

Faith for Today

OUR VISION - We envision positive spiritual change in our world.
OUR MISSION - To empower better lives through spiritual transformation.

From the BOARD PRESIDENT'S HEART

Dear Unity Spiritual Community,

As we enter a New Year and our Unity church community celebrates its 58th anniversary, we are working on our transition and are ready to begin our search for a new minister. The board has adopted a prosperity consciousness as we go through the final months of this transition so that when we welcome a new minister, he or she will find us in good financial "health".

Spirit has guided us through this process and we will continue to ask for spiritual guidance as we move through all the steps to complete this process. We know that our strong faith in Spirit and in our spiritual community will lead us where we need to go to find the right person to lead the way!

I wish you a New Year of blessings and joy and give thanks for your part in our spiritual community.

In love and gratitude,
Cathie Robertson
Board President

LETTER FROM A BOARD MEMBER, BELINDA PEÑA

Five months ago my father was diagnosed with cancer. My father had lost a lot a weight and was too fragile to survive chemotherapy. Initially I was angry and stopped doing many of the things I used to do. Perhaps I found myself struggling because I was not looking at my father's situation through the illuminating peace and power of God's presence.

My father is still alive. I am still able to talk to him, love him and get love from him. I am very thankful to God for finding Unity San Diego. Unity San Diego has and continues to provide me with tools to stay centered and to place my faith with God. I have received support and love from the board members and from many of you, my church family. I have so many things to be grateful for.

By having a grateful heart, I am able to notice the little things that bring me joy, I see the good in everyday experiences and realize how truly prosperous I am. It is up to me to keep that free flow of God's goodness moving. As I keep this truth in mind and heart, I am participating in the free flow of prosperity that blesses me, my father and everyone at Unity San Diego. I change my mindset from focusing on what I want to gratitude for what I have. I acknowledge the presence and power in God each day for I have the opportunity to smile. Gratitude is a powerful way to a more prosperous life. It helps us to have a greater awareness of the blessings of God.

Thank you to all of you for being and making Unity San Diego a Spiritual home!

Belinda Peña
Board Treasurer

Youth MINISTRY

Youth Ministry Sunday Classes 10am

This year we will begin a study of the **12 Powers**. We will spend the first part of 2019 studying Faith, Love, Strength, Wisdom, Power, Imagination, Understanding, Will, Order, Zeal, Release and Life. Each group will learn how to develop these powers in their own lives, in order to grow spiritually and attain their highest good at their own level. It is a wonderful way to start to the New Year.

I want to thank you so much for your support of our Youth Department. Your generosity insures that there is paid staff in the Unikids classroom, up-to date training for all teachers and volunteers, supplies for our program and that no child is ever denied anything due to unavailability of funds. If you choose to financially support a child attending camp, a retreat or a rally, please put "Youth Scholarship" on your check or donation envelope. If you would like your donation to support the Youth Program then please indicate "Youth Program" on your check or donation envelope. This donation helps pay for the expenses incurred in running our Youth Ministry including salaries, supplies, and teacher/volunteer education. Again, thank you, thank you and thank you.

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 480-282-7731 or email me at bfmsdyouth@gmail.com**

Love & Blessings!
Barbara Mulvany

Youth & Family Ministry Calendar

Uniteen Winter Spiritual Retreat -

February 17th-19th Uniteens from California, Arizona and Nevada will attend this retreat which will be held at the Lion's Camp in Wrightwood, CA.

Unity San Diego Gift Shop and Bookstore

Stop in soon and shop our selection of unique gifts. We have a new look to match our new inventory of essential oils, handcrafted Raku ornaments and gift card butterfly and fine art wallets. Angel figurines and tokens, *Daily Word* coloring books, and a beautiful selection of scarves. New inventory also includes dreamcatchers, candle sets, new music cds, children's books, key keepers and greeting cards. We have a variety of items available for your convenience.

Gift certificates are also available. **Gift shop hours are Tuesday and Wednesday, 9:30am-12:30pm and on Sunday 10am-12:30pm. Come shop with us !!!**

Thank you, Tobi Pavlas

Prayer MINISTRY

Start Your New Year in a Mindful Way

Bountiful blessings beloveds in your New Year. Practice with each breath the wonder of each moment. Stay centered in your inner peace despite the outer turmoil. Retreat to your inner island of peace and know that you are loved.

Use the following quotes from the venerable Thich Nhat Hanh during the month:

"Your body is your first home. Breathing in, I arrive in my body. Breathing out, I am home."

