

# 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 Beloved Unity Community,



**Happy New Year 2022!** As we start this new year, each of us may think about what we want to accomplish. We are reminded there are infinite possibilities ahead as we take this twelve-month journey. This time last year we were not able to gather with those we care about; this year we can! Our possibilities are endless! We discovered what is really important to us; connection. Now, we can gather in person with our families, friends, and our Spiritual community. We had to keep the faith to get to where we are today. In January once again, we focus on the Spiritual Power of Faith. This Bible verse speaks to us as a promise for this year:

**Hebrews 11:1** Now faith is the assurance of things hoped for, the conviction of things not seen.

Often, we don't know what the upcoming year will be. We have to be steadfast and strong in our belief that everything will work out for the best. We are called to look beyond appearances and trust the indwelling Presence to lead and guide our path. In February, our Spiritual power is Strength. This Bible verse speaks to the strength we can claim.

**Philippians 4:13** "I can do all things through him who strengthens me."

May we listen to the still small voice within us as we begin this year practicing Faith to build the foundation for the next eleven months. Then we move to Strength to give us the backbone and the wherewithal to stand strong day by day.

**Let us affirm: I am trusting in Spirit's guidance to be faith-filled and strong throughout the year!**

With love,  
Reverend Edith

## 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 as we begin the start of a new year with excitement, joy, grace and love. I am truly humbled by this opportunity to grow with our Youth Ministry. I'm looking forward to the possibilities. We have a great year planned.

We've all had many challenges over 2021 and we have weathered them well. Our young people, as well as those from other ministries spent much of their lessons in 2020-2021 online in a Zoom format. Despite this, we had really great attendance and great feedback about the quality programming we set up. YFM came back in-person in September 2021, and we have continued to welcome our children each Sunday with various lessons, mindfulness activities and a craft relevant to the lesson discussion. We ended 2021 with a community Kwanzaa celebration, where our Youth and Family Ministry participated in the Sunday service. We saw them demonstrate their individualized expressions of Spirit and give these gifts to our community. We see their light shining through in the way that our founder Myrtle Fillmore saw young people when she started *Wee Wisdom*. We see the Christ in them and thus in ourselves!

Some of our January programming will start off 2022 with a **White Stone ceremony** where we'll sit in meditation, name ourselves and our intentions. The youth ministry will have a **Burning Bowl** celebration as well and we'll use water dissolving paper for this. They will design vision boards in January to assist them in visualizing their potential and their dreams. As always, we incorporate basic Unity principles and the 12 powers in each lesson. This year we look forward to new curriculum being developed by YFM Directors and Unity Worldwide Ministry teams from across the nation, that have been meeting throughout the last year to step things up. We have been using some of this, as it develops throughout the last several months and will continue to create more powerful lessons as things roll out. **Because of the White Stone ceremony, there will be no Family Sunday in the sanctuary on January 2nd, 2022.**

In February, the first Sunday will again be **Family Sunday** and the family will sit together during the service. Our young people will leave after the book used for the lesson and go to Wrigley Hall for continuation of their lessons for that week. **February 19th-20th, the Uniteens will be at their winter retreat in the mountains** where I have been told it snows! It's great to fellowship with other spiritual communities from our region. Since it is also **African American History Month** there will be a lesson around great moments and teachers in the Unity movement. We will have some cooking lessons, if the kitchen is available and dependent on Covid guidelines. We look forward to activities for the family that will include interactive discussions and games. We'll continue our exploration of mindfulness and gratitude, along with kindness and empathy.

This is a small sample of what's in store in this new year. We will continue to keep Spirit and our young people growing because they are a blessing, and they are blessed!

Stay tuned; the Youth and Family Ministry has much to do and much to say! Thank you for your trust and continued support. In gratitude. Peace!

