

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 Savorer of Life,
Savor!

Many times we talk about how fast time passes. We say it "flies." I think there is a way to experience time differently. Slow down! Slow down when you eat. Taste each bite and chew to get all the flavor in your mouth. Slow down when you talk. What words will bring a blessing to your moments? Slow down when you listen. You don't need to gear up for your response to another's words. Listen with your heart and spirit, as well as with your ears. Slow down when you drive. You want to get to where you are going. My slogan: "Safety, Courtesy, Economy." Slow down when purchasing presents. The best gifts you can give are your attention, your love and words of kindness. Slow down when you pray. Take a breath. Savor the moment. Savor the presence of God. Savor God's love for you. Savor a moment of peace. May this November and December be so filled with spiritual gifts for you that you will take time in each moment to slow down and savor your blessings from God's good.

Savoring the Joy in the Spirit,

Blair Tabor, minister

Board Member of the Month
= All Board Members

LETTER FROM A BOARD MEMBER - Judy Winkler

Our church is transforming. We are similar to a business incubator - an organization that helps develop new businesses - and that new business is YOU!

Church, like a spiritual family, helps us feel grounded and strong. When families and a church move through changes and challenges, we experience growth and a deeper connection. Ultimately, we are empowered to express at a higher level.

While we recognize the positive aspects of growth which might include discovering new gifts, playing bigger, and getting to know ourselves more deeply, we are going to stir up a part of us that doesn't like change. In each of us dwells a part that gets anxious or fearful when we are asked or called upon to do things differently. Although we are creatures of habit, know with me that bliss awaits us when we courageously grow. Do you recall a times when you felt the most empowered? My guess is that you reached beyond your expectation and/or moved through a scary situation, and/or moved through a block that required a stretch into newness.

Our church is stretching into newness through an exciting philosophy shift. We are embracing the work of Dr. Gary Simmons, who led The Transformational Leadership Development workshop, The Q-Process led by Diana Proud-Madruga, and our on-going Spirit Groups, which are creating new relationships while following specific study guides. The most exciting thing about growing as a spiritual family is that we get to grow with others and we get to expand our family as we increase our friendships in the Spirit Groups. It is a comfort to know we are not growing alone.

Being on the board is a privilege. In addition to contributing to the stewardship of our church, it has deepened my relationships, stretched me in ways I never expected, but best of all, it has given me perfect opportunities to stretch in uncomfortable areas and to use gifts I didn't know I had.

We are living our mission to empower better lives through spiritual transformation. What better way to transform our world than to transform lives, which we are doing now. Join me in embracing the change.

With love & gratitude,
Judy Winkler, Vice President

Youth MINISTRY

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

Hello Everyone,

During the month of **November**, our children will continue our "Awakening to Spiritual Power" lessons with the rest of the church. On **Sunday, November 20th**, we will learn the metaphysical meaning of Thanksgiving while making "gratitude gifts" to share with our families and friends. **November 27th - December 18th**, as we move closer to the blessings of **Christmas Day**, Advent lessons will mirror those of the adult church as we learn about Faith, Peace, Love and Joy.

Our Christmas presentation will be quite different this year. It will be an intergenerational play entitled "**The Twelve Gifts of Christmas**" and will be held in the sanctuary DURING both services on Sunday December 18th. This play, written exclusively for Unity, brings a whimsical twist to the story of the three Wise Men. Come and enjoy this wonderful adaptation of a well-known Christmas story, and hear Reverend Blair answer the question, "Why is expanding joy so easy?"

Christmas is a wonderful family holiday. As has been the tradition, there will only be childcare for infants and toddlers on **December 25th**. Older children and teens are invited to attend Sunday Christmas services with their families in the sanctuary.

We will have our "**Giving Tree**" again this year. The tree, which will be set up in Wrigley Hall, will have paper decorations with the Christmas wishes of children within our congregation whose parents are having a challenging time providing Christmas gifts this year. While some families need more help than others, there are new families on the tree each year. Please take an ornament and help our Unity children have an unforgettable Christmas in 2016.

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 you can email me at karla@lightner@gmail.com.

*Love & Blessings!
Karla*

Youth & Family Ministry Calendar

November 11th-13th, - Y.O.U. Fall Rally - Lion's Camp, Wrightwood, CA. Teens throughout California, Arizona and Nevada in grades 9-12 will gather together to learn about "Connecting With Consciousness." This is a SW Unity Regional event.

Sunday, December 4th, 11th, 18th - Gift-Wrapping - Wrigley Hall - Bring in your unwrapped Christmas presents and let our Combined Teen Ministry group wrap them for you. We will be wrapping gifts between services for three Sundays before Christmas. A Love offering is graciously accepted.

