

Faith for Today

OUR VISION We envision positive spiritual change in our world.

OUR MISSION To empower better lives through spiritual transformation.

From the **MINISTER'S HEART**



Dear Center of Peace,

Conflict seems inevitable from a human point of view. There is another perspective that we can attain. I remember seeing an Aikido Master being attacked by a group of people. He stayed centered and seemed to dance around all the people who were hurtling at him. He later said he did not resist anyone. He only redirected their energy.

We can learn to stay centered no matter what others say or do. Gary Simmons calls it being at "The I of the Storm." Just as a hurricane has a calm center, we have a spiritual center of peace and clarity that we can always connect with and live from.

If you would like to practice shifting your perspective and learning to live as if no one is against you, please join us for the Sunday series and small group sessions in July and August.

Here is an affirmation to start your practice, "I am poised and centered in the Christ mind. Nothing can disturb the calm peace of my soul."

Bountiful blessings!
Joyous in the Spirit,

A handwritten signature in cursive that reads "Blair" with a small heart over the 'i'.

Blair Tabor, minister

LETTER FROM A BOARD MEMBER - from Judy Winkler

On Sundays, you will notice a board member (some of us with our clipboards), circulating after services, asking for your comments. I am continually delighted to hear how appreciated the Board is. We hear gratitude expressed for Rev. Blair, our music team, our extraordinary staff and volunteers who make our church and all our activities run so smoothly.

During my years in the corporate world, I never encountered such superior employees. Each staff member is remarkable in her/his own way. Our staff contributes far beyond their duties – they connect with the church community and, as a highly functional team, they do what is needed to support the church family. I'm so impressed!

Being a member of the Board is a privilege. After serving on two Homeowner boards, this is a completely new experience – our board is absolutely joyful. Serving on the board feels like serious play – in other words, work becomes fun as we support each other, our staff, members, and our vision.

Whoever thought being on a church board would be fun? Who would guess that using your gifts & talents to support Unity San Diego could be part of living our mission? As we shift into our mission centered church, you'll notice that we all get an opportunity to give more, to serve more, and to step into our own expression of the Divine so we become more. And who among us wouldn't like to become more?

With love & gratitude,
Judy Winkler

Prayer MINISTRY

HEALINGS ABOUND AS PRAYERS ARE ANSWERED

Your Prayer Ministry is delighted to share many letters of thanks that we receive weekly from our prayer partners. "Prayer connects us to the Divine. Thank you for all that you do to heal the world with your work." "Please know how much your kindness, patience and love are so much appreciated." "I feel God's healing love come to me." "I love your beautiful letter and affirmations." "God does answer our every prayer if we learn to wait and believe. Everything went well at my Doctor visit." "I've kept your prayer affirmations for more than 20 years. I love your Prayer Partners. They are my closest spiritual buddies." "Thank you so much for your supportive,

loving prayers. You are all such a gift in my life." "You have a beautiful way of always brightening the lives of everyone around you." "Thank you all for getting me through the end of law school and the Bar exam this year." "I am so very blessed to know you are there when I call." "When we let go of fear, God takes hold of our hand and lets us know, do not fear, I will help you." "I feel waves of wholeness, love and good health." "Thank you so much for your comforting, peaceful, loving affirmative blessings." "Thank you for always being there." "To the world you may be one person, but to one person you may be the world." "The loving outreach you provide to the members of our church family and beyond is a thing of great blessing in times of need."

We appreciate your gifts to support this ministry. Every donation is treasured.

Many blessings of joy, Your Prayer Ministry

THE PRAYER MEDITATION will continue in St. Luke's Chapel on the second Wednesday of each month at 11 am. Join us for a lovely time of prayer, live piano music and meditation.

AUGUST SCHOOL SUPPLY AND FOOD DRIVE IN WRIGLEY HALL

Western Service Worker's Association especially appreciates your donations of school supplies such as backpacks, pencils, pens, crayons, and lined paper as well as socks, and uniform money. Donations of canned meats and peanut butter are especially appreciated. Please bring items each week in August to the orange bins in Wrigley Hall. Cash and Scrip for Smart and Final are also welcome. Western Service Workers is an all-volunteer association comprised of families who may have two or three jobs in restaurants and hotels in order to meet their needs. Increased utility bills and other rising costs can cause a decrease in food budgets. Just a few cans of food from many of us can make a huge difference in whether families go to bed hungry at night. Our donations can help many. **For more information, please contact Aline King at 619 280 2501, ex 133.** Many thanks for sharing your abundance.

