

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,

When I was a child, I often heard people say, “April showers bring May flowers.” I read online that April was considered the rainiest month of the year. Once the rain would come, growth followed. In May, Mother Earth became warmer, and blossoms would “spring” up. This year, we have had some April showers. 😊

We do not have winter like some areas. One week we might have high temperature in the sixties and the next we would have temperatures in the low nineties. I heard that these swings in temperatures assist in flower blooming.

When I look at this metaphysically, we saw April as the start of new beginnings, even though we couldn't see it with our physical eyes. We knew there was something being transformed from within us. In May, the flowers bloom just as we do. As we travel through this transformation experience, we start to see the glow and the growth shining from the power within us. In May our Spiritual power is Power and we listen to the Power within us to lead and guide our choices.

In June, we continue to bloom and plant new seeds to grow using our imagination, the Spiritual Power for June. We imagine infinite possibilities for growth within each of us as we start the process of coming back together for in-person services while maintaining our online services. May we blossom together as one Spiritual family.

I am blessed by the love we share,

Rev. Edith

Rev. Edith Washington-Woods

From the 12 Powers ...

May • Power

Philip

Root of tongue Color: purple
The ability to master, have dominion
and control.

I have the power to create my world.



June • Imagination

Bartholomew

Between the eyes Color: light blue
The ability to image, picture, conceptualize,
envision, dream.

*I envision good unfolding
in every area of my life.*

GRAND RE-OPENING of In-Person Services!

... beginning **JUNE 6th, 2021**

Ages 14 yrs. - adult may now sign up to attend church in-person on June 6th.

To register go to the following link <https://rsvp.church/r/ZuVxWOa6> or contact Rev. Karla at revkarlalightner@gmail.com or 619-218-6135 no later than 12pm noon (PDT) on Wednesday, June 2nd. We will take reservations until all seats are reserved at the current county guidelines.

Come dressed in your Sunday best as we re-imagine Easter on June 6th at 10am (PDT) with our service entitled: "Celebrate Life."

While it will be wonderful to be in person again, there are some guidelines we must follow. Each person (unless in the same household) must sit 6 feet apart from each other. There will be no hugging or visiting. As much as we would like to, we cannot go up to the front of the sanctuary and speak with the music team or ministers. We must follow the directions of the ushers. Masks must be worn at all times and there is no singing allowed. We may recite the *Prayer for Protection*.

We know as more people become vaccinated that these guidelines will change and more people will be able to attend our services. We will keep you posted with all updates and look forward to seeing you soon.

More information will be posted in our weekly e-News. If you know anyone who might not receive this information, please let Rev. Karla know. We have an intention for everyone to have an opportunity to attend our in-person services until all available seats are reserved.

Letter from Billiekai Boughton, Board President

Hello Beloved Unity Family!



Billiekai Boughton
Board President

I'm so excited that I will get to see you all again soon! I've missed being with you this last year in our spiritual community to worship and learn together, so June is going to feel like a homecoming!

It is thrilling that we're going to be doing an Easter in June celebration. What a joyous way to celebrate our reentry into our community!

Looking back over this year that we've been apart it is striking to see the effect that this isolation has had on family, friends, the earth, and our collective spirit. Many studies have been done on the health effects of loneliness and isolation and we've learned that being alone for this long isn't just hard on our spirit, it is also hard on our health. The coming togetherness of this Summer promises to be good for the body, mind, and spirit. I can't wait, and neither can Dipper! He misses his humans.

Until we meet again I am extending extra love, light, and kindness to each of you. Stay, healthy, strong, and hopeful!

Big love,
Billiekai & Dipper
Unity San Diego Board Member

Prayer MINISTRY

Your Prayer Ministry Blesses You

Let these words become the words of your heart: Spring delights me with longer daylight, green leafed trees and bountiful flowers. My inner spiritual life also blooms with new life as I continue to sit in the silence and partake of the wisdom and love of Spirit from within. I breathe into this ever-renewing life of love and peace. Just as Jesus came into Jerusalem, the metaphysical place of peace, I center myself into my peaceful center. I reflect on the beauty of my life and let troubles and concerns float away. With practice I can remain calm in any storm remembering how Jesus calmed the waters and told his disciples to fear not. I choose to be a channel of love and compassion each day as I use my words and my hands to do the work of Spirit. Thank you, thank you, thank you. Amen

Your Prayer Workers await your calls and letters each week, Monday through Friday from Noon to 5pm (PDT). Thank you for your generous contributions which make our work possible.

