

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,

As I write to you today, we are able to bask in the glow of physical connection with our friends, family, co-workers and others after not being able to for so long.

During the time we have distanced ourselves, many of us have realized how much we needed connection with others. In March 2020, our lives changed. All of a sudden, we had to get creative and find ways to connect we did not know before. We did it. Why? Because of our strong desire to connect in some way.

At Unity San Diego, the staff felt the loss of connection also. We were charged with discovering ways to connect. It was important to us and we felt guided in creating ways to connect when it was not possible to meet physically. We tried

several ways to connect; some worked well, some did not. Our intention was to connect in new and sometimes exciting ways.

A few ways created to connect with you worked so well, I want to point them out to you. The first was enhancing our online presence. We purchased a camera and other equipment, installed fiber optics and purchased licenses to legally perform songs online. Ron Councell, our music director, with the assistance of Gerry Kowalski, created a virtual choir where people from across the country and abroad were able to participate.

All of these things mentioned and more were created to connect with you.

I want to acknowledge Ron, Gerry, the Music Team, Rev. Karla, our board and staff for being open to Spirit as we navigated those new ways to connect with you.

On June 15th, the state of California opened up to pre-pandemic status. Businesses, organizations, schools and faith-based organizations could choose to adopt the state's status or some variation.

Our Unity San Diego Board of Directors has unanimously voted to expand Sunday services to full capacity, no more RSVPs. However, the seats will be slightly apart and we will continue to wear face coverings.

As we continue navigating our return to some type of normalcy, may we look at our Spiritual Powers for July and August. July's power is understanding. The disciple is Thomas because he was the doubter. We can notice the times when we were doubtful in the past 15 months and seek understanding as we move forward together.

August's power of the month is Will. The disciple is Matthew. We can notice that our personal will wanted to know why things happened the way they did. Instead, **we can embrace the will of Divinity, God, infinite Presence to lead and guide our path.**

I look forward to seeing many of you,
Sending love and appreciation,

Rev. Edith

Rev. Edith Washington-Woods

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 & Family Ministry is circled with joy, growth and spiritual blessings. Our Unity family is strong and powerful in LOVE and in PRAYER.

Unity San Diego will continue the Sunday Zoom calls with both the Y.O.U./UniTeens and the UniTots/UniKids. There will continue to be no in-person YFM or childcare until the fall, unless noted below.

Southwest Region Youth & Teen Events Director, Angie Keyes and Y.O.U. regional reps host a **Zoom call on Sunday mornings from 11am-12pm for the Y.O.U./UniTeens (ages 12-18) throughout the region. There is also a game night once/week for UniTeens/Y.O.U. that continues to be a great hit.**

Sunday morning from 11:30am-12:30pm a UniTots/ UniKids (ages 3-11) Zoom call takes place. This call is hosted by Teacher Tamara Leeper and me, along with parent volunteers.

In July we will continue the Zoom calls every Sunday. However, on Sunday, July 11th from 11:30am-2:30pm Ms Tamara and I will host a YFM in-person pool gathering at Ms Akosua's home to bring our young people together for an outdoor activity and lesson. Parents will receive an email with further instructions regarding this Sunday lesson. **Unity Worldwide Ministries is hosting the I.Y.O.U. conference on Zoom this year July 15th-18th.** Our Y.O.U.ers eagerly look forward to this every year.

August brings us continued Zoom calls every Sunday. We'll host our second YFM in-person gathering in 2021 on Sunday, August 22nd, this time at a local park from 11:30am-1:30pm. Be looking for further details in an email.

In September we will begin permanent in-person lessons at Unity San Diego. Sunday, September 5th is Family Sunday. Our YFM will be participating in-person in our regular Sunday service along with their families. **Details to be announced soon.** Teaching our young people about compassion, empathy and love is in alignment with our Unity principles. We look forward to an exciting fall with more activities and lessons to come.

As you can see, our youth continue to be busy! Our young people continue sharing our vision of being caring, 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

From the 12 Powers ...

July • Understanding

Thomas

Front of brain Color: gold
The ability to know, perceive, comprehend
and apprehend.

