

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,



I love the rain. As a child I used to love walking and skipping in the rain. My entire body would be filled with joy and happiness! I did not have a care in the world. Today, when it rains, I hibernate. I do not want to go outside. I have asthma. Getting wet and cold could trigger a response from my body. So, I have discovered the necessity for listening to my body. Listening is an amazing tool for us to have in our Spiritual Toolbox. At times, to listen well, it requires us to be still. When we are still, we create a space where the indwelling Presence within us can speak. The key is willingness. Are we willing to listen to the voice within? When we develop our listening capacity, wisdom and loving kindness are the results we gain. For these two months, our Spiritual Powers are **Wisdom** in March and **Love** in April. As we walk or skip the forty days toward Lent, may we take on this acronym (Let's Eliminate Negative Thinking) to release whatever needs to be released. May we develop positive affirmative ways to listen to our body and to

everything in the world around us. After, as we approach Easter, may we awaken to the Presence of Divine Love, compassion and empathy within us and know it radiates out from that space.

You are a blessing in my life,

Rev. Edith

Senior Minister
Reverend Edith
Washington-Woods

Associate Minister
Reverend Karla Lightner



3770 Altadena Avenue
San Diego, CA 92105

Sunday Service 10am (PST)

Church Offices: (619) 280-2501

Prayer Ministry: (619) 282-7609

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

PrayerMinistry@UnitySanDiego.org

2nd Wednesday Meditation 11am (PST)

Church Email: ccu@UnitySanDiego.org

Letter from Carla Manson, Board Member

My Beloved Unity San Diego Community,

It has been almost a year since life as we knew it came to a halt and many of us have seen each other. Together we began 2020 with hope, dreams, and enthusiasm, in anticipation of what the New Year held for each and every one of us. Some marveled in the belief of a new decade with the promise that 2020 represented a perfect vision. Here at Unity San Diego, like most of you, I was filled with excitement for our new ministers, our Board of directors, most of who brought us through an almost seamless transition the previous year; and renewed energy for us to continue building our spiritual community. After the social distancing order led to the abrupt closing of our doors, Spirit guided our ministers and church leadership into quick action; in keeping our congregation together, keeping us uplifted and connected to Source; virtually delivering our weekly church service, including the music team; on-line fellowship time, classes, daily meditation, a marvelous global choir, and so much more. I remained in awe of how quickly it all came together.

Surviving the pandemic and thriving, I relied on Unity teachings and principles, knowing we are protected by spirit through this process each step of the way. I turned to my personal spiritual principle of optimism, believing through prayer and with gratitude, I am being guided. I created my own personal affirmation, **“Find bless in the mess.”** Perhaps there is a deeper spiritual meaning to this global crisis. To pause, take time to reconnect while distancing; refocus our intentions and purpose, and experience a deeper awareness of the Divine. And so began a gratitude practice of an otherwise seemingly impossible situation, affirming, “I can do all things through Christ who strengthens me.” I began taking note of what I now call the gifts of COVID. I believe Truth, faith and trust in the power of God, will see us through the darkest of times and this pandemic is no exception. In hindsight of 2020, we had the right ministers, the right leadership, a cohesive congregation, and a village, guided and directed by Spirit. I remain optimistic, knowing we’re in this together, and together we will soon walk onto the campus of Unity San Diego, joyful, with profound gratitude, and with more blessings than ever before.

Love & Gratitude,
Carla L. Manson,
Unity San Diego Board Member

Prayer MINISTRY

Spirit Speaks to Us in Many Guises

If we are paying attention, we will hear or see Spirit at work in our lives in so many ways. One way is in meditation when we still our inner chatter to be silent and listen. We create a gap in our busy day to breathe and let our thoughts dissipate just as clouds disappear on a bright sunny day. We can create this momentary gap at any time for a few seconds or a few minutes. Make space throughout your busyness for a gap. If you have traveled in London, upon boarding an underground train you will see “Mind the Gap” printed on the platform because there is a gap before you can step onto the train. At first this sounds funny, but take it as proof that Spirit wants you to pay attention. So “Mind the Gap” in a figurative way in your daily life and see what happens.

Let the Prayer Ministry know of your success. We love to pray with you and look forward to your calls, letters and contributions to support our work. March 10th and April 14th are the Wednesday Prayer Meditations at 11am on Unity San Diego’s Facebook page. Please join us for a time of music, prayer and meditation. Please tell your friends about our Ministry with our open phone lines from noon to 5pm, Monday through Friday.

