

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.

From the **MINISTER'S HEART**

Dear Unity San Diego Family,

September is a time of transition from relaxing vacations and late summer nights to a more structured routine as kids go back to school and life moves at a steadier pace.

Our Small Group and Sunday Morning Series, **"I Have the Power,"** beginning the week of September 11th are opportunities for us to empower our personal growth by putting to use the spiritual practices found in the book, **"Discover the Power Within You"** by Eric Butterworth. For seven weeks we will explore:

- The Power of God is Within
- Living From Our Inner Power
- Our Thoughts Have Power
- The Art of Prayer
- Laws of Life
- Forgiveness & Healing
- Living an Empowered Life

Rev. Karla Lightner

2 Peter 3:18 asks us to **"Grow in the loving-favor that Christ gives you...."** This is an invitation for inner growth as we develop an intimate connection with the Christ within each of us.

This series is also being offered in Spanish, so please sign up to attend a small group either in person or online and discover the power that is within you!

Blessings of Joy and Connection!

Karla

Rev. Karla Lightner, Minister


unity[®]
San Diego
a spiritual community

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

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



Letter from the Board Vice President, *Rev. Gretchen Pena*

This is such an exciting time to be a part of Unity San Diego!

Even though it is Autumn, there is a feeling of Spring as the Board of Directors and many dedicated volunteers imagine, plan and implement new ways for our church to move forward. We hope to restore some activities that we haven't seen for awhile - the **Fall Festival, Vows Renewal, Circulation Day - and add some new elements, such as communion on 5th Sundays, and a Small Group for Spanish speakers.**

Our **Youth Education Department** is a top priority, and must not be overlooked. We need an abundance of volunteers (many hands make light work!). As adults, when we sit in the Sanctuary, the children may seem "out of sight and out of mind," but they must be foremost in our minds because they are our future. My first volunteer position at this church was as a Sunday School teacher, and this is where I learned Unity Principles - when you are teaching them to children, you can't help but learning them yourself! If you want to deepen your spiritual life, Youth Ed is the place to be. If the idea appeals to you, BUT... speak to Rev. Karla. She can show you how to work around any reservations that you might have.

Excitement is in the air! Come join us in our revitalization!

Love and Blessings,

Rev. Gretchen Peña, Vice President



Please meet *Julie Perez* - Our new Social Media Marketer

**Have you seen the beautiful young woman
taking pictures in the sanctuary?**

I bet you wonder who she is and why she is here. Well, let me tell you a little bit about Julie Perez, our new Social Media Marketer. She was born and raised in San Diego, loves the ocean, and loves being outdoors. When Julie is not working, she is spending her time with her family and 2 young children. Julie has a passion for photography and filmmaking. She's been working in digital marketing for the past five years.

Julie and her family are excited to be a part of the Unity San Diego Community.



**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/email>.**

Youth MINISTRY

Fall Festival & Church Picnic

This year our **Fall Festival** will be combined with the **Church Picnic** and will be held on **Sunday, October 30th**. Along with great carnival games, a delicious cakewalk, the old-time favorite - balloons and darts and our new favorite - pie eating contest. We will have a costume contest for ALL AGES. Please come dressed to win. There will be winners in all age groups and everyone participating will earn a prize. There will be hot dogs, hamburgers and a potluck. Kathy Davis and Rev. Karla will hold a silent auction and raffle. Please join us for a day full of fun and fellowship.

Unity San Diego's **NEW** Youth & Family Ministry Director

Hello, Unity Family! My name is Lauren Ferrin!

I am a native San Diegoan. I have been married to my wonderful husband, Jake for fourteen years. Together we have two not-so-little boys David (11) and Max (10). For the last six years, I have been focusing on taking care of my boys and grandparents while completing a degree in Social and Behavioral Science. Before that, I worked at Qualcomm Inc. in the Admin Services department. While I enjoyed working at Qualcomm my true passion has always been working with children and those in need. My first job was with the YMCA Special Needs Unit providing in-home respite care. I am looking forward to getting to know everyone in the congregation and working with the children at Unity San Diego to cultivate their spiritual foundation while experiencing the loving Presence of God.



