

FAITH FOR TODAY

UNITY SAN DIEGO



FROM THE MINISTER'S HEART

REV. KARLA LIGHTNER

Dear Unity Family,

“As we approach the sacred celebration of Easter, a time of renewal and rebirth, I am filled with an overwhelming sense of gratitude for each and every one of you. Your presence in our spiritual community enriches us all, and together, we continue to embark on a journey of self-discovery and spiritual evolution. Whether you join us in- person or online, you are a vital part of our spiritual home.

Easter is a time of deep reflection, spiritual renewal, and celebration. It is a time to cross out limiting beliefs and self-imposed barriers that stand in the way of our Highest Good.

May we open our hearts to the infinite possibilities that are available to us. Just as a seed contains the blueprint for a mighty oak tree, so too does the spark of divinity within each of us contain the potential for boundless growth and expansion.

Good Friday is on March 29th and Reverend Gretchen will be holding a Noon – 3pm - Watch Service in our sanctuary. “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. This will be in-person only.

On Good Friday at 7pm, Pastor Robert and I will be taking you on a Spiritual Journey of Holy Week with special activities and a communion celebration in our sanctuary. Combining Unity San Diego and Unity Church of El Cajon for such a holy and meaningful event will be something you will truly want to attend.

Easter is on Sunday March 31st and will be a morning full of inspirational music and ceremony as I speak about, “Spiritual Renewal- A Journey of the Soul”. We will hold our second annual “Flowering of the Cross” as we each put a flower on the cross during the service to symbolize crossing out that which no longer serves us.

To fully experience this to the fullest, I invite all of you to attend our Easter Service in person if possible. If not, then please watch us online.

Wishing you all a blessed and joyous Easter, filled with love, light and joy.

Karla



3770 Altadena Avenue
San Diego, CA 92105
UnitySanDiego@gmail.com

Sunday Service 10am (PT)
Prayer Ministry: (619)282-7609
PrayerMinistryUSD@gmail.com

A LETTER FROM OUR BOARD MEMBER

As we begin the new calendar year, my service as a director on our church board has come to an end. The past four years on the board has strengthened my spiritual journey in mind, body and spirit. My life is fuller and richer in so many ways; thus, my departure is with mixed emotions of sadness and joy. Sadness, because I will miss the involvement of working closely with our minister and a team of committed board members. I will miss getting feedback from all of you on our performance, along with suggestions on how we can grow and improve the church community. I am filled with joy and anticipation from observing the direction in which our church community is moving. If I were to choose a theme for this time of transitions, it would be, moving forward in love, spirit, and prosperity. Prosperity is being demonstrated in many aspects of our Unity community.

CARLA MANSON

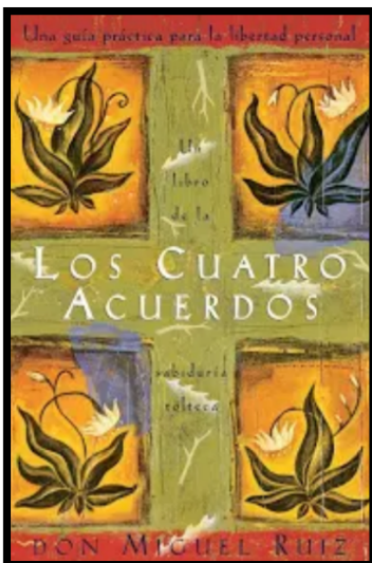


Currently, our ongoing education class is on Spiritual Economics, revealing powerful examples and demonstrations of prosperity. Evidence is showing the power of affirmative prayer is present and at work in our midst. Where some doors are closing new doors are being opened, along with opportunities to further the Vision and Mission of our church. We are experiencing recent growth in our congregation. Our Youth and Family Ministry is flourishing in their newly redecorated youth-friendly space. We recently re-opened our book store and lending library. The Music Team continues to awaken our spirits with their joyful and uplifting sounds. Our small groups (Recovery Ministry, Spanish Ministry, Soul Sisters and class series) are going strong; all while our board is hard at work.

Unity of San Diego remains committed to providing an environment in which we can feel connected and opportunities to grow in spirit. I believe our new board, ministerial leadership and our congregation will continue to support our spiritual goals, mission, and vision. I invite you to align yourselves with a deeper connection of spirit and community. To experience the joy of belonging, of being of service, giving back and embracing the boundless opportunities for prosperity that is available to us all.

SPANISH SPEAKING MINISTRY

El Ministerio de Habla Hispana de Unity San Diego comenzará un estudio de:



LOS CUATRO ACUERDOS DE DON MIGUEL RUIZ
El miércoles 3 de abril a las 7 p. m. (PDT) en zoom

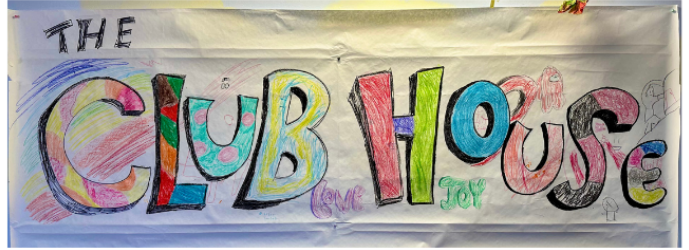
Basados en la antigua sabiduría tolteca, los Cuatro Acuerdos ofrecen un poderoso código de conducta que puede transformar rápidamente nuestras vidas en una nueva experiencia de libertad, verdadera felicidad y amor. Los cuatro acuerdos son: Sea impecable con su palabra, no se tome nada personalmente, no haga suposiciones, haga siempre lo mejor que pueda.

