



# 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 Christ-Centered Friend,

The world is turning. The seasons are turning. Our lives are turning. What is the center around which our lives turn?

If our lives revolve around the ups and downs, appearance and disappearances of the physical world, we will have a bumpy ride in life. The vicissitudes of life can be unsettling, even threatening, if we are focused on change in an unbalanced way.

When God is the conscious center of our lives, when we affirm the sureness of the Christ Presence within, our lives will turn around a center of joy, light and peace. We will participate in the divine order of God's unfolding universe. Change will still occur and we will navigate the changes with poise and centeredness. Spirit, at the middle of our lives, will radiate its blessings.

Gratitude helps us maintain thoughts that concentrate on our blessings, our wholeness, our opportunities, our strengths, our inner and outer resources. Keep turning to God at your center. Keep turning and remembering your good. Keep folding your thoughts back to your Christ-Light within. Let your life revolve around God as Center Point.

Joyous in the Spirit,

Blair Tabor, minister



Rev. Evelyn Foreman

## LETTER FROM A BOARD MEMBER

In Unity, we talk about being in the flow, "We are part of the Divine, & we must be positive and trust that all is in Divine Order". Truthfully, it is most difficult to accept these concepts when something unexpected happens. We are taught to think positively & not dwell on the negative or unexpected "blocks" that occur. What is really happening is that the Universe is guiding us to our highest good, although we may have had other plans. The important thing for us to pray on in these times is that we want the highest good for everyone, not just ourselves.

This idea raises the consciousness of us all, which is what will bring our world to the place of peace, tolerance, & love that we experience through our Unity spiritual home. As individuals who understand & practice actively promoting peace & love, we are the agents who bring Divine Light with us. It is not an easy assignment, as individuals sometimes we just want what we want. Know, however, that you are always in the cradle of Divine Love! God may need you & your light to heal & bring peace & love to others who you may have never encountered otherwise. This is our assignment & we must remember & know that through tough times, we are simply in the middle of the amazing Universal Blueprint, which is designed to create a higher consciousness for our world. Being in the middle of the rainbow, it is difficult to see but in time you will see the rainbow in all of its magnificent glory!

Namaste, Traci Pavlas Unity San Diego Board Secretary

**TRAVEL WITH UNITY**  
 Highlights of England & Scotland  
 With Rev. Blair & Meredith Tabor  
 Nov. 7th to Nov. 17th, 2016  
[UnitySanDiego.org/Travel-With-Unity](http://UnitySanDiego.org/Travel-With-Unity)

**CONNECT** *with Unity*

To continue receiving our newsletters, you **MUST** sign up online.

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

We are **GOING GREEN!**  
Going forward, our newsletters will only be issued in electronic form



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](mailto:ccu@UnitySanDiego.org)  
Prayers: [PrayerMinistry@UnitySanDiego.org](mailto:PrayerMinistry@UnitySanDiego.org)





# Youth MINISTRY

**YOUTH MINISTRY CLASSES, 11am Sundays**

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

Toddlers through teens explore Unity Principles at an age appropriate level using metaphysical interpretations of the Bible & other resources. We creatively experience these lessons through music, science, drama, art and games. This "Living Curriculum" is designed to provide children with a "spiritual toolbox" that they can use throughout life.



During the month of November, our children will learn the metaphysical meaning of Thanksgiving. We will be making "gratitude gifts" & all the children will share in a traditional dinner with their classmates.

Our Christmas presentation will consist of a variety of caroling tunes, poems & skits for your enjoyment. From "Jingle Bell Rock" to "Frosty the Snowman" our children & teens will share their musical and theatrical talent with you. The presentation is free. If you care to dine while being serenaded, a special luncheon will be served for \$5.00. Proceeds will go to Kid's Camp, Uniteen Camp & Y.O.U. activities throughout 2016. Christmas is a wonderful family holiday. As has been the tradition there will only be childcare for infants and toddlers on December 20th, the older children & teens will attend Sunday Christmas service with their families in the sanctuary.