We bless you, we love you and we behold the Christ expression in you,
Your Prayer Ministry

Interfaith Shelter Contributions

Thank you to the many persons who have lovingly contributed for the unhoused in the Interfaith Shelter Network program. Every donation is helpful for motel housing and catered food continuing through June 2021. Please see the complete announcement in the other part of this document.

Sacred Service for 2021 Interfaith Shelter Network

The Interfaith Shelter Network (ISN) has elected that for the safety of all we are only going to host in hotels this season of 2021. In 4 county locations, 32 rooms are secured. The cost is \$79/night for a single room and \$89/double. With taxes it does not exceed \$115/night.

It is not known how many households we can serve because it is all dependent upon funding. Interfaith Shelter Network wants to ensure that our guests have the maximum amount of time to stabilize, meaning about 10-12 weeks. It will cost \$805/week/household at maximum cost/room. Caterers can deliver food for \$15 per person per day.

Generous donations are beginning to arrive for funding hotel stays, food, and placement housing costs. It is most helpful that any funding sent be with a note in the memo specifying your Unity Inland Branch for all needs. This allows the flexibility to utilize it where the greatest need is, be that hotel costs, food costs, or housing placement costs. However, if you wish to direct towards a specific avenue it will be honored.

Please make checks payable to Interfaith Shelter Network with Unity Inland Branch in the memo section. Any amount is delightful and very helpful!

Mail to: Interfaith Shelter Network, 3530 Camino del Rio North Suite 301, San Diego, Ca. 9210

Many thanks for your participation through at least the end of June 2021.

For further questions, call Aline at 619-280-2501, ext. 133.

Blessings,
Unity San Diego Organizer,
Aline King

**Daily Meditation on our Facebook page at 9am (PDT)
Prayer Ministry from Noon-5pm (PDT) Monday-Friday 619-282-7609
Prayer Request by e-mail: prayerministry@unitysandiego.org
Daily Silent Unity hours from 3am-11pm (PDT) 816-969-2000**

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 Y.O.U./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 **Y.O.U. regional reps** host a **Zoom call on Sunday mornings from 10am-11am (PDT) for the Y.O.U./UniTeens (ages 12-18) throughout the region.** They plan and participate in lessons based on Unity practices and principles. There is also a game night once/week for **UniTeens/Y.O.U.** that has been a great hit.

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

In **May** we'll honor the **Mother** figures in our lives by sending a letter, card, small gifts or a drawing done by our young people. There will also be **Official Y.O.U. rally** held on Zoom again this year. Our **Y.O.U.ers** eagerly look forward to rally every year.

June brings us **Father's Day.** We'll honor those men in our lives that have made a significant impact. Also happening is **UniTeen camp** and **UniKids camp.** More than likely it will once again be online. Despite this, the young people had a great time last year and are looking forward to joining their friends, old and new, once again.

While there is the likelihood that some of the adults will be meeting in person, our young people will remain online for the foreseeable future.

As part of a **service component**, we supplied clothing, school supplies, games, books and toys to families that are part of the **El Nido project.** Teaching our young people about compassion, empathy and love is in alignment with our Unity principles.

We'll continue sending 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

Happenings

Spiritual Recovery Group - Everlasting Serenity

Unity San Diego's **Spiritual Recovery Group "Everlasting Serenity"**. Please join us on **Zoom, Thursdays at 7pm (PDT) May 6th through July 1st** as we study the book "**E-Squared**" by Pam Grout. This book puts positive manifestation into action as we complete nine Do-It-Yourself experiments that **PROVE** that your thoughts create your reality.

While this group 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 attend these classes. **For more information please contact Rev. Karla Lightner at 619-501-6551 or revkarlalightner@gmail.com.**

Healing Services

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.

Our Healing Services is on Sunday, May 23rd, Sunday, June 20th and the following months on the fourth Sunday of the month at 1pm (PDT) on Zoom. For more information including Zoom log in code contact Rev. Karla at 619-501-6551 or revkarlalightner@gmail.com.

Let's Talk About It

Over the course of several months, Unity communities have created ways for people to sit together and hold meaningful conversations on race and implicit bias. Beginning in August 2020, Unity San Diego began facilitated dialogues to explore racism and implicit bias. We realize some may wonder why they should be involved, "I'm not racist" is the thought. But, what we have discovered in the group is; all of us have some type of bias and we've all made the commitment to collectively and personally make a difference. In our group, we watch videos, and sometimes read articles pertinent to the topic that evening, then discuss ways of creating more harmony in our churches, our homes, and our community. We come together to learn and discover ways to live with more compassion and empathy within our Unity family and the world.