SAVE THE DATE - Saturday eve, August 5th, 2017. Join Western Service Workers Association for their 40th Anniversary Dinner. St. Patrick's Cathedral, 30th St., San Diego. **More information to follow from Aline King.**

Youth MINISTRY

HELLO EVERYONE...

This year your loving contributions helped send one Uniked and three Uniteens to summer camp in beautiful Wrightwood, CA. We were also able to send one adult, Cheryl Harrison to Uniteen Camp as a counselor, and two of our Y.O.U.'ers, Jacob Lightner and Trevor Harrison to Kids Camp as counselors. Thank you, thank you and thank you!

We will be holding our annual overnight camp here at Unity San Diego Saturday, July 22nd-Sunday, July 23rd. It is entitled "Kung Fu Panda Camp."

Kung Fu Panda is actually a highly spiritual movie about love, faith, trust, kindness and forgiveness. This event, which is based on the movie, will be led by adults and Y.O.U. volunteers. A wonderful experience for youth 5-18 years old, this camp is full of games, crafts, a delicious banquet, singing around a campfire and S'mores. Registration for "Kung Fu Panda" camp will be available in Wrigley Hall beginning June 25th. Love Offerings are graciously accepted.

Our 2017 summer program will be held June 25th-September 10th. Our ministry and Y.O.U. will be studying "The I of the Storm for Teens: Finding Peace in the Midst of Conflict." This book by Jane Simmons parallels the "The I of the Storm" which is the adult version written by her husband Gary Simmons. Rev. Blair will also be doing his Sunday lessons over the summer on "The I of the Storm" and there will be small groups that delve deeper into how peace within ourselves can bring peace into expression in the world.

Our Unitots and Unikids will have take part in an exciting new program by Jane Simmons entitled, "SUPERHERO." I am excited that Unity San Diego is one of the churches that is able to pilot this new program. It is sure to be a hit!

If you have been attending Unity San Diego regularly for six months, and would like to share your gifts and talents with our wonderful children and teens, please call me at 619-218-6135, or email me at karlalightner@gmail.com so we can talk about how you can become a part of our wonderful Youth & Family Ministry Team.

Love & Blessings!

YOUTH MINISTRY CLASSES - 1am Sundays - Child care only - 9am

YOUTH & FAMILY MINISTRY CALENDAR

Saturday, July 22nd - Sunday July 23rd - Unity overnight camp - "Kung Fu Panda Camp" for kids ages 5-18 yrs old. See Karla Lightner for details.

Friday, July 28th - Sunday July 30th - Thousand Oaks, CA - Y.O.U. "Summer Fun-in-Faith" Retreat for those currently in grades 9-12. This will be a fun weekend, with creative ways to look at the Spiritual Power of Faith

Saturday, August 5th - Circulation Day, 9am-1 pm in Wrigley Hall

SUNDAY CELEBRATION SERVICES
9am & 11am | Main Sanctuary

Youth & Family Ministry
11am Youth Ministry Classes
(Childcare only at 9am)



MINISTER
Reverend Blair Tabor

July/August 2017 Calendar

Please Note:
This information is only current at the time of printing. All Classes & Events are subject to change without notice. For accurate & up-to-date postings, please visit:

UnitySanDiego.org

Ongoing Groups
Everyone Welcome!
(619) 280-2501

SUNDAYS

1st Friendship Sunday and 3rd Brunch Sunday.
Announcements in Bulletin

10:30am, A Course in Miracles Tower, 4th Floor

MONDAYS

7pm, Narcotics Anonymous Wrigley Hall

2nd & 4th Mondays
10am, Arts & Crafts Group
Contact Pat Case

TUESDAYS

4th Tuesdays, 1pm
Feeding America
Large Parking Lot

WEDNESDAYS

2nd Wednesday of the month,
11am Prayer Meditation
Tower, St. Luke's Chapel

THURSDAYS

6:45pm, Gentle Yoga
Narthex, Main Sanctuary

Prayer Ministry Hours
Noon to 9pm, Monday to Friday

UnitySanDiego.org

July 2017

Patriotic July 4th Sale - Sunday, July 2nd from 10am-1pm in Wrigley Hall.