We will be having 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 whose parents are having a challenging time providing Christmas gifts this year. While some families need more help than others, there are new families on the tree each year. Please take an ornament and help our Unity children have an unforgettable Christmas in 2015.

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

Love & Blessings! Karla Lightner, Youth & Family Ministry

[UnitySanDiego.Org/youth-ministry](http://UnitySanDiego.Org/youth-ministry)



## Youth & Family Ministry Calendar



**Fri., 11/07 - 11/08: Uniteen Overnight**  
Teens throughout California in grades 6-8 will learn about the Art of Perception as they attend this Spiritual Retreat here at our own beautiful church.

**Sun., 11/29: Youth Thanksgiving Dinner**  
Classroom 2: Purposely held after Thanksgiving this year. Nursery to Y.O.U. will have a traditional Thanksgiving dinner during class time. Faith, gratitude & love will be the theme of this fun & delicious class.

**Sun., 12/6, 12/13, 12/20: Gift Wrapping**  
Bring your un-wrapped Christmas presents to Wrigley Hall & have our Combined Teen Ministry group wrap them for you. Our gift wrapping fundraiser will be held between services for 3 Sundays before Christmas. By Love Offering.

**Sun., 12/06: Christmas Musical Theatre**  
Don't miss our 2015 Musical/Theatrical Christmas Presentation in Wrigley Hall after the 2nd service. The presentation is free for your enjoyment. If you wish to dine while being serenaded, a special luncheon will be served for \$5.00. Proceeds will go to Kid's Camp, Uniteen Camp and Y.O.U. activities throughout 2016.

### SCRIP NEWS

The holidays will be here soon! This is the best time to buy scrip at Unity San Diego. We have Honeybaked Ham & grocery scrip for the holiday meals. For your Christmas gifts there is an extensive list for the whole family. Be sure to order early to avoid a rush close to Christmas. Lots of grocery scrip is available – Albertsons, Smart and Final, Vons, Whole Foods, & Sprouts.

You may even want to buy scrip to donate to the annual WSWA food drive. 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 via email: Meredith@UnitySanDiego.org  
**Full Details at: [UnitySanDiego.org/Scrip](http://UnitySanDiego.org/Scrip)**

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

**November & December Calendar**

**Uniteen Overnight - YFM**

Fri & Sat., 11/07 - 11/08  
Wrigley Hall

**Power of the Heart Movie**

Sun., 11/08, 1pm  
Main Sanctuary

**Craft Fair Entrepreneur Mart**

Sun., 11/15, 9am - 2pm  
Wrigley Hall

**Thanksgiving Eve Service**

Communion Service  
Wed., 11/25, 7pm  
Main Sanctuary

**Youth Thanksgiving - YFM**

Sun., 11/29, 11am  
Classroom 2 - Youth Ministry

**November Board Meeting**

Wed., 11/18, 7pm  
Tower, 4th Floor

**Gift Shop & Bookstore**

Unique Gifts | Affordable Prices  
Seasonal Items & Gifts Certificates Available  
Sundays: 9am - 1pm  
Monday - Thursdays: 9:30am - 2:30pm

**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.

**Science Spirituality Workshop**

Sun., 12/06, 1pm  
St. Luke's Chapel

**Musical Theatre - YFM**

**Christmas Presentation**  
Sun., 12/06, 12pm  
Wrigley Hall

**Christmas Gift Wrapping**

Youth Fundraiser  
Sun., 12/6, 12/13 & 12/20  
Wrigley Hall

**December Gals Day Out**

Tues., 12/08, 6:30pm  
Meredith Tabor's Home

**December Board Meeting**

Wed., 12/09, 7pm  
Tower, 4th Floor

**Christmas Concert**

Sun., 12/13, 5pm  
Main Sanctuary

**Christmas Candle Lighting**

Wed., 12/16, 7pm &  
Thur., 12/24, 7pm  
Main Sanctuary

**World Peace Meditation**

Thurs., 12/31, 4am (Yes, 4AM)  
St. Luke's Chapel

**Burning Bowl & Letter to God**

Thur., 12/31, 7pm

**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 - 20.8K = \$17.2K
- Sound Board & Accessories: \$7,500 - \$6,052 = \$1,448
- Replace Church Office A/C Unit (5th flr) (42 years old): \$4,300

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

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



# Sunday Lessons

\* Daylight Savings Ends! – Fall Back \*

Saturday, October 31, turn your clocks back one hour when you go to bed.

