

# 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.

## From the MINISTER'S HEART

**Dear Unity Family,  
Happy New You!**



Rev. Karla Lightner

**2022 was a year full of changes, surprises and unlimited good!**

We pulled together as a church family and have risen up bigger and brighter than ever before. Thank you! Each one of you is part of our fabulous spiritual team at Unity San Diego. It takes all of us to create a solid foundation and the loving community that we call our spiritual home. As each of us grows in our spiritual consciousness, both individually and as a group, our Christ light shines brighter and brighter.

**2 Corinthians 5:17 (The Living Bible) says: "When someone becomes a Christian, he becomes a brand-new person inside. He is not the same anymore. A new life has begun!"**

We have created a new life at Unity San Diego. A life of Community, joy, happiness, and love. Our new life has begun!

We started our long-awaited **Spanish-speaking Small Group Ministry, Unity SD Español** in September 2022. **Rebecca's Corner Books & Gifts** opened for two Sundays in December and will hold its grand re-opening at the end of January. **Our Youth Ministry** is growing and thriving under the direction of our **new Youth Director, Lauren Ferrin**. **Our Music Ministry** is providing such meaningful inspirational music, and **our choir is back**. **Our new website won an award** from the Unity Church of Alhambra Foundation and our **Social Media Marketing Department** is putting **daily videos on Instagram, Facebook and TikTok**.

**Our Audio-Visual team is working to create professional quality services on both Facebook and YouTube** and our **Recovery Ministry-Everlasting Serenity had its five-year anniversary** in 2022. Last but certainly not least our **Sunday services are growing as more people attend in person and meet after service in Wrigley Hall for fellowship and food**.

**Good things await us in 2023!** I can't wait to see where Spirit guides us. Blessings of love and gratitude!

*Karla*

Rev. Karla Lightner, Minister



3770 Altadena Avenue  
San Diego, CA 92105  
(619) 280-2501  
unitysandiego@gmail.com

Sunday Service 10am (PT)  
Prayer Ministry (619) 282-7609  
PrayerMinistry@UnitySanDiego.org  
Daily Word Line: (619) 281-LOVE (5683)



# Letter from a Board Member *Matthew Lightner*

## Happy New Year Unity Family!

As we enter into 2023, I am reminded of the wonderful year Unity San Diego had in 2022; another year of community, abundance, and joy. I am also reminded of the opportunity another rotation around the sun gives us to renew our commitment to Unity Principles, allowing us to start the new year with greater purpose and zeal.

Matthew Lightner

In particular, consider our third Unity Principle: **We are co-creators with God, creating reality through thoughts held in Mind.**

It is my view that the popular tradition of making New Year's resolutions is actually grounded in our third Unity Principle. New Year's resolutions are commitments we make to ourselves at the beginning of each year with the intent of improving our lives in some way. Often they are personal goals, but they might be habits we wish to start (or quit) as well. The issue so many of us have with our resolutions, however, is a few months down the line, we give up, and do not follow through with our initial commitments. Why is that?

I reckon this is because we sometimes forget how much power and ability we really have. The third Unity Principle serves as a reminder of our strength and spiritual competence. We are children of God, using our thoughts to create our reality with God. This means that we are never just tackling our New Year's resolutions alone; we are always guided by the gentle hands of God. It is not uncommon to miss a mark or two when it comes to these commitments we make to ourselves in the New Year; but if we remind ourselves of the third unity principle, we become aware of the divine strength that is always available to us.

I wish you all much joy and prosperity in the coming year. I would also like to thank all of you for electing me to your Board of Directors, and allowing me to serve you these past 2 years. Our community has seen so much growth in that time, and it has been an absolute blessing having a hand in the continued success of Unity San Diego. In a lot of ways I am sad my term is ending in February. In a lot of ways, however, I am glad, as I trust that others in our community will rise to the occasion and carry the torch that lights our way to the future.

Blessings,

Matthew Lightner

## Our Featured Sacred Server for January/February 2023 . . .

# *Marty Ellingwood*

**Joyous and healthy New Year's wishes** to one and all! I'm grateful for the many ways so many of you serve our church family, and I look forward to working with you in 2023.

