

# 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 Expanding Spiritual Gift,

"Stretch" is the word that is floating in my brain. Spirit reveals several applications:

As we stretch our bodies, we promote physical health and wellbeing. Take time to stretch and bless your muscles, joints, lungs and heart. (Ok, you can bless the rest of you too!)

As we stretch our minds to invite in Divine Ideas, we open our consciousness to God's possibilities.

We make room for God to guide and inspire, move and direct us. In April, one of the Daily Word messages was perspective. It called us to look at the things in our lives from a spiritual perspective. Open to God working in you in new ways.

We can stretch our time by beginning each activity with prayer and blessings. We can stretch our finances by being grateful for all the money substance that flows in and through our experience. We can stretch our love by seeing the circle of our love expand to include more people and more situations in the world.

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

Bountiful blessings!

*"Did You Know...?"*

Joyous in the Spirit,

Blair Tabor, minister

Recently, one of our members made a donation of appreciated stocks to our church. He was able to avoid capital gains and is eligible to claim a significant tax deduction for a charitable contribution. There are many IRS approved ways to avoid taxes through charitable giving. If you need to be directed to consultants that can provide you with more information, please contact Reverend Blair, 619-280-2501 ext. 107.

## LETTER FROM A BOARD MEMBER

### Spring at Unity

Spring is such a beautiful time to remember the One! What was once small and closed in, is blossoming and becoming beautiful right before our eyes! What we have to remember, is to treasure the time in between the seedling to the fully formed flower. When we take time in the silence to take in the beauty around us, we are reminded of the infinite power and possibility of God! We don't know what's coming, but we can enjoy being part of the flow of Divine love and life that will lead to the fully bloomed garden. As stewards of conscious living, we create what will be. As our church embraces the changes and growth that the season brings, so must we be ready to grow and to change into something greater than we could ever imagine. As we worship and pray together, we unify our energy and prepare the way. Together, we will continue to spread Love, Light and the Abundance of the Divine to all.

Namaste, Traci Pavlas, Board Secretary

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

**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,

I am guessing that most of us did NOT grow up in Unity. Am I correct? If you will, for just a moment, remember back when you were a child and someone called you “ugly, too fat, too skinny, too short, too tall” or something like that, and you went to your parent or other adult and they told you “Don’t worry honey, it’s not how you look that matters its what’s inside that counts”. If you were like me, your reaction was “What does that mean?!” It really didn’t help, did it? And who knows how our self esteem and belief system were affected by those cruel comments we received as children.



Now think back again, please, to that same situation, but this time you know that God is inside you, - that you are an Anointed Child of God. You know that you are a Spiritual Being who chose to be in a physical body, and you are positive that God loves you just the way you are. You know exactly what it is that is inside you that counts. How would your self esteem and belief system be affected then?

Teaching our children about God’s Love, our Divine Inheritance, Unity teachings & principles at an early age, instilling it in them, gives them a firm foundation in life. It is the best gift we can give our children or anyone for that matter. Wouldn’t you agree?!

Here at Unity San Diego we believe that no one is too young to learn about their Divinity. Through Unity lessons, songs, creative expression and play we teach our youth from birth-18yrs just how wonderfully unique they are every Sunday.

If you have been attending Unity San Diego regularly for six months, and would like to share your gifts and talents with our wonderful children, please call me at 619-218-6135, or email me at karlalightner@gmail.com so we can talk about how you can become a part of our wonderful Youth & Family Ministry Team.

Love & Blessings!

Karla Lightner, Youth & Family Ministry



## GIFT CARD SCRIP NEWS

Scrip is available for your summer travels – Southwest Airlines and Stub Hub are now available instantly from Meredith. Also available are AMC and Regal/Edwards theatres for summer movies. The American Express gift cards in \$25, \$100 and \$200 are still here. There is no activation fee & no expiration date – plus they are still good at Costco until August. Unity makes 1.5%, so they must be paid for with a check or cash. 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

## Youth & Family Ministry Calendar

Sat. | 06/04 | 9am - 2:30pm

The cost for certification for both CPR and First Aid is \$55 per person. Bring a lunch and be prepared to have fun learning how to save lives. Please RSVP to Karla Lightner at 619-218-6135 or karlalightner@gmail.com by 05/29/16. If you are staff or a volunteer, please check with your department to see if this is a covered expense. Wrigley Hall.

Sun. | 06/26 | Sundae Sunday

Please enjoy an ice cream cone, sundae or root beer float in Wrigley Hall immediately after both services. Prices vary. This is a fundraiser for our youth to attend local & regional events.