- Nov 01: "Sacred Selfless Service" | Rev. Evelyn
- Nov 08: "The Cloud of Unknowing" | Rev. Blair
- Nov 15: "Affirmations: Questions That Open You to Your Good" (And... Yes, it is "Affirmations") | Rev. Blair
- Nov 22: "Proactive Gratitude" | Rev. Blair



Nov 29th - Dec 20th, 2015

We many times are focused on what we are going to get for Christmas. Yet, the Christmas story is about how giving opens the way to greater good. We invite you to contemplate how you will add to the Christmas experience of others, through giving attention, recognition, appreciation and demonstrations of love. Then there is the deeper gift of prayer. Let prayer be the undergirding of your holiday season and watch how your life lights up with the radiance of the Christ.

- Nov 29: "The Faith of God" | Rev. Blair
- Dec 06: "Christ Is the Calm Peace of My Soul" | Rev. Blair
- Dec 13: "Love That Surpasses Understanding" | Rev. Evelyn
- Dec 20: "Sparkling Spiritual Joy" | Rev. Blair
- Dec 27: "Precious Presence" | Rev. Evelyn

## Spiritual Enrichment Classes

Special Workshop  
**Science & Spirituality**  
 Rev. James Gaither  
 Dec 6th, 1:30 - 3:30pm  
 unity San Diego

### Science & Spirituality Workshop

Facilitator: Rev. James Gaither  
 Sunday, 12/06 | 1:30 - 3:30pm | St. Luke's Chapel

Can science tell us anything about God and our own spiritual nature? Unity Philosophy forms a bridge between scientific knowledge and spiritual knowledge. Science tells us about nature; Unity Philosophy shows the connection between consciousness and nature. Science can show us what works; Unity Philosophy can show us how to work ethically for success, prosperity and world harmony.

## SPECIAL HOLIDAY SERVICES

**THANKSGIVING EVE**  
 Communion Service  
 7pm, Wed., 11/25

"Gratitude Establishes Us in God's Blessings"

Come join us for a special gratitude filled service the evening before Thanksgiving. Rev. Blair has a special lesson planned. There will be great music from the music team and a communion service. Everyone is welcome.

**CHRISTMAS CANDLE LIGHTING**  
 7pm, Wed, 12/16 &  
 7pm, Thur., 12/24

Our Candlelighting Service is one of the most beautiful throughout the year.

Come celebrate the Glory of the new birth of the Christ in you. We offer the service two times for those who may be out of town on Christmas Eve and for those who want to attend twice.

Please plan to bring your family and guests to these services.

**BURNING BOWL & LETTER TO GOD SERVICE**  
 7pm, Thurs., 12/31

Get ready for the New Year and releasing what you don't want to carry forward.

At this, one of our most popular services of the year, we put the spiritual principles into action in a dramatic way. We write down what we want to release and literally set it on fire. Then we write a letter to God opening ourselves to new blessings for the New Year. The music is great; the ritual is transformative!

**WORLD PEACE MEDITATION**  
 4am, Thurs., 12/31  
 Yes! 4AM

Come make a difference with prayer and meditation.

In dedication to the universal peace of God, we commit ourselves to praying for peace for our whole planet.

Gift Your Presence in Service:  
[UnitySanDiego.org/Sacred-Service](http://UnitySanDiego.org/Sacred-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)



### Discover Spirit's Call on Unity.fm

Listen at: [UnityOnlineRadio.org/TheCallOfSpirit](http://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](http://TheCallOfSpirit.com)

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

### Say "YES!" to Community & Growth at Unity San Diego

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 November 15.
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. November 22.
3. Spiritual Baptism during the Sunday services November 29.

