

# Faith for Today

OUR VISION-A world powerfully transformed through the growing movement of shared spiritual awakening.  
OUR MISSION-Empowering personal growth through positive spiritual principles, inspirational music and community service.



## Heart 2 Heart Connections

### Dear Unity Community,

Happy New Year 2021! ♥♥ May we begin this year with a moment of silence.

I invite you to take a gentle cleansing breath. For with this conscious breath, in this moment, together we acknowledge the life force within us.

From this sacred space we have created, I open with prayer. God the GOoD, Omniscience, everywhere Presence, we are grateful for this brand new year. We are grateful we are able to create newly from this moment and beyond. We ask to be more aware of our spiritual connection. To know on a deeper level this connection is as close as our breath. With this awareness, we ask to be guided in trusting our inner wisdom and recognize it

always leads and guides our path. We trust everything is in Divine Order and happens in a timely manner. Even when it doesn't appear to do so. We give thanks for this awareness and we let it be, and so it is. Amen.

The year 2021 brings us infinite opportunities to use our hearts and minds to create expanded ways to connect and personally grow by using positive spiritual principles as our Mission Statement promises. This Bible verse also reminds us of all that is possible.

**2 Corinthians 5:17 "So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!"**

This is the year we can intentionally make the decision to deepen our spiritual growth by practicing Unity Principles in every area of our lives. We, at Unity San Diego, will assist all who are interested in taking this next step by offering ways we can implement our 2021 Mission Statement into our lives as a conscious practice. When putting this into action we are able to embrace our Unity theme of the year, **"How to Stay Centered, No Matter What!"**

May each of us learn, grow and have heart to heart connections.

You are a blessing in my life. I look forward to connecting with you this year. Let's affirm: "I am open and receptive to creating newly with every breath I take; in every way possible through the guidance of Christ in me."

With agape love,  
Reverend Edith

# Letter from the Board President, Cathie Robertson

**Dear Ones,**

This is my final letter written as Board President and it is a bittersweet one. I have served as Board President for 4 years during which many changes and considerable history has occurred. At the beginning of my service, Rev. Blair was here and we prepared for his retirement that first 16 months. After that, the board went into a transition period and what a ride that was! The Board and Rev. Karla kept us operating with the help of Rev. Denese Schellink. We went through a great many meetings and retreats in order to prepare to hire a new minister. We finally got to that point and had 3 very good candidates. The board made the decision to hire Rev. Edith Washington-Woods in May of 2019. I can look back on that process and see how fortunate we are to have made that choice. None of us knew that Covid 19 was coming and after only 8 ½ months with us, getting adjusted, we suddenly had to isolate and adjust to our new reality and she had to lead us!

Rev. Edith has brought us into the reality of a church without walls - our church buildings are still here, but we have not physically been able to attend since mid-March . . . more than 9 months! When the pandemic hit, Rev. Edith rolled up her sleeves, and with the help of Rev. Karla, she was able to figure out what needed to be done to keep us active, worshiping and connecting. Our online streaming has become much more sophisticated, we added a Zoom fellowship and a daily morning meditation on Facebook. People can go back and watch services after they have been recorded if they can't watch them live and we have been averaging around 400 views per week - which means 400 people are watching at least part of our services every week! We regularly have viewers from New York, the Midwest and elsewhere around the country, and some viewers from other places in the world such as Australia. Our Youth and Family Director, Akosua Washington-Woods, has kept the kids connecting with each other and they are still a very viable and active group even though they meet online. We are dealing with racism and social justice twice a month in discussions with Rev. Edith and Akosua. We are moving forward to a new reality in other ways too!

I know that this new reality of social distancing/online Sunday services isn't what many of us would prefer, but it is our reality, and we are doing the best we can under the circumstances. We do not know how long this will go on, but I urge you all to hang on and keep the faith. We do have opportunities for online connection such as the Zoom fellowship. Those of us who have been on it are much closer to each other than previously and it has been wonderful. One thing the board has noticed is that giving has decreased considerably - but we are still operating with much of our staff and the buildings still have to be maintained, we still have expenses and bills still have to be paid, etc. I urge those of you who haven't been giving in the manner you used to, to think about how much this church has done for you and meant to you over the years and how we still need you to help us thrive, so we, in turn can help you. I have learned a lot from my four years in this position, and I can sum it up with a few words. I have learned the importance of connection, the value of Spiritual beliefs and the importance of prayer and meditation. I am here because this is my church home and you are my church family...and I know most of you feel that way about this church and its people. I will miss seeing the board members on a monthly basis because we have become very connected and have bonded, but it is time for me to move on to something else. Whatever Spirit has for me, I am ready!