"In mindfulness one is not only restful and happy, but alert and awake. Meditation is not evasion; it is a serene encounter with reality."

"Breathing in I calm body and mind. Breathing out, I smile. Dwelling in the present moment, I know this is the only moment."

"We are already what we want to become."

"Present moment, wonderful moment."

Prayer meditations continue in 2019 on the second Wednesday of each month in St. Luke's Chapel with prayer, meditation and piano music. Join us!!

Also check out the website, unitysandiego.org, for instant access to prayer requests by clicking on "**Prayer**" on the header line. We look forward to a year of supporting you and your loved ones in prayer.

Many blessings of the present moment,
Your Prayer Ministry

Interfaith Shelter

Save the Dates! Sunday, March 24th - Sunday, April 7th as Unity San Diego hosts 2 week Interfaith Shelter. Trainings begin **Sunday, February 24th at 11:15am in St. Luke's Chapel.**

Hope to see you there,

Aline King, Coordinator 619-280-2501, ext. 33.

Sacred Service

Western Service Workers (WSWA)

February Food Drive - If each person brings at least 1 can per week in February, think of the blessings we can give! Look for a Narthex bin and orange bins in Wrigley Hall. Scrip for Smart and Final is always welcome. Western Service Worker's Association especially appreciates your donations of canned meats, peanut butter, canned vegetables, cereal and pasta.

Western Service Workers 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. Increased utility bills, rent and other rising costs can cause a decrease in food budgets. Our donations can help many. **For more information, please contact Aline King at 619-280-2501, ext. 133.**

Ongoing Groups
Everyone Welcome!
(619) 280-2501

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: www.unitysandiego.org

SUNDAYS

1st Friendship Sunday 11am
and 3rd Brunch Sunday 11am
Announcements in Bulletin

A Course in Miracles

9am, in the Tower,
on the 4th Floor

MONDAYS

Arts & Crafts Group
2nd & 4th Mondays, 10am
Contact Pat Case

TUESDAYS

Feeding San Diego
4th Tuesday, 1pm
Large Parking Lot

**Spiritual Journey from
Addiction to Recovery**

1st & 3rd & 5th Tuesdays,
7pm in the Sanctuary

WEDNESDAYS

Prayer Meditation
2nd Wednesday, at 11 am in
the Tower, St. Luke's Chapel

THURSDAYS

Choir Practice
7pm in St. Luke's Chapel

Yoga with Tamara

7pm in the Sanctuary Narthex

MONDAY - FRIDAY

Prayer Ministry Hours
Noon to 9pm

Come Worship with Us - *Everyone's Welcome!*

SUNDAY CELEBRATION SERVICES

10am in the Sanctuary

Youth & Family Ministry

Youth Ministry Classes 10am

2019 Unity San Diego Calendar

January

White Stone Sunday - January 6th

**Grief Recovery Workshop -
Monday, January 7th at 6:30pm on
the 4th floor of the tower.**

**SpiritGroup Host Training - Saturday,
January 12th from 9am-3:30pm in
St. Luke's Chapel**

**Guest Speaker, Kelly McClure
January 13th speaking on
"The Missing Piece of Manifesting."**

**Workshop with Kelly following service
at 11:45am on Sentire: Emotional
Release Process in St. Luke's Chapel.**

**Unity San Diego's 58th Anniversary
Celebration - January 13th,
Cake and refreshments in Wrigley
Hall after the service.**

**Reverend Denese Schellink -
Q process Workshop - Saturday,
January 19th from 9:30am-3:30pm
in Wrigley Hall.**

**FREE Brunch Sunday on January
20th to Celebrate all Sacred Servers
after the service in Wrigley Hall**

**Healing Service - January 20th at
11:45pm in the Sanctuary**

February

**WSWA February Food Drive -
Throughout February, orange food bins
are in Wrigley Hall and Narthex.**

**SpiritGroup - The Designer Life,
February 3rd - More information soon
re. meeting times and location.**

**2nd half of Grief Recovery Workshop
- Monday evening, February 4th
at 6:30pm**

**Gals Day Out - Tuesday, February 5th
at 6:30pm Potluck Dinner in Wrigley
Hall and afterwards, Crafting on 4th
floor of Tower**

**Reverend Denese Schellink - "Appre-
ciative Inquiry" Workshop - Saturday,
February 16th, from 9:30am - 3:30pm
in Wrigley Hall.**

