

# 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 New Creation,

"Refresh" is our theme for Lent this year. Whatever you have been facing, whatever has seemed to deplete your energy and resources, whatever you are wanting to overcome, the Spirit of God in you can rise up in new ways and REFRESH you with the light, love, power, abundance and peace of God.

God is already at work in you to bring forth new expression of good. You can work with the Christ in you to let the divine gifts shine forth in new ways. Align yourself with the Infinite with the support of our spiritual community. Service, small groups, Prayer Ministry, Prayer Chaplains and fellowship times are all provided for you to REFRESH yourself in the Spirit of God.

"For if anybody is in union with Christ, he is the work of a new creation; the old condition has passed away, a new condition has come." 2 Corinthians 5:17

Bountiful blessings! Joyous in the Spirit,



Blair Tabor, Minister

## LETTER FROM A BOARD MEMBER - Carla Manson

As my three year tenure on the Unity San Diego board comes to an end I take this time to reflect on my experience as a board member. After years of contemplation and waiting for the right time to serve in this capacity, three years ago I finally accepted the invitation and nomination for our church board. I am honored to have worked with an amazing team of congregants who make up our church board. I learned firsthand about our board's incredible service, dedication and commitment to Unity San Diego, of making decisions affecting our congregation and of church operations.

There were challenges, gains and growth opportunities during my tenure. Not having a background in leadership I relied on spirit, guidance of Unity principles, and support of my fellow board members. My primary assets were a love of God and church, my desire to live and grow spiritually, and a willingness to give back.

My greatest challenge was taking on the role of board treasurer. This was the position I feared most; but, fully relying on God, "All things are possible." With help and support from my predecessor, I accepted the challenge and overcame my fear. I gained confidence in my ability to make decisions affecting our church community and developed the courage to question and seek clarity when I felt it was important and in the best interest of our church. The ability to work closely with Reverend Blair, our outgoing board president, Sharla Berry, and other board members is an experience I will always cherish. Their encouragement and support made it possible for me to excel and carry out my board duties.

As I depart from the board, I look forward to continuing my service here at Unity San Diego and have agreed to serve on one of our new focus groups. Our church is progressing and moving in a new direction. I am excited about positive changes ahead. The Leadership Development Program, small groups ministry, automated giving to simplify tithing, and Integral Model of Ministry based on work by Reverend Gary Simmons are some of what's ahead for our church.

I thank you for allowing me to be of service, and take this opportunity to extend a warm welcome our new incoming board members.

Carla L. Manson,  
Outgoing Board Treasurer

# Youth MINISTRY

# Prayer MINISTRY

**YOUTH MINISTRY CLASSES,  
11am Sundays - Child care only - 9am**  
**Hello everyone,**

Youth of all ages began 2017 with a study of the Twelve Powers. March 26th will mark the end of 12 weeks spent learning about Faith, Love, Strength, Wisdom, Power, Imagination, Understanding, Will, Order, Zeal, Release and Life. Each group will learn at their own level, how to develop these powers in their own lives, in order to grow spiritually and attain their highest good. It was a wonderful and powerful 12 weeks.

In April we will be moving into curriculum entitled, "Building Community." For six weeks our youth will be learning how to build their own individual power and how to work together as a group. I am excited to assist our students in learning these valuable lessons that were created by Reverend Diane Venzera. Reverend Diane wrote the lessons for Awakening to Spiritual Power that was used in the adult small group ministry and in youth classes last year. As I work with our children and teens in this new curriculum, I will be looking for ideas to create our own intergenerational community retreat later this year.

I would like to take the time to thank each and every one of you for the love and support you give our children. It is so heartwarming to see our Unity San Diego family sharing these valuable lessons in Wrigley Hall, working together in the kitchen and fellowshiping on a regular basis. We have truly become a loving, caring intergenerational family. This is true Unity in action and a beautiful expression of love.

If you feel you have gifts, talents or anything interesting you would like to share, even just once with our children, **please call me at 619-218-6135, or email me at karlalightner@gmail.com.**

Love & Blessings!  
Karla

## Wisdom and Love are Here Now

Wisdom and Love are two of the twelve powers. As we sit in the silence of meditation, the wisdom of Spirit flows into our heart and mind. Letting go into Spirit is the best way to receive answers for all our needs. As the song says, "In the stillness of the moment there is peace." Also in this stillness is all that we need of love, joy and wholeness. As we enter into the Easter Season, your Prayer Ministry holds you in the light of wisdom and love and sees the resurrection of the Christ qualities in each of you. As you go through your day, bless this resurrection in yourself and others. Feel Spirit move in you to be all that you are meant to be. Rejoice in the Lord always and again we say rejoice.