*My understanding of Truth deepens
and directs my life.*



August • Will

Matthew

Center of brain Color: silver
The ability to choose, decide, command,
lead, determine.

*I choose my good based on
spiritual understanding.*

Prayer MINISTRY

Love Expressed

Each Month your Prayer Ministry receives cards and letters which relate the healings and blessings received by our prayer partners. We love to share their joy with you and so here is a poem sent by one of our dedicated Unity students.

I Believe

I believe in the love of God, for love is what we're about.
To give love and to receive it that's what we're created for.
I believe in the life of God, for life has been given to us
to be savored and lived fully, and to teach others to find out how.
I believe in the peace of God, for peace is the magnetic force that unites,
understands and grows in the green pastures of blessed hearts.
I believe in the joy of God, for joy is supreme, divine goodness
unconditionally blessing us all, in this moment, and forever more. Amen.



As we continue to each lead healthy prayerful lives, Your Prayer Ministry delights in praying with you monthly.

Thank you for your generous donations for our work. **Join us on the second Wednesday of the month at 11am on Facebook** to strengthen your meditation practices and help us hold prayer consciousness for all. We love you, we bless you and we behold the Christ in you. Many blessings of health, love, joy and peace,

Your Prayer Ministry

Sacred Service

Calling Sacred Servers to Furnish an Apartment

Unity San Diego has been asked by the Interfaith Shelter Network to sponsor Apartment 11 which is one of eleven apartments called El Nido. This project provides safe housing for 1 year for women and children who were victims of domestic violence. With the assistance of social workers, women obtain the counseling, child care, employment, educational and transportation services they need to become self-sufficient. Each of the units is beautifully furnished by a local congregation. The web page has more information at <http://interfaithshelter.org/programs-2/el-nido/>.

The current family will probably move out in January 2022 but Aline King has already found some nicely priced furniture items which can be supported with your donations. If we start now, we can have 6 months to gather items. Now we have a couch and overstuffed chair donated along with dishes, silverware, skillets, pots and pans and many kitchen utensils. Items needing contributions are: 2 folding bookshelves, 1 floor lamp, 1 vacuum cleaner, a long TV table, 7 small throw rugs, and 2 rolling 3 drawer cabinets. **We purchased these needed items for \$150 and are accepting monetary donations toward the purchase. Checks can be sent to Unity San Diego with El Nido in the Memo line.** All donations are appreciated. Future items needed will be listed in upcoming months. Thank you for your sacred service. **Please connect with Aline King for questions at ankunity@gmail.com.**

Letter from Flor Sanchez, Board Member

Dearist Loving Unity Family!



Flor Sanchez
Alternate Member

Out of all the people on the Board, I have been there the longest. I have seen a lot of significant changes, especially the transition from Reverend Blair to Reverend Edith. Not too long after Rev. Edith started is when COVID began. She had the biggest challenge with the lock down due to COVID. She has been working hard to keep the church functioning with the help of Reverend Karla.

They have been working in all areas of the church. One of the biggest challenges was monetary. At this moment, Reverend Edith, Reverend Karla, and the Board are searching for and creating solutions. I fully understand the church's challenge since I had a business of my own with numerous employees, and I was a business trainer for 20 years for international companies. I feel all of us, as members of the church, can support Unity. As a main tenant of Unity, we stand in prosperity, love, and energy. This is our spiritual home which supports our spiritual life.

With Love, Con Amor, ❤️
Flor

Featured Member, Kathy Davis

by Rev. Karla Lightner, Associate Minister

We speak about the spark of Divinity, that Christ light that shines through each and every one of us quite a bit at Unity San Diego. But, have you ever seen it? Have you ever seen someone illumined with the light of Spirit? When I think about the Christ Light expressing through us, I always think of **Kathy Davis.** Have you heard her lovely voice singing with the Music Team on Sundays? Have you seen the loving, sparkle of her eyes?

