

# FAITH FOR TODAY

## UNITY SAN DIEGO



## FROM THE MINISTER'S HEART

REV. KARLA LIGHTNER

**Happy New You!!!**

“Love more in 2024”. This will be our mantra this year as we lift up our planet in love.

Our world seems to constantly be engulfed in appearances of disaster and difficulty. Whenever we turn on the news we hear of wars, death, and unrest. Rather than focusing on what our human eyes see, I invite you to go within and see with the eyes of your heart.

Each of us has a role to play in lifting the consciousness of our world. Even when challenges come, we can build greater good in our lives and the lives of others, when we live in love.

Colossians 3:14 (NTFE) says, “... put on love, which ties everything together and makes it complete.”

As we bless each person and each experience with love, we amplify the activity of good in ourselves, our families, our communities, and the world. We can truly become ambassadors of peace and love.

Affirm with me please:

**“I AM an agent of love in the world!”**

We are a loving family here at Unity San Diego and so we now declare ourselves:

**“The Spiritual Community that LOVE is building”.**

Blessings of gratitude and love!

*Karla*



3770 Altadena Avenue  
San Diego, CA 92105  
UnitySanDiego@gmail.com

Sunday Service 10am (PT)  
Prayer Ministry: (619)282-7609  
PrayerMinistry@UnitySanDiego.org

# A LETTER FROM OUR BOARD MEMBER

Happy New Year, Unity San Diego! I hope all of you had a joyful holiday season! With all of the freshness and hope that the new year offers, I wish all of you a happy, healthy and prosperous 2024!

As a member of Unity San Diego, I find it gratifying to serve on the Board of Directors and see our work come into fruition. Our congregation grew in 2023, as we reached out to the community to bring in new members. We worked at innovative ways to bring in more revenue to increase our church's financial health. We practiced using our Unity Principles to improve our lives by studying the Twelve Powers. But, as always, there is more we can do.

I realize that New Year's resolutions can be superficial and not taken too seriously, but I urge you to ask yourselves, what can I do to make life better and then resolve to make it happen. This can be as simple as coming to church each Sunday if you are able or watching our services on Facebook or YouTube. Perhaps you could give a bit more or take advantage of volunteer opportunities at church. Giving of yourself has its own rewards, they but can only be realized by taking action.

In closing, thank you to all for giving me the opportunity to serve on the Board of Directors. It has been a pleasure to be of service and I look forward to doing more in 2024.

With Love and Blessings,  
Bob Arveson

**BOB ARVESON**



## SPANISH SPEAKING MINISTRY

El Ministerio de Habla Hispana de Unity San Diego comenzará un estudio de:

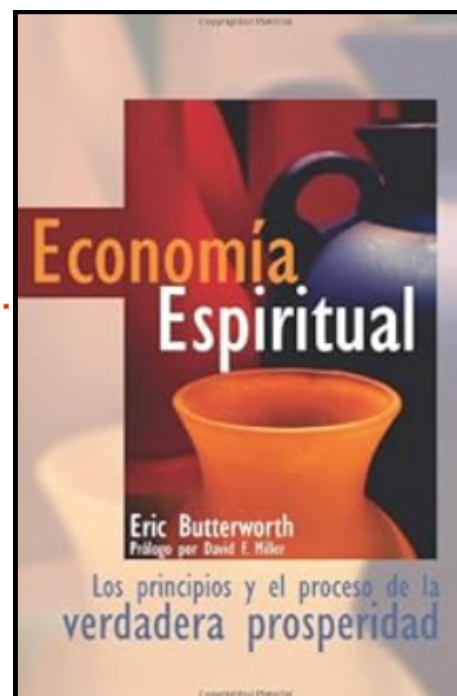
**“ECONOMÍA ESPIRITUAL: LOS  
PRINCIPIOS Y EL PROCESO DE LA  
VERDADERA PROSPERIDAD”**

-POR ERIC BUTTERWORTH

El Miércoles 10 de enero de 2024, a las 6:30 p.m. (PT) por zoom.

Únase a nosotros para un estudio de seis semanas del clásico de Eric Butterworth. libro “Economía Espiritual, Principios y Proceso de la Verdadera Prosperidad”. Aprenda cómo trabajar con el flujo de la vida, revertir la adversidad financiera y atraer riqueza en cada área de su vida con los mensajes empoderadores, la sabiduría y la inspiración del maestro espiritual y Ministro de Unity Eric Butterworth.

