

Faith For Today



OUR VISION

We empower positive spiritual change in our world.

OUR MISSION

Unity San Diego supports people's spirituality and challenges them to **grow** in awareness, be **love** in action and **serve** our community.



Rev. Blair Tabor

From the **MINISTER'S HEART**

Dear New Creation in Christ,

Someone just said, "I can't wait until Spring!" We do not have to wait for outer conditions to change in order for us to experience a connection with new good in our lives.



Rev. Evelyn Foreman

Paul wrote to the church in Corinth, "Therefore if anyone is in Christ, he is a new creation.

The old things have passed away. Behold, all things have become new." (2 Corinthians 5:17)

When we take time to focus our awareness in the Christ consciousness, new revelations will be shown to us. As we think of the healing life of the Christ awareness, new life will surge in our bodies. Thinking of Christ abundance will activate ideas and plans for new good to flow in our lives. As we open to the Christ love, the love of God will operate in us and around us in transformative ways.

Make time to connect with the Christ presence within you. Then follow its inspiration to bring forth new blessings in your life. More than a New Year's resolution, make a commitment to letting the Christ awareness work in you in greater and greater ways.

Joyous in the Spirit,

Blair Tabor, minister

TRAVEL WITH UNITY
 Highlights of England & Scotland
 With Rev. Blair & Meredith Tabor
 Nov. 7th to Nov. 17th, 2016
UnitySanDiego.org/Travel-With-Unity

LETTER FROM A BOARD MEMBER

2015 - An AMAZING year with many accomplishments! We welcomed Rev. Evelyn Foreman as our new Associate Pastor. She needs a skateboard to keep up with us here at Unity, and we with her! We are blessed by an incredible staff and countless volunteers who work lovingly and diligently for our Unity Community.

We have new signage on the campus. We have installed a burglar alarm system, metal plates on the doors plus new door stops to promote safety and security in our buildings. We have beautiful new book cases in our library. Our Marketing team has put a new face lift on our web site, our newsletter, Faith for Today, brochures and countless other ways to enhance our Unity San Diego Community.

Giving kiosks are in place for streamlining donations and saving record keeping time for staff and volunteers. Unity San Diego has offered many new classes in 2015 that have touched our lives. We've experienced how powerful the spirit within can be.

Rev. Gretchen Pena, in a sermon earlier this year, suggested we ask ourselves three things before sharing information: Is it kind? Is it loving? Is it necessary? Gretchen, thank you for this reminder as we deal with and adapt to all these changes!

With Gratitude and blessings for your loving and sacred service.
Sharla Barry, Unity San Diego Board President

TRAVEL WITH UNITY
 2016 World Day of Prayer Experience
 Pilgrimage to Unity Village
 Sept 3rd to Sept 9th, 2016
UnitySanDiego.org/Travel-With-Unity

unity
 San Diego
 a spiritual community

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: ccu@UnitySanDiego.org
 Prayers: PrayerMinistry@UnitySanDiego.org

Youth MINISTRY

YOUTH MINISTRY CLASSES, 11am Sundays

Nursery 9am & 11am, Education Building | Children of all ages welcome

Hello everyone,

As I move into my 8th year as Youth & Family Ministry Director here at Unity San Diego, I want to thank you so much for sharing your most precious children with me each Sunday. Their smiles, laughter and genuine eagerness to learn make every Sunday a wonderful learning experience. I am so grateful not only to be assisting them in their spiritual training, but, for the spiritual insights and lessons they teach me as well.



January begins for adults with White Stone Sunday. As has become our tradition, children will have a White Stone Sunday of their own. We will learn about new beginnings, using affirmations & visioning to set our own spiritual goals. It is never too early to learn and each group from Unitots to Y.O.U. will participate each at their own level.

I want to thank you so much for your support of our Youth Department. Your generosity insures that there is paid staff in the nursery, up-to date training for all teachers and volunteers, supplies for our program and that no child is ever denied anything due to unavailability of funds. Please remember if you choose to financially support a child attending camp or a rally, please put "Youth Scholarship" on your check or donation envelope. If you would like your donation to support the Youth Program then please indicate "Youth Program" on your check or donation envelope. A "Youth Program" donation helps pay for the expenses incurred in running our Youth Ministry including salaries, supplies, and teacher/volunteer education. Again, thank you, thank you and thank you.

If you feel you have gifts, talents or anything interesting you would like to share, even just once with our children, please call me at 619-218-6135, or email me at karlalightner@gmail.com

Love & Blessings!