Akosua Washington-Woods, L.U.T.  
Youth & Family Ministry Director  
Youth & Family Ministry & Adult Education  
[akosua.yfm.sandiego@gmail.com](mailto:akosua.yfm.sandiego@gmail.com)

## Hey there!

The Youth & Family Ministry team is seeking volunteers. We have toddlers to teens, and we would love to have you join us. You could teach a lesson, assist with snacks, set up/clean up, support fundraisers, bring new ideas, it's limitless!

We are looking to hire a couple of childcare workers for assistance as well.  
If you or someone you know might be interested,  
**please contact Akosua at [akosua.yfm.sandiego@gmail.com](mailto:akosua.yfm.sandiego@gmail.com)** Thanks!

# Prayer MINISTRY

## The Prayer of Jesus

Presented here is the Aramaic translation of the "Prayer of Jesus." Its poetic beauty still resonates for us. Praying the way Jesus did helps us to enter the rhythm of his awareness of Cosmic Unity. Let these words resonate in your being this new year of the new you!

**○ Breathing Life, your Name shines everywhere!**

**Release a space to plant your Presence here.**

**Envision your "I Can" now.**

**Embody your desire in every light and form.**

**Grow through us this moment's bread and wisdom.**

**Untie the knots of failure binding us, as we release the strands we hold of others' faults.**

**Help us not forget our Source, yet free us from not being in the Present.**

**From you arises every vision, power, and song, from gathering to gathering.**

**Amen: may our future actions grow from here!**

In the new year, we continue to center ourselves in the loving Presence of Spirit in all we think and do. We see the outpouring of grace in all interactions with others and our substance or bread is provided for all our needs. Untying knots is a powerful metaphor for forgiveness for ourselves and others. This work continues day by day and we are truly blessed. Moment by moment and step by step we are in the present moment and in the eternal presence of Spirit and love. Sing with your whole being and give thanks for the outpouring of blessing after blessing.

We love you. Monthly meditations continue on Facebook on the second Wednesday of each month at 11 am. Join us for prayer and music to support your spiritual growth.

Thank you for your prayers and support of the Prayer Ministry in this glorious new year. Thank you letters for your contributions will now be mailed at the beginning of the month following your donation month.

Bountiful Blessings,

Your Prayer Ministry

## Sacred Service Updates

**Interfaith Shelter Network** - Watch for information for volunteers needed to provide meals for churches providing sleeping space for the **Interfaith Shelter Network in 2022**. Unity San Diego will be a helping church this year supplying meals and possible other needs.

**El Nido Apartment #11** - Thanks to many for your loving Christmas donations for the mom and four children in the current El Nido apartment. They will have a happy day.

**Contributions are still needed** in the amount of \$160 for the rental U-Haul, gas and milage since we have four stops. Any amount is helpful. Make check payable to Unity San Diego with "El Nido" in the memo line please.

**Items needed for the next family: 2 laundry baskets, mop and bucket, new toaster, non-perishable food items such as rice, beans and canned goods.**

Volunteers will be needed late January to move furniture and boxes to the apartment for the new family. We will rent a U-Haul truck, picking up furniture from 3 sites and many items from the Prayer Ministry. Thank you for considering to help in this loving effort. **Contact Aline King [ankunity@gmail.com](mailto:ankunity@gmail.com) for more information.**

**Many blessings of loving service.**



# Letter from a Board Member, Matthew Lightner



**Faith is the power of the month for January and it is a great power to begin the New Year.**

**Faith is the foundation of all spiritual beliefs.**

**Hebrews 11:1 says, “Now faith is the assurance of things hoped for, the conviction of things not seen.”**

We cannot use our senses alone to perceive Spirit, so we must go beyond them to feel connected. This is where our beliefs come in. Unity teaches us that our beliefs have the power to alter our reality. When we believe we are connected to our Source, we will begin to see and feel that connection in our life; but we must have faith in that Source first.