Kathy and her husband Butch began attending our church in 1978. They became members in 1979. Kathy has sung with our choir for many years and with our Music team for nineteen years. She served on our Board of Directors twice in positions as **President, Secretary and Treasurer** and was a **Finance Committee Member.** She has been a **Prayer Chaplain** for eleven years, **led the Couple's Group** for more than twenty five years, and actually **headed the Ministerial Search Team** that Found Rev. Edith. She is currently a **money counter and the Volunteer Sacred Server Coordinator.** She has been **the voice on the Daily Word prayer line,** calling it in daily for the last six months or so.



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

Music Ministry

Dear Unity San Diego,

"Is it safe to sing together yet?" is the new "Are we there yet?" It's the question we have been repeatedly asking since COVID -19 became a reality and it's frustrating as heck not getting a clear answer.

While we cannot be entirely rid of the COVID -19 presence or transmission risks, the global distribution of vaccines should mitigate the risks to the point that choral organizations will begin to feel "safe" planning live performances again."

I just read this in an article by Tori Cook today, and I agree wholeheartedly with her sentiment.

It has been over a year since our choir stopped rehearsing and performing on March 8th, due to the emergence of the Covid -19 virus. At the time, I was uncertain about the decision to suspend rehearsals, but I was most concerned with the safety and health of our choir members. As it turns out, that was the best decision for everyone and I am greatly relieved that we stopped when we did.

But here we are fifteen difficult months later. On the "positive" side, (pun intended!) San Diego County is on the way to herd-immunity with a nearly 69% vaccination rate!

So it is with the hope that rate will keep increasing till we hit 80%, I am announcing that **the choir will return to singing at Sunday services on September 12th. Rehearsals will begin on Thursday, August 26th, 7pm-9pm.**

But first... we will start the new season off with a fun-filled **Choir Party on Thursday, August 19th**, hosted by the Boehmke's! If you're thinking that this is finally the **time to join the choir**, please come to the party - there will be lots of food and drinks, and it will be a wonderful opportunity to meet everyone. Also, if you've participated in any of our Virtual Choir videos, please stop by and so we can say hi to a real person and not just a tiny square in Zoom!

And on that note, I would like to thank all those singers who participated in our 10 Virtual Choir videos presented in our Sunday services and our Christmas concert. (A special shout out to those who joined from out of town, state and country!) It was a sharp learning curve for all of us at the beginning but I believe our rehearsals brought us closer together and our videos were a beautiful contribution to our music program.

I would also like to thank the Music Team for their faithful and untiring commitment to provide uplifting and beautiful music every Sunday service these past 15 months. You are incredible musicians and are truly a joy to perform with.

And finally, if you don't come out of this with a solid appreciation for your fellow singers in choir, then I can't help you! Just kidding. But seriously, I think we'll all probably cry and hug a lot when we finally return to live rehearsals again. I miss you all. And I sure as heck appreciate you all now more than ever. I hope you feel the same.

Blessings,
Ron Councill, Music Director

For more information about joining the choir, please contact Ron at ron@unitysandiego.org

**We're back
but still
being careful!!**

**FACE COVERING REQUIRED
CUBREBOCAS REQUERIDO**



We are following County of San Diego public health guidelines and requiring face coverings at this establishment.

Estamos siguiendo los reglamentos de salud pública del Condado de San Diego y requiriendo cubrebocas en este establecimiento.

For latest updates, visit:
Para actualizaciones, visitar:
www.coronavirus-sd.com



Feeling Sick?
Stay home when you are sick!

If you feel unwell or have the following symptoms please leave the building and contact your health care provider. Then follow-up with your supervisor.

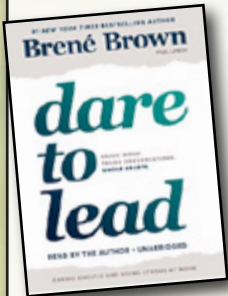
DO NOT ENTER if you have:

- FEVER
- COUGH
- SHORTNESS OF BREATH

[cdc.gov/CORONAVIRUS](https://www.cdc.gov/CORONAVIRUS)

Happenings

Summer Series and Book Study



We are starting a **Sunday lesson series and book study on the book *Dare to Lead* by Brené Brown starting Sunday, July 11th.** Each Sunday we will bring information to the you from this phenomenal book. **And our book study will run from Monday, July 12th til August 30th, 2021.** As we move into a more Mission-centric Spiritual Center we are bound to grow larger and serve a wider variety of people. This calls for more leadership within our Unity San Diego Community. Please join Revs. Edith and Karla as we begin this eight week journey of awareness and vulnerability while learning to look for the potential in ourselves and others. Coupled with ***Unity Truths and Principles***, we will discover how to focus the positivity the Universe brings to us in ways that mirror our mission statement and benefit our Unity Church.