Fun in the Sun at Stallion Oaks Ranch Campout

On August 12th-14th, 2022, we held our first Annual Family Campout at Stallion Oaks.

Together, Unity San Diego, Unity of the Trails (Rev. Ken Fendrick), and Agape is Love (Beci Rohkohl) provided reiki, archery, swimming, hiking and unlimited fun at The Unity Center's ranch, Stallion Oaks in Descanso. Thirty-five people attended our campout and slept in yurts, tents and trailers or came up for the day on Saturday. We cooked paper bag bacon and eggs over a campfire, made wampum sticks (pudding inside biscuits cooked over a campfire) and had unlimited smores. On Saturday night Elene Bratton and her lovely daughter Danielle projected a movie onto a yurt so families could enjoy an outdoor film together. On Sunday morning, Rev. Ken and Beci held an adult service in the barn while Rev. Karla held the youth service, "God in Nature" in the pool. What a fantastic time we all had together!



Prayer MINISTRY

Guiding Prayer

With an inward and upward gaze, I rise from human concerns so that I might revel in the in-dwelling Spirit. I take my place in the seat of prayer, in the radiance of divine light. I hold the high watch for all people, knowing the truth of oneness and wholeness.

I am one with divine love that lifts the sorrowful and suffering. I am one with divine life by which they heal. I am one with divine wisdom that beams like a lighthouse, shining light on their path ahead.

My eyes of faith have a view of the horizon up here on the mountaintop of awareness. I wait, watchfully.

I view the fulfillment of dreams and intentions, for me and for all those with whom I pray, without obstruction and in a state of expectancy. My vision is far-reaching as I hold the high watch. I say, "Amen, let it be. And so it is."

Affirmation

I pray with an elevated mind and open heart.

Morning Prayer & Meditation on Facebook

Please join us **Monday through Friday at 9am (PDT) on Facebook** for a time of prayer, reflection and meditation led by a different spiritual host each day to help you become centered and grounded as you begin your morning. Can't make 9am? Just log into unitysandiego.org anytime and watch the Morning Prayer and Meditation which is archived on our **YouTube channel**.

Our Monthly Prayer Ministry Guided Meditation on Facebook

will take place on **Wednesday, September 14th at 11am (PDT)**. We bless you and hold the high watch for you

Sacred Service Update El Nido Apartment

With great gratitude, the family of 5 has signed with an affordable housing complex which should have construction completed by the end of August!

Therefore, in September, Unity should be able to clean one weekend and move furnishings on another. Stay tuned for exact dates. **We also need \$250 to rent a U-Haul truck and pay for gas.**

Thank you for your ongoing love and support of this wonderful program. **To volunteer, email Aline King at ankunity@gmail.com.**

See "Save the Date, Celestial Nights" article, for info on this year's fundraiser.



Save the Date - Celestial Nights Saturday, September 17th

The annual fundraising and volunteer appreciation event is an unforgettable night of fun, food and awards. Unity San Diego graciously furnishes and supports Apt. 11. This event supports El Nido transitional housing program that provides a safe haven for women and families fleeing domestic violence.

Join others to learn more at this important event at St. Paul's Episcopal Cathedral at 2728 6th Ave, San Diego. Limited tickets at \$100.

Please call Nancy at (858) 399-0212 for tickets. More info at <https://www.interfaithshelter.org/el-nido.html> or from Aline King, ankunity@gmail.com

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

Prayer Request - Send e-mail to prayerministry@unitysandiego.org

Daily Silent Unity hours - 3am-11pm call (816)969-2000

Daily Word Line - call (619)281-LOVE (5638)

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

or by email at emailprayer-request@unitysandiego.org

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

World Day of Prayer

Dear Partners in Prayer,

On **Wednesday, September 7th** we will connect with **Unity Headquarters** online for the opening ceremony. (Register at www.unity.org)

Then, on Thursday, September 8th, please join us as Unity San Diego and Unity of El Cajon participate at Unity San Diego to celebrate the World Day of Prayer from 8:30am to 3pm (PDT).