When I was a Cub Scout, I completed the “[God In Me](#)” program, a Unity course for Scouts looking to earn their Religious Emblem. We learned the fundamentals of Unity, including the power of prayer and affirmations. I would like to share a prayer I learned during my time in the course, “[The Prayer of Faith.](#)”

I pray this prayer whenever my faith waivers. Unity co-founder Myrtle Fillmore said this prayer daily. You can listen to a recording of her reciting this prayer by clicking the link below or copying and pasting it into your browser. At the end of the written prayer, you will see the option to hear Myrtle Fillmore speak. <https://www.unity.org/resources/articles/prayer-faith>

At any moment, I can take a breath and remember my connection with God. I am a reflection of the Christ Spirit that grounds us all. I have faith 2022 will bring the blessings we seek, even when we cannot see them.

Happy New You!  
Matthew Lightner

## The Prayer of Faith

by Hannah More Kohaus

God is my help in every need;  
God does my every hunger feed;  
God walks beside me, guides my way  
Through every moment of this day.

I now am wise, I now am true,  
Patient and kind, and loving, too;  
All things I am, can do, and be,  
Through Christ the Truth, that is in me.

God is my health, I can't be sick;  
God is my strength, unending, quick;  
God is my all, I know no fear,  
Since God and Love and Truth are here.



**We're back  
but still  
being careful!**



# Sacred Servers of the Year, Jackie & Russ Boehmke

by Kathy Davis, Sacred Server Coordinator

## Joyous New Year Wishes to One and All!

I'd like to start 2022 with great gratitude for ALL who make up our church family, past and present. Unique yet like-minded, as soul sisters and brothers in Spirit, our faith community continues due to your time, talent, treasure and prayers.

In this issue, I want to acknowledge specifically two people whose generosity of time, talent, treasure and prayer support have made a remarkable difference for us all for decades now. **Those two special people are Russ and Jackie Boehmke.**



Beyond their warm and welcoming presence in our services, whether as attendees or choir members, and their consistent financial support, most recently the "gift" of our **new raised platform and enclosure for our audio/visual area** in the rear of the sanctuary is from them. Russ designed, purchased and donated all materials, transporting and building on site or in his home shop, with Jackie helping in whatever way she could. This new area provides elevated, clear and stable space for filming services as well as securing equipment.

**Russ' carpentry skills, work integrity and willing heart and hands have, over the decades,** enriched our spiritual experience tremendously. He designed and built the portable flooring and stair sections of our sanctuary's altar area, allowing us to extend its space in various ways as needed. It was Russ who built and provided the lovely shelving and woodwork in our library when it was relocated downstairs to allow for easier access by all.

Beyond the physical and mental work of planning and building to meet our physical plant needs over the years, except for the period of time they lived in Julian, **Russ & Jackie have faithfully sung in our choir for decades, been active in groups from social to strategic planning, and volunteered for every event when needed if they are in town. Joy radiates from Jackie, whether she's singing or cleaning up in the kitchen with our Memorial Ministry team.**

What a gift they are to our church and to everyone blessed to share life's path with them. **Thank You, Russ & Jackie Boehmke, our Volunteers of the Year for 2021!**

**We love you, we bless you, and we certainly behold the Christ in each of you.**

Kathy Davis, Sacred Server Coordinator

If you know of someone who is not getting their **Faith for Today** newsletter either by postal delivery or email contact us at [fft@unitysandiego.org](mailto:fft@unitysandiego.org) to let us know.