CLASSES & OFFERINGS ~ REGISTER ONLINE ~ [www.UnitySanDiego.org/Classes](http://www.UnitySanDiego.org/Classes)





# Happenings at Unity

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

If you are called to be in service, we need your loving hands to help at the events below:

Opportunities at: [UnitySanDiego.org/Sacred-Service](http://UnitySanDiego.org/Sacred-Service)

## "The Power of the Heart" | Nov. 8th

1pm, Main Sanctuary (Movie Screening)

From the director of 'THE SECRET', Drew Heriot, comes this unparalleled & life-changing film about the astonishing power & intelligence of your heart.

Featuring some of the most inspiring & influential icons of our age including Paulo Coelho, Maya Angelou, Deepak Chopra, Isabel Allende, & Eckhart Tolle, this film - which ties into a book of the same name - presents fascinating evidence that your heart is much more than a physical organ... and that it can actually transform your views of money, health, relationships, & success.

This film is an experience that will lead you to uncover & rediscover the treasure in your chest. DVD's will be available to purchase at the screening.

## Craft Sale & Entrepreneur Mart

Sunday, Nov 15th | 9am - 2pm, Wrigley Hall

Promote your business or sell your crafts at Unity San Diego. Space rental includes a table & 2 chairs: \$25 (member)/\$35 (non-members). Meredith 619-280-2501, x109 | [Meredith@unitysandiego.org](mailto:Meredith@unitysandiego.org).

**Start your Christmas shopping here at Unity San Diego** on Sunday, Nov. 15th. This is a great opportunity to see all the amazing talents of your fellow church members. You will want to stop after every booth (Pick up the form at the scrip table) - then be entered in a drawing for a \$25 gift card of your choice.

## Gals Night Out | Dec. 8th

6:30pm | Christmas Party @Meredith Tabor's Home

Each gal is requested to bring a wrapped gift valued at \$15 & a finger food or dessert to share. Sign up in the Tower lobby, so Meredith will be prepared. Carpooling is recommended as parking is very limited. Maps will be available. **Please Note:** The Gals will not be meeting in Nov.

**STUFFED ANIMALS:** You are invited to bring in stuffed toys when you come to church. When you are here, please take one or two to hold during Sunday services, to bless them & to bless the children who will receive them. The toys will be dedicated in early December & sent to children in Mexico.

**CHRISTMAS POINTSETTIAS:** If you would like to make a special contribution for Poinsettias, please make a note on your check or contact our staff for a contribution by credit card.

**SCRIP HOLIDAY PROMOTION:** For every scrip purchase between 11/22 & 12/13, you will receive an entry in a drawing for a \$25 gift card of your choice. The winning ticket will be drawn at the end of the day on Dec. 13th! **Good Luck!**

## Christmas Concert

This year we have a very special Christmas Concert planned. Our **Unity San Diego Choir & Music Team** will be joined by a wonderful orchestra to bring you a joyous selection of sacred & secular Christmas music. Invite your family & friends so that they may join us for this marvelous event! Love Offering.

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

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

## Thankfulness is Here & Now

Gratitude & prayer seem to go together as naturally as we awaken to all the blessings in our lives each morning. Our breath connects us with the Divine & we rise again to participate in life's unending connection to joy. Breathe in love & breathe out love. Breathe in joy & breathe out joy. Breathe in peace, breathe out peace. A short refrain from Thich Nhat Hanh, world renowned Zen Buddhist teacher, states, "Happiness is here & now, I have dropped my worries. Nothing to do, nowhere to go. I do not hurry. Happiness is here & now, I have dropped my worries. Somewhere to go, something to do, I do not have to hurry."

See that inner joy bubbling up within us as a beautiful clear fountain when we hear the birds sing, see the colors of the sunrise, think of our loved ones, hear a song of thankfulness and oh, in so many inner ways. Experience some more joy points in your day and your life & watch what happens as you turn your attention to them.

Connect with joy and gratitude each week in meditation. Join us at 11am in St. Luke's Chapel for meditation on Wednesdays. A World Peace meditation is on the second Wednesday of each month.