With love and gratitude,

Cathie Robertson, Board President

## From the 12 Powers ...

**January - Faith**  
**Peter**

Center of brain - Color: blue  
The ability to believe, intuit and perceive.

*Faith blesses my day and paves my way.*



**February • Strength**  
**Andrew**

Loins - Color: Spring Green  
The ability to endure, stay the course, persevere.  
*I have the strength to accomplish  
all that is mine to do.*

# Youth & Family MINISTRY



## Hello Unity San Diego!

I bring you blessings and peace! I am surrounding you all in continued safety and prayer. The **Youth & Family Ministry** is circled with joy, growth and spiritual blessings. Our Unity family is strong and powerful in LOVE and in PRAYER.

Unity San Diego will continue the **Sunday Zoom calls** with both the **YOU/UniTeens** and the **UniTots/UniKids**. There will continue to be no in-person YFM or childcare until further notice.

**Southwest Region Youth & Teen Events Director, Angie Keyes and YOU regional reps host a Zoom call on Sunday mornings from 10am-11am (PST) for the YOU/UniTeens (ages 12-18)** throughout the region. **PLEASE NOTE THE TIME CHANGE.** They plan and participate in lessons based on Unity practices and principles. The regional YOU reps have added a **game night** for UniTeens/YOU that has been a great hit. Look for information on the day and times in the weekly eBlast or emails from me.

On, **Sunday morning from 11:30am-12:30pm (PST) our UniTots/UniKids (ages 3-11) Zoom call** takes place. This call is hosted by Teacher Tamara Leeper and me, along with parent volunteers.

We continue to grow and expand. Young people who are new to our ministry now join us on both Zoom calls. We are so glad they have chosen to join us on Sunday mornings.

In January, we'll continue to exchange letters, cards, artwork or other ways for our young people and our elders to connect; perhaps a young person reading a story to an elder, either online or over the phone, and they both can exchange what Unity principles are represented in the story. This is enriching for all the participants.

In February, to honor **Black History Month**, we'll have one lesson on notable African Americans in the Unity movement. Again, some simple cooking, reading and craft ideas will also be shared.

I will send out books, meditation techniques or spiritual information to all our YFM families. We'll also include simple ideas for cooking, reading, crafts and gifting based on Unity principles and the living curriculum. There will be opportunity for trivia games and fact finding as well. We use videos, games, dance and movement and have a whole lot of fun. For all of our lessons, we look for a service component.

As you can see, our youth continue to be busy! Our young people continue sharing our vision of being caring, prosperous, abundant and connected. We appreciate your continued support and thank you for your trust!

And as always, We Stand in Love!!

In gratitude,

Akosua Washington-Woods

Youth & Family Ministry Director

akosua.yfm.sandiego@gmail.com

**Senior Minister  
Reverend Edith  
Washington-Woods**

**Associate Minister  
Reverend Karla Lightner**



**3770 Altadena Avenue  
San Diego, CA 92105**

**Sunday Service 10am**

**Church Offices: (619) 280-2501**

**Prayer Ministry: (619) 282-7609**

**Daily Word Line (619) 281-LOVE (5683)**

**PrayerMinistry@UnitySanDiego.org**

**2nd Wednesday Meditation 11am (PST)**

# Prayer MINISTRY

## Blessings of Continued Christmas Love and Compassion to All in 2021

Well, 2020 was quite a year for changes in our daily routines. Great sadness spread with untimely deaths, unjust killings and radical divisions. Despite these, good prevails in so many ways because of the open hearts and the sharing of love and compassion. We can each open our hearts to the needs of others in our own special way. It's the greatest gift we can give.

Slowing down from so many outer activities has had a positive effect in so many ways. We have had a chance to reconsider what is really important for us in our families, our work and our nation. Hopefully our meditation and prayer time has increased to give us the strength needed to meet each day with love and joy and renewed energy supported by faith. **Your Prayer Ministry continues to bless you and await your calls and letters.** We have been able to bless so many in these past nine months. Thank you for your continued support of our ministry. **Join us on Facebook Live at 11am (PST) on January 13th and February 10th, 2021, for a prayerful and music-filled meditation.** Now, we send you lots of love and hope for you and your family. Let's greet 2021 with renewed faith and vigor for what is ours to do.

Loving blessings,  
Your Prayer Ministry

## Sacred Service - El Nido Apartment



Our long-awaited **El Nido** apartment furnishing and set-up came to fruition on Saturday, December 5th when Unity San Diego completed the furnishing of a 2-bedroom apartment for a family who has suffered domestic violence. **The family of five moves in January 4th!!!** Thank you to a team of 8 who picked up and delivered the items by noon!! Thank you to Madeline, Aline, Kathy and Carol who worked 4 more hours on Saturday and 3 hours on Tuesday to polish off the remaining tasks.