Karla Lightner, Youth & Family Ministry



Youth & Family Ministry Calendar

Sun., 01/10: Soup & Salad Bar Fundraiser

Please enjoy our wonderfully delicious Soup and Salad Bar at 10:15 am and 12:15 pm. Proceeds will go towards Kids Camp, Uniteen Camp and YOU Rallies. Wrigley Hall.

Sun., 02/28: Hot Dog & Chips Fundraiser

Please enjoy Hot Dogs and Chips at 10:15 am and 12:15 pm. Proceeds will go towards Kids Camp, Uniteen Camp & YOU Rallies. Wrigley.

02/13 - 02/15: Uniteen Winter Spiritual Retreat Uniteens from California, Arizona and Nevada will attend this retreat together. This Southwest Unity regional event will be held in San Bernardino, CA.

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.

Western Service Workers Association THANKS YOU

WSWA appreciates your donations of money for 60 turkeys & many bins of additional food items. WSWA is an all-volunteer association comprised of families who may have two or three jobs in restaurants & hotels in order to meet their needs. In winter, increased utility bills can cause a decrease in food budgets. Often heat is not used in their homes because of the expense. Our donations help many. Thank you for your numerous donations in past months. Our next food drive is in February 2016. Contact Aline King (619) 280-2501, ext.133

SHELTER SERVICE

at Unity San Diego: 03/27 - 04/17

Unity San Diego will be hosting the final three weeks of 2016's Interfaith Shelter. The guests we have served in the past have deeply appreciated the warm reception and caring service our center has provided to 12 guests.

Unity San Diego will host this year between Sunday, 03/27 (Easter) and Sunday, 04/17. We will need volunteers to provide service to the guests by cooking evening meals, staying with them overnight and providing assistance with their departure in the morning. Weekend help with laundry transportation is also needed. Sign-up in person with Aline or at: <http://www.UnitySanDiego.org/sacred-service>

UnitySanDiego.org

Unity San Diego 3770 Altadena Avenue, San Diego, CA 92105 (619) 280.2501

MINISTERS
Reverend Blair Tabor
Reverend Evelyn Foreman

Please Note:

This information is only current at the time of printing. All Classes & Events are subject to change without notice. For accurate & up-to-date postings, please visit:

UnitySanDiego.org

Ongoing Groups

Everyone Welcome!
(619) 280-2501

SUNDAYS

1st & 3rd: Fellowship Sundays
Announcements in Bulletin

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

MONDAYS

7pm: Narcotics Anonymous
Wrigley Hall

2nd & 4th Mondays
10 am: Arts & Crafts Group
Tower, 4th Floor

TUESDAYS

4th Tuesdays
1pm: Feeding America
Large Parking Lot

WEDNESDAYS

11am: Prayer Meditation
Tower, St. Luke's Chapel

2nd Wednesdays
12:30pm Fellowship Potluck
Wrigley Hall

THURSDAYS

6:45pm: Gentle Yoga
Narthex, Main Sanctuary

7pm: Music Ministry Rehearsal
St. Luke's Chapel

UnitySanDiego.org

Come Worship with Us *Everyone's Welcome!*

SUNDAY CELEBRATION SERVICES
9am & 11am | Main Sanctuary

Youth & Family Ministry
11am Youth Ministry
(Nursery at 9am & 11am)

January & February 2016 Calendar

January 2016

February 2016

White Stone Sunday

Sun., 01/03, 9 am & 11am
Sanctuary

Healing Service

Sun., 01/03, 1pm
St. Luke's Chapel, Tower, 1st Flr

Soup & Salad Bar

Sun., 01/10 10:15am/12:15pm
Wrigley Hall | Youth Fundraiser

Anniversary Celebration

Sun., 01/10, 12:15pm
Wrigley Hall | Reception

Highlights of England & Scotland Info Session

Sun., 01/17, 1pm
Tower, 4th Floor

January Board Meeting

Wed., 01/27, 7pm
Tower, 4th Floor

Gals Day Out

Sat., 02/06, 11:30am
"The Grand Tea Room"

Sacred Service Sunday

Sun., 02/07 | Honoring Those
In Service to Community

Uniteen Winter Retreat

02/13 - 02/15
San Bernardino, California

Couple's Vow Renewal

Sun., 02/14, Both Services
Sanctuary

Hot Dog & Chips

Sun., 02/28, 10:15am/12:15pm
Wrigley Hall | Youth Fundraiser

Annual Membership Mtg

Sun., 02/21, 12:15pm
Sanctuary

February Board Meeting

Wed., 02/24, 7pm
Tower, 4th Floor

Photo Courtesy of Michael Barry

Building commUNITY is a collaborative effort.