Para obtener más información y el enlace de zoom,  
envíe un correo electrónico a: [unitysdespanol@gmail.com](mailto:unitysdespanol@gmail.com)



# PRAYER MINISTRY



Happy New You!! Let's take this month to reconsider our purpose and dedicate ourselves to new growth and opportunities with Spirit as our guide. Take time in the stillness after the busyness of the holidays to breathe and step into your divine potential. All you need is within. Peace, be still.

Creative ideas flow from Source as we quiet ourselves. Sufficient energy comes for the tasks which are ours to do. Relationships flourish as we express our needs lovingly and listen to the needs of others.

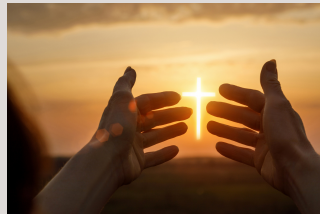
Prayer meditations continue in 2024 on the second Wednesday of each month at 11 am on Facebook live with prayer, meditation and piano music. Join us!!

Also check out the website, [unitysandiego.org](http://unitysandiego.org), for instant access to prayer requests by clicking on the box titled "Prayer Ministry" on the home page. We look forward to a year of supporting you and your loved ones in prayer. **Contact with live workers changes to Noon to 4pm, Monday through Friday.** Emails and phone messages are checked daily beyond these hours.

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."

Many blessings of peace and joy,

*Your Prayer Ministry*

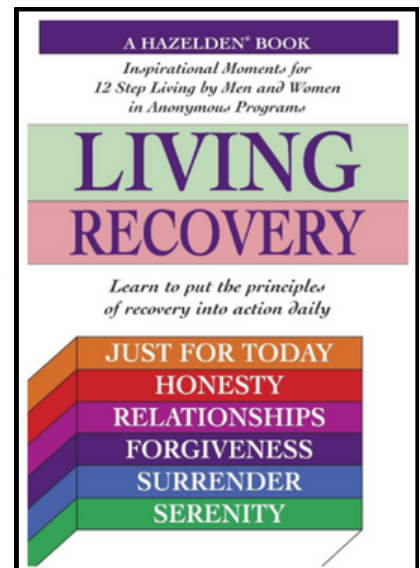


## "EVERLASTING SERENITY" SPIRITUAL RECOVERY MINISTRY

Please join us beginning Thursday January 4, 2024, at 7pm (PT) on zoom as we learn more ways to put the principles of recovery into action in our daily lives.

While this ministry is primarily for those who are in recovery and families whose lives have been touched by addiction, you do not have to be in recovery to be a part of The Everlasting Serenity Spiritual Recovery Ministry.

For More info & the zoom Link:  
Call: (619) 218-6135  
Email: [everlastingserenityusd@gmail.com](mailto:everlastingserenityusd@gmail.com)



# YOUTH MINISTRY

These past few days I have been working on my garden, and as I have been tending to different areas. I started to think about our Youth Ministry and how in many ways it also needs to be tended to much like a garden. Slowly we have been making changes at the church starting with getting The Clubhouse set up, then by having Barb and Becci come in twice a month to start working with our Uniteens. But now I feel like the time has come where we need to start working on getting something set up for our Unitots (4yo and under). Hopefully, at some point in time we will be able to start using the preschool room again. However, before we can get to that point Youth Ministry is in need of the following:

**Volunteers:** We need volunteers for Sunday service in Unikids (1st-5th grade) or Uniteens/YOU (6th-12th grade) rooms and two individuals comfortable with caring for babies/toddlers to start a Unitots room. Volunteers in older rooms can engage at their comfort level, teaching, participating, or simply being present—any involvement helps maintain the needed adult numbers. Those interested can discuss service roles and health protocols after the service.

**Sponsorship:** I'm seeking sponsorship in the form of gift cards from stores like Lakeshore Learning, Amazon, WalMart, or Target to create a "Quiet Play" area in the sanctuary. This area will provide soft toys for younger children in a designated space or at their seats and offer activities for older kids during events like family camp, Christmas Eve, and New Year's Eve.



As we welcome 2024 help us tend to our little garden that is the Youth Ministry. If you have any questions or suggestions you can email me at [yfmunity@gmail.com](mailto:yfmunity@gmail.com) or feel free to stop by The Clubhouse, take off your shoes and stay a while.

