

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,



Rev. Karla Lightner

Relax in the goodness of God! This is our theme as we celebrate Self-Care Summer during the months of July and August. We have worked diligently in the last year to create a new and improved Unity San Diego and now it's time to breathe, take a rest, and replenish our souls.

The need for rest is woven throughout the Bible. I particularly resonate with the Message Bible's interpretation of **Matthew 11:28-30** "Are you tired? Worn out? Burned out? Come to me! Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

This scripture encourages us to allow the God of our understanding to comfort us, teach us, and show us that we do not have to carry any load alone. When we tune into Divine Love and flow with Spirit, we allow ourselves to be refilled, recharged, and reenergized.

As we rest in the arms of God these summer months, we will be born anew as we allow Spirit to do the heavy lifting.

With calmness and faith let's declare together, "I can relax because God is at work to make all things new!"
Blessings of peace and rest!

Karla

Rev. Karla Lightner, Minister



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 Member *Julie Linville*

Hello Unity Family,



Julie Linville
Board Member

Oh my! It's July! I know the truth that sets me free!

My goodness! It's already July! We have accomplished a lot in the past six months. What an exciting time to be included in the activities at Unity San Diego!

Two recent studies of Martha Giudici's prosperity series **"Why Not Be Rich"** and the book **"The Five Principles"** by Ellen Debenport renewed and reignited Unity basics. We are inspired by our rotating **Loving Ministers** and **dedicated Music Ministry**. Our **Spanish-speaking Ministry** continues to flourish along with our **Youth, Recovery, and Prayer/Sacred Service Ministries**. Our women's group, **Soul Sisters**, is now up and running offering activities of varied interest. The dearly missed **Annual Tea**, reinstated in April, was a welcomed joyful fundraising activity. Whether you are new to Unity San Diego or a member for decades, having the foundation strengthened in 2023 reassures our common love, bond and interest of our church and congregational values established throughout its decades of service to our community.

"It takes a village" to reinstate and continue our current church programs and those from years past. Should you have a calling to embrace the growth of our church in activities and programs of interest to you and others, with time, treasure or talent please contact a Board Member.

A recent number from our Music Ministry said it all: **"Do all you can, with what you have, In the time you have, in the place you are, Do all you can."**

Youth MINISTRY

Hello Unity Family!

My first anniversary here at Unity is quickly approaching, I still can't believe the love and support that I have found here. So much has happened in this last year, and there is still so much to look forward to.

On Sunday, June 11th we hosted a Brunch to help raise money for our Youth to attend Unity Summer Camps. This year camp will be July 17th-21st at the Lion's Camp at Wrightwood, CA. We raised \$310 and are so grateful for your love and support.

In May we hosted a movie night that the kids loved. They asked if we could have them monthly. Who am I to say no such a sweet request. We had another movie night on June 17th when we hosted the movie "Peter Pan & Wendy."

The youth department is also still coming up with a plan to repaint the wall in front of the church this summer. We would love to know if any members have any of the following items taking up space in their garage: house paint (the more colorful the better), RedGard or other concrete sealer, or any other painting supplies. If you have any of these items that you would like to donate or if you would like to help up with painting the wall please reach out to me at yfmunity@gmail.com. We will be sending out an invite for happy painters once we have supplies and a date confirmed.

As always we welcome anyone who would like to come and spend some time in **The Clubhouse**, if you have any questions about any of our upcoming events please reachout to me at yfmunity@gamil.com.

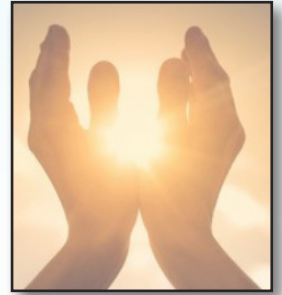
Thank you for the wonderful first year, I look forward to many more!



Lauren Ferrin
YFM Director

Prayer MINISTRY

Rest in Prayer this Summer



Join your Prayer Ministry this lovely summer 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.

Join us on Wednesday, July 12th, and Wednesday, August 9th, at 11am on Facebook for prayer and musical meditation.

Thank you for your loving contributions for our work. Your Prayer Ministry loves and supports you in prayer always. Many joyful blessings!