**Many people have contributed** furniture and all the items needed for an apartment along with donations of time and treasure. I am so thankful for each of you. Diana, Kathy, Carol, Jen and her son and friends, Gerry and Rashna, John and Teresa, Asilki and her grandmother, Kelly, Patti, Jamie's Joy, Barbara, Sharla and Mike, David, Karla, Rev. Edith and Akosua, Mike, Linda, Ali, Madeline, Marti, Charlyn, Pat, Julie, Patty, Lynn, Cath, Marian and Jack, Mike and Sarah, Leslie, Adrienne, City Heights Charter School and Martha. Forgive me if I have not listed your name. As you can see it takes many people to accomplish this service project.

One of our donors, Teresa, passed before she could see the results of her gifts. But she was so happy the last time I talked with her about giving the couch and dining room table and chairs to a beloved family. **We are grateful for so many stories of what these items have meant to us and now we can share them with others.**

Heartfelt thanks,  
Aline



Prayer Ministry (619)282-7609 | [PrayerMinistry@UnitySanDiego.org](mailto:PrayerMinistry@UnitySanDiego.org) | Daily Word (619)281-LOVE (5683)  
Unity San Diego 3770 Altadena Avenue, San Diego, CA 92105 (619)280-2501

# Happenings

**White Stone Sunday** = January 3rd, 10am (PST) on Facebook Live

## Spiritual Recovery Group-Everlasting Serenity

Please join us on **Thursday January 7, 2021 at 7pm (PST)** as we begin a weekly study of **"The Four Agreements"** by Don Miguel Ruiz. In the month of January, we will work on the First Agreement, **"Be Impeccable with Your Word."** In February we will move on to Agreement #2, **"Don't Take Anything Personally."** We will work on each agreement for four weeks.

This group is for those who are in recovery and for families whose lives have been touched by addiction. **Please contact Rev. Karla Lightner for more information at 619-501-6551 or revkarlalightner@gmail.com.**

## Book Study with Rev. Edith

Let's start 2021 together by discovering the power of community in our lives. You are invited to join Rev. Edith for a weekly study on the book **"More Together than Alone"** by New York Times best selling author Mark Nepo. Please read up to page 25 for the first day. Books are available on **Amazon**. We will meet on **Monday evenings starting Monday, January 11th from 6:30-8pm (PST)**. The Zoom link will be posted in the weekly eNews. **If you have questions, need zoom link or call in number contact Rev Edith at RevEdith@unitysandiego.org**

## New Members Orientation

On **Saturday January 16th, 2020 from 9:30am-12pm (PST)**. It will be provided on Zoom. Anyone who is interested, please send their name and contact information to Monica at [unistysandiego@gmail.com](mailto:unistysandiego@gmail.com).

## Lessons in Truth Intensive

Please join us **Saturday January 23, 2021 from 9am-12 noon (PST) on Zoom** as we immerse ourselves in the eternal consciousness of God's presence and power with this Unity Classic, **"Lesson in Truth."** Emile Cady was asked by the Fillmores to write a series of lessons on Unity basics. This book has blessed generations of Unity students. Come join in this inspiring, mind opening time with Reverend Gretchen, Reverend Karla and Billiekai

## Healing Services

**Sundays, January 24th and February 28th, 2021 at 1pm (PST) on Zoom**

The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit. Please join Rev. Karla Lightner, as we go within to access the healing power that already exists in each and every one of us. Love offerings are graciously accepted. **For more information including Zoom log in code contact Rev. Karla at 619-501-6551 or revkarlalightner@gmail.com.**

## Town Hall

We are having a Town Hall with our Parliamentarian Dr. Leonard Young on **Saturday, February 13th at 1pm (PST)**. This is to teach active/voting members how we will conduct the Annual Meeting on Zoom.

## Annual meeting

**Our Annual Meeting will be February 21st at 12:30pm (PST)**. We will send the link later. This will go only to active/voting members.

# Uplifting Update - by Rev. Karla Lightner, Associate Minister

## Carol Knudsen - On stage and behind the scenes



Have you ever wondered who puts together the weekly **PowerPoints, eNews, Faith for Today** and the many Unity San Diego **Facebook** and other website **announcements, and other projects** needed by administration? It is our own multi-talented staff member, Carol Knudsen.