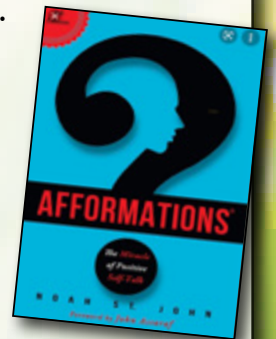
If you choose to delve deeper, please join us **Monday evenings beginning Monday, July 12th on Zoom from 6:30pm-8pm** as we play games, get to know each other and study how to bravely lead with whole hearts. **The book can be ordered on Amazon. Please contact Rev. Karla at revkarlalightner@gmail.com or at (619) 501-6551 for the Zoom link.**

Unity San Diego's Spiritual Recovery Group "Everlasting Serenity"

Please join us on **Thursdays at 7pm (PDT)** as we study the book ***Affirmations*** by Noah St. John for eight weeks **beginning July 8th.**

"Is this a typo?" you may be asking yourself. Surely we must mean **"affirmations."** No, this is not a typo. While affirmations are empowering statements used to create positivity in our lives, **"affirmations"** are empowering questions that are said to work faster and more efficiently than traditional affirmations. Please join us as we learn about empowering questions while explore ***Affirmations***.

While this group 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 attend these classes. **Please contact Rev. Karla Lightner for more information at (619) 501-6551 or revkarlalightner@gmail.com.**



Healing Services

Healing Services will be held Sundays, July 25th and August 22, 2021 at 1pm 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) 501-6551 or revkarlalightner@gmail.com.**

Our Morning Prayer & Meditation on Facebook

Please join us **Monday through Friday at 9am (PDT) on Facebook Live for Morning Prayer and Meditation.** This is approximately a fifteen minute time of prayer, reflection and meditation led by a different spiritual teacher 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.**

Let's Talk About It

Throughout the last several months, a small group of people have been sitting together and holding meaningful conversations on **Race and Implicit Bias**. What began in August 2020, has continued to develop and we have been hosting facilitated dialogues exploring race, implicit bias and our role in them. We have found that all of us carry and hold biases, some deep seated, even generational and some right there on the surface. We have all made the commitment to collectively and personally take responsibility to make a difference.

During our dialogues, we watch videos, read articles pertinent to the topic that evening and then discuss ways of creating more harmony in our churches, our homes and our community. We have come together to learn and discover ways to live with more compassion and empathy within our Unity family and the world.

The group is open to anyone who wants to explore making a difference by digging deeper. We invite you to ask yourself this question "What is mine to do?"

Join us for this on-going dialogue on the 1st & 3rd Thursdays at 6:30pm (PDT) on Zoom. For Zoom sign on information contact Rev. Edith at revedith@unitysandiego.org or the church office at (619) 280-2501, ext 102.

TENANT UPDATE by Rev. Karla Lightner, Associate Minister

More and more groups are meeting on our church campus and it is wonderful to have people and activities here again.

A **Course in Miracles (ACIM)** is back! Not only will they be meeting **in-person on Sunday mornings at 9 am on the third floor of the tower, they will also Zoom their meetings at the same time.** Hybrid learning is the new way to learn and what a blessing it is that ACIM is willing and eager to expand.

City Heights Music School will be holding their first ever in-person week-long **Music 123 Camp** from **July 19-23 for kids in 2nd-4th grades.** In partnership with **The International Academy for Jazz San Diego**, they are also offering a **4-week in-person and Zoom Summer program** for advanced students called **"Percussive Wave-Summer 2021."** The sessions are on **Wednesdays and Saturdays from July 7th-31st.**

Al-Anon: Our Spanish-speaking Al-Anon group continues to meet on the east side of the second floor of the tower on **Tuesday and Thursday evenings at 6:30pm.** What a blessing it is to have them with us!