This group is open to anyone who wants to explore making a difference by digging deeper. We invite you to ask yourself this question, "What is mine to do?"

Join us for this on-going group meeting on the **1st & 3rd Thursdays at 6:30pm (PDT) on Zoom. For Zoom sign on information contact Rev. Edith at revedith@unitysandiego.org or the church office at 619-280-2501, ext 102.**

Meditative Experience - Raising Our Vibration

This meditation began as a seven-week journey to complete 2020 so we could embrace 2021. It was well received, so the group agreed to meet twice a month. It is presently held on the **1st and 3rd Wednesday of the month from 6pm-6:45pm (PDT)**. It is a guided meditation without music. Once we start, everyone is muted in case others join after we have started. At the end, participants are given the opportunity to share with the group what they experience. Everyone is invited to attend. **For Zoom sign on information email Rev. Edith at revedith@unitysandiego.org or Monica at unitysandiego@gmail.com.**

Our Daily Prayer & Meditation on Facebook

Please join us each morning at 9am (PDT) on Facebook Live for 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** anytime and watch the archived morning prayer and meditation.

Featured Member by Rev. Karla Lightner, Associate Minister Diana Proud-Madruga



Diana Proud-Madruga is a talented and valued member of Unity San Diego. She has been a vital part of our church family for the past twenty-three years when she started attending with her son, Andrew, who was just three years old at the time.

She was a member of the Board of Directors for five years. She sings with the Music Team and plays percussion instruments every Sunday and has been a member of the choir for many years. She has led church workshops and has worked professionally as a public school teacher. She currently works supporting our veteran community, working with VHA in healthcare security and privacy.

For fun Diana likes to ride her horse, read Sci-Fi and play Dungeons & Dragons on the web.

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

Join Our Virtual Choir



You are invited to come to our Virtual Choir practices on Zoom with participants both local and worldwide. Our music director, Ron Cuncell, chooses beautiful songs for us to sing on the average of once a month. Although our In-Person services are resuming starting June 6th, the choir will not be singing live until some time in the future, and meanwhile will continue with the Virtual Choir.

Join us at our Virtual Choir practices on Zoom and watch the final performances on our **Sunday Facebook Live services**. If you would like to see previous times our Virtual Choir has performed, our services are archived on our Facebook page.

If you are interested in joining us, contact our music director, Ron Cuncell at ron@unitysandiego.org for more information.

Our Daily Gift to You by Kathy Davis

Many of you receive our daily **ePrayer** (and if you don't and would like to, please see the directions at the bottom of this article).

This daily **ePrayer** began weekly on Thursdays between Rev. Blair and myself in 2005. Initiated on his part to support me as a newly elected Board Treasurer (who felt very unqualified for the role), we supported one another and our church in prayer by phone, on Thursday mornings. When he was away on vacation or at a conference, I would send a Thursday **ePrayer** to my fellow board members. After sending a few of them, the board chose to expand this support of our church by **ePrayer** amongst us, with three members committing to cover other weekdays. Before long, we decided to make our prayers available to anyone in our church family wishing to be added to our email list. Gradually, Rev. Blair and others came aboard to cover the weekend days, and we gratefully continue to provide an **ePrayer** seven days a week!

Everyone who initially began covering a weekday has faithfully continued for 16 years, with Julie and Linda stepping in these last few years for the weekend days. Gerry Kowalski (our Monday **ePrayer** author) **also** continues (as he has for years) as our point person to receive our daily **ePrayers** and upload them for distribution. PLUS, he goes over and above when one of us spaces out or can't get a prayer to him, pulling from our archived prayers to input one and ensure an available prayer.

Our **ePrayer** authors are: Monday - Gerry Kowalski; Tuesday & Friday - Nancy Sogliuzzo; Wednesday - Cathie Robertson; Thursday - Kathy Davis; Saturday - Linda Jalving, and Sunday - Julie Linville.

Loving gratitude goes out to each of these prayerful servants for their commitment to make a difference in their unique way of prayer with and for us all, and for the prayer support of Rev. Blair that was the impetus for it all.

