

FAITH FOR TODAY

UNITY SAN DIEGO



FROM THE MINISTER'S HEART

REV. KARLA LIGHTNER 

Dear Unity Family,

As the golden days of summer begin to fade into the consistent, grounding energy that fall brings, I encourage each of you to take time to reconnect with your inner self.

Autumn is traditionally a season of harvest, a time to gather the fruits of our spiritual growth and to prepare for the deeper work ahead. It's a time to reflect on the lessons we've learned, the growth we've experienced, and to set our intentions for the months to come.

This fall, we are excited to offer our Unity 101 class – “The Five Principles” by Ellen Devenport. This is a foundational class designed to deepen your understanding of the five core principles of Unity.

Whether you are new to Unity or have been a part of our spiritual community for years, this five week class is a wonderful opportunity to revisit and renew your commitment to your own spiritual growth and transformation.

I encourage you to take part in this class, not just to deepen your own spiritual practice but also to strengthen our community as we continue to support one another in living these truths. In Unity, we recognize that our spiritual growth is a shared journey, and there is no better time than now to recommit to this path together.

This is stressed in the Bible in 1 Timothy 4:15 (Tree of Life Version):

“Practice these things—be absorbed in them so that your progress may be clear to all.”

As we learn together, we grow together expressing these wonderful Unity Truths in our own individual ways. I look forward to seeing you in our Unity 101 class and throughout the many wonderful events we have planned this season.

Together, we will continue to grow, learn, and thrive as a spiritual community.

With love and blessings,

Karla

A LETTER FROM OUR BOARD MEMBER

As summer continues to wind down and we move into September, let's keep our spiritual lessons momentum going! Back in the '80's a dear friend returned from Unity Village with a gift for me. It was a two inch button with a pin on the back. The button read "Let's get Metaphysical" which was a play of words of a current hit song and video at the time featuring Olivia Newton-John's hit Let's Get Physical.

So what is Metaphysics? The dictionary defines it as: beyond the physical, in the realm of causes which are mental and spiritual. Charles and Myrtle Fillmore, founders of Unity interpreted the Bible as metaphysical representation of each soul's evolutionary journey toward spiritual awakening.

Sounds so in-depth and complicated! However, having just completed Pam Grout's E-2 experiments among other in person or online book studies throughout the past year, you are well on your way to your metaphysical workout!

Expand your journey by participating or recommending church activities you and others will enjoy. Volunteer to help in the youth department, kitchen/potluck, ushering, Soul Sisters, Spanish ministry, choir or many behind the scenes activities which always welcome a helping hand. As a Board, we will be brainstorming ways to raise our consciousness and expand our spiritual community.

We love you, we bless you, we behold The Christ in you!

Sincerely,

Julie Linville

Unity San Diego Board Secretary

JULIE LINVILLE



2024 Unity San Diego Board Members



YOUTH MINISTRY

Hello Unity Family!

I hope everyone had a wonderful summer. As a child I never had the opportunity to attend summer camp. This summer I got to live out my childhood dream and to attend two different summer camps. The first was as a leader for my son's Scout Troop. Then I was lucky enough to attend Unity's Summer Camp which brings together all the youth from the Southwest Region. Never has my cup or heart felt so full. It was a wonderful week of bonding and getting to hear the wonderful Mark Stanton Welch play songs for us throughout the day. While I am sure our kiddos would say their favorite parts of camp were swimming, rock wall climbing, archery, hangout with old friends and making new friends. My absolute favorite part was at the end of the night listening to Mark sing the Warm and Fuzzy Song while giving everyone in our group a "Warm Fuzzy" aka a breath hug before going off to the cabins to get ready for bed. If this sounds like something that your kiddo would like to experience, next year's Summer Camp will be June 22nd-26th. Kiddos need to have completed 3rd grade to attend and be in good standing in The Clubhouse. Cost for camp last year was \$550 per youth and \$450 per adult, this is just to give you a best guess as to how much camp will cost next year. We have scholarships available for those who need it. If you are feeling called to donate money to the youth department to help send out kiddos to camp it is always greatly appreciated.

We have have a lot of wonderful upcoming events:

- **September 28th** - Family Camp: This year family camp will be a day event at Stallion Oaks Ranch with camping options if you would like to spend the weekend at the Ranch.
- **October 27th** - Annual Church Picnic and Fall Festival following church service.
- **November 9th-11th** - Uniteens/YOU Fall Rally in Prescott, Az. Cost \$199. This event is for kiddos who are currently in the 6th-12th grade.