Sunday, December 18th - Intergenerational Christmas Play - Sanctuary - Don't miss our Christmas Presentation "The Twelve Gifts of Christmas" in the sanctuary DURING both services on **Sunday, December 18th**. This play, written exclusively for Unity, brings a whimsical twist to the story of the three Wise Men. Come and enjoy this wonderful adaptation of a well-known Christmas story, and hear Reverend Blair answer the question, "Why is expanding joy so easy?"

GIFT CARD SCRIP NEWS

UnitySanDiego.org

Prayer Ministry Prayer Peace be With You

Dear Partners in Prayer, As we enter the joyful and busy months of **November and December**, let us remember our true Source. This lovely prayer may calm and reassure you now.

Dear Truth at the Center,

I am ready to slow down my whirling mind and find Your presence at my center.
I set aside my attachment to my thinking.
I release the ebb and flow of the tides of my feelings.
I relinquish my reliance on form, function and time.
I relish Your peace.
I embrace Your timelessness.
I luxuriate in Your love.
I am one with You.
From the Christ Presence within, I draw wisdom, strength, joy and light. As the Divine Expression, I live as loving light. The Infinite radiates It's good through me to all.

Thank You, Dear Sweet Presence. And so it is. Amen!

We pray for you daily. We appreciate your donations which keep our ministry supported. Join us each **Wednesday at 11am** in St. Luke's Chapel for a time of prayer and meditation.

*Blessings of joy, love, peace and abundance,
Your Prayer Ministry*

November Turkey Money and Thanksgiving Food Drive for Western Service Workers

Western Service Worker's Association appreciates your donations of money for turkeys and food items such as cranberry sauce, stuffing mix and potatoes during the **month of November**. Please bring items to Wrigley Hall. WSWA 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. In winter, increased utility bills can cause a decrease in food budgets. Often heat is not used in their homes because of the expense. Our donations can help many. Thank you for your numerous donations in past months. See where your donations go. Help deliver Thanksgiving turkeys and food. For more information, please contact Aline King at 619-280-2501, ext. 133.

Gift Card (Scrip) News - The holidays will be here soon! This is the best time to buy scrip at Unity San Diego. New this year are VISA gift cards in \$50 and \$100 – Unity makes 1.25% and these must be paid for in check or cash. We have Honeybaked Ham and grocery scrip for the holiday meals. For your Christmas gifts there is an extensive list for the whole family. Be sure to order early to avoid a rush close to Christmas. Lots of grocery scrip is available – Albertsons, Smart and Final, Vons, Whole Foods, and Sprouts. You may even want to buy scrip to donate to the annual WSWA food drive. Scrip is 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. Also for every scrip purchase between November 20th and December 18th – you will receive an entry in a drawing for a \$25 or \$10 gift card of your choice. The winning tickets will be drawn at the end of the day on December 18th!

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



MINISTER
Reverend Blair Tabor

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 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

Come Worship with Us - Everyone's Welcome!

SUNDAY CELEBRATION SERVICES
9am & 11am | Main Sanctuary

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

November / December 2016 Calendar

November 2016

Volunteer Appreciation Brunch
November 6th after each service.

New Member Orientation

Part 1: A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower on November 6th after each service.

Y.O.U. Fall Rally - Lion's Camp
November 11th-13th, Wrightwood, CA

New Member Orientation

Part 2: Sunday, November 13th, 1-3pm, includes a tour of the church. St. Luke's Chapel, first floor of the Prayer Tower on November 6th

Crafts Sale/Entrepreneur Mart

Be sure to visit to shop! - Sunday, November 20th, 9am to 2pm, Wrigley Hall

New Member Orientation

Part 3: November 20th, Spiritual Baptism during the Sunday services.

Thanksgiving Eve - Communion Service - Wednesday, November 23rd, 7pm

December 2016

Gift Wrapping

Sunday, December 4th, 11th, 18th, in Wrigley Hall

Sufi Dancing

Sunday, December 4th, 12:45pm

Christmas Concert - Sunday, December 11th, 5pm - The choir will present its annual Christmas concert followed by a reception in Wrigley Hall. Be sure to stop for refreshments and fellowship!

Gals Night Out - Christmas Party
Tuesday, December 13th, 6:30pm

"The Twelve Gifts of Christmas"

- Intergenerational play will be held in the sanctuary DURING both services on Sunday, December 18th

Christmas Candlelighting

Wednesday, December 21st & Saturday, December 24th, 7pm

World Peace Meditation

Saturday, December 31st, 4am, St. Luke's Chapel

Burning Bowl & Letter to God Service - Saturday, December 31st, 7pm

Save the Date
Interfaith Shelter

Sunday, March 26th

- Sunday, April 9th, 2017

Many loving volunteers are needed.