Bountiful Thanks for Interfaith Shelter Support

In April 2023 the Santee Unitarian Universalist Center needed support for their shelter efforts.

Unity San Diego provided three meals and two sleepover nights for this worthy cause since we did not run a shelter at our hall. **Thanks to Marge Maloof, Sharla and Mike Barry and Toni Atkinson for providing meals for shelter guests and volunteers. Aline King** delivered two of the meals and had nice conversations with the Santee volunteers. **Kathy Davis** and **Bill Pitts** provided two different sleepover vigils. Bill had originally put us in touch with the Santee UU so that we could answer their call for assistance. **Many thanks to all!**

Our Second Wednesday Prayer Ministry Guided Meditation

on Facebook July 12th and August 9th 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

Prayer Request - Send email to prayerministry@unitysandiego.org

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

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

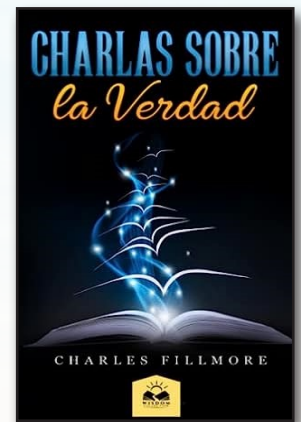
ePrayer Signup - <https://www.unitysandiego.org/enews>

or by email - emailprayer-request@unitysandiego.org

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

Unity San Diego's *Spanish Speaking* MINISTRY

will begin a study of
"Charlas Sobre la Verdad" (Talks on Truth)
by Unity co-founder Charles Fillmore
Mondays at 6:30pm (PDT) on Zoom
beginning July 10, 2023



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

"Everlasting Serenity" Spiritual Recovery MINISTRY

is continuing its **closed session** study of
"The Twelve Steps A Spiritual Journey, A Working Guide for Healing Based on Biblical Teachings"
while working on their steps - until November 2023.
The group will open back up at the beginning of November.

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

New Member Opportunity

We welcome all who wish to call Unity San Diego their Spiritual Home.

Join us and reap the blessings of membership. On three Sundays in July, 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. Sunday, July 2nd - We will have a brief meeting in the Narthex at the Welcome Podium immediately after the Sunday Service.

2. The week of July 16th

This meeting will include 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 meeting will also be offered on Zoom. Date and Time TBD.

3. Sunday, July 30th - During the Sunday Service there will be a heartfelt and meaningful Spiritual Baptism to honor your commitment to your new Spiritual Home.

Unity San Diego Sunday Lessons - July/August 2023

JULY

July 2nd - "Living Free" – Rev. Karla

July 9th - "The Tangled Web" Rev. Gretchen

July 16th - "Joy-Full" – Rev. Ken

July 23rd - "Help! I'm Not Ready for Christmas!" – Rev. Karla

July 30th - "Are You F.A.T.?" – Rev. Karla

AUGUST

August 6th - "Wrestling with God" – Rev. Gretchen

August 13th - " Looking Back to Move Forward" – Rev. Karla

August 20th - "Ordinary Courage" - Beci Rohkohl

August 27th - "Ohana Means Family" - Rev. Karla – Aloha Sunday

Joe Forand by Rev. Gretchen

**In Japan, there is an honored title of . . .
"National Living Treasure"**

. . . **It is given** to those individuals who have attained a high level of mastery in certain skills and can be designated as preservers of them by the Government for the purpose of ensuring their continuation. **I called Joe Forand Unity San Diego's "Living Treasure"** because he knew every mechanical aspect of our campus and helped to keep everything in working order for many years.

Joe was already a fixture at USD when I arrived around 47 years ago. He was a quiet and gentle soul, volunteering most week days and Sundays, doing whatever needed doing. He served as head usher for many years, and ensured that the Sanctuary was tidied up and the pews restocked after every service. He kept the organ and carillon in fine repair, including changing the carillon songs for holidays. He radiated an aura of peace and it was a blessing to be in his presence.

A very private person, Joe didn't talk about himself unless asked; and, if asked, would answer briefly and then change the subject. I know that he had a troubled childhood; that he left home at age 14 and went to work. He served in the armed service, but I don't know which one. After his discharge, he worked as a machinist, taking delight in rebuilding automobile engines.

