

Faith for Today

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

From the **BOARD PRESIDENT'S HEART**

Dear Unity Spiritual Community,

I have been thinking about what word might be the one I resonate with in the several months that brings us the holiday season, and the word that immediately came to mind is "Gratitude!" We all have a lot to be grateful for. We are blessed to have had Reverend Blair here for many years, and we are blessed to be in the transition process with Reverend Denese Schellink leading us and showing us the way. We are blessed to have a wonderful staff who work hard on our behalf both in seen and unseen ways: David Rounsley, Aline King, Karla Lightner, Ron Councill, Cynthia Giammarinaro, Dee Laster, Carol Knudsen, Charlyn Earp, Barbara Mulvaney and Tobi Pavlas. It is my pleasure to have such a wonderful board support from: Diana Proud-Madruga, Flor Sanchez, Rashna Kowalski, Reverend Judy Winkler, Marty Ellingwood, Traci Pavlas and Belinda Pena. All these people are responsible for helping us keep focused and activated as we move through our transition process.

As we go through our transition during November and December I am grateful for Karla Lightner, Reverend Gretchen Peña, and Ken Fendrick who have stepped up and are preparing for our traditional Thanksgiving and Christmas events and services. We are very blessed to have Ron Councill, our music team and choir present their annual **Christmas Concert on Sunday, December 2nd** - It's one of my favorite Christmas traditions! And what I am so very grateful for is to have all of you like minded people on this journey with me as we travel to a new level of consciousness in a new year!

Please join us for the Community Forum on December 9th at 11:15am in Wrigley Hall.

In love and gratitude to you all!

Cathie Robertson
Board President

LETTER FROM A BOARD MEMBER, TRACI PAVLAS

Hello to my Unity family! With the change of seasons, we also see ourselves at a time of transition. What beautiful things we can create together when we imagine the future possibilities! I am so grateful for our connectedness and for our congregational spiritual leadership in this time of new beginnings.

The heart within our community beats strongly. Beacons of light often find themselves in dark spaces, but being love in action, each of us can and do shine brightly so that others can also begin their journey back to Love. We are the future of our community and we welcome and embrace all of the beautiful manifestations of our conscious actions and heartfelt prayers. I wish all of you a joyous and perfect holiday season.

Namaste,
Traci Pavlas
Board Member

Youth MINISTRY

Youth Ministry Sunday Classes 10am

Hello Everyone! This year we will celebrate "Unity San Diego Turkey Day." The youth along with the "Brunch Sunday" team and board members will help serve a traditional **Thanksgiving dinner** for the congregation on **November 18th** after service. Turkey and stuffing will be provided. **There is now a sign up list in Wrigley Hall** so you sign up to share a side dish with our Unity Family on this glorious day of gratitude and fellowship. While this is a free event, love offerings are always graciously accepted.

Our Christmas presentation this year is called "**A Christmas Tradition**" and was written by our own YOU'er, Matiyana Ferguson. It will be held in Wrigley Hall after the service on **Sunday, December 16th**. The presentation is free for your enjoyment. If you wish to dine while being entertained, a spaghetti luncheon will be served for \$5. Proceeds will go to Kid's Camp, Uniteen Camp and Y.O.U. activities throughout 2019. Please note this luncheon will replace Brunch Sunday.

Christmas is a wonderful family holiday. For **Sunday Christmas service on December 23rd** there will be childcare for only infants and toddlers, as has been the tradition. Older children and teens will attend with their families in the sanctuary.

We will have our "**Giving Tree**" again this year. The tree, which will be set up in **Wrigley Hall**, will have paper decorations with the Christmas wishes of children within our congregation. Last year, we were able to provide a present for each of the children and teens in our Youth Department. It is such a blessed feeling to know that we are all special in the eyes of our Unity Family. Please take an ornament and help our Unity children have an unforgettable Christmas in 2018. In addition to accepting gifts, our children and teens will be making gifts to give to the adults in our congregation.

