

Faith for Today

OUR VISION We envision positive spiritual change in our world.

OUR MISSION To empower better lives through spiritual transformation.

From the **MINISTER'S HEART**



Dear Divinely Directed Darer,

The Daily Word for November 18th, 2017 contained a line that has been reverberating with me ever since. **"When nothing is certain, everything is possible."**

These words inspire me to be bold in facing the things in my life. From a human perspective, I cannot be certain about anything. Our senses and brain cannot process enough information and understanding. When we turn to the indwelling Mind of God, we have instant access to what we need to know, when we need to know. It is time to live as a clear expression of our spiritual nature.

Step into a deeper awareness of your connection to God. Step into a new experience and expression of your divine nature. Step into positive choices. Step forth with Divine guidance. Step out as love and joy in action. Step up your participation, your service and your giving. Step forth as a radiant expression of the Infinite.

Have a divinely directed, dream-fulfilling year!

Joyous in the Spirit,

Bountiful blessings!

A handwritten signature in cursive that reads "Blair" with a small heart symbol above the 'i'.

Blair Tabor, minister

LETTER FROM A BOARD MEMBER from Belinda Peña

It is a very humbling and empowering experience to serve on the Unity San Diego Board of Directors and be part of the Sunday Services. Having the opportunity to work with other Board members, staff and Reverend Blair has opened my eyes in many ways.

I have seen that all things become possible when we work together with the intention of Sacred Service. Examples are: I am part of the Marketing Committee which has introduced the Fair-Trade Movement as a humanitarian way for us to consume products and support underdeveloped countries and people who are barely existing on their present income. The small group Ministries have provided many of us with the tools to live an enlightened and awakening life. The Seven Masters One Path small group session have given me insight and guidance to bring me to where my meditations can take off. I am able to better become engaged in my own meditative moment and have met some wonderful people who have been attending these sessions. Reverend Blair's Sunday Services along with the hugs and smiles I receive from other congregants continue to be a great part of my life. They equip me with the Spiritual and healing touch that I need for the week ahead.

I am very grateful that I have a place that I feel and believe is my Spiritual home—Unity San Diego.

With lots of love,

Belinda Peña - Board Member

Youth MINISTRY

YOUTH MINISTRY CLASSES - 11am SUNDAYS
CHILD CARE ONLY - 9am

Hello everyone...

This month marks my tenth anniversary as Youth & Family Ministry Director here at Unity San Diego. I can't believe it has been ten years! It is such a privilege and honor to serve you and your wonderful children. I want to thank you so much for sharing your most precious children with me each Sunday. Their smiles, laughter and genuine eagerness to learn make every Sunday a wonderful learning experience.

This year our younger kids will continue their lessons in "The Forest of Finding Out." These wonderful lessons are actually "Lessons in Truth" for kids. Our teens will begin a Family series entitled, "Navigating Through Change" which is a perfect way to begin 2018.

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.

I would like to give a special "Thank you" to Jo Menegos. Jo sewed all of the tree costumes for our Christmas play, *Is It Really Christmas?* Thank you so much, Jo. We couldn't have given such a wonderful performance without your hard work. We love you, we bless you, and we truly appreciate you and we behold the Christ you are!

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 619-218-6135, or email me at karlalightner@gmail.com**

Love & Blessings!

Karla

YOUTH & FAMILY MINISTRY CALENDAR

Y.O.U. Love-in - February 3rd-4th, California
Y.O.U.'ers in grades 9-12 will attend this overnight sub-regional event. Previously called a "lock-in", this overnight event will help our teens learn to see the Christ in themselves and others.

Uniten 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, California.

Prayer MINISTRY

LOVING BLESSINGS IN THE NEW YEAR

Another new year is upon us. 2017 seemed to zoom by but we are still connected in loving prayer. As we change from one season to another and to a New Year, we can feel excitement for upcoming events but perhaps a certain loss as we leave behind some relationships, jobs, fun vacations or other involvements which no longer give us joy. Bible verses to dwell upon in times of change can be helpful especially when we feel overwhelmed by occurrences for which we have no control.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

"I can do all things through him who strengthens me."