Join us each Wednesday at 11 am in St. Luke's Chapel for a blessed time of prayer and meditation. We look forward to your participation.

Many blessings in this joyous season,  
Your Prayer Ministry

## Did you know...?

Gifts to our church of appreciated properties can have a real tax incentive. You can avoid capital gains and spread the deduction over several tax years. Ask Reverend Blair for more information or talk with your tax specialist.

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, San Diego, 3770 Altadena Avenue, San Diego, California 92105

## Youth & Family Ministry Calendar

**Easter Egg Hunt** – Sunday April 16th at 12:15pm – On the lawn between the Educational Building and Wrigley Hall. Children age ten and under are invited to join our Annual Easter Egg Hunt. Kids over age ten are invited to participate in their own exciting scavenger hunt. We need donations of plastic eggs and packaged candy. Please drop off donations in the hallway between the nursery and the library.

**Spaghetti, Salad and Garlic Bread Fundraiser** - Sunday, April 23rd in Wrigley Hall – Please enjoy a wonderfully delicious meal at 10:15am and 12:15pm. Proceeds will go towards Kids Camp, Uniteen Camp and YOU Rallies

# SCRIP NEWS

## Scrip (Gift Card) News

Gift Card (Scrip) News Start off the year with scrip. VISA gift cards in \$50 and \$100 are available. There is no activation fee & no expiration date – plus they are good at Costco. Unity makes 1.5%, so they must be paid for with a check or cash. Easter is also approaching, so we have See's Candies, Target and more for filling those baskets. These gift cards aren't just for gifts anymore. Use gift cards just like cash that you use for everyday shopping or gas. Stop by the scrip table today 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.**

UnitySanDiego.org

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

**SUNDAY CELEBRATION SERVICES**  
**9am & 11am | Main Sanctuary**

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

**MINISTER**  
**Reverend Blair Tabor**

## March / April 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 & 3rd Friendship and  
Brunch Sundays 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

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**

## March 2017

**Ash Wednesday Service**, March 1st, 10am & 7pm

### Small groups

"Refresh" is our theme for Lent. Reverend Blair has created a 7 week series for small groups. The groups will start the week of March 5th and run through April 21st. Look for more info in our Sunday Bulletin.

### Healing Service

Sunday, March 5th, 1pm, in St. Luke's Chapel, First floor of the Prayer Tower

### Daylight Savings Time begins!

March 12th – Spring Forward!

### Meditation Practice

Sunday, March 12th, 12:45pm, in St. Luke's Chapel, First floor of the Prayer Tower

### Interfaith Shelter Training

At-10am on: February 26th, March 5th, March 12th, or March 19th, 2017. Choose one Sunday to meet in St. Luke's Chapel.

**Interfaith Shelter** - Sunday, March 26th through Sunday, April 9th

### Holiday Mailing Party

March 30th, 9am, 4th Floor of Tower

## April 2017

**Palm Sunday** - April 9th - "Sizzle with the Christ Vibration"

**Holy Thursday** - April 13th, 7pm  
Communion & foot washing

**Watch Service** - Good Friday, April 14th, Noon - 3pm

**Good Friday Evening Service**  
Friday, April 14th, 7pm

**Flower Cross setup** - Saturday, April 15th, 9am in the Sanctuary

**Easter Sunday** - Sunday, April 16th, "Christ Triumphant in You"

**Easter Egg Hunt** - Sunday, April 16th at 12:15pm - On the lawn between the Educational Building and Wrigley Hall.

**Brunch Sunday** Canceled April 16th

**Faith for Today mailing party**, April 20th, 9am, 4th Floor of Tower

**Spaghetti, Salad and Garlic Bread Fundraiser** - Sunday, April 23th, 10:15am and 12:15pm in Wrigley Hall

### Healing Service

Sunday, April 23rd, 1pm in St. Luke's Chapel, First floor of the Prayer Tower

## 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 - \$25,730.26 = \$12,269.74**

**Upper Parking Lot Repair: \$17,900 - \$165 = \$17,735**

**Replace Church Office A/C Unit (5th floor) (42 years old): \$4,300 - \$1,807.33 = \$2,492.67**

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 | March 2017

- Mar 5 "What's Important?"
- Mar 12 "Let Go to Greater Good"
- Mar 19 "You have a Flood of Good"
- Mar 26 "Regenerate with Light at the Center"