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 - \$25,025.75 = \$12,974.25

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

Replace Church Office A/C Unit (5th floor) (42 years old): \$4,300 - \$1,762.33 = \$2,537.67

Sunday Lessons

Lesson Titles | November 2016

- Nov 6 "You Can Release Your Mask"
- Nov 13 "Living Your Awakened Life"
- Nov 20 "Gratitude Unleashed"
- Nov 27 "Why is Uplifted Faith So Easy?"

Lesson Titles | December 2016

- Dec 4 "Why is Living Peace So Easy?"
- Dec 11 "Why is Divine Love So Easy?"
- Dec 18 "Why is Expanding Joy So Easy?"
- Dec 25 "What Is God Birthing in Me?"

Christenings & Memorials

Reverend Blair says, "I have officiated at weddings, christenings and memorials for their extended family over almost twenty years. My prayers and blessings are with them all."

"It was my joy to christen three siblings on August 20th."

Christenings

Nicholas Kyle Ramirez

Born July 31, 2004

Olivia Claire Ramirez

Born June 11, 2006

Anthony Scott Ramirez

Born March 8, 2016

Anna and Johnny Ramirez,
parents of these three
precious souls.

Memorials

Patricia Ann Tabor

November 6, 1927 - August 6, 2016.

Pat has been associated with our church for decades. She worked in our Prayer Ministry and sang in our choir. She was very connected to her guidance. We bless her and her family.

New Members Receiving Spiritual Baptism September 25th

Mary Myers

Margaret Huggard

Cathy Richman

New Member Orientation - 3 parts

- 1 A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower on November 6th after each service.
- 2 The following Sunday, November 13th, 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 November 20th, Spiritual Baptism during the Sunday services. 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.



Special Holiday Services

Thanksgiving Eve - Communion Service

Wednesday, November 23rd, 7pm

"Gratitude Propels You to Greater Good" - Come join us for a special gratitude filled service the evening before Thanksgiving. Reverend Blair has a special lesson planned. There will be great music from the music team and a communion service. Everyone is welcome.

Advent

Our Advent series is inspired by our study of Affirmations. The lessons titles are a series of questions that open us to a larger participation in the new emergence of the Christ gifts.

Nov 27 "Why is Uplifted Faith So Easy?"

Dec 4 "Why is Living Peace So Easy?"

Dec 11 "Why is Divine Love So Easy?"

Dec 18 "Why is Expanding Joy So Easy?"

Dec 25 "What Is God Birthing in Me?"

Christmas Concert - December 11th, 5pm. The Choir and Music Team will present its annual Christmas concert. Reception in Wrigley Hall afterwards.

Christmas Candlelighting

Wednesday, December 21st & Saturday, December 24th, 7pm - Our Candlelighting Service is one of our most beautiful throughout the year. Come celebrate the Glory of the new birth of the Christ in you. We offer the service two times for those who may be out of town on Christmas Eve and for those who want to attend twice. Please plan to bring your family and guests to these services.

Burning Bowl & Letter to God Service

Saturday, December 31st, 7pm - Get ready for the New Year and releasing what you don't want to carry forward. At this, one of our most popular services of the year, we put the spiritual principles into action in a dramatic way. We write down what we want to release and literally set it on fire. Then we write a letter to God opening ourselves to new blessings for the New Year. The music is great; the ritual is transformative!

World Peace Meditation

Saturday, December 31st, 4am (Yes, 4am) St. Luke's Chapel - In dedication to the universal peace of God, we commit ourselves to praying for peace for our whole planet. Come make a difference with prayer and meditation as we pray with people around the world for peace.

HAPPENINGS

at Unity

Details & Updates

World Day of Prayer 2016 This year, a group from Unity San Diego traveled to Unity Village for the World Day of Prayer and the week long retreat, The Prayer Experience with Paulette Pipe. We have Discovered our Power within, and are now going to be unleashing our Divine Potential here in our San Diego community! We hope you are all ready for it.

Crafts Sale/Entrepreneur Mart

Sunday, November 20th, 9am-2pm - Be sure to stop by Wrigley Hall and visit the crafts sale and business showcase. This is an opportunity to add to your Christmas shopping - all in one location. **Visit every booth and be entered in a drawing for a \$25 gift card of your choice (Pick up the entry form from the Scrip Table in Wrigley Hall).** A limited number of spaces to participate are still available, pick up the information from Meredith Tabor or email her at Meredith@UnitySanDiego.org.