If you do not yet have a **name badge**, please sign up with an usher or call (619-280-2501) to have a personalized name badge made.



The Call of Spirit: Tune In to Possibility

Online Radio Show Every Wednesday at 1pm

Listen at: Unity.fm

Archived Episodes: UnityOnlineRadio.org/TheCallOfSpirit

"The Call of Spirit: Tune In to Possibility" is Proudly Sponsored by Unity San Diego

Grief Recovery: 01/05 - 02/17 (No Class 01/19 & 01/20)
Tuesdays @10am & Wednesdays @7pm, 4th Floor | Tower

Classes

Spiritual Gifts Discovery: 01/10 - 02/07
Sundays, 1:15, St. Luke's Chapel | Tower

Forgiveness Class: 02/14 - 03/27 (No Class 02/21)
Sundays, 12:45 pm, 4th Floor | Tower

Prayer Ministry: 619.282.7609 | PrayerMinistry@UnitySanDiego.org | Daily Word: 619.281.LOVE (5683)

Unity San Diego 3770 Altadena Avenue, San Diego, CA 92105 (619) 280.2501

Sunday Lessons

Lesson Titles 01/03 - 02/07 | 2016

- Jan 03: "Called to Be" | White Stone Sunday | Rev. Blair
 Jan 10: "Whose Church Is It?" | Rev. Blair
 Jan 17: "Let the Holy Spirit Anoint Your Life" | Rev. Blair
 Jan 24: "Sweet Surrender" | Rev. Evelyn
 Jan 31: "Your Body is the Temple of God" | Rev. Blair
 Feb 07: "The Evolution of the Christ" | Rev. Blair

Lesson Titles for LENT 02/14 - 02/28 | 2016

- Feb 14: "Balance: The Life that Seeks Wholeness" | Rev. Evelyn
 Feb 17: "Bless Our Link to All of Life" | Rev. Blair
 Feb 28: "Obtain Your Spiritual Nutrients" | Rev. Blair

NEW MEMBERS Received Spiritual Baptism on 11/29

Received Spiritual Baptism
November 29, 2015:
 Kira Contreras
 Betty Cushman
 Paul Tuthill

Also Received Spiritual Baptism
 Sheri Snively

We love you; we bless you.
 We behold the Christ in you all.

WHITE STONE SUNDAY Sunday, 01/03/2016 Both morning services

You can celebrate a new beginning
 in your life with our White Stone
 ritual.
 A special time of meditation will be
 provided for you to receive from
 Spirit a blessing for your new year.

VALENTINE'S DAY Sunday, 02/14/2016 Both morning services

Renewal of Vows for Couples
 during each Sunday Service.



UnitySanDiego.org

3770 Altadena Avenue
 San Diego, CA 92105

Prayer Ministry: (619) 282-7609
 Wednesday Meditation 11am
 PrayerMinistry@UnitySanDiego.org
 Daily Word Line (619) 281-LOVE (5683)

MEMBERSHIP: Say "YES!" to Community & Growth

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

New Member Orientation has three parts:

1. A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower on a Sunday after each service on March 6.
2. The following Sunday from 1 – 3 PM, includes a tour of the church and information on Unity's history, teachings, our church vision, meditation and the four commitments of membership: commitment to your own spiritual growth, regular attendance and daily prayer, proportional giving and spiritual service. March 13.
3. Spiritual Baptism during the Sunday services March 20.

Healing Service with Rev. Blair

Sunday, 01/03 | 1pm
 St. Luke's Chapel (1st Floor, Tower)



Discover Spirit's Call on Unity.fm

Listen at: UnityOnlineRadio.org/TheCallOfSpirit
 Tune In Anytime: 24/7 ~ New Episodes, Wednesdays @ 1pm PST



Our very own, Rev. Evelyn Foreman is host to "The Call of Spirit: Tune In to Possibility" on Unity's national radio broadcast. Join her & her amazing guests in open-hearted, conscious, connected conversations about defining moments of clarity and insight. TheCallOfSpirit.com

"The Call of Spirit: Tune In to Possibility" is Proudly Sponsored by Unity San Diego

REGISTER ONLINE ~ www.UnitySanDiego.org/Classes

Spiritual Enrichment Classes

Grief Recovery Method Outreach Program

The Action Program for Moving Beyond Loss

Tuesday mornings, 10am - 11:45pm and Wednesday Evenings, 7pm - 8:45pm
 Six weeks, January 5th - February 17th (No class January 19 & 20)



Sharla Barry, RN, MFT & Linda Proctor, LCSW
 Register Online: UnitySanDiego.org/classes



Grief Recovery Method Outreach Program

Facilitators: Sharla Barry, RN, MFT & Linda Proctor, LCSW

Tues., 10-11:45am & Wed., 7-8:45pm | 01/05 - 02/17 | 4th Floor, Tower

This program is an action program for moving beyond loss & provides the correct action choices that help people move beyond the pain caused by loss. It is a six-week program, which creates a safe environment in which to look at old beliefs about dealing with loss. Amongst much more, we will also be covering the six myths associated with grieving & the 43 losses which can produce the range of emotions we call grief. No class Jan 19 & 20.