Philippians 4:13

Poems often offer a little solace. Letting go – of the past,
of things lost, taken away, or
never received, of bitterness over past hurts,
of fear and anxiety, receiving –
the gift of life today, our daily bread,
every good gift from the Giver, every ray of love, offering –
ourselves to the Father,
our resources to bless others.

Geoff Francis.

In 2018, the Prayer Meditations will be held on the first Wednesday of each month in St. Luke's except for July when it is on the second Wednesday. We hope you will join us for prayer, meditation and live piano music. We love you, we bless you, we behold the Christ in you throughout this New Year.

Your Prayer Ministry

SACRED SERVICE

THE 2018 UNITY INTERFAITH SHELTER NEEDS YOUR HELP!

Unity San Diego will be hosting the final two weeks of the shelter for the homeless (known by us as guests) this year between Sunday afternoon, March 25th and Sunday morning, April 8th. Your loving help is needed again for this year's shelter. It takes over 60 volunteers to run our splendid shelter! Sign up in Wrigley Hall on Sunday, January 21st or Sunday, January 28th or Sunday, February 11th or call the numbers listed below.

We will need volunteers to provide service to the guests by cooking evening meals, supporting their needs in the evening and staying with them overnight and providing assistance with their departure in the morning. Weekend help with laundry transportation is also needed. We also need set-up help on Saturday, March 24th and tear-down help on Sunday, April 8th. We also need contributions totaling \$1,100 for food and supplies.

Mandatory Training dates for all volunteers are at **10am in St. Luke's on Sundays, February 18th or February 25th or March 4th or March 18th**. Please attend one for information and updates.

Please Note: Because of the Hepatitis A outbreak in San Diego, the law counsel, R. L. Dreher, for Interfaith Shelter Network says "Given this 'public health emergency,' I believe and recommend that IFSN can and should require that its participants, hosts, volunteers, and beneficiaries be vaccinated for Hep-A before availing themselves of IFSN's facilities and services." (Wrigley Hall bulletin board has full report)

If you are willing to help in any way during the two-week session, please contact:

Aline King at 619-466-2388 (sleepover) or Sharla Barry at 619-339-0644 (food sign-ups) or Mike Barry at 619-339-2496.

Many thanks!!



SUNDAY CELEBRATION SERVICES
9am & 11am | Main Sanctuary

Youth & Family Ministry
11am Youth Ministry Classes
(Childcare only at 9am)

MINISTER
Reverend Blair Tabor

Unity San Diego Calendar

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:

UnitySanDiego.org

Ongoing Groups
Everyone Welcome!
(619) 280-2501

SUNDAYS

1st Friendship Sunday
and 3rd Brunch Sunday.
Announcements in Bulletin

A Course in Miracles
10:30am, Tower, 4th Floor

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

TUESDAYS

Feeding America
4th Tuesday, 1pm
Large Parking Lot

Recovery & 4T Prosperity
Program
1st & 3rd Tuesdays, 7pm
St. Luke's Chapel

WEDNESDAYS

Prayer Meditation
1st Wednesday, 11am
Tower, St. Luke's Chapel

THURSDAYS

Choir Practice
7pm in St. Luke's Chapel

Prayer Ministry Hours
Noon to 9pm, Monday to Friday

UnitySanDiego.org

January 2018

Gift Shop and Bookstore January Clearance Sale - with discounts as much as 50%.

Reverend Gretchen - will speak at both services on "Reboot" Sunday, January 7th.

Celebrate Unity San Diego's 57th Anniversary & Reverend Blair's 30th Anniversary - January 14th, Reception will follow in Wrigley Hall

Arvel Bird - will present his special music Sunday, January 21st at both services followed by a concert at 1pm.