We bless you in this season of letting go during Lent and rejoicing together at Easter. We see you whole and free.
Blessings, Your Prayer Ministry, Aline

Daily Meditation on Facebook at 9am (PST)
Prayer Ministry hours Noon-5pm (PST), Monday-Friday

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 YOU/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 YOU regional reps host a Zoom call on Sunday mornings from 10am-11am for the YOU/UniTeens (ages 12-18) throughout the region. PLEASE NOTE THE TIME CHANGE. They plan and participate in lessons based on Unity practices and principles. The regional YOU reps have added a game night for UniTeens/YOU that has been a great hit. Look for information on the day and times in the weekly eblast or emails from me.

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

We continue to grow and expand. Young people who are new to our ministry now join us on both Zoom calls. We are so glad they have chosen to join us on Sunday mornings.

In March we'll send letters, small gifts and school supplies to the families that would normally be housed in Wrigley Hall during that time. Teaching our young people about compassion, empathy and love is in alignment with our Unity principles. It's also Women's Herstory Month so there will be lessons around women in the Unity movement and sheroes from our daily lives. We'll continue our discussions about Lent. We will share some simple lesson ideas that families can do together. Be on the lookout for packets that we have been sending to your homes and lesson plans on the web.

April brings us Easter. While we will not be meeting in person, our young people still find ways to connect with each other. We'll have an Easter scavenger hunt right in your home. Look for clues for that in your email. Dress up in your Easter finery and we'll see YFM online. Maybe we'll even have an interactive service that YFM participates in this month.

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

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 for 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

Sacred Service Update on the El Nido Apartment



A sweet family of five moved into the El Nido apartment on January 4th, 2021. They are very pleased with all your gifts of love.

Special thanks to Barbara who gifted the girls with mermaid bedspreads, the boy with an octopus and bottle message bedspread and also a booster seat. A new high chair was purchased as well. Aline purchased some lighthouse kitchen curtains. Melva and Viola contributed diapers. Thanks to Kathy for an abundance of perishable meat and food a few days before they moved in and to Lynn who brought all the makings for cookies! The food pantry was already filled with donations from Mike and many others. Thanks to Akosua and Rev. Edith for age-specific gifts for each child.

We bless this family and see them prospered, healed and joyful in their new home. Thank you again to ALL who made this possible!!! This family will move after a year taking most of the furnishings with them. We will start a new collection period probably in November 2021.

Welcome our 2021 Board Members



BillieKai Boughton
President



Claudette Clark
Vice President



Michael Shefcik
Treasurer



PJ Bovee
Secretary

We are so blessed to have such a competent, diverse and loving group of souls eager to serve our church family here at Unity San Diego.

If you are an active member of the church and would like to receive a copy of the Board meeting minutes each month, please send your full name and email address to Monica, the church office assistant, at unitysandiego@gmail.com. We will add you to a Google Docs where the Board minutes and any important information from the board will be posted.



Carla Manson
Director



Amy Lint
Director



Matthew Lightner
Alternate



Flor Sanchez
Alternate

Uplifting Update Monica Davis

by Rev. Karla Lightner, Associate Minister



Have you ever wondered who the face is behind the email address that Rev. Edith and I are always giving out on Sunday mornings? The owner of the lovely voice, so eager to help on the other end of the phone when you call?



If you need a link
for a class on zoom . . .
Who you gonna call?
Monica Davis!

If you have a question
and need an answer soon.
Who you gonna call?
Monica Davis!



Monica has been working as the Office Assistant here at Unity San Diego for a little over a year. She is detail-oriented, efficient and brings love, joy and fun in everything she does. She has a strong dedication to our church and is a pleasure to work with.

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



Neighborhood Icon Passes

Our beloved Farmer Bill Tall of City Farmers Nursery on Euclid Ave. made his transition on Tuesday, January 26th, 2021 at the age of 64. On the Jewish calendar this is the birthday of the trees and so a special day for Bill to make his way home. When God led Adam around the Garden of Eden, God said, 'Look at My works. See how beautiful they are, how excellent! For your sake I created them all. See to it that you do not spoil or destroy My world - for if you do, there will be no one to repair it after you.' (Ecclesiastes Rabbah 7:13)

We shall take on taking care of the earth in Bill's memory. Bill loved people and was always willing to help them find and take care of so many trees and plants. We send blessings to him and to all his family and friends. He is missed.

From the 12 Powers ...

March - Wisdom
James, son of Zebedee
Pit of stomach - Color: yellow
The ability to evaluate, discern,
apply what you know.
*I am guided by divine wisdom
in every thought, word and action.*



April • Love
John
Back of heart - Color: Pink
The ability to attract, unify and desire.
I am a radiating center of love.