New Members, Part 1 - Sunday, July 9th after each service.

New Members, Part 2 - Sunday, July 16th, meet in St. Luke's Chapel, church tour from 1-3pm.

Gals Weekend in Julian - Friday, July 21st to Sunday, July 23rd. Starry Pine Mountain Retreat

Unity overnight "Kung Fu Panda Camp" - Saturday, July 22nd to Sunday July 23rd for kids ages 5-18 yrs old.

New Members Spritual Baptism - Christmas in July - Sunday, July 23rd - both services in the sanctuary

Y.O.U. "Summer Fun-in-Faith" Retreat - Friday, July 28th to Sunday, July 30th in Thousand Oaks, CA for those currently in grades 9-12.

Guest - Freebo - "Heed Your Calling - If Not Now, When?" Sunday, July 30th, at both services.

"I" of the Storm - Small groups in July & August

August 2017

August School Supply and Food Drive in Wrigley Hall - for Western Service Worker's Association

Save the Date - Western Service Workers Association for their 40th Anniversary Dinner - Saturday evening, August 5th, at St. Patrick's Cathedral, 30th Street, San Diego.

Circulation Day - Saturday, August 5th, from 9am-1pm in Wrigley Hall

Guest Speaker - Ester Nicholson Sunday, August 6th - will speak & sing at both services on "Homesick for Your Real Self."

Ester Nicholson, Keys to Abundant Living Workshop - Sunday, August 6th, 1-3:30pm in the sanctuary

Ester Nicholson - Monday, August 7th, will offer individual client sessions from 9am to 6pm.

Music Team Summer Concert - Saturday, August 26th, 7pm in the Sanctuary.

Aloha Sunday, August 27 - both services in the sanctuary

Wish List

Remember if you feel you cannot give the total amount for any of these things, partial gifts will be accumulated until enough is received.

Bathroom Modifications: \$38,000 - \$27,054.86 = \$10,945.14

Upper Parking Lot Repair: \$17,900 - \$215 = \$17,685

Prayer Ministry (619)282-7609 | PrayerMinistry@UnitySanDiego.org | Daily Word (619)281-LOVE (5683)

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

SUNDAY LESSONS

LESSON TITLES - JULY 2017

Lessons by Reverend Tabor unless noted

- July 2 "Free to Be"
- July 9 "Change the Story of Your Life"
- July 16 "Expand Your Tribe"
- July 23 "Your Soul Conspires to Grow You"
"Christmas in July"
- July 30 "Enfold the Sense of Separation with Oneness"

LESSON TITLES - AUGUST 2017

- August 6 "Home Sick for Your Real Self"
Guest speaker, Ester Nicholson
- August 13 "See It Right"
- August 20 "Remember to Love as God's Light"
- August 27 "Let Go into God's Flow of Good"
Aloha Sunday

MEMORIALS

Lynne Luckey Adams

Born December 3rd, 1939
Passed April 7th, 2017

Lynne lived her life in service to others. Children and their ability to read was always a focus of her endeavors. Whether living in the States or overseas, she always found ways to teach and serve. While living in Belgium, she learned French so she could teach disabled children. She leaves behind her husband, Don, and their two daughters, Andrea and Angela and their families. We bless them all with the peace of Spirit.

Paul Corbett Barry

Born March 15th, 1946
Passed February 18th, 2017

His nephews called him their co-conspirator. Early after high school Paul was actively involved in an organization called Dare to Be Great – a motto which he lived throughout his life. He worked and lived all over the country. Paul always saw the best in people. His attitude was positive, gregarious and fun-loving. He worked to help others, was very generous and loved spending time with family.

WEDDINGS

Chris and Barbara Kleber - April 29th, 2017

Chris, one of Frank and Evelyn's four sons, found a delightful lady to marry. We bless them both.

"I OF THE STORM - EMBRACING CONFLICT, CREATING PEACE" Small Groups in July & August

Would you like to be able to handle conflict better? Conflict is a natural part of the human experience, until we learn some tools and get some practice in a larger spiritual understanding.

You are invited to join a group and find your deeper strength and a community to support you in growing spiritually and living your truth.

