy. Your app keeps track of what you have in your "wallet" . . . (this is what it is called on the app). It keeps track of your cards, your reloads and your **eScrip**.

The church is currently raising funds through scrip from those of you who are reloading your cards, but this will give us all the opportunity to truly make a difference now even though we cannot meet in person.

Please go to your app store and download the RaiseRight app and get ready to order gift cards that will be mailed directly to you. You will also get notices when the donated percentages go up during specials.

Thank you to all of you who participate.

Book Store Update

If you would like to buy something from the bookstore contact Monica in the church office at unitysandiego@gmail.com.

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

**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>.

Come Worship with Us

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



Sunday Lessons



November / December 2020
Sunday Services at 10am

**Annual Theme - Perfect Vision:
Seeing Through a Spiritual Lens**

November

- November 1st – Praying with a Purpose
- November 8th – Consciously Connected
- November 15th – Too Blessed to Be Stressed
- November 22nd – A Thankful Heart – Revs Edith & Karla

Sundays of ADVENT

November 29 – Grounded in HOPE – Rev Karla

December

- December 6th – Experience PEACE Now
- December 13th – The Activity of LOVE
- December 20th – JOY - Face 2 Face with God
– Revs Edith & Karla

- December 24th - Candlelighting Service
- December 27th – Kwanzaa Kujichagulia
- Self-Determination – Let Your Light Shine
- December 31th - Burning Bowl Service

Unity San Diego - a Spiritual Community