06/18 - 06/21: Kids & Uniteen Camps

Kids graduating 3rd -5th grade and Uniteens in grades 6-8 will leave Unity San Diego on Saturday and return on Tuesday for 4 days of fun, games and learning with other Unikids and Uniteens from the Southwest region of Unity. Wrightwood, CA.

### Interfaith Shelter Thanks Unity

Thank you to the more than 70 generous volunteers and donors who helped make our 2016 Unity three week Interfaith Shelter a success. It takes a loving village to accomplish the numerous tasks needed to house, feed and prayerfully support our 11 guests. Many thanks to our lead coordinators, Aline King and Mike and Sharla Barry. Bountiful blessings for your loving work. We see each guest surrounded with Divine guidance and love.

### WSWA May Food Drive

Thank you for your generous contributions of canned meats, canned goods, cereals and pasta for our May food drive to support WSWA, an all- volunteer organization. Please bring your donations to the orange bins in Wrigley Hall each Sunday in May. Scrip for Smart & Final is also always appreciated. For more information, contact Aline King at 619-280-2501, ext. 133. Many thanks.

UnitySanDiego.org

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



MINISTER  
Reverend Blair Tabor

*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](http://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  
*Contact Pat Case*

**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](http://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)

May & June 2016 Calendar

May 2016

June 2016

**Spring Mother's Day Sale**

Sun., 05/01, 10am - 1pm  
Wrigley Hall (Arts & Crafts)

**Spiritual (Sufi) Dancing**

Sun., 05/01, 1pm  
On the patio

**Special Evening Service**

**Theme: Prosperity**  
Wed., 05/04, 7pm  
St. Luke's Chapel

**May Gals Day Out**

Sat., 05/07, 10am  
Carlsbad Flower Fields

**Community Forum**

Sun., 05/15, 10:15am  
Wrigley Hall, Between Services

**Seeds of Consciousness**

**Leadership Retreat**  
Fri-Sun, 05/20 - 05/22

**12 Powers Workshop**

Sun., 05/22, 1pm - 2:30pm  
St. Luke's Chapel

**Gift Shop & Bookstore  
Summer Clearance Sale**

Sunday, June 12th  
9am - 2pm

**WISH LIST**

*If you cannot give the total amount, partial gifts are gratefully received and added to totals.*

- ADA Compliant Tower Door & Bathroom Modifications: \$38K - \$22K = \$16K
- Automatic Defibrillator: \$1,540 - \$270 = \$1,270
- Replace Church Office A/C Unit (5th flr) (42 years old): \$4.3K - \$1.3k = \$3k

**CPR & First Aid Training**

Sat., 06/04, 9am - 2:30pm  
Wrigley Hall

**Healing Service**

Sun., 06/05, 1pm  
Sanctuary

**Father's Day Mini Sale**

Sun., 06/05, 10am - 1pm  
Wrigley Hall (Arts & Crafts)

**Book/Gift Shop**

**Summer Clearance Sale**  
Sun., 06/12, 9am - 2pm  
On the patio

**Faith For Today**

**Mailing Party**

Thurs., 06/16, 9am  
Tower, 4th Floor

**Father's Day Mini Sale**

Sun., 06/19, 10am - 1pm  
Wrigley Hall (Arts & Crafts)

**Seeds of Consciousness**

Sat., 06/25, 9am - 4:30pm  
St. Luke's Chapel

**Meditation Practice**

Sun., 06/26, 12:45pm  
St. Luke's Chapel

**Sundae Sunday - YFM**

Sun., 06/26  
Wrigley Hall, After Both Services

**Kids & Uniteen Camp - YFM**

Sat. - Tues., 06/18 - 06/21  
Wrightwood, CA



# Sunday Lessons

## Lesson Titles | May 2016

- May 1 "Amplify Your Sense of Awe"
- May 8 "Blessing the Invisible Mother" *Mother's Day* \*\*
- May 15 "Home Coming in God"
- May 22 "Discover the Power within You" Reverend Sharon Connors
- May 29 "The Memory that Heals"

**\*\*All women attending Sunday services receive a carnation. Come and be a part of the blessing.**

## Lesson Titles | June 2016

- Jun 5 "Healing Power"
- Jun 12 "Graduation and Commencement"
- Jun 19 "A Season for Hope & Courage" Reverend Sharon Connors *Father's Day*
- Jun 26 "You Are Enough"

**Special Wednesday Evening Service | May 4th | 7pm  
Led by our "Seeds of Consciousness" Leadership Group.**

**Special Service Theme: Prosperity**

Join us in an alternative evening service to bring forth prosperity and God's abundance that is ever available to us.

## COMMUNITY FORUM

**May 15**, between services, our board of directors will present information about upcoming plans for our church. Please join us for Brunch Sunday and our meeting.

