

# 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 Family,

Gratitude is a spiritual tool that we use to connect with the God of our understanding. It moves us into a place of conscious communion when we recognize our God as the source of all good things.

The Apostle Paul speaks about gratitude in 1 Thessalonians 5:18. He tells us: **"No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus."**

It is easy to step into the deep experience of gratitude when all is going well in our lives. Yet there are times when we may feel that there is little to be grateful for. This is when we can break out our spiritual magnifying glass and search for the good with the eyes of our heart. When we focus on positivity, we will find the good in each person, place, and situation. No matter the size of the good we see, if we bless it with gratitude and love we grow spiritually in powerful ways. This draws more blessings into our experience and more joy into our lives.



Rev. Karla Lightner

During this holiday season and always I am grateful for you and your willingness to allow the Christ Blessing to work in, as and through you!

With gratitude and love!

*Karla*

Rev. Karla Lightner, Minister

  
**unity**  
**San Diego**  
*a spiritual community*

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

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

# Letter from the Board Vice President

## Eduardo Cervantes

### Hello Unity Brothers and Sisters!



Eduardo Cervantes  
Secretary of the Board

**The Holidays are approaching, and we are moving forward to grow in faith in the loving presence of God's love.** This renews and strengthens our faith in ourselves, the congregation, the community, the state, the continents, and the world. Spreading Truth and the message of hope across the universe with the understanding that it all starts with ourselves, allows us to praise the God of our understanding and be together in Unity as one. Thank you for taking the time to join us on this spiritual journey and for being part of our Unity Vision and Mission. We are working together as one unit knowing that we are not alone, but, working together as one.

**New and exciting things are happening at Unity San Diego** and we have the power to move forward with new thought. I am excited to be part of the beginning of the Spanish Small Group Ministry which began with the book "**Descubre tu Poder Interno**" by Eric Butterworth. This has been an amazing group filled with lots of inspiration and heartfelt meetings with the group. We invite you to be part of this group with us and part of our great vision in diversity and fellowship.

**I want to take this time to thank Rev. Karla Lightner, the Board of Directors, the Congregation, the Music Team, the Youth and Family Ministry Director Lauren, Prayer Workers, Prayer Chaplains and all the staff for their hard work and dedication.** This

has been a lot of hard work with lots of tears, sweat and many prayers. This is a new beginning and rebirth of our congregation. We are moving forward in faith knowing that we are not alone and have each other.

I am so excited to be part of the upcoming celebrations and festivities that we have underway. I believe this will bring our congregation closer and stronger. I am so grateful to be part of this spiritual journey and blessed to be part of a community filled with love and joy.

Sincerely,  
Eduardo Cervantes

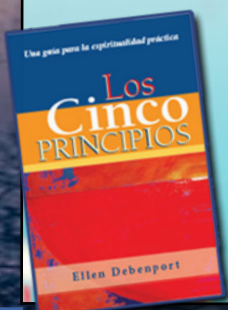


## Spanish-Speaking Ministry

Unity San Diego - Ministerio de Grupos Pequeños en Español

Unity San Diego's new Spanish-Speaking Small Group Ministry is on a roll. They will continue with weekly Zoom meetings studying the book *Los Cinco Principios* from November 7th-December 20th.

For details email: [unitysdespanol@gmail.com](mailto:unitysdespanol@gmail.com)



Noviembre 7 – Unas palabras acerca de Dios  
Primer Principio: Dios es todo  
Noviembre 14 – Segundo Principio: Tu eres Dios  
Noviembre 28 - Tercer Principio: Concrear con Dios

Diciembre 5 - Cuarto Principio: Comunión con Dios  
Diciembre 12 - Quinto Principio: Expresar a Dios  
Version para niños de los cinco Principios  
Diciembre 20 - Repaso de los cinco principios y fiesta de navidad virtual



# Youth MINISTRY

## Hello, Unity Family!

When I started the first major goal I wanted to tackle was getting the youth moved out of Wrigley Hall and back into a classroom of their own. I felt it was important for them to have a space dedicated for them to fellowship and to worship in. After looking at all the different options and praying over what space would work best, the classroom on the second floor of the Tower spoke to me. I had a conversation with each of the kids and collected ideas of what our dream space would look like. We didn't want it to feel like school, so we have named our new space **"The Clubhouse."**



Once that was settled the fun really began, implementing everyone's ideas. During the last weekend of September with the help of my husband Jake, father-in-law Dave, Amber and Ellie we started to paint clouds in the room. We wanted to get the painting done before the new carpet was installed. Once the painting and carpet was done, Jake helped me bring the vision alive, part of which was constructing a tree out of cardboard and paper.