If you have any questions about our upcoming events please don't hesitate to reach out to me at yfmunity@gmail.com.

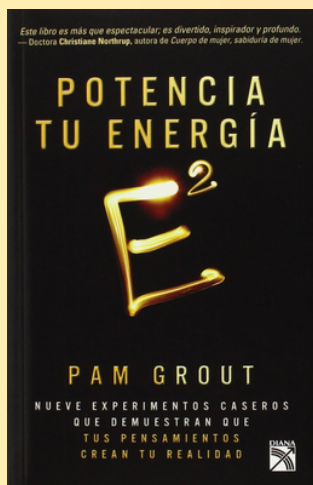


SPANISH SPEAKING MINISTRY

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

Serie de Charlas de Verano

Los jueves a las 6 pm (PDT) en zoom



E al Cuadrado es un manual de laboratorio con experimentos sencillos que demuestran que la realidad es maleable y está moldeada por nuestra mente. Cada domingo, combinaremos los Principios de Unity, las enseñanzas metafísicas y la ciencia de E-Squared para demostrar que el Universo aporta aquello en lo que nos enfocamos. Durante nueve semanas, realizaremos experimentos de 48 horas para demostrar que los principios espirituales son tan confiables como la gravedad. Los participantes completarán informes de laboratorio durante la semana y compartirán los resultados el domingo. Únase a Unity San Diego y E al Cuadrado para demostrar que estas enseñanzas son ciertas.

Para obtener más información y el enlace de zoom, envíe un correo electrónico a: unitysdespanol@gmail.com

Spanish Speaking Ministry Facilitators

Belinda Pena- Pitts
Eduardo Cervantes
E'luna Padilla
Rev. Karla Lightner

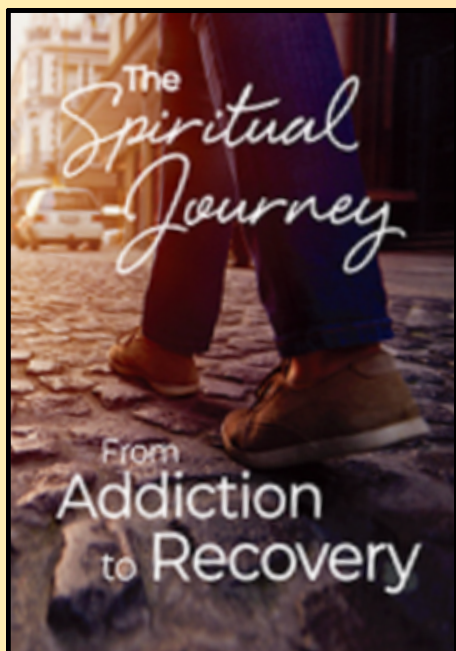


SOUL SISTERS



Soul Sisters is a social group for the ladies to grow closer together in spirit. We plan activities that enrich our hearts, minds and need to shop (sometimes). Activities range from wine tasting w/shopping at local wineries, potluck dinners for our interfaith shelter, touristy trips around town, and jewelry making or learning new recipes, just about anything that suits our collective fancy. **Stay tuned for info about upcoming Soul Sisters events & activities.**

"EVERLASTING SERENITY" SPIRITUAL RECOVERY MINISTRY



Through September 26th
Thursday's at 7pm (PDT) on ZOOM

Will study the Unity Booklet:
"The Spiritual Journey from Addiction to Recovery"

Sobriety is more than abstaining from drugs, alcohol, or any of our addictive behaviors. It means recovering the person you were born to be. The Spiritual Journey from Addiction to Recovery offers deeply honest and personal stories and insights about the spiritual journey of recovery, as well as affirmations and prayers for strength, peace, and connection.

For More info & the zoom Link:
Call: (619) 218-6135
Email: everlastingserenityusd@gmail.com

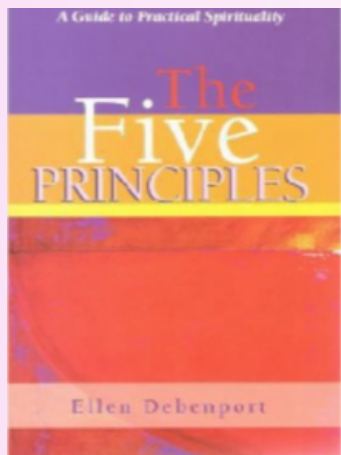
Beginning October 2024, we will study the Book:
"Blisstacular Life Makeover Hit the Rest Button:
Redesign Your Life from Drab to Fab"

By: Holly Reville

For More info & the zoom Link:
Call: (619) 218-6135
Email: everlastingserenityusd@gmail.com



SMALL GROUPS



Unity 101 - "The Five Principles"

By Ellen Devenport

Thursday, September 19th - October 10th
Thursdays at 7:00PM (PDT) on ZOOM

With Sheryl Sabin
Class date & time with Rev. Karla TBD



unity
San Diego

GONG MEDITATION

With Teri Wilder

Sunday, September 8th at 12:30pm in The Sanctuary.

