

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

Dear Unity Family,

As Summer ends and Autumn begins life tends to take on a more serious tone. I look at September as a time of new beginnings. Here at Unity San Diego, we are open and receptive to the guidance of Spirit as we trust in the God of our understanding to guide our Spiritual Community in positive, prosperous ways.

I love how direct the **Message Bible** is in Proverbs 3:5-8: **"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all..."**

This scripture emphasizes the importance of listening to Spirit as we go about our daily lives. It is freeing to know that we have Divine Guidance available to access at any time, showing us a bigger picture than we can see with our mere human eyes.

Rev. Karla Lightner

We have been praying, affirming and working to grow our church to become the spiritual mecca it once was, and we are doing a wonderful job. However, in my

time of prayer and meditation Spirit revealed to me that there is more that we can do to raise sustainable income and provide a community service.

Here is the guidance I received:

Our prayer workers have been working remotely for approximately three years, while the prayer room is rarely used. Beginning September 6th, 2023, our Prayer Ministry will become completely remote. Our Music Director, Ron Cuncell, will move up to the sixth floor prayer room enabling us to rent out the entire fourth floor of the tower. This will bring us a more sustainable income, while providing office space for non-profits in the community, AND the Prayer Ministry will continue to provide the excellent service they always have.

Thank God for Divine Guidance!
Blessings of New Beginnings!
Karla



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

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

A Letter from the Board President, *Maria Garcia*

Greetings, Fellow Sparks Of Divinity!



Maria Garcia

This is my favorite time of year. The passing of summer into fall. There's something magical about it. See the trees that change color in the area, make their annual transformation. The world seems to quiet down and slow. Colder weather brings bundling up time. Fall is a time for finding comfort and peace in ourselves and with each other.

Come, be part of our seasonal events and celebrate the unfolding of this enchanted time of year. The Fall Festival is one of our big events of the season. Bring friends and family, not only to our events, but to Sunday service as well. We are open to everyone. Let's celebrate with those we love and spend time with them. Unity San Diego is a family and we welcome all to our ever-growing table. Wherever you are on your spiritual journey, you are most welcome.

I'm already imagining wearing my warm socks, oversized hoodie, and having hot tea. But most importantly, I'm imagining spending time with all of you as we journey through this change into the next. Always forward in abundance and prosperity. Much love.

With all my heart,
Maria Garcia, Board President

Youth MINISTRY

Hello Unity Family!

I can't believe that summer is over and that the kids are already back in school!

In July we had six members from **The Clubhouse** go to **Lions Camp in Wrightwood, California for the annual Unity Summer Camp**. They were able to go swimming, rock-wall climbing, hiking, and even got to sing camp songs with **Mark Stanton Welch!**

Thank you to everyone who attended our **Sunday Brunch** fundraiser. All proceeds were used to help those six campers make core memories at camp this summer. **Starting in September** we will begin our studies of **The Twelve Powers**. I am lookward to guiding the kids as they discover that they hold all these powers within themselves.

Make sure to join us on **Saturday, September 9th** for our next **Family Movie Nite starting at 5:30pm with a craft** for the kids to do, we will be starting the movie at 6pm. On **Sunday, October 29th** we will have our annual **Fall Festival** after service which will have lots of fun things for kids of all ages.

As always please feel free to stop by **The Clubhouse**.
Lauren Ferrin, YFM Director



Lauren Ferrin
YFM Director

Are you missing Scrip? . . . It is back!

Beginning in September, Charlyn Earp will be pre-selling Scrip every 2nd Sunday in Wrigley Hall.

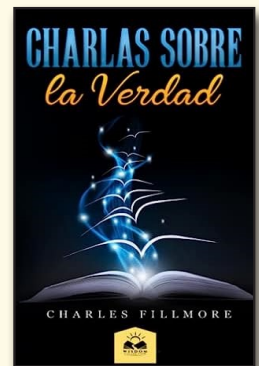
Instead of choosing **Scrip** that is on hand to buy, you will pick the cards you want to purchase from the very large list of **Scrip** available. It will be ordered that day and available to pick up the following Sunday.

Charlyn will also explain 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.

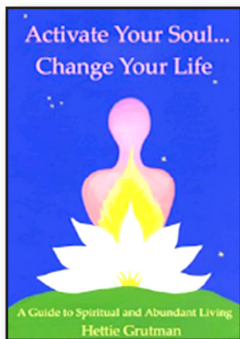
Unity San Diego's *Spanish Speaking* MINISTRY

is now studying the book
“*Charlas Sobre la Verdad*” (Talks on Truth)
by Unity co-founder Charles Fillmore
TUESDAYS at 6:30pm (PDT) on Zoom



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

“*Everlasting Serenity*” Spiritual Recovery MINISTRY



Please join us Thursday, September 21st
as we begin a 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 (PDT) 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*

Sacred Servers Corner

**I want to thank SO many of you who give of your time and talents
for our church family and greater community.**

Whether helping to usher and greet on Sundays; to organize, set up, serve or clean up at memorial receptions, pot lucks, soup & salad lunches; helping as needed with the activities like our fun monthly Bingo, Spring Tea, Fall Festival & Picnic, Circulation Day; with Youth Department brunches – None of these could take place, or work as fluidly and successfully, without your willing hearts and hands.