For this January/February issue, I would like to acknowledge a special **Sacred Server, Ms. Marty Ellingwood**. Marty steps up whenever possible, often serving in long-term and leadership roles. From serving on our leadership development team, organizing our **Small Groups** as well as teaching one of the groups during much of that time, singing in the choir as well as filling in on the music team as needed, and leading our monthly **Soul Sisters group**.

We benefit tremendously by her desire and effort to keep our church family connected socially and spiritually. **Marty, we love you, we bless you, and we CERTAINLY behold the Christ in you!**

**An upcoming need for Sacred Service will be for our annual Circulation Day**, currently scheduled for Saturday, January 28th. Please let me know if you're available on Friday, the 27th to sort and set up, or on 28th to monitor and help with foot traffic and closing things up.

Thank you!

Kathy Davis



Marty Ellingwood



# Youth MINISTRY

## Hello, Unity Family!

Starting in January, we will begin the youth curriculum series, **“In the Forest of Finding Out”** which is an exploration of metaphysical principles. This is based on the Unity Truth principles and is aimed at discovering who we really are. Each week, we will discover a different topic from **“What is God?”** and how we are all an individual expression of God. **“The Laws of Causes & Effect”** to help us understand that through our thoughts and actions we have the power to cause things to happen and to create. In **“Prayer & Meditation”** the lesson is used to understand how we pray in Unity. While the lesson **“Forgiveness”** helps us to understand the importance of forgiving and how by forgiving we can free ourselves to be the best me. With **“The Power of Our Thoughts & Words”** we will start to understand that our thoughts and our words create us. Each week the children learn new affirmations.

I am really excited to start this with the youth and hope that each child will learn how wonderful each and everyone of them truly are. If you know any youth in your life who could benefit from any of these lessons, we would love to see them on **Sundays from 10am-11am in The Clubhouse** on the second floor of the Tower.

Lauren Ferrin  
Director of Youth and Family Ministry  
[yfmunity@gmail.com](mailto:yfmunity@gmail.com)



Lauren Ferrin  
YFM Director

# Spanish Speaking MINISTRY

Unity San Diego's  
**Spanish Speaking Ministry**  
begins its study of  
**“Manual de Oración Positiva”**  
on Zoom Monday, January 16th at 6:30pm (PT)



**Hypatia Hasbrouck** teaches how to pray. **“Manual de Oración Positiva”** (**“Handbook of Positive Prayer”**) is full of exercises, tools, specific steps, and practices to use in creating your personal prayer life. She even explains the meaning of Affirmative Prayer and why we use the word “Amen.”

She writes about visualization as a form of prayer and makes suggestions for prayer journals, prayer partners, prayer letters and prayer vigils. She makes suggestions for prayer journals, prayer partners, prayer letters using the same, simple prayer - to create peace of mind in any circumstances. She teaches how to construct prayers using scripture and backs up her teachings with lessons from **the Bible** that might surprise you. Prayer is not magic to Hasbrouck; it is law. Our lives reflect the power of our thoughts. To that end, she teaches how to use denials and affirmations with fill-in-the-blank instructions so we can learn how to release worry and keep our thoughts elevated.

For more details and the zoom link, please email [unitysdespanol@gmail.com](mailto:unitysdespanol@gmail.com)

# Prayer MINISTRY

## Simplify Your Life in 2023

As we scurried to wind up 2022, let us now mindfully slow the pace and simplify our days in 2023. Your **Prayer Ministry** is prepared to support you in this endeavor, so let's see what can happen. Take time with friends and family, walk the dog more often, arise with the sunrise and see the glory of the skies, stop and gaze at the sunset, listen to your favorite music or better yet play some music or sing to yourself. Small wonders become miracles as we pause to really notice them. Try it and see!

Use the letters of the word "simplify" to recall:

**S**urrender **I**ntensely with **M**agnificent **P**rayers **L**oving with **I**nfinite **F**aith in **Y**ahweh.

Let us hear of your experiences. God be with you; peace be with you.

We remember that Jesus taught the two greatest commandments are: **"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets."** (Matt. 22:37-40.)