Arts & Crafts Valentine's Day Mini Sale - January 21st, from 10am-1pm in Wrigley Hall

Please sign up for **Gals Day Out - Tea at Coral Tree Tea House** with Meredith and **pay by Sunday, January 28th.**

RECOVERY AND THE 4T PROSPERITY PROGRAM

It began with Saturday Night Recovery where those in recovery learned about how Unity and the 12 steps work together. Now, they've asked for more.

Beginning in January, Saturday Night Recovery will be moving to the first and third Tuesday Nights at 7pm in the sanctuary. Please join us and partner with those in recovery who are learning about Unity as we study the 4T Prosperity Program.

February 2018

Y.O.U. Love-in - California Y.O.U.'ers in grades 9-12 will attend this overnight sub-regional event February 3rd-4th.

Healing Service - Sunday, February 4th, 1pm St. Luke's Chapel

Peoples Anonymous - Monday, February 5th at 7pm in Wrigley Hall. (no meeting in January)

Gals Day Out Tea - Saturday, February 10th, at the Coral Tree Tea House

Arts & Crafts Mini Valentine's Day Sale - February 11th, from 10am-1pm in Wrigley Hall

Uniteen Winter Spiritual Retreat - February 17th-19th at the Lion's Camp in Wrigleywood, California.

Arts & Crafts St. Patrick's Day Mini Sale on Sunday February 18th & March 4th, from 10am-1pm in Wrigley Hall.

Annual Meeting - Sunday, February 18th, 1pm after second service

Karla Lightner will speak - Sunday, February 25th on "Walking Consciously through Change."

Save the Date - Annual Unity Tea - Saturday, April 21st.

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.

Ten Low Wattage LED Light Bulbs in Sanctuary: \$1,130.39 - \$565 = \$565.39
Bathroom Modifications: \$38,000 - \$28,418.41 = \$9,581.59
Upper Parking Lot Repair: \$17,646 - \$454 = \$17,192

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



SUNDAY LESSONS

with Reverend Blair Tabor, except where noted

LESSON TITLES - JANUARY 2018

- Jan 7 "Reboot" with Reverend Gretchen Peña
- Jan 14 "What Do I Have to Gain?"
- Jan 21 "Answering the Call of Spirit"
- Jan 28 "Never Alone"

LESSON TITLES - FEBRUARY 2018

- Feb 4 "Kindness Counts"
- Feb 11 "Be the Love You Are"
- Feb 18 "Emerging through Fear"
- Feb 25 "Walking Consciously through Change"
with Karla Lightner

CHRISTENING - Braxton Brown on October 8th
Born January 13, 2017
Parents: Ajani and Keira Brown

WEDDING - Geri and Jerry Brown
December 3rd, 2017
We bless the bride and groom!

MEMORIAL - Wanda "Sandy" Markowitz
Born - July 10th, 1924 - Passed August 31, 2017
Sandy loved to come to church early to hear the gathering music. She sat right up front, to be close. Her smile is ever etched into our hearts.

ANNUAL MEETING

Sunday, February 18th, 1pm after second service. Brunch will be served that day. We will elect board members and alternates and review the finances of our church.

Last year at our annual meeting, our members approved a policy for all members:

"They must renew Membership every year by recommitting to membership."

Prior to the meeting, all members will receive a mailing asking them if they want recommit to membership. Please follow the instructions to renew your membership.

All members will also receive by email or regular mail notification of the meeting and the candidates.

NAME TAG

If you do not have a name tag from our church, please **sign up in the Narthex 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.

HEALING SERVICES - Sunday, February 4th, 1pm St. Luke's Chapel, First floor of the Prayer Tower - Within you, the healing power of God is at work. Come open yourself to more of its power and flow. Facilitated by Reverend Blair Tabor. Love offering.

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 Blair.