I'd like to also welcome **Jonathan Pratt and Carolyn Robbs** as new ushers/greeters one Sunday a month! Along with our current faithful and wonderful volunteers, their smiles and spirits will new add welcoming energy to our sanctuary and all who enter it. Thanks to ALL of you for stepping up and radiating out!

If unable to give of your time in service (or even in addition to your time possibly), why not consider donating items for our event prizes and auctions? Next time you're driving thru Starbucks, Taco Bell, eating at Olive Garden or El Pollo Loco, shopping at Target, Kohl's or WalMart – consider buying a \$10 gift card from there to drop in the collection basket with your offering the next Sunday so it may make a positive and fun difference for others at our various events? You can always look around at home and “re-gift” those items you've never used too.

Thank you to those of you who've already generously donation in either or both of those ways!

Kathy Davis



30th annual World Day of Prayer

Join us in St. Luke's Chapel
Thursday, September 14th.

As we unite hearts and minds with people from around the globe, this year we are affirming together:

"I open my heart to healing in this moment."

We begin at 8:30am with prayer, listen to Unity Village on the internet, followed by a meditation and piano music. Watch for the complete schedule on our weekly eNews.

Prayer MINISTRY

Prayer Ministry Guided Meditation on Facebook September 14th and October 11th at 11am (PDT)
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 (PDT) at (619)282-7609
Silent Unity 365 days a year - 3am-11pm (PDT) call (816)969-2000

How can you be sure that you are addressing all major parts of your soul in your healing affirmations? by Kelly McDowell

I strongly recommend saying affirmations for each of your soul energy centers (chakras) every day. Below is the energy center model that I developed and that works very well with my healing clients. When you say each affirmation, focus on the energy center location listed, and visualize and allow life energy (divine substance) to flow into your body there.

Affirm: I open my soul and life to completely...

- ...receiving Divine Love, Oneness with All, Ultimate Reality
(crown of head)
- ...receiving Truth, Wisdom, Vision (forehead)
- ...giving Truth, Wisdom, Vision (back of head)
- ...receiving All Nourishment, Abundance (throat)
- ...giving All Nourishment, Abundance (back of neck)
- ...receiving Love, Connection, Closeness (heart)
- ...giving Love, Connection, Closeness (back of heart)
- ...receiving the Goodness of My Spirit, Power, Freedom
(solar plexus)
- ...giving the Goodness of My Spirit, Power, Freedom
(back of solar plexus)
- ...receiving Pleasure, Fun, Sexuality (front of pelvis)
- ...giving Pleasure, Fun, Sexuality (sacrum)
- ...receiving Safety, Support, Vitality (perineum)



Kelly McDowell
kellyaurora.com

Unity San Diego Sunday Talk Titles

September/October 2023

September 10th begins our 12 Powers series.

SEPTEMBER

September 3rd - "The Spiritual Nature of Work" - Rev. Gretchen

September 10th - "Getting a Faith Lift" - Rev. Karla (FAITH)

September 17th - "Steppin' in Strength" - Rev. Ken (STRENGTH)

September 24th - "Class Is In Session: Pay Tuition, or Pay Attention?"

(Guest Speaker-Daniel Nahmod followed by Concert at 12noon)

OCTOBER

October 1st - "Love the One You're With"- Rev. Karla (LOVE)

October 8th - "Power Plays" - Rev. Gretchen (POWER)

October 15th - "We're All Mad Here" - Rev. Ken (IMAGINATION)

October 22nd - "Clearing Up the Confusion"- Rev. Karla (UNDERSTANDING)

October 29th - "Where There's a Will There's a Way - Rev. Gretchen (WILL)

The Twelve Powers

You've heard bits and pieces about the Twelve Powers in the last few years, just enough to whet the appetite, but not quite enough to know the positive effect each power can have in our lives.

That is about to change!

Beginning Sunday, September 10th, we will dive deeply into each power, learning about a new power each week for twelve weeks. To make this extra fun, you are invited to come each Sunday dressed in the color of the power we will be working on.

