

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.

From the **MINISTER'S HEART**

Rev. Blair Tabor



Dear Partner in Resurrection,
Easter always energizes me. It is not just the Bible stories or the movies I have seen depicting it. There is a vibrancy of liveness that quickens me as I think of the spiritual energy

Rev. Evelyn Foreman



God is at work in you as a resurrecting power. Breathe the energy of Spirit into your whole being and feel the aliveness of the Divine working in you. Feel the tingle of spiritual transformation awaken new life in your mind and body. Celebrate the quickening of the Christ in every part of your life. Easter is about believing that life is more than persecution and death. It is about our connection to God's overcoming power.


You are a part of God's ever-renewing life. The blessing of God is blossoming in your life! Bountiful blessings!

Joyous in the Spirit,

Blair Tabor, minister



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



LETTER FROM A BOARD MEMBER

Blessed Unity Family,

Although so many of us enjoy gathering every Sunday in shared connection with the Christ within, we should also consider gathering socially outside of the Unity San Diego grounds. Our brief moments of socializing in Wrigley Hall are wonderful. Some of us realize we'd like to foster these friendships beyond Sunday mornings, but don't have a ready-made vehicle in place to do so....other than Facebook, of course.

Most of us understand the irreplaceability of in-person social interaction. You can't Facebook your real connection with God, and we shouldn't expect to Facebook real connections with each other. So, let's build a stronger Unity San Diego Community. Let's meet for coffee. Let's meet to watch a game. Let's meet for wine and cheese. Let's meet for a stroll around Balboa Park. Let's meet for a hike up Cowles Mtn.! It can be planned in advance. It can be spontaneous. Everyone interested is invited, but no one is obligated. There's no selling, networking, or pyramiding. Let's get together from time to time and enjoy life a bit.... as not just a spiritual congregation...but as..people. Let's Meet!

I'm proposing a 'Let's Meet' program for Unity San Diego. Event notifications can be via email, weekly announcements in church, text message, phone call...even Facebook! Whatever you prefer. All interested may email me at mmccartha2002@yahoo.com & put LET'S MEET in the subject line (I get a bazillion emails a day). Send in ideas for locations, activities, time frames, etc. My wife Brandy & I would be happy to coordinate, & we would love for us all to know each other.

Blessings, Merrick McCartha



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,

During the month of January our youth put together bags of food and toiletries for our city's homeless population. From combs and Kleenex to applesauce and fig bars, our youth put together some amazingly insightful bags. On Sunday, January 13, our youth went to Balboa Park & handed over 50 bags out to the homeless who live in the park. It was heartwarming to see how they approached each person with love, respect and genuine care and concern.



We plan to make this a regular part of our Sunday experience by handing out bags one Sunday every three months. If you would like to take part in this incredible experience by donating items, bagging things up or coming with us on our next Mission of Love, please call me at 619-218-6135 or contact me by email at karlalightner@gmail.com.

For the last few months the Youth Department has been collecting shoes as a fundraiser to help send our youth to camp. Shoes with Heart is an organization that pays for gently used shoes that are sent to developing nations in need of resources. They pay us for our shoes by the pound. The minimum amount is 1500 pounds or 1500 pairs of shoes. This will pay the Youth Department \$750.00. We are almost there with 1000 pairs of shoes. Please look in your closets, ask your friends, relatives and neighbors and find shoes that you no longer wear so that we can meet our goal. You can bring them to church and put them in the black bin in Wrigley Hall or I would be more than happy to pick them up from your home or job. Thank you in advance for helping us insure that no child is ever left out due to lack of funds.

Love & Blessings!

Karla Lightner, Youth & Family Ministry



GIFT CARD SCRIP NEWS

UnitySanDiego.org

Start off the new year with **American Express** gift cards in \$25, \$100 and \$200. There is no activation fee & no expiration date – plus they are good at **Costco**. Unity makes 1.5%, so they must be paid for with a check or cash. Easter is also approaching, so we have See's Candies, Target and more for filling those baskets. These gift cards aren't just for gifts anymore. Use gift cards 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

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

Youth & Family Ministry Calendar

03/05 - 03/06: Y.O.U. Love-In

Y.O.U.'ers from Santa Barbara to San Diego will meet at Unity of Vista to learn "What is Love?" This is a SW Regional event. If you are in grades 9-12 and regularly attending Y.O.U. classes, please see Karla for an application.

Sun | 03/27 | 12:15pm | Easter Egg Hunt

(On the grass between the Educational Building and Wrigley Hall). Children ages 10 & under are invited to participate in our annual Easter Egg Hunt. Kids 11 & older will meet outside on the parking lot side of Wrigley Hall for a scavenger hunt. Please come & have a great time! Donations of eggs & candy are lovingly appreciated.