As always, if you feel you have gifts, talents or anything interesting you would like to share, even just once with our youth, **please contact Barb Mulvany at (480)282-7731, or at bfmsdyouth@gmail.com.**

Love & Blessings!
Barb Mulvany

Youth & Family Ministry Calendar

Y.O.U. Fall Rally - November 10th-12th at Lion's Camp Wrightwood, CA. Teens in grades 9-12 from California, Nevada and Arizona will gather together to learn deeper Unity teachings.

Unity San Diego Turkey Day - Sunday, November 18th in Wrigley Hall. A traditional **Thanksgiving dinner** will be held after the service. **A sign up sheet for side dishes will be available in Wrigley Hall beginning October 21st.** Please share some of your family's traditions as we celebrate Thanksgiving together as one Unity Family.

"A Christmas Tradition," Unity San Diego's Youth Christmas **Presentation** and Luncheon immediately following the service on **Sunday, December 16th** in Wrigley Hall. Enjoy a spaghetti lunch while supporting our youth! We are always grateful for your support!

Gift-Wrapping - Sundays, December 9th, 16th, 23rd in Wrigley Hall. Bring in your un-wrapped Christmas presents and let our Combined Teen Ministry group wrap them for you. We will be wrapping gifts after services three Sundays before Christmas. A Love offering is graciously accepted.

Prayer MINISTRY

Myrtle Fillmore and Gratitude

May you be blessed this season with these words from our cofounder, Myrtle Fillmore. . . . *From Your Prayer Ministry*

She called gratitude and thanksgiving "qualities of the soul." The practice of thanksgiving, she said, should be observed in the home every day of the year, not just on the national holiday.

"Heaven and Earth listen and respond to the soul that is quickened into praise and thanksgiving," she said. "Praise is gratitude in action."

The quote comes from "**How to Let God Help You,**" a book by Myrtle Fillmore published posthumously in 1956. (She transitioned 25 years earlier.) In the preface, Warren Meyer said he pulled from Myrtle's letters, Unity columns, and her lectures to create the collection of Myrtle's teachings. One chapter is titled "Thanksgiving."

"The day of national thanksgiving is a day originally instituted in recognition of God as the Source of the nation's supply and prosperity, a day set apart as a special tribute of praise and gratitude to the great Giver of all good," Myrtle said.

"Giving thanks," she said, "has increased meager supply into superabundance before, and thus it can again. Elisha did it, Jesus did it, and the same power is latent in you. Why not bring it forth?"

Get in the habit of "truly thinking" about where the food came from every time you sit down to eat, she wrote. "... and then thinking back of that to Spirit, the great life that makes our vegetables and our fruits grow, there would come into our minds great praise when we ate."

Myrtle also spoke about the importance of being grateful in a chapter titled "Prosperity in the Home." "Give thanks," she said, "for every blessing that you gain. Thanksgiving for good may be likened to the rain that falls upon the ready soil, refreshing vegetation and increasing the productiveness of the soil."

From The Treasures of the Archives from Unity.

Sacred Service

Unity San Diego Christmas Concert
Ushers Needed December 2nd, at 5pm Please contact Charlyn Earp at 619-850-6856 or email her at charearp@sbcglobal.net.

Western Service Workers (WSWA) Turkey Money Drive in November

Please help many families have a fine Thanksgiving by donating money to our annual Turkey Drive. Any amount helps. Last year we provided over 50 turkeys! WSWA is an all-volunteer organization helping many low-income families. This year the Spirit Group from Sharla and Mike Barry's home is organizing the drive. For more information, **please call Aline King at 619-280-2501, ext. 133 or Mike Barry at 619-339-2496.** Many thanks for your continued care and support.

Ongoing Groups
Everyone Welcome!
(619) 280-2501

Please Note:
This information is only current
at the time of printing.