Joe celebrated his 100th birthday on May 12, 2022. He made his transition two days after his 101st birthday on May 14, 2023. I take comfort in knowing that all the engines in Heaven will be kept in good running order.



Happenings at Unity



Kelly McDowell

Accessing Deeper Healing Through Your En- ergy Centers

with Kelly McDowell

**Sunday, July 30th
at 12 noon**

in St. Luke's Chapel

\$15 suggested donation

100% will go to Unity San Diego

In this workshop, Kelly will show us ways to accelerate our alignment with divine Truth and our release of deeper levels of unTruth in us by using our energy centers (chakras). This opens the door for greater soul and body healing and greater direct experience of the Divine. kellyaurora.com

**Kelly is a pioneer and expert in biofield
therapy and unity consciousness...
in essence, a soul doctor.**

Sacred Gong Meditation

with Teri Wilder

Sunday, August 27th

at 12 noon

in the Sanctuary

The gong helps people
to achieve a deeper state
of meditation than one is
normally able to experience
using other methods.

\$25 Suggested Love Offering



Teri Wilder

The gong is an ancient instrument, and its healing vibrations have been used around the world.

Listeners can benefit in numerous ways, including stilling the mind and strengthening the nervous system to effectively deal with daily, stressful challenges. The gong does not conflict with any religious beliefs; it simply quiets the mind, allowing the body to heal naturally. Simply relax comfortably and breathe deeply for a healing sound experience of the gong.

UNITY SAN DIEGO

BINGO!

**ENJOY FELLOWSHIP, FOOD & FUN
BACK BY POPULAR DEMAND . . .**

Sundays, July 16th & August 20th

at 11:45am in Wrigley Hall

**Win exciting gifts and prizes! Bingo Cards \$10 each
All ages welcome!**

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

CHRISTMAS IN JULY

& Bookstore Blowout Sale Sunday, July 23rd

On this **Christmas in July** celebration, we invite you to come to church dressed in your holiday best. We will sing carols and celebrate the sense of love and joy that the Christmas Spirit brings to us each day of the year.

AND we will begin our **Stuffed Animal Drive**. So please bring new stuffed toys to be blessed and given away to children in need at Christmastime.

AND get some great bargains at our **Bookstore Blowout Sale**. All items marked down - **Great Prices!**

Arts & Crafts

July 4th Sale Sunday, July 2nd
after the service in Wrigley Hall

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

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 (PDT) beginning August 7th** 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 and the first chapter should be read prior to the first class.

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



Aloha Sunday Sunday, August 27th

Aloha!!! This year our **Aloha Sunday Celebration** will focus on **"Ohana"** which means family.

Come in your Hawaiian gear and experience the deep love of our Spiritual family here at Unity San Diego. Stop in for a visit in Wrigley Hall after service and share some special snacks with your Unity San Diego family.

Drumming Circle with Matt Manning

2nd Sundays, July 9th & August 13th
after the service at 11:30am in Wrigley Hall

Soul Sisters

*Soul Sisters are not having
Brown Bag lunches in July & August
but will resume in September.*

JULY - Soul Sisters Trip to Balboa Park's Museum of Art & Lunch at The Prado on Tuesday, July 18th. This is a free entry Tuesday for San Diego County residents. We will meet at church to carpool leaving at 9:30am, or meet us at the Museum by 10am. Lunch at the Prado at noon. You must RSVP to soulsistersusd@gmail.com no later than Sunday, JULY 16th.

AUGUST - Soul Sisters Mission Bay Picnic and Walk on Tuesday, August 15th
The carpool from church leaves at 10:30am or you may meet us at the Bay at 11am.

Walk for approximately 2 miles round trip or relax by the bay while others walk. Bring your own Picnic lunch to eat following the walk. We plan to return to the church by 2pm.

For more information on Soul Sisters email
soulsistersusd@gmail.com.

Visit our website's Soul Sisters Photo Album
on <https://www.unitysandiego.org/soul-sisters>



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Prayer Ministry: (619)282-7609
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2nd Wednesday Facebook Prayer Meditation @ 11am

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.**