This eight-week series designed by Dr. Gary Simmons and his wife Dr. Jane Simmons is used by Unity Churches around the country to help individuals gain skills and practice in living in a freer more joyful way. If you want your life transformed, this is for you.

Learn how to handle criticism and other's judgments. Learn to shift the meaning in your life. Practice listening skills. Learn to feel feelings without being overwhelmed by them. Learn to use conflict for personal and spiritual growth.

More info about specific days and locations of the small group meetings will be available at church and online as small group are set up. Plan to keep some time free for this.


unity[®]
San Diego
a spiritual community

3770 Altadena Avenue
San Diego, CA 92105
Prayer Ministry: (619) 282-7609
2nd Wednesday Meditation 11am
PrayerMinistry@UnitySanDiego.org
Daily Word Line (619) 281-LOVE (5683)

HEALING SERVICES

Sundays, July 23rd & August 20th
1pm St. Luke's Chapel,
First floor of the Prayer Tower



NEW MEMBER ORIENTATION ... HAS THREE PARTS

- 1 A brief meeting in St. Luke's Chapel, Sunday, July 9th, after each service on the first floor of the Prayer Tower.
- 2 The following Sunday, July 16th, from 1-3pm, includes a tour of the church and information on Unity's history, teachings, our church vision, meditation and the four commitments of membership: Commitment to your own spiritual growth, regular attendance and daily prayer, proportional giving and spiritual service.
- 3 Spiritual Baptism during the Sunday services July 23rd. Membership with Unity San Diego is an opportunity to make a commitment to your spiritual growth through our church. Many people find many blessings from this process.

The dates for next New Member Orientations are October 8th, 15th & 22nd, 2017.

DID YOU KNOW...?

Estate planning is prudent and relieves your family and heirs of unnecessary burden and delays. If you have a will or trust, is it time to review it and maybe update it? If you do not have a will or trust, even a simple will can make a big difference in settling your estate. Our church has professional will software available to assist you in preparing a will and the other documents helpful for end of life situations. We do not like to think about our physical death and hope that we can put it off, but don't put off planning. **Talk with Reverend Blair if you want more information.**

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: **Unity San Diego, 3770 Altadena Avenue, San Diego, California 92105.**

Gift Your Presence in Sacred Service to Community: UnitySanDiego.org/Sacred-Service

HAPPENINGS *at Unity*

Details & Updates

THE ARTS & CRAFT GROUP PATRIOTIC JULY 4TH SALE

Sunday, July 2nd from 10am-1pm in Wrigley Hall. We will be featuring jewelry, wreaths, towels, table runners and decorations, greeting cards, novelty items and more.

GALS WEEKEND IN JULIAN - Friday, July 21st to Sunday, July 23rd. Starry Pine Mountain Retreat cabin has been reserved for a weekend of relaxing time away to read, rest, recreate, or do crafts. Space is limited so sharing a room is a must. A minimum of 6 are needed and a maximum of 10 is allowed so sign up quickly. Non-refundable deposit of \$40 is required to hold your space. Deadline to sign up is July 9th! Total cost is expected to be \$101-\$125/person. There is a full kitchen available.

Check out the cabin at www.starrypinemountainretreat.com. Food is not included in the price (Each person brings their own food or eats out). **Questions, speak to Meredith Tabor at 619-280-2501 ext 109 or Meredith@unitysandiego.org.**

“HEED YOUR CALLING - IF NOT NOW, WHEN?”

Sunday, July 30th - Unity will have a special guest musician, **Freebo**. He will sing at both services. Freebo is a world renowned bassist and tuba player (Bonnie Raitt 10 years, CSN, John Mayall, Maria Muldaur, Ringo Starr, Dr. John, Neil Young), has appeared on Saturday Night Live, Muppets Tonight, in concert with the legendary Spinal Tap, and in recent years has evolved into an award winning singer/songwriter, teacher, producer, and keynote speaker. His music touches your heart with songs of life, love, dogs, and the human condition. Here's what critics are saying about Freebo: "Freebo is more than one of LA's best musicians, he's also a richly gifted and distinctive songwriter, as expressive in his writing as on a bass" (Paul Zollo, Songwriters On Songwriting), "Standing Ovation" is an astounding song which encompasses a profound view of life, destined to become a classic. Listening to Freebo is like riding on a cumulus cloud of peaceful awareness, a cosmic blend of folk/country/rock/soul ear-pleasing genre-defying music." (Walt Falconer, Cool Album Of The Day).