Unity San Diego Gift Shop and Bookstore

Christmas is just over two months away and new merchandise is on the way! We have a new selection of wall art and brightly painted "peace poles" that are sure to brighten any home, dorm, or office environment. Fair Trade coffee and teas make great gifts at affordable prices! Crystal butterfly and dragonfly ornaments, angel figurines and tokens, purse hooks, adult coloring books, jewelry, fashion hand and cosmetic bags, mugs, chimes, stocking stuffers and so much more! We have a variety of pre-holiday sale items priced to go! Gift certificates are also available. Gift shop hours are **Monday-Thursday 9:30am-2:30pm and Sunday, 9am-1pm.**

Gals will not be meeting in November. Gals Night Out – Christmas Party

On **Tuesday, December 13th at 6:30pm**, the gals are invited to a Christmas Party at Meredith Tabor's home. Each gal is requested to bring a wrapped gift valued at \$15 and a finger food or dessert to share. Sign up in the Tower lobby, so Meredith will be prepared. Carpooling is recommended because parking is very limited. Maps will be available.

Sufi Dancing

Sunday, December 4th, 12:45pm If you can move, you can participate in these simple, beautiful dances. The Dances of Universal Peace are designed to tune you into the presence of the Divine. With simple, deep tunes, gentle movement and centering prayer, Reverend Blair facilitates a process that energizes and blesses you. Love Offering.

Stuffed Animals

You are invited to bring in stuffed toys when you come to church. When you are here, please take one or two to hold during Sunday services, to bless them and to bless the children who will receive them. The toys will be dedicated in early December and sent to children in Mexico.

Christmas Poinsettias If you would like to make a special contribution for Christmas poinsettias, please make a note on your check or contact our staff for a contribution by credit card.

Christmas Concert On **Sunday, December 11th, 5pm** the choir will present its annual Christmas concert. This year we have a very special Christmas concert planned. Our Unity San Diego Choir & Music Team will be joined by a wonderful orchestra to bring you a joyous selection of sacred & secular Christmas music. Invite your family & friends so that they may join us for this marvelous event! Love Offering.

After Concert Reception Volunteers are requested to bring finger foods, cookies, veggie trays, small sandwiches and more for a reception in Wrigley Hall following the concert. Donations may be brought in on concert Sunday morning or to Wrigley Hall starting 3:30pm. Several volunteers are needed to set-up and clean up. If you are able to participate, speak to Meredith & sign up on line at: UnitySanDiego.org/sacred-service.

Arts & Crafts Group Large Fall & Holiday Sale (5 tables full of goodies) **Sunday, November 6th**, from 10am-1pm in Wrigley Hall. We will be featuring scarves, jewelry, greeting cards, novelty items, table decorations and more. Come join us and do early Fall and Christmas shopping.

Volunteer Appreciation Brunch

You are invited to help us thank and celebrate our many volunteers at Unity San Diego. Our church board is hosting a brunch on **Sunday, November 6th** after both services. Come enjoy the food and the fellowship.

Arts & Crafts Mini Fall Sale
Sunday, November 20th, in Wrigley Hall.

Arts & Crafts Large Holiday Sale (5 tables full of goodies) **Sunday, December 4th**, from 10am-1pm in Wrigley Hall. We will be featuring scarves, jewelry, greeting cards, novelty items, table decorations and more. Come join us and do early Christmas shopping.

Arts & Crafts Mini Holiday Table Decoration Sale
on **Sunday, December 18th, 10am-1pm** in Wrigley Hall.
THIS WILL BE OUR LAST CRAFT SALE OF THE YEAR SO DON'T MISS IT!

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. You do not have to be a member of the church to get a name tag.

Daylight Savings Ends
November 6th - 1st Sunday - Fall Back!

TRAVEL WITH US!

Budapest to Prague cruise planned for September 14th, 2017! Ten 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. Pick up the latest flyer. For information speak to Meredith Tabor, or email Meredith@unitysandiego.org



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THANK YOU

September Volunteer of the Month: Congratulations to Margie Maloof!

Throughout her forty two years at Unity San Diego, Margie has continuously shared her time and talents. Each year Margie beautifully decorates our Christmas tree and Sanctuary for the holiday season. She also decorated Wrigley Hall for the Fall Follies! Shelter guests take delight in Margie's delicious meals and the overall support she gives to the Interfaith Shelter. She has hosted a table at the spring tea, sang in the choir, worked and volunteered as a receptionist in the bookstore, and served on the Board of Directors. Thank you, Margie, for your commitment to Sacred Service at Unity San Diego! We are truly blessed by your generous spirit!

October Volunteer of the Month: Congratulations to Greg Williams!

Congratulations to Greg Williams! On brunch Sunday, Greg can be found in the kitchen cooking, plating, serving or just about whatever he is needed to do. Most recently, Greg volunteered his services and provided the architectural design for the sixth floor remodel. In addition, Greg has cooked meals for our Interfaith Shelter guests, and he was a server at our annual Spring Tea. Thank you, Greg, for your commitment to sacred service at Unity San Diego!

Did You Know?

Make a Special Christmas gift to our church. Enroll in automatic giving. See Reverend Blair, a board member or ask a receptionist to find out how.

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.

Consider serving a few hours a month as an expression of Love UnitySanDiego.org/Sacred-Service