Here are the dates, the powers and their colors:

Sept 10th - Faith - Dark Blue

Sept 17th - Strength - Spring Green

Sept 24th - Wisdom - Yellow

Oct 1st - Love - Pink

Oct 8th - Power - Purple

Oct 15th - Imagination - Light Blue

Oct 22nd - Understanding - Gold

Oct 29th - Will - Silver

Nov 5th - Order - Olive Green

Nov 12th - Zeal - Orange

Nov 19th - Elimination - Russett

Nov 26th - Life - Red

Join the fun as we learn about these gifts of Spirit that each of us have inside.

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



Daniel Nahmod

Daniel Nahmod

Please join us on Sunday, September 24th at 10am as the incredible singer/songwriter Daniel Nahmod delivers a musical message entitled, "Class Is In Session: Pay tuition, or pay attention?"

Stay after the service for a special lunch, then join Daniel at 12 noon in the Sanctuary for an afternoon of music and inspiration as he shares his inspiring and poetic songs.

Daniel's music reflects understanding, unity, and oneness. It transcends religious and cultural boundaries speaking to all who love peace, joy & unity.

Suggested love offering for the concert is \$25.

For more information, please email Rev. Karla at revkarlalightner@gmail.com or text her at (619)218-6135.

Back by Popular Demand

BINGO

& POTLUCK!

ENJOY FELLOWSHIP, FOOD & FUN

Sunday, September 17th

at 11:45am in Wrigley Hall

Win gifts and prizes!

Bingo Cards \$10 each

All ages welcome!

For more information email Kathy Davis
at usdsacredservice@gmail.com

Fall Festival & Church Picnic

**Sunday, October 29th
in Wrigley Hall**

Last year we combined the **Fall Festival** with the **Church Picnic** and had a wonderful time.

The event, put on by the **Youth Ministry** and our **Sacred Servers** provided an afternoon of fun and entertainment for all.

This year we will combine the two again with a bit of a twist. Instead of asking people to cook and serve food, we are hiring **Manny's Tacos** to provide a wonderful meal for everyone.

The cost is \$13 per person
(less than a meal at Jack in the Box).

Please sign up by October 15th.

We will have great **carnival games**, a delicious **cakewalk**, and **face painting** along with 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.

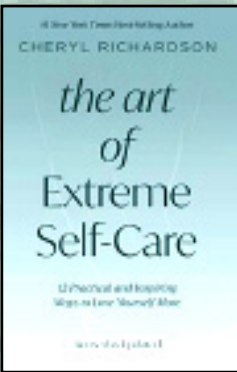
Our **raffle and silent auction** will have a variety of new and gently used items.

Please join us for a day full of fun & fellowship!

For more information email Lauren at yfmunity@gmail.com or Kathy Davis at usdsacredservice@gmail.com

Healing Services

will resume in January, 2024



“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 Monday, September 18th & Monday, October 9th on Zoom at 7pm (PDT)

as we learn new ways to love ourselves. The intention is to create community and learn to live a soul-nurturing life. The book is available on Amazon.

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

New Small Group starting September 10th using the book “Your God-Given Potential, Unfolding the Twelve Spiritual Powers”

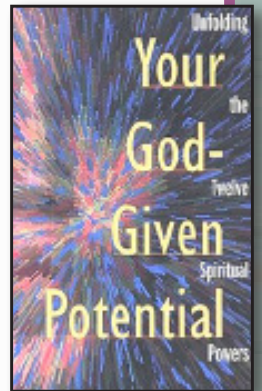
by Winifred Wilkinson Hausmann

Meeting Times to be announced soon.

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 if you would like to hold a small group in your home or on Zoom at (619)218-6135 or unitysdsmlgroups@gmail.com



Soul Sisters - September / October

Brown Bag Lunch is returning in September & October!

We will 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, September 19th the topic is “Gratitude.” On Tuesday, October 17th the topic is “Hope.”

All women are cordially invited to attend. PLEASE RSVP by the day before the lunch. Feel free to invite a friend!

Friday, September 8th

**Cuyamaca Water Conservation Garden
& Lunch at Sahara House of the Middle East**

This is a free day Friday at the Garden.

Please RSVP at soulsistersusd@gmail.com

by Sunday, September 3rd.

Late RSVP's will not be able to join us for lunch.

Tuesday, October 10th

**San Diego's Old Town
& Lunch at Miguel's**

Please RSVP at soulsistersusd@gmail.com

by Sunday, October 8th.

Late RSVP's will not be able to join us for lunch.

Drumming Circle

with Matt Manning

September 10th & October 8th

after the service at 11:30am in Wrigley Hall

Arts & Crafts

Mini Halloween Sale - October 8th

after the service in Wrigley Hall
featuring beautiful, hand made creations.



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Prayer Ministry: (619)282-7609

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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.**