Spiritual Gifts Discovery Class

Facilitators: Rev. Evelyn Foreman & Jacquie Hardesty, L.U.T.
 Sundays, 1:15-3:15pm | 01/10 - 02/07 | St. Luke's Chapel

Embark on an enlightening, soul searching 5-week journey to find your true authentic self and it's unique expression. Discover your natural gifts and how that connects in a greater context to core values, sacred service and spiritual development, maximizing your capacity to grow and thrive.

Spiritual Gifts Discovery

A 5 Week Class of Reconnecting with Your True Self

Offered Sundays, Jan. 10th - Feb. 7th

1:15pm - 3:15pm | St. Luke's Chapel

Rev. Evelyn Foreman, MDiv. &
 Jacquie Hardesty, Licensed Unity Teacher



Register Online: UnitySanDiego.org/classes
 SEE Credit Approved

Forgiveness Class

Facilitated by Rev. Gretchen Pena
 Sundays, 12:45pm: 02/14 - 03/27
 (No class 02/21)

Register Online: UnitySanDiego.org/classes

Forgiveness Class

Facilitator: Rev. Gretchen Pena

Sundays, 12:45pm | 02/14 - 03/27 (No class 02/21) | 4th Floor, Tower

Have you spent years struggling with the residual pain of old hurts? Do you secretly feel that some things can never be forgiven? Has your life been on "hold" for too long? If you answer "yes" to any of these questions, this powerful class is for you. Forgiveness is the key to health, prosperity, love and spiritual growth. In this experiential class we will learn about forgiveness and why it is essential. Through meditation and exercises we will access and develop tools that will help dissolve the barriers that prevent us from living a life of peace, joy, health and abundance. Love offering.

Gift Your Presence in Sacred Selfless Service to Community: UnitySanDiego.org/Sacred-Service

Happenings at Unity

Details & Updates:
UnitySanDiego.org

Join us in celebrating & honoring those in service to our community on Sacred Service Sunday, February 7, 2016.
Volunteer at: UnitySanDiego.org/Sacred-Service

Rev. Blair's 28th | Jan. 10th

Sunday, Following Both Services, Wrigley Hall

Celebrate Unity San Diego's 55th Anniversary and Rev. Blair's 28th Anniversary of ministry. A reception will be held with special refreshments after both services.

Highlights of England Trip | Jan. 17th

1 pm, 4th Flr Tower | Highlights of England & Scotland

Are you interested in this trip? If so, come to the meeting at 1:00PM on the 4th floor. Rev. Blair will show some pictures of the areas and discuss many of the stops. The trip is for 11 days: Nov. 7-17th, 2016. Speak to Meredith Tabor in Wrigley Hall or contact her at Meredith@unitysandiego.org.

Highlights of England and Scotland is the next trip being planned by Rev. Blair and Meredith. The trip is from Nov. 7th to Nov. 17th, 2016. The trip price includes the airfare, all lodging, guides, bus transportation and many of the meals. Pick up a flyer and brochure at the scrip table or email Meredith.

Gals Day Out | Feb. 6th

11:30am, The Grand Tea Room

The gals will be going for tea at "The Grand Tea Room", 145 W. Grand, Escondido. Cost is \$25.20 (includes tax and tip) for a traditional tea menu. Gluten free is available for \$3 additional. Tea will be served at 11:30AM. Those who wish to carpool will meet at Grossmont Center near Claim Jumper @10:30AM to leave at 10:45AM. Deadline to sign up and pay Meredith is Sunday, January 31st. Call Meredith at 619-280-2501 or email at Meredith@unitysandiego.org.

Annual Membership Mtg | Feb. 21st

10:15am, Wrigley Hall

Enjoy brunch and then join us for the meeting. Members will receive a packet in the mail about the candidates and some by-laws changes

Spring Tea Meeting | Feb. 28th

10:15am, Wrigley Hall

The tea will be Saturday, April 23. The theme for the tea needs to be decided and also to recruit volunteers to do many jobs - table hostesses, servers, cooks, bakers and kitchen helpers on that day. If you can't attend - sign up with Meredith if you would like to participate in any of these areas.