# Spiritual Enrichment Classes

## 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.



**Spiritual (Sufi) Dancing**  
Sunday, May 1st with Reverend Blair

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

## Spiritual (Sufi) Dancing

Facilitator: Rev. Blair Tabor

Sunday, May 1st | 1pm | On the patio

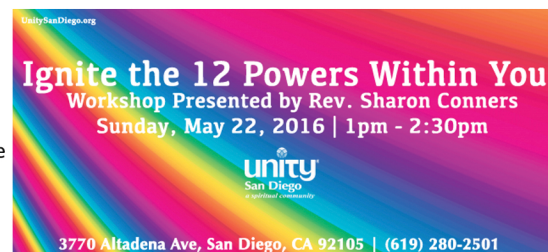
There have been requests to have a time of Sufi Dancing after church. Here is your chance to sing, pray and dance to deepen your experience of God. The songs are simple. The movements are easy. Come join the lighthearted group, led by Reverend Blair. Love Offering.

## Ignite the 12 Powers Within You

Facilitator: Rev. Sharon Connors

Sunday, May 22nd, 1pm - 2:30pm | St. Luke's Chapel

Step by step, thought added to thought, spiritual emotion added to spiritual emotion--eventually the transformation is complete." Atom Smashing Power of the Mind, Charles Fillmore. The 12 Powers constitute a framework for understanding how to fulfill our spiritual potential. This is a teaching and a practice that opens the portals of our creative energy to live at the top of our game; at the passionate edges of our lives. Come explore these amazing gifts and practice awakening and invoking their expression in you and through you. This workshop is offered for a suggested donation of \$15.00.



**Ignite the 12 Powers Within You**  
Workshop Presented by Rev. Sharon Connors  
Sunday, May 22, 2016 | 1pm - 2:30pm

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



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)

**June 19th | Rev. Sharon Connors** will be speaking at both services on "A Season for Hope and Courage". Rev. Connors is a Unity Minister, having served ministries in Florida, San Francisco, Unity Village & San Diego. She has served as Chair of the Board of Trustees for Unity Worldwide Ministries, President of the Board of the Southwestern Unity Region, member of the Advisory Board for the Association for Global New Thought, Board of Holos Graduate Theological Seminary, and Board of Bread for the Journey. Sharon has also served in her community on the Boards of East County Salvation Army and Crisis House. Sharon currently has a practice as a Personal Growth and Business Coach who supports her clients in realizing their goals and dreams.

## New Members Receiving Spiritual Baptism

- Thomas Moore
- Debra Moore
- Christine Moore

## Healing Service with Rev. Blair

Sunday, 06/05 | 1pm | Sanctuary

Our prayers joined together bring healing in greater ways. Join Reverend Blair for this uplifting time of prayer and singing. Love Offering



## Meditation Practice with Rev. Blair

Sunday, 06/26 | 12:45pm | St. Luke's Chapel

Reverend Blair brings simple tools to help you stay focused in meditation. Love Offering.



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

Register Online: [UnitySanDiego.org/classes](http://UnitySanDiego.org/classes)



# Happenings at Unity

Details & Updates:  
[UnitySanDiego.org](http://UnitySanDiego.org)

## Emerald Cruise Info | Sun., May 15th 1pm, Tower, 4th Floor

A representative of Emerald Cruise line will be here to present information about the river cruise planned for September, 2017! Five people have already signed up for this cruise from Prague to Budapest on the Danube River. For information speak to Meredith Tabor, [Meredith@unitysandiego.org](mailto:Meredith@unitysandiego.org).

## Gals Day Out | Sat., May 7th 10am, Carlsbad Flower Fields

The gals will visit the Carlsbad Flower Fields on the last Saturday that they are open. Cost is Adult \$14, Senior \$13. Wagon rides are \$5 each. There will be a Bonsai exhibit and sale, too. After visiting the fields the gals will go to TGI Fridays for lunch. Those who wish to carpool will meet at Grossmont center near Claim Jumper at 9:45AM to leave at 10AM. Please sign up if you plan to attend in the tower hallway. Contact Meredith Tabor 619-280-2501 ext 109.

## David Roth | Sun., June 5th Guest Soloist, Both Services

David Roth will be our guest soloist at both services, Sunday, 06/05. David strikes many chords, hearts, and minds with his unique songs, offbeat observations, moving stories, sense of the hilarious, and powerful singing and subject matter. As singer, songwriter, recording artist, keynote speaker, workshop leader, and instructor, David has earned top honors at premier songwriter competitions in Kerrville (TX) & Falcon Ridge (NY) – and taken his music, experience, and expertise to a wide variety of venues in this and other countries full-time for more than two decades.

## Arts & Crafts | Wrigley Hall

We will be featuring scarves, jewelry, greeting cards, novelty items table decorations and more!