Happenings

Book Study with Rev. Edith

You are invited to join Rev. Edith as we continue a weekly study on the book **"More Together than Alone"** by New York Times best selling author Mark Nepo. Books are available on **Amazon**. We meet on **Monday evenings from 6:30-8pm (PST)**. The Zoom link is posted in the weekly eNews. **If you have questions, need zoom link or call in number contact Rev Edith at RevEdith@unitysandiego.org.**

Myrtle Fillmore's Healing Letters Workshop on Zoom

Akosua Washington-Woods will be teaching a five-week class on Myrtle Fillmore's Healing letters meeting on five consecutive Monday's March 1st-29th, 2021 from 11 am-1 pm (PST).

The topics will range from prayer, prosperity, meditation, personal healing and health and inner reflection. You'll be expected to keep a personal diary of your reflections throughout this five-week journey. This group classroom will create a safe space for each student to share and reflect their personal experiences. You have made a conscious decision to courageously make changes and create hope for tomorrow. This will be an interactive and reflective experience including lecture, class discussion, video, music, handouts, journaling and small group activities to offer new insight while moving you to your higher potential and ultimately towards spiritual growth and healing.

The required book, **Healing Letters** by Myrtle Fillmore, is available on Amazon. Please contact Akosua at **akosua.yfm.sandiego@gmail.com** or Monica at **(619) 280-2501 x102** or **unitysandiego@gmail.com** to register and for the **Zoom** link and answer any questions you may have.

I am looking forward to sharing this adventure together!

Akosua

Spiritual Recovery Group-Everlasting Serenity

Please join us at 7pm (PST) as we continue our weekly study of **"The Four Agreements"** by Don Miguel Ruiz. In the month of March, we will work on the Third Agreement, **"Don't Make Assumptions."** In April we will move on to Agreement Number four, **"Always Do Your Best."** We study each agreement for four weeks so that we can move deeply into these life-changing agreements.

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. **Please contact Rev. Karla Lightner for more information 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. Rev. Karla is inviting you to a our **Healing Services on Sunday, March 28th, Sunday, April 25th and every month on the fourth Sunday at 1pm (PST) on Zoom.** For more information including Zoom log in code contact Rev. Karla at **619-501-6551** or **revkarlalightner@gmail.com.**

Easter Holidays

Palm Sunday, Good Friday and Easter are some of the most sacred services of our year. You are invited to celebrate the season with us and to join Reverend Edith, Reverend Karla and our Music Team for services for our **Facebook Live** services at **https://www.facebook.com/unitysandiego**. Please join us on **March 28th, Palm Sunday morning**, for our sermon entitled, **"Dropping Our Mask."** Our special **Good Friday Service** entitled **"Into the Darkness will be held on at 7pm Friday, April 2nd.** Special Music will be the highlight of our **Easter Service** entitled **"Begin With an Open Heart"** on Sunday morning, **April 4th.**

Weekly Events Everyone Welcome!

SUNDAYS

Weekly Facebook Live Service at 10am (PST)
Zoom Fellowship online at 11am (PST)
YOU and UniTeens Zoom 10am-11am (PST)
Unitots and UniKids Zoom 11:30am-12:30am (PST)
Healing Service - March 28th & April 24th
at 1pm (PST) on Zoom

MONDAYS

Book study with Rev. Edith. Monday evenings
6:30-8pm (PST) on Zoom
Myrtle Fillmore's Healing Letters Workshop with
Akosua. 11am-1pm (PST), March 1st-29th on Zoom

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

"Let's Talk About It" 1st & 3rd Thursdays
at 6:30pm (PST) on Zoom
Spiritual Recovery Group "Everlasting
Serenity" at 7pm (PST) on Zoom

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

SCRIP

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: **93EE352D959** 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, Cathie Robertson**.

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/enews>.**

Please Note:

This information is only current at the time of printing. 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



March / April 2021

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

Annual Theme - How to Stay Centered, No Matter What

March

- March 7th "Lead with Compassion"
- March 14th The Wisdom to Blossom"
- March 21st "Living Above the Line" -
Rev. Karla Lightner
- March 28th Palm Sunday - "Dropping our Mask"

April

- April 2nd Good Friday - "Into the Darkness"
- April 4th Easter Sunday -
"Begin With An Open Heart"
- April 11th "Into the YoUniverse"
- April 18th "Love Needs Love"
- April 25th "Don't Believe Everything You See"
Rev. Karla Lightner

Unity San Diego - a Spiritual Community



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