04/29 - 05/01: SW Y.O.U. Official Rally

Uniteens from California, Arizona and The annual Y.O.U. Spring Rally will be held at Unity of Tustin this year. Teens from California, Arizona and Nevada will gather to fellowship, and learn more about Unity. Seniors will graduate and new Regional Reps are elected.

WSWA Thanks Unity

Western Service Workers thank you for purchasing 14 dozen tamales for the Winter Benefit Drive and for supporting the emergency food closet with the February food drive. The next food drive will be held in May 2016. Thank you for your continued loving support.

SHELTER SERVICE

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

We still need volunteers to provide service to the guests by cooking evening meals, staying with them overnight & providing assistance with their departure in the morning. Men to sleep over are especially needed. Weekend help with laundry transportation is also needed. Mandatory training for all volunteers is held on Sunday, Feb 28, March 6, 13, or 20th. Please attend 1 session (10 am) in St. Luke's Chapel. Sign up with Aline King in Wrigley Hall after services or message her at 619-280-2501, ext. 133. Many thanks for all your support in time, talent & treasure!

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)

March & April 2016 Calendar

March 2016

April 2016

Prayer & Meditation Service

Wed., 03/02, 7pm
St. Luke's Chapel

Y.O.U. Love In

Sat. & Sun., 03/05 - 03/06

Spring Tea Meeting

Sun., 03/06, 12:15pm
Wrigley Hall

Seeds of Consciousness

Sat., 03/19, 9am - 4:30pm
St. Luke's Chapel

Palm Sunday

Sun., 03/20
Celebrate "Obey Spiritual Truth"

Holy Thursday

Thurs., 03/24, 7pm, Sanctuary
Communion & Foot Washing
Ceremony, "Rooted in the Root
of Your Soul"

Good Friday

Fri., 03/25
Noon - 3pm: Watch Service
7pm Evening Service "The Gift
of Endings and Beginnings."

Flower Cross Set Up

Sat., 03/26, 9am
Sanctuary

Easter Sunday

Sun., 03/27 "Multiply the Christ
Experience"
Easter Egg Hunt

March Gals Day Out

Wed., 03/30, 5pm
Interfaith Shelter & Bunko

Unity Village Fall Retreat

Info & Meeting
Sun., 04/10, 12:15pm
St. Luke's Chapel

Seeds of Consciousness

Sat., 04/16, 9am - 4:30pm
St. Luke's Chapel

Annual Spring Tea


Sat., 04/23, 2pm - 4pm
Wrigley Hall

SW Region Y.O.U. Rally

Fri. - Sun., 04/29 - 05/01

Classes

"BLOSSOM" Lenten Series
Offered through 03/23, Rev. Blair

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

*** 2016 S.E.E. Week**
4 amazing classes held over 5 days
Mon. - Fri. 04/04 - 04/08

*** The Christ | Rev. Evelyn**
(M-T-W-Th-F) 9:30am - 11:30am

*** Jesus' Teachings | Rev. Sharon**
(M-T-W-Th-F) 1pm - 3pm

*** Healing & Wholeness 2**
Jacquie Hardesty, L.U.T.
(M-T-W-Th-F) 3:30pm - 5:30pm

*** Bible Inter: Hebrew Scriptures**
Rev. Blair
(M-T-W-Th-F) 7pm - 9pm

Keys to the Kingdom
04/19 - 05/25, Rev. Blair

Sunday Lessons

Lesson Titles | LENTEN | March 2016

- Mar 06: "Sow the Energy of Expanding Light" | Rev. Blair
** Mar 13: "Live to Sanctify Your Life" | Rev. Evelyn**
Mar 20: "Obey Spiritual Truth" | Rev. Blair
Mar 27: "Multiply the Christ Experience" | EASTER | Rev. Blair
** Sunday March 13th Daylight savings begins – Spring Forward

Lesson Titles | April 2016

- Apr 03: "Transcend and Include" | Rev. Evelyn
Apr 10: "Breathe with Spirit" | Rev. Blair
Apr 17: "Multiply Your God" | Rev. Blair
Apr 24: "The Spirit of the Lord Goes Before You" | Rev. Blair

Special Wednesday Evening Service | March 2nd | 7pm

Led by our "Seeds of Consciousness" Leadership Group.
Special Service Theme: Prayer & Meditation

Join us in an enriching, prayerful, guided meditative evening service. Be immersed, nurtured and pampered in music, prayer and inspirational readings to harmonize your body, mind and spirit.

MEMORIALS

Rich Weber Born August 31, 1959 in New Brighton, Pennsylvania | Passed January 2, 2016

Rich was all about service. When most people think of him, they have a picture in their mind of him in the kitchen. He would also help out when David was on vacation. We had a well-attended memorial for him on Saturday, January 30. We bless him, his family and his fellowship.