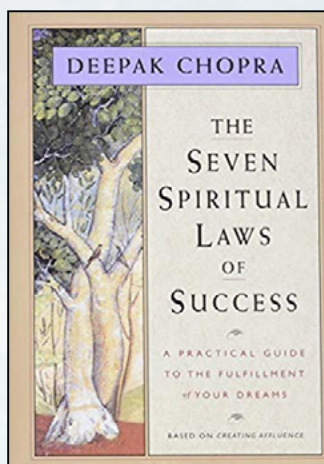
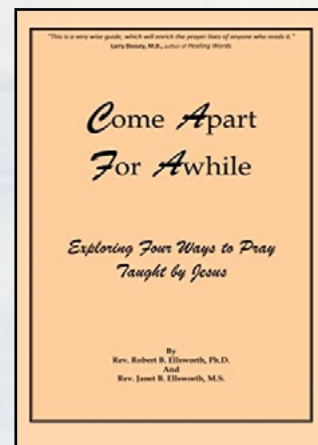
# Happenings

## Deepening Your Prayer Experience

Please join Rev. Gretchen for a 5 week in-person Intensive Prayer Class called "Deepening Your Prayer Experience" on Sundays, January 9th-February 6th, 11:45am-1:15pm, meeting on the third floor of the tower. (COVID restrictions permitting).

In this experiential class we will explore the history of prayer culturally, different concepts of God, and various ways of prayer. Prayer groups and prayer partners will pray together. This class includes both theory and practice is one of the requirements for Chaplaincy although completion of this class does not guarantee acceptance into the program.

The text "*Come Apart Awhile*" will be available to purchase in class. Please email Rev. Gretchen at [gpena@san.rr.com](mailto:gpena@san.rr.com) to sign up for this Spiritually transformational class. Love Offering.



## Unity San Diego's Spiritual Recovery Ministry "Everlasting Serenity"

### and Deepak Chopra's *The Seven Spiritual Laws of Success*

Beginning Thursday, January 13th at 7pm

Please join us as we begin a seven week study of this oldie but goodie. Life has meaning when we learn to live a successful, purposeful life. This "practical guide to the fulfillment of our dreams" provides easy to apply exercises that we can complete each week as we deepen our spiritual connection with the God of our understanding.

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 **Unity San Diego's Spiritual Recovery Ministry**.

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

Morning Prayer & Meditation on our Facebook page Monday-Friday at 9am

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

Prayer Request - Send e-mail 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 (5638)

ePrayer Signup at <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



# Our Morning Prayer & Meditation on Facebook

Please join us Monday through Friday at 9am (PDT) on Facebook Live for Morning Prayer and Meditation. This is approximately a fifteen minute time of prayer, reflection and meditation led by a different spiritual teacher each day to help you become centered and grounded as you begin your morning. Can't make 9am? Just log into [unitysandiego.org](http://unitysandiego.org) anytime and watch the Morning Prayer and Meditation which is archived on our YouTube channel.

**Healing Service** will be held Sundays, January 30th and February 27th, 2022 at 1pm in person 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).



Rev. Karla Lightner  
Senior Associate Minister

**Tenant Update** by Rev. Karla Lightner, Senior Associate Minister

**FREE Tai Chi Moving for Better Balance Classes** presented by the County of San Diego Aging & Independence Services are held **in Wrigley Hall on Wednesdays and Fridays at 4pm.**

**A Course in Miracles (ACIM) Meets in-person on Sunday mornings at 9am on the third floor of the tower, and Zooms their meetings at the same time.** Hybrid learning is the new way to learn and what a blessing it is that ACIM is willing and eager to expand.

**City Heights Music School (Youth Philharmonic Orchestra and Mariachi Victoria) is on campus and on zoom Monday-Saturday** teaching piano, guitar, violin, singing and drums. **The International Academy for Jazz San Diego is holding classes on Saturdays in St. Luke's Chapel and the second floor.**

**Al-Anon:** Our Spanish-speaking Al-Anon group continues to meet **on the east side of the second floor of the tower on Tuesday and Thursday evenings at 6:30pm.** What a blessing it is to have them with us!

**C.A.F.E. Grupo:** NEW NIGHT: Our Spanish-speaking 12 step family support group is meeting regularly on **Monday and Friday nights from 6:30-9:30pm on the east side of the second floor.**

**Heartland House:** To date, our men's recovery program has not returned to in-person meetings. However, they are still planning to return here as soon as they can. Once approved, they will be meeting **Friday, Saturday and Sunday nights from 6:30-8:30pm, on the east side of the third floor of the tower.**

**Save-a-Life Educators: CPR and First-Aid are taught in-person in Wrigley Hall on the first and third Saturdays of each month.** We are doing our part to help essential workers stay certified. Thank you, God!!!