IF YOU DO NOT HAVE A NAME TAG from our church, please sign up or call to have your name put on the list. It is easier for everyone if we all have our name tags and wear them.

KEYS TO ABUNDANT LIVING -

On Sunday, August 6th, Ester Nicholson will speak at both services on "Homesick for Your Real Self" and present her beautiful music. Ester is an author, teacher, speaker, former Hay House Radio host and vocalist for Bette Midler and Rod Stewart.

She uses her inspiring life-story as the core of her powerful **Workshop**, which will be held **Sunday afternoon, August 6th** from 1-3:30pm. She will take participants on the inward journey of rediscovering abundant good that is awaiting their willingness, acceptance and alignment. Registration is \$25 in advance and \$30 at the door.

On Monday, August 7th, Ester will offer individual client sessions from 9am to 6pm. For tickets and information, **call 619-280-2501 or email Meredith at Meredith@unitysandiego.org.**

LODGING FOR ESTER NICHOLSON -

Would you like to host Ester in your home? She would like lodging in a church member's home for two nights. If you are interested, **speak to Meredith Tabor at 619-280-2501, ext 109 or Meredith@unitysandiego.org.**

MUSIC TEAM SUMMER CONCERT - Saturday, August 26th, at 7pm in the Sanctuary. "We can't help it!! God Makes Us Want to Sing!!!" Join our Unity San Diego Music Team for a special encore concert! The Group will be performing some of their best selections by artists such as Daniel Nahmod, Karen Drucker and more. Bring a friend, Admission is free!! Love offerings are gladly accepted.

ALOHA SUNDAY, AUGUST 27 - A special blessing of the Aloha spirit will bring you a greater sense of peace, love and joy. Come be a part of this special Sunday.

SAVE THE DATES -

Sunday, September 10th - **GARLAND LANDRITH** will return to speak and present a workshop.

Sunday, September 17th - **REVEREND RICHARD ROGERS** will return to speak and present a workshop.

WORLD DAY OF PRAYER activities at Unity San Diego this year!!! Save the dates, September 13th-14th. Watch for church bulletin announcements on how you can participate and be PEACE in the MIDST of what MATTERS! We would love to have you join us! **Questions or how you can participate, email Patti Horwath at phorwath@san.rr.com or call 858-761-5235.**



GIFT CARD (SCRIP) NEWS - Use scrip for your summer travels - we have Southwest Airlines, Hyatt, Hilton and Comfort Inn group hotels, plus ARCO, Shell, Exxon/Mobil, and Chevron. Even college students may buy their books with Barnes and Noble cards. Of course, we have American Express and VISA with no expiration dates or activation fees. Scrip is not for just gifts anymore - use it just like cash to do your everyday shopping and gas needs. Stop by the scrip table for a complete list. You may order it in advance by contacting Meredith at 619-280-2501 ext 109 or email at Meredith@unitysandiego.org.



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San Diego, CA 92105
(619) 280-2501

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Thank You!

MAY VOLUNTEER OF THE MONTH: CONGRATULATIONS TO JUDY WINKLER!

Thank you for the loving presence you bring to Unity San Diego! Judy currently serves as Vice President on our Board of Directors. During her term, Judy did the research to get bids for our concrete and asphalt projects. Judy was also instrumental in the development of our New Member Orientation Packet. In addition, she shared her talents as a Money Counter, she delivers food donations to WSWA, and she often brings new people to church with her.

Thank you, Judy, for your dedication and commitment to Sacred Service at Unity San Diego!

JUNE VOLUNTEER OF THE MONTH: CONGRATULATIONS TO CAROL BARNES!

Carol began volunteering her time and talents as an Usher & Greeter in April 2014 and continues to serve on the fourth Sunday of each month. Her beautiful smile and warm personality make everyone who enters our church feel genuinely welcome. In addition, Carol has shared her time as a Shelter Weekend Hostess, and has been tremendously helpful with the children staying at the shelter. In addition, Carol also volunteers at the Feeding America food distribution on the fourth Tuesday of each month.

Thank you, Carol, for all that you do in sacred service at Unity San Diego!