### Large Spring & Mother's Day Sale Sunday, May 1st | 10am - 1pm

### Father's Day Mini Sale Sundays, June 5th & June 19th | 10am - 1pm

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

The Prayer Ministry so appreciated our beloved Unity teacher, Julie Macurda, who made her transition some years ago. In her papers was this, her loving version of the Lord's Prayer. Let its words resonate with you now. Many blessings.

### My Lord's Prayer by Julie Macurda

Blessed, loving Presence, within

Teach me to love myself unconditionally, so that  
Who always walks with me.

I might love others more in the same way.  
Glory, Alleluia to your name. I praise and bless you.

Teach me to control my appetites and desires  
Your Presence within enfolds me.

and to always be humble and teachable.  
Your guidance directs me in my everyday life,  
always expanding my awareness.

To listen to You in the silence and do Your will.

I am heir to all Your good. You are my source.  
Deliver me from fear, negation and selfishness,  
Health, wealth, Love, joy and wisdom are mine  
For You are all good and only good, all power,  
and I accept them.

all knowing, everywhere present.

I bless each person in my life.  
You are my glory, my power and my joy  
I forgive anyone I have hurt or offended,  
forever and ever.

as I know they have forgiven me.  
Thank You, Thank You, God. Amen.

## Book/Gift Shop Summer Clearance

**BIG SALE!** Sunday, June 12th, | 9am - 2pm on the patio

Mark your calendar for this upcoming event! All in-stock merchandise will be on sale. You'll find huge price reductions on new books and a great selection of gently used books! We have music, jewelry, novelty items, greeting cards, scarves, yard decorations and wind chimes, seasonal items and more! It's never too early to stock up for birthdays and the holidays! We are in need of volunteers to help with set up, tear down and/or cashiers. Please contact Rebecca in the book-store or at 619-280-2501 ext. 111. Blessings and happy shopping!

## TRAVEL WITH UNITY

Flyers available at the SCRIP Table | Contact: [Meredith@UnitySanDiego.org](mailto: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.

River Cruise for Sept. 7, 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](http://UnitySanDiego.org) Unity San Diego 3770 Altadena Avenue, San Diego, CA 92105 (619) 280.2501





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San Diego, CA 92105  
(619) 280-2501

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[www.UnitySanDiego.org](http://www.UnitySanDiego.org)

**Padres-Yankees game** - only 1 ticket is left for the game on Friday, July 1 at 7:40PM, so a waiting list has been started. The tickets are at Field Level and the discounted group price is \$45. Those who have signed up must pay Meredith Tabor by Sunday June 12.

**Padres-Red Sox game** – Unity has reserved 30 field level tickets for this game on Monday, Sept. 5th at 1:40PM game. This is Labor Day – so a great opportunity to go to a day game. Tickets are \$34 each. Sign up with Meredith Tabor and pay by July 24th.

**Faith for Today Mailing Party | Thursday, 6/16/16, 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!

**Save the Date - Gals Weekend in Julian – Friday, July 22 to Sunday, July 24.**

A family cabin has been reserved for this weekend of relaxing time away to read, rest, recreate, or do crafts. Space is limited so sharing a room is a must. Non-refundable deposit of \$40 is required to hold your space. Total cost is expected to be \$125/person. There is a full kitchen available, too. Check out the cabin at [www.CedarCreekfallsRetreat.com](http://www.CedarCreekfallsRetreat.com). Food is not included in the price. Questions, call Meredith Tabor at 619-280-2501 ext 109 or by email: [Meredith@unitysandiego.org](mailto:Meredith@unitysandiego.org).

**NAME TAGS:** 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.

## THANK YOU

### March Volunteer of the Month: MARTY COWDEN

Marty Cowden shares her beautiful voice on Sundays with the Choir each, and is always willing to be a substitute if needed. She served as one of the 2 service leaders in last Wednesday's special Prayer and Meditation evening service that was led by our Seeds of Consciousness Leadership Development Group. Marty is talented, creative and committed. We are blessed with the results of her commitment to her own spiritual deepening as she lovingly supports others who are undergoing their spiritual sacred becoming. **Thank you, Marty, for being the channel of God's divine flow!**

### April Volunteer of the Month: DAVID JONES

We are blessed to have David share his time and talents in so many ways! David serves as an usher and greeter on Sundays, and also at Holy Thursday, Good Friday, and our Burning Bowl services. David also assisted Rev. Blair with the decoration of our Easter Cross. In addition, David serves in Outreach by helping set up the shelter and preparing a delicious meal for our shelter guests. David will also be making his appearance as a server at our Annual Spring Tea. **Thank you, David, for your generous service to our community here at Unity San Diego!**