We will move into prayer, experience the healing tones of Teri Wilder's gongs, participate in 6 prayer stations with a break for on-site lunch followed by small groups discussing questions for reflection which include: How can I elevate my mind? What does it mean to hold the high watch? How does prayer make a difference?

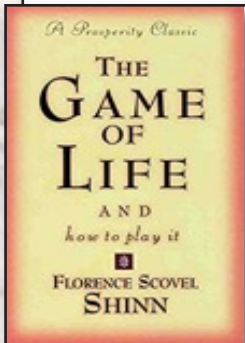
It will certainly be a day of blessings for many Please join us!

WDOP Schedule Thursday, September 8, 2022

8:50am PDT	Welcome, opening prayer by Rev Karla & Pastor Robert
9am	WDOP Live Stream from Unity Village
9:15am	WDOP Praying the Unity Way Livestream
9:30-10:30am	Terri and the Gongs
10:30-11:30am	Participants visit Stations of Burning Bowl, Candle Lighting, Communion, Water Blessings, Gratitude or sit in the silence
11:30am-12:30pm	Lunch in Wrigley Hall
12:30-1:30pm	Participants continue stations or rotate through 3 small groups answering these questions: <ul style="list-style-type: none">• How can I elevate my mind?• What does it mean to hold the high watch?• How does prayer make a difference?
1:30pm	Closing prayers for all needs/ Peace song

For more information please contact Aline at ankunity@gmail.com

Happenings at Unity



**the Everlasting Serenity
Spiritual Recovery Ministry
will continue their study of
"The Fifth Agreement"
until October 6th, 2022.**

On **Thursday October 20th** they will begin a study of the Prosperity classic **"The Game of Life and How to Play It"** by Florence Scovel Shinn.

Published in 1925, this book teaches the philosophy that life is a game and to play it well, we must have an understanding of the universal laws that govern it. Florence taught "... her students and readers how to win health, prosperity, and happiness by mastering the game. By sharing real-life stories, she illustrates how positive attitudes and affirmations invariably succeed in making one a winner in life-able to control life's conditions and release abundance through knowledge of spiritual law."

Please join us on Thursdays at 7pm (PDT) on Zoom where we meet together in love and community as we deepen our spiritual experience of the God of our understanding.

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.**

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

Healing Services

**Sundays, September 25th and October 23rd, 2022
at 1pm (PDT) in St. Luke's Chapel and on Zoom.**

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

Arts & Crafts Halloween Mini Sale

**Sunday, October 18th from 11am-12pm
in Wrigley Hall.** Come visit our table to see our beautiful handmade items. We will be featuring scarves, jewelry, wreaths, table runners and decorations, greeting cards, novelty items and more.

**For more information on the Arts & Crafts Group
call Pat Case at (619) 462-7928.**

New Member Opportunity

We welcome all who wish to call Unity San Diego their Spiritual Home. Join us and reap the blessings of membership. Sundays in October, there will be an opportunity to become a new member of our fabulous Spiritual community.

Even if you are out-of-town and watch our services online, you can still become a member and receive all the benefits of membership. Here is how it works:

New Member Orientation has 3 parts:

- 1. October 9th** - a brief meeting in the Narthex at the Welcome Podium immediately after the Sunday Service. This short meeting will also be offered on zoom at 1pm (PDT).
- 2. October 16th 11:45am-1pm** - This meeting will include a tour of the church, information on Unity's history, teachings and our church mission and vision. It will also include the benefits of becoming a member of Unity San Diego. This will also be offered on Zoom - time TBD.
- 3. October 23rd** - During the Sunday Service there will be a heartfelt and meaningful Spiritual Baptism to honor your commitment to your new Spiritual Home.

Small Groups

Sign up for Small Groups which will be posted soon in eNews, on our website and our Facebook page. We will be posting the new schedule and more details there.

New Members Spiritual Baptism

Please welcome our new members Kari Cota, Gina O'Cleary, and Elaine Scarmoutzos whose Spiritual Baptism and commitment to Unity San Diego was celebrated at our Sunday service on July 24th. We love you, we bless you and we truly appreciate you. And we behold the Christ in you!