A graphic designer, fine artist, illustrator, musician and singer, it is a true blessing to have Carol as part of our Unity San Diego administrative staff.

But, Carol's talents don't end there. Here are some facts about Carol:

- Carol sings with our Unity San Diego Music Team, plays guitar and the Mandolin.
- Carol refurbished and hand faux finished all the kitchen cabinets in Wrigley Hall.
- Carol painted the beautiful scenic mural panel behind the Mary statue in our Rose Garden.

• Carol also painted murals and faux finishes for many years, was a cartographer and graphic designer for a publishing company, civil engineering firms, and a school district, and was also a professional illustrator and sculptor.

• Carol created the maps and graphics required for the Church's Homeland Security Grant.

We would like to take this time to thank and honor Carol Knudsen with these words, "Carol, we love you, we bless you and we truly appreciate you. We behold the Christ you are!!"

## Gift Card (Scrip) News

**You can help raise money for Unity San Diego by buying scrip from your phone.** There are 250 companies that will send them directly to you or your family. The other 500, you can prepay for by the 15th of the month, and we will get them to you by the 20th of every month. If you already have the **ShopwithScrip** app, it is easy to transfer your account to the new **RaiseRight** app. Just go to your app store and get the free app. All your information remains the same. **RaiseRight** keeps track of your reloadable balances also, and it is so easy to reload many of those cards. They keep you aware of bonus scrip and you can raise even more for Unity.

If you do not have the ShopwithScrip app, just go to your app store and get the free **RaiseRight** app. **You must use the Unity San Diego enrollment code: 93EE352D95** to ensure the donation goes to our church. Then fill in all your personal information and credit info so you can order directly. They let you know which are directly mailable and which ones must be sent to the church. If you have any questions, please feel free to **email the church office assistant at [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com) or call 619-280-2501, Ext 102, Attn: Charlyn.**

## Did You Know?

A gift to our church of appreciated stocks, mutual funds or other property, could be a great tax advantage to you. If you are interested, please contact the church office at **619-280-2501, ext.102** or at **[unitysandiego@gmail.com](mailto:unitysandiego@gmail.com)**. Your request will be directed to our **Board President, Cathie Robertson**.

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 legal name and address of our church:

**Christ Church Unity, San Diego, 3770 Altadena Ave., San Diego, California 92105**

# Come Worship with Us

Unity San Diego | 3770 Altadena Ave | San Diego, CA 92105



## Sunday Lessons



January / February 2021

Sunday Services at 10am on our Facebook Page  
[www.facebook.com/unitysandiego/](http://www.facebook.com/unitysandiego/)

Annual Theme - How to Stay Centered, No Matter What

### January

January 3 - Transformation is Possible -  
White Stone Ceremony

January 10 - We Are One

January 17 - Make it Until you Faith It

January 24 - From This Moment On - Rev. Karla

January 31 - I Need You to Survive

### February

February 7 - Supersize God the GOoD

February 14 - Creating Community

February 21 - Stronger Together

February 28 - A Call to Courage - Rev. Karla

Unity San Diego - a Spiritual Community



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## Weekly Events Everyone Welcome!

### SUNDAYS

Weekly Facebook Live Service at 10am (PST)  
Zoom Fellowship online at 11am (PST)  
YOU and UniTeens Zoom 10am-11am (PST)  
Unitots and UniKids Zoom 11:30am-12:30am (PST)  
Healing Service-January 24th & February 28th  
at 1pm (PST) on Zoom

### MONDAYS

Book study with Rev. Edith. Monday evenings  
starting January 11th 6:30-8pm (PST) on Zoom

### TUESDAYS

Feeding San Diego 4th Tuesday at 1pm (PST) in the  
Large Parking Lot

### WEDNESDAYS

Meditative Experience 1st and 3rd  
Wednesdays 6pm-6:45pm (PST) on Zoom  
Prayer Meditation at 11am (PST) on the 2nd  
Wednesday, on Facebook Live

### THURSDAYS

"Let's Talk About It" 1st & 3rd Thursdays  
at 6:30pm (PST) on Zoom  
Spiritual Recovery Group "Everlasting  
Serenity" at 7pm (PST) on Zoom

*For Zoom sign on info,  
contact our office assistant at 619-280-2501  
or [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com).*

**If you would like to receive  
Daily ePrayers, Weekly eNews and/or the Bi-monthly Faith for Today Newsletter**  
sent to your email, sign up on our website at <https://www.unitysandiego.org/enews>.

### **Please Note:**

This information is only current at the time of printing. All Classes & Events are subject to change without notice. For more accurate postings, please visit: [www.unitysandiego.org](http://www.unitysandiego.org)