**2019 Annual Meeting - on Brunch
Sunday, February 17th, 11:45am in the
Sanctuary**

**Healing Service - Sunday, February
24th at 11:45pm in the Sanctuary**

**Interfaith Shelter Training - begin
Sunday, February 24th at 11:15am in
St. Luke's Chapel.**

**Interfaith Shelter - Save the Dates
Sunday, March 24th - Sunday, April 7th**

**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.

Upper Parking Lot Repair:

\$17,646 - \$3,458.74 = \$14,187.26

Projector and Screen Installation in the Sanctuary:

\$9,200 - \$4,147.00 = \$5,053.00



SUNDAY LESSONS January 2019

- Jan 6** **White Stone Sunday**
“Rising Up With Ease and Grace”
- Karla Lightner
- Jan 13** **“The Missing Piece of Manifesting”**
- Guest Speaker, Kelly McClure
- Jan 20** **“Grace”** - Reverend Denese Schellink
- Jan 27** **“The Paradox of Grace”**
- Reverend Gretchen Peña

February 2019

- Feb 3** **“Living Love”** - Karla Lightner
- Feb 10** **“The Depths of Love”**
- Reverend Gretchen Peña
- Feb 17** **“Love”** - Reverend Denese Schellink
- Feb 24** **“Love in Motion”** - Karla Lightner

Healing Services =

Sunday, January 20th & February 24th at 11:45am in the Sanctuary - The powerful activity of God’s healing power is available to us when we are in conscious connection with Spirit. Come join Karla Lightner, C.S.E., as we go within to access the healing power that already exists in each and every one of us. Music, meditation, prayer and affirmations. Love offering accepted.

Did You Know? A gift to our church of appreciated stocks, mutual funds or other property, could be a great tax advantage to you. Cathie Robertson can direct you to more information. Please ask.

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 Avenue, San Diego, California 92105.**

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. It is easier for everyone if we all have our name tags and wear them.

Memorial = **Cathy Veatch, Born: September 16, 1931 - Passed: September 15, 2018**

She was a lifelong member of the American Association of University Women, the Unitarian Universalist Association, Chi Omega sorority, the Girl Scouts of America, and Unity. She was a devout student and teacher of Course in Miracles and Course of Love for 37 years. She had many dear, loyal, profound, and amazing friendships. We bless them all with the love and peace of Spirit.

Happenings at Unity

Details & Updates

Grief Recovery Workshop will begin on Monday evening, **January 7th, meeting at 6:30pm on the 4th floor of the tower** and will continue for 8 weeks. If you have completed a Grief and Loss Workshop in the past, you can now attend the last four weeks, to work on a 2nd loss. The dates begin **Monday evening, February 4th at 6:30pm** extend for four weeks. Bring your loss graph with you on **February 4th. More information is in the Narthex and Tower Lobby.** The *Grief Recovery Workbook* is now available in our bookstore at a 10% discount for class participants. **You may pre-register online at www.unitysandiego.org or by calling Sharla Barry, MFT 619-339-0644 or Linda Proctor, LCSW 619-421-8212.**

Unity San Diego Anniversary! On **January 13th** we will celebrate the 58th anniversary of the founding of our church! We will be serving cake in **Wrigley Hall** after the service to honor the occasion. Please come and join us!

Kelly McClure, Guest Speaker - Sunday, January 13th. Kelly will speak on **"The Missing Piece of Manifesting."** She will also have a workshop on **"Sentire" Emotional Release Process** after the service at **11:45am in St. Luke's Chapel.**

The Spiritual Journey from Addiction to Recovery January 15th, the Unity San Diego Recovery Ministry will begin a 7-week study series. Study groups will be held in the sanctuary at **7pm on the 1st, 3rd and 5th Tuesdays of each month.** This group is for newcomers in recovery, those in long-term recovery and for families of those whose life has been touched by addiction. While all booklets are free, love offerings are graciously accepted. Please join us as we learn and grow on our spiritual journey. **For more information please contact Karla Lightner at 619-218-6135 or karlalightner@gmail.com.**

Save the dates! Reverend Denese Schellink will be leading the **Q process on Saturday, January 19th from 9am to 3:30pm in Wrigley Hall.** If you have never done this workshop before we urge you to do so. The more people in our Unity community who do this, the more likely we will be on the same page to do our spiritual work toward a mission centric ministry. If you have already been through this process, we encourage you to join us. The class costs \$59 for those who have not taken the class before and \$25 for those who have taken it. All these fees will be donated to our church general fund. The books for this will be \$13 and **must be pre-ordered.** If you already have a book and want to use it again, that will work. **Sign-up for this workshop in the Bookstore.**