Loving thanks go out to Rev. Edith for her continued encouragement of our **ePrayers**, and for expansion of daily prayer support for our church family with **9am (PDT) Facebook Live Daily Meditations** by her, Rev. Karla and other prayerful volunteers. **Go to our church website to receive the gift of these daily Meditations.**

Open to avail yourself of the love and gifts from our church family!

To receive the daily ePrayer in your email, send an email to: emailprayer-request@unitysandiego.org and type the word "Subscribe" in the subject line.



TENANT UPDATE by Rev. Karla Lightner, Associate Minister

We are beginning to open up and church is starting to buzz with activity again! We are so fortunate to have so many groups that love meeting at our Spiritual Center.

City Heights Music School rents a classroom on the west side of the third floor and the west side of the second floor of the tower. As schools are now allowed to open, they are beginning to add in-person classes to their zoom classes. I can't wait to hear guitars, violins, keyboards and Mariachis as we live our Mission Statement "Empowering personal growth through ...inspirational music and community service"!

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

C.A.F.E. Grupo - Our Spanish-speaking 12 step family support group has returned. They meet on **Friday and Saturday nights from 6:30-8:30pm (PDT) on the east side of the second floor**. We are so happy to have them back!

Heartland House - Our men's recovery program can't wait to be able to hold meetings here at Unity San Diego again. They meet on **Friday, Saturday and Sunday nights from 6:30-8:30pm (PDT)**, and can't wait to return to holding their meetings 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 from 8am-3pm (PDT)**. We are doing our part to help essential workers stay certified. Thank you, God!!! We are so fortunate to have so many groups that love meeting at our Spiritual Center.

Do You Ever Call Our Daily Word?

Kathy Davis is wondering how many people call in to hear the **Daily Word** and how often they do so.

Kathy has been recording the English version and E'Luna the Spanish version of the **Daily Word** for several months. Last year, the Cox Cable feature that allows us to record through our phone system went down for more than five weeks. Kathy worked diligently with Cox to fix the problem. While the system was down, only one person called to report that the **Daily Word** line was not updated.

We have no way to track the number of calls that come into this line and are wondering if it is being utilized enough to continue offering it. Kathy and E'Luna strive to get the recordings done by **6am (PDT)** each day even when traveling or on holidays and may no longer need to make such an effort.

Please email Kathy at sacredserviceUSD@gmail.com and let us know if we are meeting a need by continuing to offer the Daily Word Line.

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 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**. 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>**.

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**.

Come Worship with Us

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



Sunday Lessons



May / June 2021

Sunday Services at 10am (PDT) on our Facebook Page
www.facebook.com/unitysandiego

Annual Theme - How to Stay Centered, No Matter What

May

- May 2nd "The Power of our Thoughts"
- May 9th "The Gift of Nurturing Love"
- Mother's Day
- May 16th "The Amazing Power of Forgiveness"
Rev. Karla Lightner
- May 23rd "The Power of Prayer"
- May 30th "Centered in Peace"

June

- June 6th "Celebrate Life" - A reimagined Easter
- June 13th "Home is Where the Heart Is"
- June 20th "Imagine Being Lifted Higher"
Father's Day - Revs Edith & Karla
- June 27th "Joy Is A Natural State"

Unity San Diego - a Spiritual Community



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

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www.UnitySanDiego.org

Weekly Events Everyone Welcome!

SUNDAYS

Weekly Facebook Live Service at 10am (PDT)
In-Person Service at 10am (PDT) starts June 6th
Zoom Fellowship online at 11am (PDT)
YOU and UniTeens Zoom 10am-11am (PDT)
Unitots and UniKids Zoom 11:30am-12:30am (PDT)
Sunday Healing Service - May 23rd & June 20th
at 1pm (PDT) on Zoom

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

“Let’s Talk About It” 1st & 3rd Thursdays
at 6:30pm (PDT) on Zoom
Spiritual Recovery Group “Everlasting Serenity”
at 7pm (PDT) on Zoom

For Zoom sign on info, contact our office assistant at 619-280-2501 or unitysandiego@gmail.com.

Senior Minister
Reverend Edith
Washington-Woods

Associate Minister
Reverend Karla Lightner



3770 Altadena Avenue
San Diego, CA 92105

Sunday Service 10am (PDT)
Church Offices: (619) 280-2501
Prayer Ministry: (619) 282-7609
Daily Word Line (619) 281-LOVE (5683)
PrayerMinistry@UnitySanDiego.org
2nd Wednesday Meditation 11am (PDT)
Church Email: ccu@UnitySanDiego.org