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.**

A Message From **CATHIE ROBERTSON**

Board President - We are trying to create a greater sense of community by offering food after each service for four Sundays a month, as suggested by David Rounsley. We already have Friendship Sunday on the first Sunday of the month and Brunch Sunday on the third Sunday of the month. We are adding two more Sundays — Donut and Bagel Sunday on the second Sunday and Cookie Sharing Sunday on the fourth Sunday.

Our first effort of Donut Sunday worked well, so we are on board with it! Some people suggested that not everybody wanted donuts so we have added bagels. We are looking for sponsors for the Donut and Bagel Sunday — this can be church groups or individuals who want to contribute. This Sunday offering costs less than \$50 and feeds the entire congregation. If you would want to sponsor this event in the coming months, **please contact Cathie Robertson at cathie.robertson@gccd.edu**. If three or four people step up, it will cost less per person or group. It will be similar to the alter flowers — we will acknowledge the sponsor(s) in the bulletin so if you have a birthday or other celebratory event, what better way than to share with others by helping to sponsor Donut and Bagel Sunday? On the fourth Sunday we will be doing Cookie Sharing Sunday and we are asking for donations of 2 or so dozen cookies. If 3 or 4 people step up each month it is a great opportunity to share with others in our church community. We will also put the donors names in the bulletin, if you would like. **Contact Cathie Robertson at the above email for further information.**

HAPPENINGS *at Unity*

Details & Updates

JANUARY CLEARANCE SALE – GIFT SHOP & BOOKSTORE

Stop in today to take advantage of these great savings! Seasonal and over-stock items are all marked down. We are also releasing our inventory of new books with discounts as much as 50%. We have a great selection of used books too! See you soon and Happy New Year!

ON SUNDAY, JANUARY 7TH REVEREND GRETCHEN

will give the talk on **“Reboot.”** Reverend Gretchen was ordained in 1996, and then served four and a half years at Christ Church Unity in Rochester, NY. She returned to San Diego in 2001, and served as the Associate Minister here until her retirement in 2010.

CELEBRATE UNITY SAN DIEGO'S 57TH ANNIVERSARY & REVEREND BLAIR'S 30TH ANNIVERSARY of ministry here at Unity San Diego on Sunday, January 14th. A reception will be held with special refreshments after both services.

GALS DAY OUT - TEA AT CORAL TREE TEA HOUSE -

On Saturday, February 10th, the gals will be having a four course tea – scones, savories, sandwiches and desserts. The cost is \$35 for regular and \$42.50 for gluten free, tip is not included. **Please sign up with Meredith and pay by Sunday, January 28th.** The tea room is at 2490 Heritage Park Row, San Diego.

SUNDAY, JANUARY 21ST - ARVEL BIRD,

an international award-winning Celtic Fusion artist, will return to Unity San Diego to bless us with his music at both services. Then he will present a concert at 1pm for a suggested donation of \$20. Arvel has been a presenter at the annual Unity People's Convention and visited many Unity Churches. Think of *Braveheart* meets *Last of the Mohicans*.... at Woodstock! He performs with his flutes and violin. For more information **contact Meredith Tabor at 619-280-2501 ext 109.**

PEOPLES ANONYMOUS MEETING – February 5th at 7pm in Wrigley Hall. The meeting allows the beautiful Twelve Step healing recipe to become available to the rest of the world. The group will work through the user's manual that provides a 12 step approach to life and recovery (from all kinds of conditions) that is accessible to everyone.

You will discover a deeper understanding of how to connect your authentic values with your actions - which makes for a healthier life. No meeting will be held in January. If you have questions **speak to Meredith Tabor or email at Meredith@unitysandiego.org.**

KARLA LIGHTNER WILL SPEAK – Sunday, February 25th on **“Walking Consciously through Change.”** Karla has been Unity's Youth Education director for 10 years and is attending the Unity Urban School of Ministerial studies.