**HEALING SERVICES**

January 21st & February 25th  
12pm in St. Luke's Chapel & on Zoom with Rev. Karla Lightner

For More Info  
CALL: (619) 218-6135  
E: [revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com)

The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit. Access the healing power that already exists in each and everyone of us.

**WHITE STONE SUNDAY**  
January 7th, 2024 at 10am

Embrace new beginnings with our WhiteStone ritual! Upon arrival, each person receives a white tile and a pencil or pen. In a dedicated moment during the service, engage in meditation to receive a blessing from Spirit for your intentions for the year ahead.

# SUNDAY TALK TITLES

## JANUARY 2024

Jan 7 - "Love More in 2024" - Rev. Karla Lightner (White Stone Sunday)

Jan 14 - "The Truth About Substance" - Rev. Gretchen Pena

Jan 21 - "Believe, See, Achieve" – Rev. Ken Fendrick.

Jan 28 - "The Grateful Heart" - Rev Karla Lightner

## FEBRUARY 2024

Feb 4 - "More Than Enough - " Rev. Gretchen Pena

Feb 11 - "All You Need is Love"- Rev. Karla Lightner

Feb 18 - "The Heavenly Hedge" – Rev. Ken Fendrick

Feb 25 - "A New World Vision" - Rev. Karla Lightner

## SMALL GROUPS

beginning Sunday January 14th, 2024 (six week study)

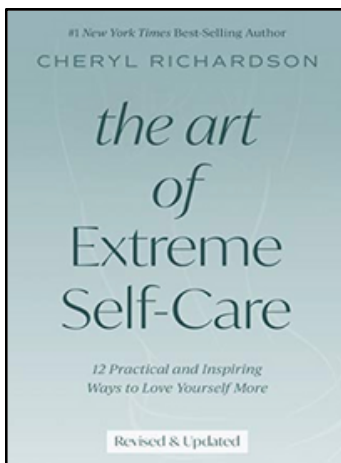
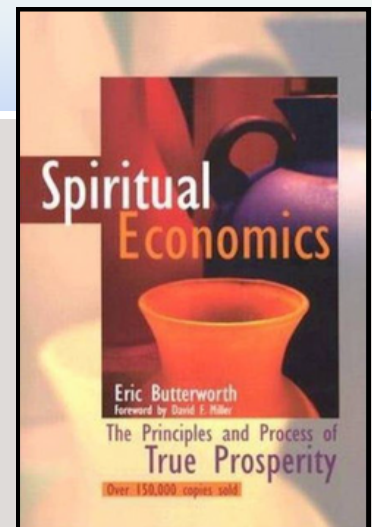
### **"SPIRITUAL ECONOMICS THE PRINCIPLES AND PROCESS OF TRUE PROSPERITY"** -BY ERIC BUTTERWORTH

Learn how to work with the flow of life, reverse financial adversity, and attract wealth in every area of your life with the empowering messages, wisdom, and inspiration of Spiritual teacher and Unity Minister Eric Butterworth.

With Rev. Karla on zoom beginning Tuesday, January 16th at 7pm (PT)

With Rev. Gretchen In St. Luke's Chapel beginning Sunday, January 14th at 9am

For more information and the zoom link please email [Revkarlalightner@gmail.com](mailto:Revkarlalightner@gmail.com)



### **The Art of Extreme Self-Care by Cheryl Richardson**

Life can be stressful and it's easy to feel overwhelmed. Could you use 12 practical and inspiring ways to love yourself more? Please join Rev. Karla on the second Monday of each month on zoom at 7:00 pm (PT) as we continue to learn new ways to love ourselves.

for more info:  
[revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com) or 619-218-6135

# SOUL SISTERS



*Soul Sisters*  
**Saturday, January 13th @10am**  
**LIVING COAST DISCOVERY CENTER**

Address: 1000 Gunpowder Point Dr, Chula Vista  
 Admission: \$16-20 (Tickets purchased at the door)