Para obtener más información y el enlace de zoom, envíe un correo electrónico a:

unitysdespanol@gmail.com

YOUTH MINISTRY

Hello Unity Family! Spring is finally here and I can't wait to see what it holds for us. In January we started off by resetting The Clubhouse and how we work together both in class and outside of class. All together we have been focusing and working out of the Building Community lesson book. So far the kids have looked into topics like; Who am I, Who are We, Working Together. In February the UniTeens/YOU started working on Unity Basics for Life. I am also pleased I finally figured out how I wanted



our Love Offering Wall to work in The Clubhouse. Our Love Offerings are words each youth is encouraged to live by for the week and share to the world around them. Examples of these words are: Love, Kindness, Friendship, Sensitivity and so on. I am hoping that the kids get an understanding that the greatest gift that we can give to those around us is compassion and understanding. Each week the kids are asked to pick a word card, in the same manner a magician would ask you to pick a card, any card. I find that this way it is the universe guiding our youth on what those around them may need, or even an area in their own life that they need to work on and focus on. Once we are finished working on Building Community we will start working out of the Self Images Lesson. This year will be focused on working together and how our own self image is a big part in how we treat ourselves and those around us. Which is also what I am hoping they get from the Love Offering Wall, not only do we need to show those around us compassion and understanding, but we also have to show ourselves as well. Which even as adults we also sometimes forget. As always please feel free to come by The Clubhouse and hang out with us one Sunday.

Family Easter Egg Hunt

SUNDAY, MARCH 31ST, AFTER THE SERVICE

ALL AGES WELCOME!



PRAYER MINISTRY

Our Prayer Ministry is in a period of transition. Rev. Stevens instituted the Prayer Ministry decades ago so that local people didn't have to pay long-distance rates to call Silent Unity. For many years, it was staffed with a paid Director and staff 7-24. Over time, as call volume decreased, hours of operation were scaled back, ultimately to Monday-Friday, noon to 4 p.m., and the calls were taken remotely from the Prayer Workers' homes.

Rather than do away with the Prayer Ministry altogether, it was decided to make it an all-volunteer operation, with Chaplain volunteers handling the call requests. Now, you can call any time, day, or night, at

619-282-7609 and leave a message requesting prayer. Or send an email to our new email address prayerministryusd@gmail.com. The Chaplains check messages and e-mails three times a day Monday - Friday, 9 a.m. to 5 p.m. and will call back to pray with you.

Calls received after 5 p.m. will be returned the next day. Calls and emails received over the weekend will be returned on the following Monday.

Prayer Cards are honored with a letter. When submitting a Prayer Card, if you would like a response by phone or e-mail, please legibly write your contact information on the back of the card.

We want to thank Prayer Minister Director Aline King and all the Prayer workers over the years for their dedicated service.

Many blessings of peace and joy,

Your Prayer Ministry



SMALL GROUPS

Please join our Small Group Ministry in a study of:

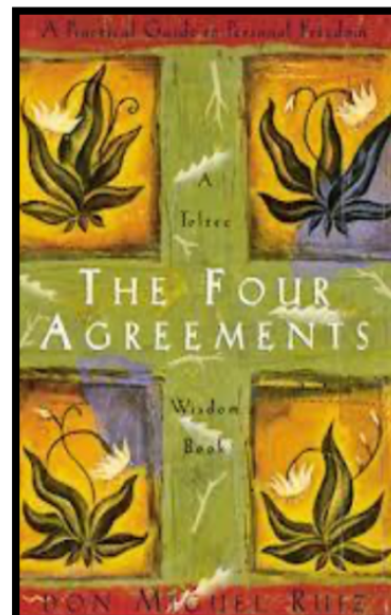
THE FOUR AGREEMENTS

Beginning the week of Sunday April 7, 2024

Based on ancient Toltec wisdom, the Four Agreements offer a powerful code of conduct that can quickly transform our lives into a new experience of freedom, true happiness, and love. The four agreements are: Be impeccable with your word, don't take anything personally, don't make assumptions, always do your best.

For more information including dates and times of classes please email:

revkarlalightner@gmail.com



SUNDAY TALK TITLES

MARCH 2024

March 3 - “Releasing Worry” - Angie Keys

March 10- “Feel the Fear and Do It Anyway” - Rev. Gretchen

March 17 - “I Don’t Always Have to Be Right” - Rev. Karla

March 24 - “The Week That Changed the World” – Rev. Gretchen

March 31 - “Spiritual Renewal - A Journey of the Soul” Easter - Rev Karla Lightner

APRIL 2024 - FOUR AGREEMENTS

April 7 – “Justified or Condemned” - Rev. Gretchen

Be Impeccable with your Word.