All Classes & Events are subject to
change without notice. For accurate
& up-to-date postings, please visit:
www.unitysandiego.org

SUNDAYS

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

A Course in Miracles
9am, in the Tower,
on the 4th Floor

MONDAYS

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

TUESDAYS

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

Discovering Your Spiritual
Power/ Daniel Plan
1st & 3rd Tuesdays,
7pm in Wrigley Hall

WEDNESDAYS

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

THURSDAYS

Choir Practice
7pm in St. Luke's Chapel
(resuming August 30th)

Yoga with Tamara
7pm in the Sanctuary Narthex

Prayer Ministry Hours
Noon to 9pm, Monday to Friday

Come Worship with Us - Everyone's Welcome!

SUNDAY CELEBRATION SERVICES

10am in the Sanctuary

Youth & Family Ministry

Youth Ministry Classes 10am

Unity San Diego Calendar

NOVEMBER 2018

Turkey Money Drive throughout
November Western Service Workers

Pet Blessing - Saturday, November 3rd
at 10am in front of the Rose Arbor on
the grass outside Wrigley Hall.

Entrepreneur Mart - Sunday,
November 4th, 9:30am-1pm in Wrigley
Hall & Patio

Gals Night Out Baby Shower -
Monday, November 5th, at 6:30pm in
Wrigley Hall.

Living Room Conversations, "Gun
Responsibility" Sunday, November
11th at 12:15am in Wrigley Hall

1st Meeting - New Member Orientation -
Sunday, November 18th, 11:15am in
St. Luke's Chapel

Harold Payne - Special Guest Speaker
& Concert - Sunday, November 18th
at Sunday service and Concert at
11:45am in the Sanctuary.

"Turkey Day" - Free Thanksgiving
Dinner for the congregation, Sunday,
November 18th after service. (instead
of Brunch Sunday food)

Thanksgiving Eve Service - Wednesday,
November 21st in the sanctuary.

2nd Meeting - New Member Orientation
Sunday, November 25th in St. Luke's
Chapel

Healing Service - Sunday, November 25th,
11:45am in St. Luke's Chapel

DECEMBER 2018

New Member Spiritual Baptism
at December 2nd Service, 10am in
the Sanctuary

Arts & Crafts Large Holiday Sale -
Sunday, December 2nd, from
10am-1pm in Wrigley Hall.

Christmas Concert by Unity San Diego
Choir, Music Team and Orchestra -
December 2nd at 5pm followed by a
reception in Wrigley Hall

Community Forum - Sunday, December
9th, at 11:15am Wrigley Hall

Gift-Wrapping by the Combined Teen
Ministry Group - Sundays, December
9th, 16th, 23rd in Wrigley Hall.

Gals Night Out Christmas Party at
Cathie Robertson's home - Tuesday,
December 11th at 6:30pm .

Youth presentation "A Christmas
Tradition" - Sunday, December 16th in
Wrigley Hall. A Spaghetti dinner will
replace Brunch Sunday food

Arts & Crafts Mini Holiday Table
Decoration Sale - Sunday, December
16th from 10am-12pm in Wrigley Hall

Candlelighting Services - December 19th
& 24th at 7pm in the Sanctuary

Healing Service - Sunday, December 30th,
11:45am in St. Luke's Chapel

Burning Bowl Service - Monday,
December 31st at 7pm in the sanctuary

WISH LIST

Remember, if you feel you cannot give the total amount for any of these things,
partial gifts will be accumulated until enough is received.

Upper Parking Lot Repair: \$17,646 - \$3,392.74 = \$14,253.26

Projector & Screen Installation in the Sanctuary: \$9,200 - \$3,253.60 = \$5,946.40



SUNDAY LESSONS

November 2018

- Nov 4** "Life's Changing Seasons"
- Karla Lightner
- Nov 11** TBA - Reverend Denese Schellink
- Nov 18** "Love Wins"
- Special Guest, Harold Payne
- Nov 25** "Flowing With Gratitude"
- Karla Lightner

December 2018

- Dec 2** "FAITH" - Karla Lightner
- Dec 9** "PEACE" - Reverend Denese Schellink
- Dec 16** "LOVE" - Reverend Gretchen Peña
- Dec 23** "JOY" - Karla Lightner
- Dec 30** "Freedom From Bondage"
- Reverend Gretchen Peña