SPRING SMALL GROUPS STARTING IN FEBRUARY -

A new seven week Small Group series entitled *Trusting the Process of Change* will begin in February. Based on Reverend Robert Brumet's book *Finding Yourself in Transition*,* this small group study will help participants discover the ways in which change moves us through a series of stages or passages – from endings, through a period of seeming darkness or nothingness called “the Void,” to new beginnings.

Through readings, role plays, guided meditations, journaling and prayer, group members will explore the spiritual principles that can help them trust the process of change in their lives. Watch for details regarding group locations and times in the weekly bulletin through the month of January. If you are interested in hosting or facilitating a group, **contact Marty Cowden at m.cowden@sbcglobal.net.**

***Book Description:** Discover how to use change as a gateway to greater personal and spiritual growth. Brumet weaves together strands of psychology, Eastern and Western mysticism, Bible interpretation, and personal stories as he gently guides you into new beginnings. Available in Unity book store.

SAVE THE DATE - ANNUAL UNITY TEA - Saturday, April 21st!

A person or group of women are being recruited to head up the kitchen and baking crew. If you might be interested **speak to Meredith Tabor at 619-280-2501 ext 109 or email Meredith@unitysandiego.org.**

LOST & FOUND ITEMS – Have you misplaced your glasses, keys, coin purse, a piece of jewelry, an article of clothing or anything else? We have a large collection of single earrings and jewelry items, an abundance of glasses, a few articles of clothing and other miscellaneous items.

Please see the receptionist in the bookstore to identify and claim any jewelry or small items. All other items are located in the usher's closet in the Narthex. Ushers are available to assist you in claiming your item(s). **Any items remaining after 1/7/18 will be discarded or donated.** Thank you.

THE ARTS & CRAFT GROUP meets on the 2nd & 4th Mondays 10am-12pm on the 4th floor. Everyone is welcome. We enjoy making crafts and the church benefits from our efforts. Please come and join us! For more information **contact Pat Case (619)462-7928**

SCRIP NEWS – Remember **Scrip** for that special person on Valentine's Day, we have **See's candy** and lots of restaurants to choose from. We also have **VISA** gift cards in \$50 and \$100 – Unity makes 1.25% – which are good at **Costco!** These must be paid for in check or cash – but have no activation fee. Grocery scrip is always available – **Albertsons, Smart and Final, Vons, Whole Foods, and Sprouts.** Scrip is just like cash that you use for everyday shopping or gas. Stop by the scrip table today for a complete list. You may order it in advance by contacting **Meredith at 619-280-2501 ext 109 or email at Meredith@unitysandiego.org.**



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Thank You!

NOVEMBER VOLUNTEER OF THE MONTH... CONGRATULATIONS TO DONNA LIKE!

As Head Usher at first service for over seven years, Donna gets things ready for Sunday services each week by performing a host of activities: tidying up the Sanctuary, recruiting substitute ushers, handing out bulletins, filling the minister's water glasses, lighting the altar candles, taking the count, making sure the altar flowers are in place, and so much more!

In addition, Donna volunteers her time during the week to maintain and beautify our campus by painting the hand rails, benches and doors.

Thank you, Donna. We are grateful for your consistent commitment to Sacred Service at Unity San Diego.

VOLUNTEER OF THE YEAR... CONGRATULATIONS TO ALINE KING!

Aline has shared her talents with us for many years in a variety of volunteer activities: platform announcer, usher at special events like our Christmas concert, emcee and a hostess at our annual spring tea, she hosts workshops and currently serves as the director of our Prayer Ministry. She has helped the church with strategic planning.

In addition, Aline organizes the food and supply drives for WSWA, and each year, she works tirelessly organizing the Interfaith Shelter.

We are grateful for her knowledge and skills and the loving consciousness Aline brings to her Sacred Service activities at our church.

Thank you, Aline, for your commitment and dedication to Unity San Diego.

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