Many blessings of joy, love, thankfulness & peace, Your Prayer Ministry

### IN LOVING REMEMBRANCE: GUILLERMO OCHOA

Born 11/25/72 Asmara, Ethiopia, Africa | Passed: 09/03/15.

Guillermo had a lot of joy & a lot of grief woven into his life. We remember him for his love of his children & his love for our church.



## "Did You Know...?"

There are IRS approved ways to avoid capital gains by establishing a charitable trust that can guarantee income for you, your heirs & our church. Reverend Blair can direct you to helpful resources. In one case, before selling an appreciated asset, the family donated it to a trust that they created & were able to get a tax deduction, buy life insurance that went to their heirs & the church received the proceeds from the asset as well. Pre-planning can make a win-win-win situation.

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.

5pm, Sun., Dec 13th | Main Sanctuary

**AFTER CONCERT RECEPTION:** Volunteers are requested to bring finger foods, cookies, veggie trays, small sandwiches and more for a reception in Wrigley Hall following the concert. Donations may be brought in Sunday morning or to Wrigley Hall starting at 3:30PM. Several volunteers are needed to set-up and clean up. If you are able to participate, speak to Meredith Tabor & Sign Up online at: [UnitySanDiego.org/Sacred-Service](http://UnitySanDiego.org/Sacred-Service)





**PLEASE RECYCLE**



Don't toss - bring your used inkjet, laser & toner cartridges, cell phones, digital cameras, iPods, MP3 players, pagers, digital picture frames, and laptop computers to Unity San Diego. No landline phones or batteries, please. Contact: Meredith Tabor [Meredith@UnitySanDiego.org](mailto:Meredith@UnitySanDiego.org)

**OUTREACH**

Contact: Aline King  
619-280-2501 ext 133

**TURKEYS & FOOD DRIVE**  
*Western Service Worker's Association (WSWA)*

WSWA appreciates your donations of money for turkeys and food items such as cranberry sauce, stuffing mix and potatoes during the month of November. Please bring items to Wrigley Hall.

**INTERFAITH SHELTER**  
*Save The Dates:*  
3/26 - 4/17, 2016

Volunteers needed to provide service to guests by cooking meals, staying with them overnight and providing assistance with their departure in the morning. Weekend help with laundry transportation is also needed.



**Seva: The Art & Practice of Sacred Selfless Service**

Seva is selfless service as a devotional practice of deepening our relationship with Spirit. Sacred Service is a philosophy of service based upon knowing that each of us brings gifts & life experience into our spiritual communities. Together, we experience meaning & purpose in our lives & to know that we are making a difference in the lives of others.

**We believe that being in service enhances our own experience of living an abundant & meaningful life. There are many opportunities to serve our spiritual community as well as our local community & beyond.**



**Be Love In Action**

Call (619) 280-2501  
for immediate needs  
or visit our website  
for Sacred Service  
Opportunities

**THANK YOU**

For your selfless sacred service to our community.  
We acknowledge & honor the Christ Within  
that works in, through and as you.

**September Volunteer of the Month:**

**EMMY MARTINEZ**

Emmy blesses us in Sacred Service with her warm smile & many talents! For over four years, Emmy has been committed to welcoming our guests as Welcome Ambassador on the first Sunday of each month. Emmy has also served on Angels in the Wings, she has helped in the kitchen & at special events as needed. Emmy has also served as an usher at special musical events. Emmy demonstrates a real dedication to our community with her consistent commitment to be in Sacred Service. Thank you Emmy, for all that you do to support Unity San Diego!

**October Volunteer of the Month:**

**HALI MENEGOS**

Hali is a shining example of Love in Action here at Unity San Diego! Hali is an eleventh grader in our YOU program and shares her youthful energy with us through many Sacred Service activities. Hali has served as Kids Camp Counselor and regularly helps out in the Youth Education department. In addition, she has served at our annual Spring Tea, at the Interfaith Shelter, and in the kitchen on Friendship Sunday and many other church reception activities. Thank you, Hali, for your commitment to be Love in Action through Sacred Service!