Gals Day Out - The Gals will be taking January off, but on **Tuesday, February 5th at 6:30pm** they will meet up in **Wrigley Hall** for a potluck dinner. Afterwards they will make 2 pairs of earrings with the help of our intrepid Arts and Crafts leader, Pat Case. Ladies, if you want to make more than 2 pairs, you may do so at a cost of \$5 a pair. Sign-ups for the potluck will be in the tower beginning **January 13th. For more information contact Charlyn Earp at scrip@unitysandiego.org, or text/call 619-850-6856.**

FREE Sacred Server Celebration on January 20th after the service in **Wrigley Hall** is sponsored by the board to honor and celebrate all **Sacred Servers.**

Our next SpiritGroup Series entitled **"The Designer Life"** will begin the week of **February 3rd**, and will end with a SpiritGroup Celebration the beginning of **April** (date TBD). Lessons are based on the book *The Designer Life - Distinctions for Living Life By Design and Not By Default* by Reverend Kevin Kitrell Ross. The book will be available for purchase in the church Bookstore. Each SpiritGroup experience will culminate in a group sacred service project and a social event of the group members' choosing. Sign ups for the groups will begin on **Sunday, January 19th in Wrigley Hall.** There will also be a SpiritGroup Host training on **Saturday, January 12th from 9am-3:30pm in St. Luke's Chapel** (lunch from **12pm-1pm** on your own). The training is designed to help those interested in learning more about becoming a Host and offers an opportunity to choose to commit to this type of sacred service. For more information about our SpiritGroups or becoming a SpiritGroup Host, **please contact Marty Ellingwood at m.cowden@sbcglobal.net or 619-398-7531.**

Reverend Denese Schellink will be back **Saturday, February 16th** and will be holding a workshop on **"Appreciative Inquiry"** from **9:30am-3:30pm in Wrigley Hall** as requested by participants of workshops she had previously given. Her Sunday lesson will be about **"Appreciation."**

Annual Meeting - Our 2019 Annual meeting will be on **Sunday, February 17th at 12:45pm in the Sanctuary** after the service and **Brunch Sunday.** We will be voting on board members. Members will receive a mailing before the meeting.

Sacred Service. Decide if you want to serve weekly, monthly or when needed. **See Charlyn at the Scrip table** on Sundays to discover the ways you can enrich your heart and contribute to the compassionate energy of our church.

Gift Card (Scrip) News

We are so happy to see so many new scrip shoppers. Unity will benefit greatly. With the new year comes lots of opportunities to experience shopping with scrip. We have lots of **See's Candy** coupons, gift cards for many popular stores, grocery stores and Visa that can be used anywhere, especially at **Costco.** The Visa must be purchased with cash or check, or we can add a processing fee of \$5 if you want to use your charge card. Take the stress out of picking out the right thing for birthday, anniversaries and Valentine's Day by giving someone the gift of shopping. If you need a card we do not usually stock, please fill out an order form and give it to Charlyn a couple of weeks in advance at the scrip table and she will have for you when you need it. Happy Shopping in the New Year! **For more information contact Charlyn at scrip@unitysandiego.org or by text or phone at 619-850-6856.**



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THANK YOU!

SACRED SERVER OF THE MONTH . . . DANA BLAIR

... and what a gem she is in our Unity San Diego garden. Not only does she do everything with a smile, but she has served in many capacities: Usher, Arts and Crafts member, book store receptionist, bulletin board designer, welcoming packet stuffer and scrip seller. Whatever our need, she raises her hand. She fills in wherever she is needed all the time. Thank you Dana!

SACRED SERVER OF THE YEAR . . . CATHIE ROBERTSON

There is no doubt that the whole congregation can agree, she has served above and beyond anyone's expectations. As board president, which is by itself a sacred service position, she has spear-headed our transition process including being the main communicator with our transition minister, Rev. Denese. She is serving as head of HR for employees, and she still has time to help with food preparation for congregants in need through Angels in the Wings, and manage the amazing reception for the Christmas Concert after baking tons of goodies for it. Much of this was done while in a body brace after her accident. Cathie has also written the weekly Wednesday ePrayers for more than 10 years, does usher duty during Sunday Services when called upon and been involved with Spring Tea since a year after its inception. As board president she has written articles for *Faith for Today* and the weekly eNews. What would Unity San Diego do without her?

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