## Lesson Titles | April 2017

- Apr 2 "Live the Christ Energy"
- Apr 9 - Palm Sunday "Sizzle with the Christ Vibration"
- Apr 16 - Easter Sunday "Christ Triumphant in You"
- Apr 23 "God Is at Work for Healing"
- Apr 30 "Spirit Is Only Peace"



3770 Altadena Avenue  
San Diego, CA 92105

Prayer Ministry: (619) 282-7609  
Wednesday Meditation 11am  
PrayerMinistry@UnitySanDiego.org  
Daily Word Line (619) 281-LOVE (5683)

## Healing Service

Sunday, March 5th and April 23rd, 1pm St. Luke's Chapel, First floor of the Prayer Tower. Invoke the healing vibration of the Christ with those who gather. Feel the power of Spirit at work. Song and prayer connect us to God's healing power. Led by Reverend Blair. Love Offering.



## Meditation Practice

Sunday, March 12th, 12:45pm, in St. Luke's Chapel, First floor of the Prayer Tower. You can find a deeper peace in the presence of God in meditation. Reverend Blair leads you in a practice of deepening your peace. Love offering.

# Small Groups Later in the Year

Karla and Reverend Blair are preparing for a small group experience based on "The 'I' of the Storm." This will be an 8 week series beginning the week of June 4. This material will help you to stay centered in peace and strength in the various experiences of life. You can access God in you and live with purpose and poise.

Starting in October "Seven Masters, One Path" will be our source material for an exploration and practice of meditation from 7 different traditions. These deep meditation experiences will give relief from emotional and mental stress. The source material comes from different spiritual teachers with different gifts. Patanjali – watching the breath, Lao-Tzu – quieting the mind, Buddha – accepting the truth, Jesus – awakening the heart, Mohammed emotional healing, Gurdjieff – self-remembering and Krishnamurti – experiencing bliss.

# Special Holiday Services

## Ash Wednesday Service - March 1st, 10am & 7pm

Ash Wednesday marks the beginning of the traditional Lenten season. Our theme for Lent this year is "Refresh."

Instead of thinking of penance, we covenant with Spirit to identify and release the things of life that do not refresh us and lay hold of the spiritual gifts that do refresh us in inner and outer ways. Please join our Ash Wednesday service for a special gift to start your Lenten season.

## Lent 2017 - "Refresh"

**R**ecommit – to values, "Who am I here to be?"

**E**liminate – fast, release, Let Go, Let God!

**F**lood (Nile enrichment) your being with Divine Ideas-Energy. Etc.

**R**egenerate – apply the Christ gifts to all the aspects of your being

**E**nergize – bring the Christ gifts to your life and living

**S**izzle – take it up a notch

**H**arvest – the fulfillment of God's work is upon you!

**Holy Thursday** - April 13th, 7pm communion & foot washing - Let the fullness of the Christ gifts be incorporated into your being during this sacred service.

**Good Friday** – April 14th, Noon – 3 Watch Service – "The Seven Last Words of Jesus" have long inspired people to find a deeper connection with God. Come join Reverend Gretchen for all or part of this meditative service.

**Good Friday Evening Service** - April 14th, 7pm - Our Good Friday service is a celebration of God's work in you for greater good. Despite appearances, God is with you to lift you to greater living. The special "Angel Walk" helps you experience the word of God with our congregation.

## Flower Cross Setup

Saturday, April 15th, 9am in the Sanctuary - Our beautiful Easter Flower Cross takes time and people to set up. This time is a special gift of connection through working together and being in service to our congregation. Please bring your garden cutter.

**Easter Sunday** - April 16th, 9 & 11 am - Special music, special lesson, special time to bring family and friends to celebrate the resurrecting power of God in you.

Gift Your Presence in Sacred Service to Community: [UnitySanDiego.org/Sacred-Service](http://UnitySanDiego.org/Sacred-Service)

# HAPPENINGS *at Unity*

## Details & Updates

### Arts & Crafts St. Patrick's Day Sale –

The Arts & Craft Group will be having a St. Patrick's Day Mini Sale on Sunday, March 5th, from 10am-1pm in Wrigley Hall. We will be featuring scarves, jewelry, wreaths, table runners and decorations, greeting cards, novelty items and more.

**Tea Meeting** – March 19th in Wrigley Hall at 10:15am. The theme for the tea is to be decided and also to recruit volunteers to do many jobs - table hostesses, servers, cooks, bakers and kitchen helpers on that day. If you can't attend - sign up with Meredith if you would like to participate in any of these areas.