We appreciate your prayers and contributions to keep our ministry running smoothly each month. **Dedicated Prayer Workers** await your call and letters. **Join us Wednesday, January 11th, and Wednesday, February 8th, on Facebook live for our monthly prayer and meditation.**

We bless you, we love you and we behold the Christ in you,

Your Prayer Ministry

## Sacred Service January 2023 Update *El Nido Apartment*

With great gratitude . . .

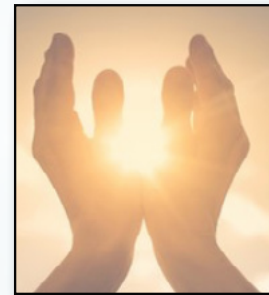
The family of 5 has signed with an affordable housing complex and were able to move by early October.

The apartment needed some repair and painting. We were able to move new furnishing in on Saturday, December 10th, with the loving help of many.

Thank you to those who cleaned, organized, moved and set up the apartment for a new family. Watch for your names in upcoming eNews and more bountiful thanks. It will be a wonderful blessed home for a new family soon.

Thank you for your ongoing love and support of this wonderful program.

**Aline King, Organizer, [ankunity@gmail.com](mailto:ankunity@gmail.com)**



## Our Second Wednesday Prayer Ministry Guided Meditation

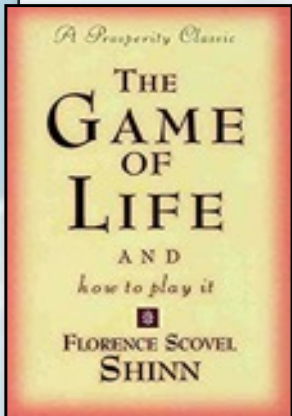
on Facebook

January 11th and February 8th  
at 11am (PT)

We bless you and hold the high watch  
for you in all your needs.

Prayer Ministry: (619)282-7609  
[PrayerMinistry@UnitySanDiego.org](mailto:PrayerMinistry@UnitySanDiego.org)

# Recovery MINISTRY



## “Everlasting Serenity” Spiritual Recovery Ministry

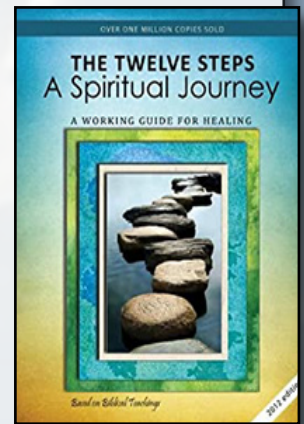
will continue their study of “The Game of Life and How to Play It” by Florence Scovel Shinn through February 9th, 2023. Published in 1925, this book teaches the philosophy that life is a game and to play it well, we must have an understanding of the universal laws that govern it.

Beginning on February 23rd, 2023 they will begin a study of “The Twelve Steps A Spiritual Journey A Working Guide for Healing Based on Biblical Teachings.”

This book was written by people who have experienced the healing love of God and the transforming power of the **Twelve Steps**. Using Biblical Principles, **Twelve-Step** wisdom and the power of self-disclosure this workbook will serve as a roadmap on our journey toward lasting change and healing. For thirty weeks, we will work together as a group melding spirituality and step work as we deepen our recovery and our relationship with the God of our understanding.

Please join us on Thursdays at 7pm (PT) on Zoom. 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.

Please contact Rev. Karla Lightner for more information at (619) 218-6135 or [everlastingserenityusd@gmail.com](mailto:everlastingserenityusd@gmail.com).



## Unity San Diego - Sunday Lessons January 2023

January 1 - White Stone Sunday “It Works If You Work It” - Rev. Karla

January 8 - Rushing to Red Lights? - Rev. Blair Workshop “The Mystical Intersection of the Lord’s Prayer and the 12 Powers”

January 15 - Who Is Your Name? - Rev. Ken

••• Martha Giudici Prosperity Series - “Why Not Be Rich?” Jan 22 - Feb 26 •••

January 22 - Why Not Be Rich? - Rev. Gretchen

January 29 - Out Go the Blocks - Rev. Karla (Communion Sunday)

## February 2023

February 5 - To Have or Have Not - Rev. Gretchen

February 12 - Money Grows on Trees - Rev. Karla and Vow Renewal

February 19 - Prosperity’s Genie - Rev. Ken

February 26 - The Constant Flow - Rev. Karla



# Happenings at Unity

Please join us for a  
**Rev. Blair Tabor Workshop**

**“The Mystical Intersection  
of the Twelve Powers  
and the Lord’s Prayer”**

**Sunday, January 8th, 2023 at 12 noon**

The **Lord’s Prayer** is an incubator for an expanding experience of **the 12 Powers**.