The youth made two dozen tie-dye butterflies, along with some tie-dyed flowers that were used to inhabit the room. I found some really fun imitation fruit cushions to go over the red stools and make them more comfortable. We brought the bean bag chairs out of storage so the kids have more seating options and a cozy space to meditate in. A wonderful Lego table was donated to the classroom so that kids of all ages have a space to build and create in. When talking to the kids about what the room should have they all said snacks. Reverend Karla helped us get a water cooler for the room so we have something refreshing to go with our snacks. A shoe cubby was added to give a place for everyone to remove their shoes for a more homey feeling. Some potted plants bring life to the space.

Another part of this goal was that I wanted to start setting up our lessons to follow the flow of Reverend Karla's services. We installed a TV so that I could have power points for our lessons.

While **The Clubhouse** has undergone a massive transformation, it is a living space that I encourage everyone to come check out, visit us, to see how it grows and develops. **If you would like to volunteer please contact me at [yfmunity@gmail.com](mailto:yfmunity@gmail.com)**

**A Special Thank You to:** City Heights Music School who helped move tables and chairs out of the room, Amber and Ellie who helped paint, my own boys David and Max who spent time after school helping, my husband Jake and father-in-law Dave who always help my ideas come to life, Reverend Karla for choosing me for this position, and the congregation for all the love and support they showed me.

Lauren Ferrin

Director of Youth Family Ministry  
[yfmunity@gmail.com](mailto:yfmunity@gmail.com)

# Prayer MINISTRY

## Blessings Abound Peace be With You

### Dear Partners in Prayer,

As we enter the joyful and busy months of November and December, let us remember our true Source. This lovely prayer may calm and reassure you now.

Dear Truth at the Center,

I am ready to slow down my whirling mind  
and find Your presence at my center.

I set aside my attachment to my thinking.

I release the ebb and flow of the tides of my feelings.

I relinquish my reliance on form, function and time.

I relish Your peace.

I embrace Your timelessness.

I luxuriate in Your love.

I am one with You.

From the Christ Presence within, I draw wisdom,  
strength, joy and light. As the Divine Expression,  
I live as loving light. The Infinite radiates It's good  
through me to all.

Thank You, Dear Sweet Presence.

And so it is. Amen!

We pray for you daily. We appreciate your donations which keep our ministry supported. Join us on the second Wednesday at 11am on Facebook for a time of prayer and meditation.

Blessings of joy, love, peace and abundance,  
Your Prayer Ministry

## Sacred Service November 2022 Update El Nido Apartment

### With great gratitude . . .

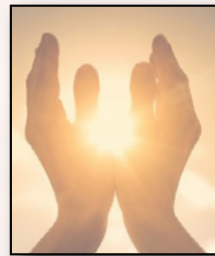
The family of five has signed with an affordable housing complex which had construction completed by the end of September!

Thank you to those who cleaned, organized, moved and set up the apartment for a new family.

Watch for your names in upcoming eNews and more bountiful thanks. It will be a wonderful holiday time for a new family.

Thank you for your ongoing love and support of this wonderful program.

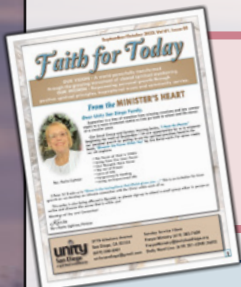
Aline King, Organizer, [ankunity@gmail.com](mailto:ankunity@gmail.com)



## Our Monthly Prayer Ministry Guided Meditation on Facebook

Wednesday, November 9th  
and December 14th at 11am(PT).

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



If you are not getting your *Faith for Today* newsletter  
either by postal delivery or email  
contact us at [fft@unitysandiego.org](mailto:fft@unitysandiego.org) and we will help.

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

Prayer Request - Send email to [prayerministry@unitysandiego.org](mailto:prayerministry@unitysandiego.org)

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

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

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

or by email at [emailprayer-request@unitysandiego.org](mailto:emailprayer-request@unitysandiego.org)

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



# Sacred Service News

**In this issue, we'd like to recognize Sacred Server and longtime member, Bob Arveson.**

He volunteered to run our video cameras, allowing us to continue providing online access to our Sunday services after **Chris Blanchard's** generous term of service ended.