**EASTER Lilies** – If you would like to make a special contribution for Easter lilies, please make a note on your check or contact our staff for a contribution by credit card.

### Interfaith Shelter - Save the Date

Sunday, March 26th - Sunday, April 9th, 2017  
Required training for all volunteers. Choose one Sunday in St. Luke's Chapel. Training dates are at 10am on February 26th, March 5th, March 13th, or March 19th, 2017. Many loving volunteers are needed. Please see Sharla Barry or Cynthia Jones to sign up to bring evening meals. **See Aline King to sign up for sleeping over.** Many thanks.

**Annual Tea - Save The Date – Saturday, April 29th,** Watch for more information coming soon!

**Gals Night Out** – Wednesday, March 29th – The gals will meet at 5pm to prepare a meal for the Interfaith Shelter Guests. A menu and sign up sheet will be posted in the tower lobby. After cleaning up (about 6:45pm), the gals will move up to the 4th floor for an evening of Bunko hosted by Rashna Kowalski. This is a fun, fast moving game that allows for lots of laughs. A \$10 donation will go to Unity San Diego. Sign up in advance, so we have enough tables for Bunko.

**Arts & Craft Group** meets on the 2nd and 4th Mondays, 10am-12pm on the 4th floor. Everyone is welcome. We enjoy making crafts and the church benefits from our efforts. Please come and join us! For more information contact Pat Case (619)462-7928.

**Padres Game** – June 10th, Unity has reserved 30 tickets at field level for this game against the Kansas City Royals. Tickets are \$37.25 (regularly \$47.50) for this rare Saturday afternoon game. It is also jersey giveaway day. Sign up now and pay by Sunday, May 7th. Questions speak to Meredith Tabor.

**Easter Sunday** – April 16th, 9 & 11 am  
Special music, special lesson, special time to bring family and friends to celebrate the resurrecting power of God in you.

**Name Tag** – 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.

### New Member Orientation - 3 parts

- 1 March 12th,** - A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower on a Sunday after each service.
- The following Sunday, **March 19th** 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 **March 26th,** Membership with Christ Church Unity is an opportunity to make a commitment to your spiritual growth through our church. Many people find many blessings from this process.



## TRAVEL WITH US! Budapest to Prague Cruise

Budapest to Prague cruise planned for September 14th, 2017 is offering new incentives when you sign up – see the most recent flyer! Peter Powers from Prescott, AZ is looking for a roommate for the cruise – speak to Meredith if you are interested. Twenty cabins have already been booked for this 11 day cruise on the Danube River. Our group will be 10% of the 185 passengers! The rates include all taxes, tips, and excursions. **For information speak to Meredith Tabor at 619-280-2501 ext 109 or email at Meredith@unitysandiego.org.**

## ***Thank You!***

### **January Volunteer of the Month: Congratulations to Gretchen Peña!**

Congratulations to Reverend Gretchen Peña! Reverend Gretchen has been attending Unity San Diego since 1976 and has generously shared her time and talents throughout the years! Reverend Gretchen was a Sunday school teacher and eventually became the Sunday School Superintendent. (Yes, that's what the director used to be called!) In addition, Reverend Gretchen served on the Board of Directors and has donated her homemade jams and jellies and beautiful knitted goods for raffles and auctions at special events. Gretchen also organized and continues to oversee our Prayer Chaplain program. Currently, she does the meditation during Sunday services and is a host and facilitator for the Home Groups. Thank you Gretchen for all that you do in sacred service at Unity San Diego!

### **February Volunteer of the Month: Congratulations to Joe Forand!**

Congratulations Joe! Joe is our "chief tinkerer" here at Unity San Diego and has been for many, many years! Watching Joe in action, you would never guess that he is ninety-four years young! Joe has attended Unity San Diego for thirty-nine years. He continues to show up six days a week sharing his time and talents to keep things running smoothly. Through the years, Joe has volunteered at just about everything: electrical, plumbing, lighting, usher, pew-stuffer, coffee-maker and doughnut tester, chair fixer, gadget maker, car mechanic, dishwasher, holiday decorator, pen-tester, phone answerer, and the list goes on. Joe often shares his skills with our custodian, David. The interaction between these two generations is heart-warming to watch, and at times, quite hilarious! Unity San Diego is truly blessed and ever-so-grateful to Joe for all that he does. Thank you Joe!