The **Boy Scouts** will be presenting the colors and leading the flag salute on **Sunday, February 7** during the second service. We support individuals within the Boy Scout program, but do not support the Boy Scouts' organizational stand of discrimination against individuals for their sexual orientation.

HAPPY NEW YEAR!

HAPPY NEW YEAR!

May your New Year be graced with love, joy and peace as you connect in prayer and meditation minute by minute with the ever-abiding Presence of good. May your inheritance be God.

As Eric Butterworth shared with us, "You were born to achieve, to release your inner power, to fulfill your uniqueness."

As we begin a new year, let it be our resolution to continue our loving practice of peace and send uplifting love in all our thoughts and actions. Be all that you are meant to be.

Your Prayer Ministry is here to support you at all times with love and with gratitude for our connection. We appreciate your calls and letters and hold you in the light of Christ consciousness at all times.

Our weekly Wednesday meditations at 11 AM in St. Luke's Chapel are filled with peace and we await your loving presence.

Bountiful blessings in this New Year, Your Prayer Ministry

"Did You Know...?"


Appreciated Assets can generate substantial taxes if sold. There are several ways to donate appreciated assets to our church that create tax advantages for you and for your heirs. Your tax advisor can provide more information. If you need more information, Reverend Blair can direct you to professionals.

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

SCRIP NEWS

Valentine's Day will be here soon! This is the best time to buy scrip at Unity San Diego. We have See's Candy for your sweetheart and a wide variety of restaurant cards - including The Brigantine and Cohn Restaurant group. Lots of grocery scrip is available - Albertsons, Smart and Final, Vons, Whole Foods, and Sprouts, too. Buy American Express gifts cards with no activation fee and no expiration date. They must be paid for in cash or by check. Scrip is just like cash that you use for everyday shopping or gas. Stop by the scrip table today for a complete list. You may order it in advance by contacting Meredith at 619-280-2501 ext 109 or email at Meredith@unitysandiego.org.

www.UnitySanDiego.org



Awakening Spirit
DEEPENING OUR PATH
 Spiritual Education & Enrichment Week
 April 4 - 8, 2016 | UnitySanDiego.org/SEE2016



<p>Class 1: 9:30 - 11:30am Rev. Evelyn Foreman, MDiv. The Light Within: Illuminating the Universal Truth <i>(BI 207: The Christ)</i></p>	<p>Class 2: 1pm - 3pm Rev. Sharon Connors Jesus, The Great Shapeshifter: Guaranteed Prosperity <i>(BI 265: Jesus' Teachings)</i></p>
<p>Class 3: 3:30 - 5:30pm Jacquie Hardesty, Licensed Unity Teacher Renewing Our Mind-Body Connection <i>(MS 262: Healing & Wholeness 2)</i></p>	<p>Class 4: 7pm - 9pm Rev. Blair Tabor The Bible Comes Alive: Fun With Hebrew Scriptures <i>(BI 605: Bible Interpretation: Hebrew Scriptures)</i></p>

THANK YOU

November Volunteer of the Month:
LINDA PROCTOR

Linda has shared her talents through sacred service for many years at Unity San Diego. Linda, who likes to fly under the radar in her service work, has served in Angels in the Wings, with kids in youth education, she volunteers her time in the kitchen and at clean-up for special events & she has assisted at our annual meeting. Linda now serves on our welcome team as an usher/greeter. On more than one occasion Linda blessed us with her hula dancing talents! In January, Linda will be co-facilitating the Grief Recovery class. Thank you, Linda, for your commitment to sacred service in our spiritual community!

December Volunteer of the Month:
TAMARA LEEPER

Tamara brings her high energy, sense of humor & loving spirit to all of her sacred service activities here at Unity San Diego. Tamara serves as a Prayer Chaplain and on the Visitation Ministry, making visits to members that are home-bound. In addition, Tamara shares her talents in youth education as a teacher with Uni-kids and Uniteens, and volunteers once a month in our library. She also helped out by hosting a table at our annual Spring Tea. Tamara shares her talents as a Yogi, leading gentle, restorative yoga classes. Thank you, Tamara, for the vibrant loving energy you share with us in sacred service!



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

Sunday Celebration
 Services ~ 9am & 11am

Love In Action
Sacred Service Ministry

"...Let us love, not in word or speech,
 but in truth and action." 1 John 3:18 (NRSV)