**Feeding San Diego - Food Distribution is the 4th Tuesday of each month.** Come volunteer along with **Head Start** to help provide nutritious food to our neighborhood community. **The food truck arrives around 12:30pm and food is handed out from 2-3pm.**

## Memorials

**Antoinette (Toni) Silva** - Born May 8th 1928, Transitioned November 17th, 2021. **Toni Silva's** smiling face and contagious laugh brought joy to us all. She is truly missed.

**Flor Sanchez** - Born May 4, 1947 - Transitioned October 26, 2021. **Flor Sanchez** was a special gift to us. She loved deeply and openly and went out of her way to teach us to love ourselves. We are blessed to have known her and to have been loved by her.

# Weekly Events - Everyone Welcome!

## SUNDAY

**A Course in Miracles** at 9am on the 3rd floor of Tower and on \*Zoom

**Church Services** 10am in person and on Facebook Live

**Family Sunday** at 10am 1st Sunday in February

**Fellowship after church** at 11am-1pm in Wrigley Hall

**Youth & Family Ministry** in person at church 10-11am

**Sunday Healing Services**

January 30th & February 27th

at 1pm in person in St. Luke's Chapel and on \*Zoom

**Deepening Your Prayer Experience with Rev. Gretchen**

11:45am-1:15pm at January 9th-February 6th  
3rd floor of Tower

**MONDAY-FRIDAY Morning Prayer & Meditation**  
at 9am on our Facebook page

## MONDAY

## TUESDAY

**Feeding San Diego** 4th Tuesday at 1pm  
in the Large Parking Lot

## WEDNESDAY

**Prayer Ministry Meditation** at 11am  
on the 2nd Wednesday on Facebook Live

## THURSDAY

**Everlasting Serenity Spiritual Recovery Ministry**  
at 7pm on \*Zoom

*\*For Zoom sign on info, contact Rev. Karla  
at 619-218-6135 or revkarlalightner@gmail.com.*

## Scrip / Gift Cards

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, and it is 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 Monica at [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com) or give her a call at (619) 280-2501, ext 102.**

## 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, Billiekai Boughton.

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.**

**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/email>.





# Sunday Lessons



## January / February 2022

Sunday Services at 10am In-Person at the church  
and on our Facebook Page at [www.facebook.com/unitysandiego](http://www.facebook.com/unitysandiego)

### January

- |            |   |
|------------|---|
| January 2  | Celebrating A New You<br>– White Stone Ceremony |
| January 9  | Your Faith has Made you Well                    |
| January 16 | Our Beloved Community                           |
| January 23 | The Victory of the Lord – Rev. Gretchen         |
| January 30 | The Awesome Power of Vision – Rev. Karla        |

### February

- |             |  |
|-------------|--|
| February 6  | The Strength to Change   |
| February 13 | It's Up to All of Us   |
| February 20 | Personalizing an Impersonal God<br>– Linda Burdett – Seminary Intern |
| February 27 | Maintaining Your Spiritual Strength<br>– Rev. Karla                  |



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**Senior Minister**  
**Reverend Edith**  
**Washington-Woods**

**Senior 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 Facebook Meditation 11am**  
**Church Email: [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com)**



**3770 Altadena Avenue, San Diego, CA 92105**  
**Office & Bookstore (619) 280-2501**  
**Prayer Ministry (619) 282-7609**

**Daily Word Line: (619) 281-LOVE (5683)**  
**Church Email: [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com)**  
**Prayers: [PrayerMinistry@UnitySanDiego.org](mailto:PrayerMinistry@UnitySanDiego.org)**

***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).