April 14 - “Stop Accepting What You Really Don’t Want” Rev. Karla Lightner

Don’t take things Personally.

April 21 - “Ascend the Assumption” – Rev. Ken Fendrick

Don’t make assumptions.

April 28 - “Making Space for Greatness” - Rev. Karla Lightner

Always do your best.

“EVERLASTING SERENITY” SPIRITUAL RECOVERY MINISTRY

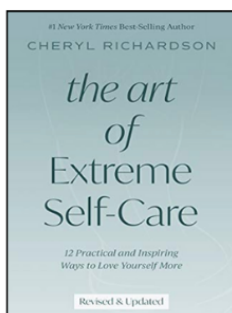
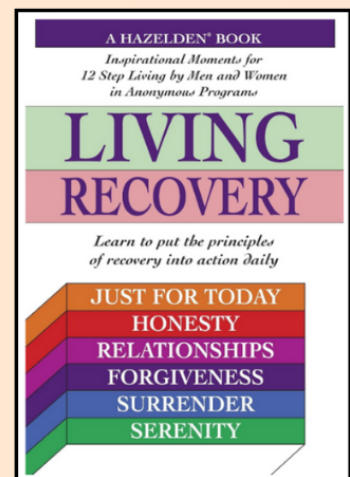
Please join us on Thursday’s at 7pm (PT) on zoom
as we learn more ways to put the principles of recovery
into action in our daily lives.

While this ministry 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 be a part
of The Everlasting Serenity Spiritual Recovery Ministry.

For More info & the zoom Link:

Call: (619) 218-6135

Email: everlastingserenityusd@gmail.com



The Art of Extreme Self-Care by Cheryl Richardson

Life can be stressful and it’s easy to feel overwhelmed. Could you use 12 practical and inspiring ways to love yourself more? Please join Rev. Karla on the second Monday of each month on zoom at 7:00 pm (PT) as we continue to learn new ways to love ourselves.

for more info: revkarlalightner@gmail.com or 619-218-6135

SOUL SISTERS



Address:
 2215 Pan American Rd.E, San Diego 92101
General admission: \$14
 Tickets may be purchased at the door:
 There will be vendors, food vendors, live
 performances and more!
Carpool:
 Meet at Unity San Diego by 9:30am
RSVP by March 7th:
soulsistersusd@gmail.com

Planning Meeting: March 3rd
 (After the service)

**Please come if you are interested in being
 a table hostess.**

We also need servers to volunteer (traditionally
 this has been men and boys)

We will decide on a theme at the meeting.

For more info:
soulsistersusd@gmail.com



Unity San Diego Library

LIBRARY DATES & HOURS
 11:15AM - 12:15PM
 March 10th & 24th
 April 14th & 28th

BINGO & Potluck All ages welcome!!!

March 17th & April 21st at 11:45am in Wrigley Hall
 Reusable Bingo Cards are \$10. Bring a potluck dish to share!

ARTS & CRAFTS

Easter Sale

MARCH 10TH

AFTER THE SERVICE IN WRIGLEY HALL

Drumming Circle
 With Matt Manning
 March 10th & April 14th
 @ 11:30am

Healing Services

March 24th & April 28th

The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit. Access the healing power that already exists in each and everyone of us.



Good Friday Services

Friday, March 29th at 12:00-3:00pm (PDT)

**"Watch Service" with Rev. Gretchen in the Sanctuary.
"The Last Seven Words of Jesus"**

Friday, March 29th at 7:00pm (PDT)

Pastor Robert and Rev. Karla will take you on a Spiritual Journey of Holy Week with special activities and a communion celebration in the sanctuary.

Easter Sunday Service

SUNDAY, MARCH 31ST AT 10:00AM (PDT)

**"SPIRITUAL RENEWAL
A JOURNEY OF THE SOUL"**

WITH REV. KARLA LIGHTNER



Please note: This will be the final edition of Faith For Today in print. All copies will be distributed digitally starting May 2024. For further inquiries, please email us at unitysandiego@gmail.com.



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Prayer Ministry: (619)282-7609

PrayerMinistryUSD@gmail.com

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

at <https://www.unitysandiego.org/enews>

or by email - emailprayer-request@unitysandiego.org

Did You Know?

**Planning your estate
can save time and money for your heirs.**

There are also several IRS approved ways to benefit our church and ensure that your heirs are taken care of. If you would like more information, please talk to Reverend Karla.

If you plan to include our church in your estate, or on a deed of trust, insurance or any other vehicle, please use the full name and address of our church:

Christ Church Unity of San Diego
3770 Altadena Avenue
San Diego, California 92105

Please Note:

**The information in this issue of Faith for Today
is only current at the time of publishing.**

**All Classes & Events are subject
to change without notice.**

**For more accurate postings,
please visit: www.unitysandiego.org.**