Other Holiday services are at 7pm on:

**Nov 21 - Thanksgiving Eve; Dec 19 and
Dec 24, - Candlelighting; and Dec 31 - Burning Bowl.**

Healing Services - Sunday, November 25th, & December 30th at 11:45am in St. Luke's Chapel, first floor of the Prayer Tower. The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit. Come join Karla Lightner, C.S.E., as we go within to access the healing power that already exists in each and every one of us. Music, meditation, prayer and affirmations. Love offering

Semi Annual Community Forum - December 9th, at 11:15am in Wrigley Hall.

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

If you plan to include our church in your estate, or on a deed of trust, insurance or any other vehicle, please use the full legal name and address of our church: **Christ Church Unity, San Diego, 3770 Altadena Avenue, San Diego, California 92105.**

NAME TAG - If you do not have a name tag from our church, please sign up or call to have your name put on the list. It is easier for everyone if we all have our name tags and wear them.

Ministerial Search Team - The board has selected the search team for our new minister. They will have thorough training with Reverend Denese on their job duties and how to go about selecting a minister based on the needs expressed by members of the congregation who went through the Honoring our Past Creating our Future (HOPCOF) training in October and perhaps a survey. The team consists of Aline King, Eluna Padilla, Gerry Kowalski, Cynthia Giammarinaro, Tony Hurst and Kathy Davis. We will keep you posted as this process unfolds.

New Employees - We welcome **Charlyn Earp** who has been helping with Scrip, but now will be our **Sacred Service (Volunteer) Coordinator**. She brings a lot to us including people skills honed by many years of teaching History and English to middle school students. We also welcome **Tobi Pavlas** who has stepped in as **Bookstore Manager**. She brings great organizational skills gathered in many years of working in business and educational administration.

NEW MEMBER ORIENTATION

- 1 We will be having a new member orientation sign-up and brief meeting after service on **Sunday, November 18th.**
- 2 The following **Sunday, November 25th** orientation will include a tour of the church and information on Unity's history, teachings, our church vision, meditation and the four commitments of membership. Those are: Commitment to your own spiritual growth, regular attendance, daily prayer, proportional giving and spiritual service.
- 3 The spiritual baptism will take place on **December 2nd** during the Sunday services.

Membership with Christ Church Unity is an opportunity to make a commitment to your spiritual growth through our church. Many people find many blessings from this process.

happenings at Unity

Details & Updates

Gals Night Out ▫ Monday, November 5th, at 6:30pm in Wrigley Hall. The gals will have a **Baby Shower** to collect donations for the Baby Boutique at Family Health Centers of San Diego. Donations of new and gently used items for their smallest patients. The prenatal program cares for over 3,500 moms and newborn babies each year. Patients receive "baby bucks" for attendance at parenting education classes. Bring your unwrapped donations of baby items. A list of desired items is available at the scrip table. Refreshments will be provided. **Please sign up if you plan to attend.** (Donations can be made even if you won't be able to make the meeting.)

Entrepreneur Mart ▫ Sunday, November 4th, from 9:30am-1pm in Wrigley Hall. Don't miss the excitement as the Unity community promote and/or sell their business or craft items at this annual event. Come join us and do early Fall and Christmas shopping. For more information contact Charlyn Earp at (619)280-2501, ext 106.

The Daniel Plan ▫ The group "Discovering Your Spiritual Power" will continue moving deeper into The Daniel Plan. The Daniel Plan shows us how the powerful combination of faith, fitness, food, focus, and friends will change our health by transforming us from the inside. In November, we will delve into a five-week study of Faith. We will take a more in depth look at our foundation – the core of our body, mind and Spirit. This five lesson class will help us become more centered in our new, healthy way of life. In December we will move into a five-week in depth study of Food with healthy recipes, snacks, dinners and salad bars. **Meetings are held the first and third Tuesday of each month at 7pm in the Wrigley Hall.**



HAROLD PAYNE

Will join us again as our **Guest Speaker** at Sunday service **November 18th** & will present a special **Concert at 11:45am** in the Sanctuary.