Ozie Simms: We heard from his sister in Pennsylvania that Ozie had passed away. No other details. Ozie had a quiet presence & sense of humor, but loved singing with our choir. Blessings to him and his family.

Phyllis Hawkins: Her husband Daniel, from Florida, sent us a note in January that Phyllis had passed away in May 2015. She was a delightful hostess & loved our church. After her move to Florida many years ago, she relied on our Prayer Ministry for spiritual support. Reverend Blair says, "A smile always comes to my face when I think of her."

Spiritual Enrichment Classes

BLOSSOM - Lent 2016

Opening Hearts, Awakening the Spirit
Through March 23rd Facilitated by Rev. Blair Tabor



Register Online: UnitySanDiego.org/classes



2016 LENTEN CLASS: BLOSSOM

Facilitator: Rev. Blair Tabor

Tues., 7pm or Wed., 10am | Now through 03/23 | 4th Floor, Tower

The Christ Presence in you is ready to blossom in new and expressive ways. Come join Reverend Blair in a transformative process that will lead you to raising up the Christ in you to new blessings for your life.

Each week we will explore and activate aspects of spiritual growth:

Balance-Link-Obtain-Sow-Sanctify-Obey-Multiply

Each week will give you a spiritual tool to work with. This series is offered on a Love offering basis.



2016 Spiritual Education & Enrichment (S.E.E.) Intensive

A Week of Spiritual Education, April 4 - 8, 2016 | S.E.E. in the Field

Each class is held for 5 days, daily, during the week of April 4th - 8th.

Register Online: \$60 before 03/02 | \$75 after 03/02 UnitySanDiego.org/See2016

Class 1: 9:30 - 11:30am
Rev. Evelyn Foreman, MDiv.

The Light Within:
Illuminating the Universal Truth
(BI 207: The Christ)

Class 2: 1pm - 3pm
Rev. Sharon Connors

Jesus, The Great Shapeshifter:
Guaranteed Prosperity
(BI 265: Jesus' Teachings)

Class 3: 3:30 - 5:30pm
Jacquie Hardesty, L.U.T.

Renewing Our Mind-Body
Connection (MS 262: Healing &
Wholeness 2)

Class 4: 7pm - 9pm
Rev. Blair Tabor

The Bible Comes Alive:
Fun With Hebrew Scriptures
(BI 605: Bible Interpretation: Hebrew Scriptures)

Keys to the Kingdom

Facilitator: Rev. Blair Tabor

Tues., 7pm or Wednesdays, 10am | 04/19 - 05/25 | 4th Floor, Tower

This class has transformed people's lives. We have taught it many times, but not for a while. Rev. Blair will facilitate this class, one of his favorites. You will practice clear, powerful tools to open your life to a greater flow of God's good. This is a tithing class. If you are a tither, you know that it is a proven tool to stay in the flow of abundance. If you are not a tither, here is a 7 week opportunity to see how it works. The cost for the CD set is \$43. Come to either session or BOTH.

Keys to the Kingdom
April 19th - May 25th Facilitated by Rev. Blair Tabor

Register Online: UnitySanDiego.org/classes



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**.

EASTER Lilies If you would like to make a special contribution for Easter lilies, please make a note on your check or contact our staff for a contribution by credit card.

Happenings at Unity

Details & Updates:
UnitySanDiego.org

Spring Tea Meeting | Sun., Mar 6th

10:15am, Wrigley Hall

The theme for the tea needs to be decided. We need 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.

Gals Day Out | Wed., March 30th

5pm, Interfaith Shelter Guests & Bunko

The gals will meet at 5:00 pm to prepare a meal for the Interfaith Shelter Guests. A menu and sign up sheet will be posted in the tower lobby. After cleaning up (about 6:45PM), the gals will move to the 4th floor of the Prayer Tower for an evening of Bunko hosted by Rashna Kowalski. This is a fun, fast moving game that allows for lots of laughs. A donation will go to Unity San Diego. Sign up in advance, so we have enough tables for Bunko.

Unity Village Retreat Info Meeting

Sun., April 10th | 12:15pm, St. Luke's Chapel

Join us on a faith-filled prayer & meditation renewal experience! Our Pilgrimage to Unity Village Retreat during 2016 World Day of Prayer is **09/03 - 09/09**. We are having an info meeting in St. Luke's Chapel on Sunday, April 10th to discuss details and logistics. Come find out how easy it is to retreat, relax and re-connect in Unity! Details:

UnitySanDiego.org/Unity-Village

"Did You Know...?"

If you have life insurance and do not have someone you want to receive it, please consider naming our church as your beneficiary. You can even name our church as the secondary or tertiary beneficiary. Recently one of our members informed me that his former spouse had passed away and he had named our church as the beneficiary of his life insurance policy. We wish him a long and healthy life!

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.