LUNCH TO FOLLOW AT SD KABOB SHACK  
 200 BROADWAY CHULA VISTA

\*\*Carpool leaves from the church at 9:30am\*\*

SOUL SISTERS BROWN BAG CONVERSATIONS  
 JAN. 16 & FEB 20 AT 12PM IN WRIGLEY HALL  
 FRIENDSHIP & FELLOWSHIP AND JOY



PLEASE RSVP TO MARTY AT [SOULSISTERSUSD@GMAIL.COM](mailto:SOULSISTERSUSD@GMAIL.COM)

## ANNUAL MEETING



**Our Annual Meeting will be held on zoom on Sunday, February 11th, at 1:00 pm (PT).**

**We will be voting in 4 board members. Voting members will receive the bios of each candidate.**

**For more info & the Zoom link EMAIL: [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com)**

### VOW RENEWAL CEREMONY FEBRUARY 11TH DURING SERVICE

*All couples are invited to attend and reaffirm their love and commitment to each other in this heartfelt, meaningful ceremony.*

DAILY WORD PHONE LINE DISCONTINUES ON JANUARY 1, 2024  
 DUE TO COPYRIGHT ISSUES & INCREASING COSTS.



### METAPHYSICAL BIBLE STUDY

#### The Gospel of Matthew

5-week course With Rev. Linda Burdett

**TUESDAYS FROM JAN 9 - FEB 6  
 AT 10 AM ON ZOOM**

To sign up - visit [unityelcajon.org](http://unityelcajon.org)  
 or email [wilovewecan@yahoo.org](mailto:wilovewecan@yahoo.org)

Suggested Love Offering \$5 per week



### All ages welcome!!! BINGO

**January 28th & February 18th  
 At 11:45am in Wrigley Hall**



**Win exciting gifts & Prizes. Reusable bingo cards are \$10  
 For More Info Email: [jkbdavis@gmail.com](mailto:jkbdavis@gmail.com)**

# CHURCH UPDATE

We got through the pandemic financially through the assistance of grants, bequests, and reserves; we've retained a core group of congregants and are growing; we have a professional, first-class music program; we have a great ministerial team and staff as well as numerous volunteers; and we provide rental space for local organizations and groups. I believe that we also have a positive, important message that the world needs right now.

**HOWEVER, WE STILL NEED YOUR SUPPORT.**

**WHAT CAN YOU DO?**

1. Pray for faith and to attract additional members.
2. Be consistent with your monthly donations and consider increasing them.
3. Consider sponsoring a church activity or function over and above your regular giving.
4. Invite family and friends to join us.
5. Suggest or lead a fundraising event. Post church activities and Sunday Services to your social media.
6. Remember the church in your will or life insurance.
7. Support one of our Monthly Sponsorship activities listed below.

**MONTHLY SPONSORSHIPS OPPORTUNITIES**  
**(ALL OR PARTIAL AMOUNTS APPRECIATED):**

1. Guest Musicians - \$500
2. Music supplies - \$150
3. Sunday Guest Speakers - \$200
4. Postage - \$50
5. Telephone & Internet - \$500
6. Advertising - \$1,000
7. Repairs & Maintenance - \$1,000

We welcome your questions, suggestions, and ideas. Rev. Karla has been an excellent manager and steward of your donations. She is zealous for our church and its future.

At one time, the church motto was "The church that love is building." The board has now decided to go back to using that motto but changing it slightly to "The spiritual community that love is building." Let's love our church back to wholeness.

Many blessings,  
Sheryl Sabin  
UNITY SAN DIEGO BOARD VICE PRESIDENT



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**Church Email: [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com)**

**Prayer Ministry: (619)282-7609**

**[PrayerMinistry@UnitySanDiego.org](mailto:PrayerMinistry@UnitySanDiego.org)**

Sign up for ePrayer, weekly eNews  
and bi-monthly *Faith for Today*

at <https://www.unitysandiego.org/enews>

or by email - [emailprayer-request@unitysandiego.org](mailto:emailprayer-request@unitysandiego.org)

## *Did You Know?*

**Planning your estate  
can save time and money for your heirs.**

There are also several IRS approved ways to benefit our church and ensure that your heirs are taken care of. If you would like more information, please talk to Reverend Karla.

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 of San Diego**  
3770 Altadena Avenue  
San Diego, California 92105

### **Please Note:**

**The information in this issue of Faith for Today  
is only current at the time of publishing.**

**All Classes & Events are subject  
to change without notice.**

**For more accurate postings,  
please visit: [www.unitysandiego.org](http://www.unitysandiego.org).**