Soul Sisters Upcoming Events

Visit to Julian, Ca - On **Tuesday, September 27th** the Soul Sisters will be visiting beautiful downtown Julian, Ca. They will take about 1 1/2 hours to walk around and visit the many quaint and charming shops along the main street. Afterward they will have lunch at the **Julian Cafe and Bakery**. On the way home they may stop at **Dudley's Bread in Santa Ysabel**. They should arrive back at Marty's no later than 3pm.

You may either carpool from Marty's home in Santee, or meet them in Julian. Those who wish to carpool need to be there at 8:45 am to leave by 9am, or meet them there at 10am.

You MUST RSVP to Marty by email at soulsistersusd@gmail.com or call 619-398-7531. When you RSVP you will be given Marty's address and the location where the group will meet in Julian.

Tea at Aubrey Rose Tearoom - Soul Sisters will be going to **Tea at Aubrey Rose Tearoom in La Mesa on Sunday, December 4th at 1:30 pm.** A typical menu consists of Seasonal Soup Course with Accompanying Savory, 3 Tiered Tray with Assorted Finger Sandwiches and Savories, Seasonal Fruit and Dessert Scones, Petite Treats and Sweets and Unlimited Premium Loose Leaf Tea all served in a quaint and cozy space filled with antiques. They are able to accommodate gluten-free, vegetarian and nut-free dietary restrictions.

This event is limited to 24 ladies, so **reserve your spot asap and by November 25th.** You will need to pay the total cost of \$33.95 to reserve your spot. **Please RSVP to Marty Ellingwood at soulsistersusd@gmail.com or call 619-398-7531.** You may Venmo your payment to Marty or pay her or Cathie Robertson at church.

Ladies Tea at Unity San Diego - Mark your calendars for **Ladies Tea at Unity San Diego in Wrigley Hall on Saturday, April 29th, 2023 from 1-3:30pm.** They will be needing Table Hostesses willing to make additional food items for their table. Scones, lemon curd, a sweet and a savory will be provided. No specific theme, choose your own for your table! **Contact Marty at soulsistersusd@gmail.com or call 619-398-7531 if interested.**

SUNDAY LESSONS September

Sept 4 "The Harvest is Plentiful, but the Laborers are Few" - Labor Day - Rev. Gretchen

Sept 11 "The Great Discovery" - Rev. Karla

Sept 18 "The Great Decision" - Rev. Ken

Sept 25 "Your Thought Is Your Choice" - Rev. Karla

October

Oct 2 "The Forgotten Art of Prayer" - Rev. Ken

Oct 9 "The Laws of Living and Being" - Rev. Karla

Oct 16 "Forgiveness and Healing" - Rev. Gretchen

Oct 23 "The Great Demonstration" - Rev. Karla

Oct 30 "It Ain't Necessarily So" - Rev. Gretchen

Scrip / Gift Cards

You can help raise money for Unity San Diego by buying scrip from your phone. There are 250 companies that will send them directly to you or your family. The other 500, you can pay for by the 15th of the month, and the church should receive them in a week.

If you already have the **ShopwithScrip** app, it is easy to transfer your account to the new **RaiseRight** app. Just go to your app store and get the free app. All your information remains the same. **RaiseRight** keeps track of your reloadable balances, and it is easy to reload many of those cards. They keep you aware of bonus scrip and you can raise even more for Unity. If you do not have the ShopwithScrip app, just go to your app store and get the free RaiseRight app.

You must contact the church office to get the Enrollment Code, to ensure the donation goes to our church. Then fill in all your personal information and credit info so you can order directly. They let you know which are directly mailable and which ones must be sent to the church.

If you have any questions, please feel free to email us at unitysandiego@gmail.com or call at (619)280-2501, ext 102.



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Unity San Diego

3770 Altadena Avenue
San Diego, CA 92105

Rev. Karla Lightner, Minister

Sunday Service 10am

Church Offices: (619)280-2501

Church Email: unitysandiego@gmail.com

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

Prayer Ministry: (619)282-7609

PrayerMinistry@UnitySanDiego.org

2nd Wednesday Facebook Prayer Meditation 11am

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, Maria Garcia.**

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.**

Please Note:

This information 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.**