\$25 Love Offering

Contact Unitysandiego@gmail.com for more info

"In person only"

A "Gong Meditation" is a passive experience, in that the listener lays down and lets the sounds wash over them. It has been described as a sonic massage as your body and mind respond to the sounds and vibrations.

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.



HEALING SERVICE

Sunday, September 22nd at 12pm

In St. Luke's Chapel & On Zoom
with Rev. Karla Lightner

FAMILY DAY CAMP

☐ Saturday, September 28th From 9:00am - 4:00pm
☐ 10950 Boulder Creek Rd, Descanso CA, 91916
 For more info email unitysandiego@gmail.com

Join us for a day of adventure at Stallion Oaks Ranch. Activities for the entire family, from archery and rock painting to swimming and more. Overnight camping is available for an additional cost. Please contact Rev. Karla at 619-218-6135 for details and to register

Enjoy fellowship, a potluck and fun at our monthly Bingo games on Sunday, September 15th at 11:45am in Wrigley Hall. Win exciting gifts and prizes. Reusable Bingo Cards are \$10 each. Please contact Kathy Davis atjkbDavis@gmail.com for details. All ages welcome!



& Potluck

SUNDAY, SEPTEMBER 15TH
AT 11:45AM IN WRIGLEY HALL



WIN EXCITING GIFTS AND PRIZES
REUSABLE BINGO CARDS ARE \$10

All ages welcome!!!

ARTS & CRAFTS

FALL & HALLOWEEN MINI SALE

SUNDAY, OCTOBER 6TH

AFTER THE SERVICE IN WRIGLEY HALL

The Arts & Craft Group will be having a Halloween & Fall Mini Sale on Sunday Oct. 6 from 11-12PM in Wrigley Hall. We will be featuring wreaths, jewelry, table runners and table decorations, greeting cards, novelty items and more.

Please join us for our Community Forum. This is a time for you to find out from Rev. Karla, the board, staff, and special group leaders where our church currently is where Spirit is leading us. Please bring a dish to share!

Potluck & Community Forum

**Sunday, October 13th in Wrigley Hall
& On ZOOM at 11:45am**

Please bring a dish to share!

Text Rev Karla at 619-218-6135 for the ZOOM LINK

FALL **Festival & Picnic**

OCT
27
11:15AM



Join us for our Annual Fall Festival and Church Picnic after the service in Wrigley Hall and the courtyard. Sandwich lunches will be available for \$5.

Join us for a fun-filled Poker Party and Spagetti Dinner with Dr. Richard Lederer! Enjoy a night of great food, friendly competition, and exciting prizes for the winners! Beginner & intermediate "Texas Hold'em" players are welcome.

POKER PARTY *& Spagetti Dinner*

POKER • DINNER • PRIZES

OCTOBER 19TH @4:30PM

IN WRIGLEY HALL

DINNER: COST IS \$25, SERVED AT 5PM

POKER TOURNAMENT: COST IS \$25, BEGINS AT 6PM

JOIN US



SUNDAY TALK TITLES

SEPTEMBER 2024

September 8 - "Moving Mountains" – Rev. Karla Lightner

Unity 101 – The Five Principles Talks (to go along with classes)

September 15 - "The Unity of the Universe" – Rev. Ken Fendrick

September 22 - "Sparkling with Divinity" – Rev. Karla Lightner

September 29 - "What Do You Think?" – Rev. Gretchen Peña

OCTOBER 2024

October 6 - "Aligning with God"– Rev. Karla Lightner

October 13 - "Just Do It"– Rev. Gretchen Peña

October 20 - "Heal and Now"– Rev. Ken Fendrick

October 27 - "Finding Light in the Shadows" – Rev. Karla Lightner

PRAYER MINISTRY

Prayer Ministry

LEAVE A MESSAGE ANYTIME
(619) 282-7609

-OR-

EMAIL AT
PRAYERMINISTRYUSD@GMAIL.COM



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 Board Treasurer Sheryl Sabin. 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 and events are subject to change without notice. For more accurate postings, please visit www.unitysandiego.org.