Blessings Abound in All of Life

Sometimes the beauty of another's story can bring new awareness of the sacred in every moment. One such beautiful blessing to share with you is from author Denise Roy's book, *My Monastery is a Minivan or Where the Daily is Divine and the Routine becomes Prayer*:

May you discover the Sacred in the center of your world, and may you welcome moments of grace.

May your eyes find signs along your path, your ears hear the holiness that surrounds you.

May your life be blessed with good companions, and may your heart grow in wisdom and compassion.

May you teach your children to sing and to dance, and to know the sheer joy of celebration.

May you tell stories to one another all of your days, and may you grow to love the sweet comfort of silence.

May you care for the earth as your home, and may passion give life to your work.

May what you do be for the benefit of all, and may your love extend to all generations.

May the blessings of love be always upon you, and may all the dreams on your journey be fulfilled.

Your Prayer Ministry extends love and light to you. Remember to join us weekly each Wednesday at 11 AM in St. Luke's Chapel for a special time of prayer and meditation. Many blessings each and every day and may your prayer life be filled with love and peace now and in this Easter season, Your Prayer Ministry

Annual Spring Tea | Sat., April 23rd

2pm - 4pm, Wrigley Hall

In addition to the tea, a Fashion Show will be provided by Glamour Girlz in El Cajon. The food will be partly catered by the Aubrey Rose Tea Room in La Mesa. Ten table hostesses, cooks (baking is done at home), kitchen help, 10-12 servers, 6-7 models and a clean up crew are all be recruited. Speak to Meredith Tabor, 619-280-2501 ext 109. Email: Meredith@unitysandiego.org.

Donations for the silent auction and raffles are being accepted by Meredith Tabor. Tickets will be \$20 for adults and \$10 for children. The funds raised are split 3 ways between YES/YOU activities, Angels in the Wings, & refurbishments here at Unity Annual Tea - Saturday, April 23rd - Donations are also being accepted for San Diego.

TRAVEL WITH UNITY

Flyers available at the SCRIP Table | Contact: Meredith@UnitySanDiego.org | 619-280-2501, x109

Highlights of England and Scotland is the next trip being planned by Rev. Blair and Meredith. The trip is from 11/07 - 11/17, 2016. The trip price includes the airfare, all lodging, guides, bus transportation and many of the meals. There are now 4 signed up for the trip.

River Cruise for Sept. 14, 2017 Rev. Blair and Meredith have chosen a great cruise for the fall of 2017. It starts in Prague and ends in Budapest. The trip is for 11 days with daily stops on the cruise. The cruise company is Emerald cruises on a small ship and will it sail on the Danube - stopping in Vienna, too. **Until March 30th - a wonderful promotion is being offered - for bookings in C class and above - \$1000/person credit towards airfare!** For below C class - \$500 per person credit for airfare! A \$500 non-refundable is required to qualify.

UnitySanDiego.org

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

www.UnitySanDiego.org

Exciting News!

In the next few months, Unity San Diego will be introducing a new program to assist you in managing your weekly, monthly, and recurring donations as well as tracking your year-to-date donation records. In addition, you can access class records and registration at any time! The program is simple to use and is accessible from your computer, smart phone, or at kiosks located here on campus. Watch the weekly bulletins for additional information and dates so you can attend a demonstration of the program!

Faith for Today Mailing Party | Thursday, 4/21/16, at 9:00 a.m.

Please join this fun group of volunteers to prepare our newsletter for mailing. Coffee and doughnuts are provided! 4th floor of the tower. See you there!



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

THANK YOU

January Volunteer of the Month:

BELINDA PENA

Belinda Pena volunteers as a Y.O.U. (Youth of Unity) support teacher one Sunday a month. She is loved by all the teachers and the teens. We are honored and blessed to have Belinda as a part of the Youth & Family Ministry. Belinda also serves two Sundays a month at our new "Information Table" on the patio, offering her welcoming smile, answering questions for guests and members of our spiritual community. **Thank you, Belinda, for the vibrant loving energy you share with us in sacred service!**

February Volunteer of the Month:

JIM MULVANY

Jim Mulvany volunteers on Sundays, by supporting the youth ministry in class as well as outreach in the community. Recently Jim organized and supported the teens with giving out bags of food to the homeless in Balboa Park. Jim shares his compassion and peaceful teachings (along with his wife Barb and four kids) with the Youth and Family ministry and our spiritual community. **Thank you, Jim for your loving service and commitment you share with us in sacred service!**

SD Padres vs NY Yankees Tickets: 30 tickets have been reserved for this special game on Friday, July 1 at 7:40PM.

The tickets are at Field Level, First Base side and are at a group discounted price of \$45 each. Sign up and reserve your ticket by April 1st. Several unreserved tickets will be returned on April 1. Sign up at the SCRIP table.