C.A.F.E. Grupo: Our Spanish-speaking 12 step family support group is meeting regularly. They meet on **Friday and Saturday nights from 6:30-8:30pm on the east side of the second floor.** We are so happy to have them back!

Heartland House: To date, our men's recovery program has not returned to in-person meetings. However, they are still planning to return here as soon as they can. Once approved, they will be meeting **Friday, Saturday and Sunday nights from 6:30-8:30pm, on the east side of the third floor of the tower.**

Save-a-Life Educators: CPR and First-Aid are taught in-person in **Wrigley Hall on the first and third Saturdays of each month.** We are doing our part to help essential workers stay certified. Thank you, God!!!

It feels so good to be living our Mission Statement: Empowering personal growth through positive spiritual principles, inspirational music, and community service.

Morning Prayer & Meditation on our Facebook page Monday-Friday at 9am (PDT)

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

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

Daily Silent Unity hours 3am-11pm (PDT) 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

Weekly Events - Everyone Welcome!

SUNDAYS

A Course in Miracles at 9am on the 3rd floor of Tower and on Zoom

In-Person Service at church at 10am (PDT) and online on Facebook Live

Fellowship after church at 11am (PDT) in the courtyard at church and on Zoom

YOU and UniTeens Zoom 11am-12pm (PDT)

Unitots and UniKids Zoom 11:30am-12:30am (PDT)

Sunday Healing Service - 4th Sunday at 1pm (PDT) on Zoom

For Zoom sign on info, contact our office assistant at 619-280-2501 or unitysandiego@gmail.com.

MONDAYS

Dare to Lead Book Study Mondays from July 12th-Aug 30th 6pm-8:30pm on Zoom

Morning Prayer & Meditation Monday-Friday at 9am on our Facebook page

TUESDAYS

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

WEDNESDAYS

Prayer Ministry Meditation at 11am (PDT) on the 2nd Wednesday on Facebook Live

THURSDAYS

"Let's Talk About It" 1st & 3rd Thursdays at 6:30pm (PDT) on Zoom

Spiritual Recovery Group "Everlasting Serenity" Every Thursday (except July 1st) at 7pm (PDT) on Zoom

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 prepay for by the 15th of the month, and we will get them to you by the 20th of every month.

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 use the Unity San Diego enrollment code: **93EE352D95** 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 Monica at unitysandiego@gmail.com or give her a call at (619) 280-2501, ext 102.

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, Billiekai Boughton.

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/email>.

Come Worship with Us

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



Sunday Lessons



July / August 2021

Sunday Services at 10am In-Person at the church
and on our Facebook Page at www.facebook.com/unitysandiego

Annual Theme - How to Stay Centered, No Matter What

July

July 4th - "The Freedom to Choose"

July 11th - "To Feel is to Be Vulnerable"

July 18th - "To Boldly Serve"

July 25th - "Living with an Unarmored Heart"

- Rev Karla

August

August 1st - "I Am Enough"

August 8th - "The Courage to Be Curious"

August 15th - "Walking our Talk"

August 22nd - "Who Do I Trust?" - Rev Karla

August 29th - "Rise Up and Shine"

Unity San Diego - a Spiritual Community



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

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www.UnitySanDiego.org

Senior Minister
Reverend Edith
Washington-Woods

Associate Minister
Reverend Karla Lightner



3770 Altadena Avenue
San Diego, CA 92105

Sunday Service 10am (PDT)
Church Offices: (619) 280-2501
Prayer Ministry: (619) 282-7609
Daily Word Line (619) 281-LOVE (5683)
PrayerMinistry@UnitySanDiego.org
2nd Wednesday Meditation 11am (PDT)
Church Email: ccu@UnitySanDiego.org



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Church Email: ccu@UnitySanDiego.org
Prayers: PrayerMinistry@UnitySanDiego.org

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.