Living Room Conversations ▫ Unity San Diego will be joining 11 Unity and New Thought Churches in the area in holding "Living Room Conversations." Each church and spiritual center will be holding these conversations on the same topic and on the same Sunday. **Please join us at 12:15pm on Sunday, November 11th in Wrigley Hall** as we bridge our differences with love while focusing on solutions that work. Our conversation will be on "Gun Responsibility." Please see Karla Lightner for more details.

Christmas Concert by Unity San Diego Choir, Music Team & Orchestra ▫ December 2nd, at 5pm in the Sanctuary followed by a reception in Wrigley Hall - Join us for this wonderful annual musical presentation under the direction of Unity San Diego's very own, Ron Councill, Music Director.

Arts & Crafts Large Holiday Sale (5 tables full of goodies) will be presented by the Arts & Craft Group on **Sunday, December 2nd, and December 16th from 10am-1pm in Wrigley Hall.** We will be featuring scarves, jewelry, wreaths, towels, table runners and decorations, greeting cards, novelty and more. Come join us and do early Christmas shopping. We will also have **A Mini Holiday Table Decoration Sale on December 16th. THESE WILL BE OUR LAST CRAFT SALE OF THE YEAR SO DON'T MISS IT!**

Gals Night Out Christmas Party ▫ On Tuesday, December 11th at 6:30pm, the gals are invited to a **Christmas Party at Cathie Robertson's home.** Each gal is requested to bring a wrapped gift valued at \$15 to \$20 and a finger food or dessert to share. **Sign up in the Tower lobby, so Cathie and Charlyn will be prepared.** Carpooling is recommended because parking is very limited. Maps will be available.

Holiday Services ▫ Join us Sundays, December 2nd, 9th, 16th and 23rd for our **Advent Services** on "FAITH," "PEACE," "LOVE," and "JOY." We will also have special **Thanksgiving, Candlelighting, Christmas Eve, and New Year's Eve services.** (More info on calendar page in this newsletter) We are looking forward to celebrating the season as we receive words of inspiration from our Unity ministry and enjoy beautiful music by the Unity San Diego Choir and Music Team.

Gift Card (Scrip) News

Fall is in full swing and the holidays are near. If your routine includes shopping for clothes, groceries, tools and gas, and you do not already routinely buy scrip, perhaps you may want to start. We have scrip for every shopping/gifting need. We can order gift cards that we do not stock if you let Charlyn know what you want. Visa cards are the only ones that must be paid for with cash or check because we only make 1.5%. Let's end the year with a flurry of gift card shopping so Unity San Diego profits. Stop by the scrip table today and begin a new adventure in shopping and supporting Unity. **You may order in advance by contacting Charlyn Earp at 619-850-6856 or email her at charearp@sbcglobal.net.**



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THANK YOU!

SEPTEMBER VOLUNTEERS OF THE MONTH... CONGRATULATIONS TO JO MENEGOS, BEVERLY HAEUSSINGER AND TONI ATKINSON!

Jo, Bev and Toni have been helping with Friendship Sundays for years and were invaluable to making the annual tea a great success. Not only do these lovely ladies serve us food each month and help with our annual tea, they manage the kitchen and serve food whenever we hold receptions in Wrigley Hall. Whether we are holding a wedding reception, a graduation or a Celebration of Life reception, these wonderful women transform each event into a memorable moment of food, friendship and love. We thank them all for their hard work and dedication to our church!

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

Donna Like has been unfailing in her tasks and sets up the church for everything needed every week and makes sure that if people don't show up as scheduled, she finds someone to fill in immediately. Not only does Donna greet us every Sunday, she also shines our lovely benches before service each week. Donna also comes in during the week to polish our sanctuary doors and paint them, as needed. Thank you Donna for your years of service to us!

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