Bob arrives early each Sunday to set up, watch the Music Team rehearsal to be prepared for vocal and instrumental flow, and be updated on any changes in the service order. This position was a VITAL need of ours which Bob was willing to learn and faithfully meet. His inexperience didn't stop him from stepping out and up to serve us and all who access our services online, live or archived!

**How grateful we are for the difference you make through your willing spirit and faithful service, Bob!**

Kathy Davis,  
Sacred Server Coordinator

(P.S. And as part of the Music Team, we are especially grateful for your wave, Bob, letting us know of the service becoming "live" and "ending".)



Bob Arveson

## 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](mailto:unitysandiego@gmail.com) or call at (619)280-2501, ext 102.**

## SUNDAY LESSONS November

- Nov 6** "A Table for One" - Rev. Ken  
(DAYLIGHT SAVINGS CHANGE TODAY)
- Nov 13** "Your Identity" - Rev. Jackie Hawkins
- Nov 20** "A Good God on a Bad Day" - Rev. Karla
- Nov 27** "Immersed in Faith" - Rev. Gretchen

## December

- Dec 4** "The Peaceful Presents" - Rev. Ken
- Dec 11** "Be Love, See Love" - Rev Karla
- Dec 18** "Immersed in Joy" - Rev. Gretchen
- Dec 25** "Christ is Born Anew In You" - Rev. Karla

**Candlelighting Service - December 24th, 7pm**

**Burning Bowl Service - December 31st, 7pm**

# Happenings at Unity

## Town Hall Community Forum

**Sunday, November 6th at 11:45am  
in Wrigley Hall.**

Please join us with your questions and suggestions as we hold our end of the year.

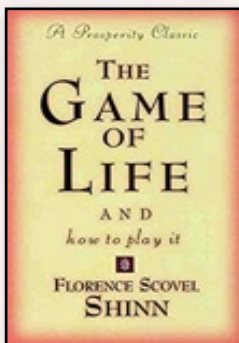
**(Also Daylight Savings Change Day)**

## Special Holiday Services

**Christmas Candlelighting - Saturday,  
December 24th, 7pm** - 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 –  
Saturday, December 31st, 7pm.** 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. 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 1st,  
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.



## Everlasting Serenity Spiritual Recovery Ministry

On **Thursday, November 3rd at 7pm(PT)**, we 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.”

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

**Circulation Day - Save the Date  
Saturday, January 28th, 2023  
from 9am-12pm in Wrigley Hall**

# Christmas Concert

**at 3pm Sunday, December 11th**

We are happy to announce our upcoming live choir **Christmas Concert.** We are currently accepting singers to join us for in person Sunday services and also for the Christmas Concert.

**For more information please contact our Music Director, Ron Councill  
at [ron@unitysandiego.org](mailto:ron@unitysandiego.org)**



# Soul Sisters

## Upcoming Events

### November 15th & December 13th Brown Bag Lunch -

The Sisters get together for lunch monthly on the second Tuesday in Wrigley Hall.

**Trip to Julian - November 10th** - On Tuesday, November 10th the Soul Sisters will visit 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 at Marty's at 8:45am to leave by 9am, or meet them in Julian at 10am. You **MUST RSVP to Marty** by email at [soulsistersusd@gmail.com](mailto:soulsistersusd@gmail.com). When you RSVP we will give you the rest of the meetup information.

**Tea at Aubrey Rose Tearoom** - Soul Sisters are dining together at the Tea at Aubrey Rose Tearoom in La Mesa on Sunday, December 4th at 1:30pm. 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](mailto: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](mailto:soulsistersusd@gmail.com) or call 619-398-7531**.

## Healing Services

**Sundays, November 20th  
and December 18th,  
at 12 noon (PT) 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](mailto:revkarlalightner@gmail.com).

## Arts & Crafts

**Large Holiday Sale**  
**Sunday, December 4th**  
**from 11-12pm in Wrigley Hall.**

(5 tables full of goodies)

We will be featuring scarves, jewelry, wreaths, towels, table runners and decorations, greeting cards, novelty and more.

and . . .

**Mini Holiday Decoration Sale**  
**on Sunday, December 18th.**

**THESE WILL BE OUR LAST CRAFT SALES  
OF THE YEAR SO DON'T MISS THEM.**

**Come join us & do early Christmas shopping!**



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

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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](mailto:unitysandiego@gmail.com)  
Daily Word Line (619)281-LOVE (5683)

Prayer Ministry: (619)282-7609  
[PrayerMinistry@UnitySanDiego.org](mailto: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](mailto: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](http://www.unitysandiego.org).