When the **12 Powers** are prayerfully woven into a deep encounter with the **“Prayer of Prayers,”** there is an experience of deep spiritual connection and a deep awareness of the Christ possibilities available to us all.

Please join **Rev. Blair Tabor** as he guides you on a journey of contemplation and help you amplify the activity of your spiritual resources. 90 minutes

## Vow Renewal Sunday, February 12th

Please plan to join us during our **Sunday, February 12th** service as **Rev. Gretchen** leads a **Vow Renewal Ceremony**. All couples are invited to attend and reaffirm their love and commitment to each other in this heartfelt, meaningful ceremony.

## Circulation Day

On **Saturday, January 28th from 9am to 12pm**, Unity San Diego will hold a Circulation Day in Wrigley Hall. This is a neighborhood event, where people bring things they are ready to release, and select other items to take home. **It’s just like a Yard Sale, only everything is FREE!**

Please bring your gently used, clean clothing and household items to Wrigley Hall from Sunday, January 22nd through Thursday, January 26th before 2pm. (No undergarments or bathing suits, please).

Volunteers are needed to help set up on Friday, January 27th at 9am and to box up leftover items on Saturday, January 28th at noon.

Please contact **Rev. Karla** at **619-218-6135** or **revkarlalightner@gmail.com** for more information.

## The Soul Sisters

**Soap Making Workshop - with Kathy Davis** at **9:30am on Saturday, January 14th, 2023** in Wrigley Hall. Please **RSVP to Marty** at **soulsistersusd@gmail.com**.

**CeramiCafe - at 2pm Saturday, February 11th, 2023** the Soul Sisters at **5500 Grossmont Center Drive, La Mesa 91942 La Mesa**.

Please **RSVP to Marty** at **soulsistersusd@gmail.com** by **February 1st** if you plan to attend.

**Prayer Ministry Monday - Friday from Noon-5pm (PT) at (619)282-7609**

**Prayer Request - Send email to [prayerministry@unitysandiego.org](mailto:prayerministry@unitysandiego.org)**

**Daily Silent Unity hours - 3am-11pm, call (816)969-2000**

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

**ePrayer Signup - <https://www.unitysandiego.org/enews>**

**or by email at [emailprayer-request@unitysandiego.org](mailto:emailprayer-request@unitysandiego.org)**

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

# Annual Meeting

Sunday, February 26th at 1pm (PT) on Zoom.

We will be voting on board members and by-laws changes.  
Voting members will receive suggested by-law changes and bios of each candidate.

Please contact Monica at [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com)  
for more information and the zoom link.

## Why Not Be Rich?



A multi-media study course  
in Prosperity  
by a legendary Unity teacher



Text



Audio



Graphics



Links

## “Why Not Be Rich?”

Our next small group series beginning the week of **January 22nd** is  
“**Why Not Be Rich?**” This is a multi-media study course in prosperity,  
developed by Martha Giudici, a legendary Unity minister.

Each of the six lessons has a printable page for handing out to your group,  
audio and text. **If you would like to hold a small group in your home  
or on Zoom, please contact Rev. Karla at 619-218-6135  
or [revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com).**

## Healing Services

Sundays, January 22nd & February 19th  
at 12 noon (PT)

in St. Luke's Chapel and 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, contact Rev. Karla  
at (619) 218-6135 or [revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com).**



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

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

**Rev. Karla Lightner, Minister**

**Sunday Service 10am**

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

**Church Email: [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com)**

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

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

**[PrayerMinistry@UnitySanDiego.org](mailto:PrayerMinistry@UnitySanDiego.org)**

**2nd Wednesday Facebook Prayer Meditation 11am**

## **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, San Diego,  
3770 Altadena Avenue  
San Diego, California 92105.**

### **Please Note:**

**This information 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](http://www.unitysandiego.org).**



