

Faith for Today

OUR VISION We envision positive spiritual change in our world.

OUR MISSION To empower better lives through spiritual transformation.

From the **MINISTER'S HEART**



Dear Student of Spirit,

May and June are graduation months. Just as important as celebrating the outer education accomplishments, it is also important for us to gratefully acknowledge our spiritual learning experiences.

Have you learned to not get caught judging by appearances?

Have you learned that peace is always available?

Have you learned to access love in times of stress?

Have you learned that you are the inlet and the outlet for all God's good?

With these learnings, and more, we can graduate to greater ways of living day by day.

Be a student of life and a student of Spirit!

Bountiful blessings!

Joyous in the Spirit,

A handwritten signature in cursive script that reads "Blair" with a small heart symbol above the 'i'.

Blair Tabor, minister

LETTER FROM A BOARD MEMBER - Cathie Robertson

Dear Unity San Diego Family,

I am most grateful to be on the board again and serving with the wonderful members you have elected to help keep our church moving in a positive direction. There is a real feeling of cohesiveness in tackling the mission you have given us!

During the most recent board meeting we were told that some of you have asked what happens to the questions that get asked between services "Ask a Board Member?" It doesn't fall on deaf ears; we are interested and try to follow through. During some recent Sundays somebody asked how to find out about someone who had been a regular attendee who hadn't been around in a while. We now have a process for that: Get a wish card from the back of the pew, fill it out, turn it in with your name on it and a team of people will call the person you are interested in finding out about. That information will be passed along to you. Another concern was "How do I find out about a memorial of someone in our congregation?" We always announce it, if the family requests it, but if one happens to miss that Sunday, it can be frustrating. We have decided to send an email to everyone on our list to let them know when a memorial for one of our members is scheduled, so that even if you are absent from church, you will have the information.

I would like to take this opportunity to thank all of our sacred service volunteers! No matter what you do, on a regular basis or just occasionally, your service is part of what makes us such a great church family and is key to allowing us to progress toward our goals. I find sacred service so very rewarding. I encourage those of you who haven't done so, to step up and get involved, and to those of you who have, if you are able to do more, we are always grateful.

Together in Spirit we move joyously forward!

Cathie Robertson

Board President

Youth MINISTRY

**YOUTH MINISTRY CLASSES,
11am Sundays - Child care only - 9am**

Hello everyone,

We are very blessed to have such a wonderful group of children and teens here at Unity San Diego. Every Sunday there are children everywhere, not just in the classrooms, or playing outside together, but actually working, helping and serving wherever they are needed. You may even see teens in Wrigley Hall helping adults with electronics or patrolling the neighborhood. This is a varied approach to the traditional "Sunday School" setting. It gives our children the opportunity to learn in the classroom, then take what they have learned and apply it in real-life situations, while under the supervision of their Sunday school teachers and sponsors. The biggest blessing is that the kids are having so much fun, they are learning without even realizing it!

Our Youth Ministry is growing at an incredible rate, and we are truly blessed with a core group of volunteers who share their gifts and talents with our children on a regular basis. However, with the increase in attendance comes a need for more teachers, helpers and sponsors to make our Youth Program successful. 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 you can become a part of our wonderful Youth & Family Ministry Team.

Love & Blessings!

Karla

Prayer MINISTRY

Love and Blessings from Your Prayer Ministry

Happy Spring and bountiful blessings as you treasure May in our beautiful city. Let **Love** be your guide each day in all your interactions. We pray that your highest good unfolds each moment for you as you bask in Love.

Join us each Wednesday in St. Luke's Chapel at 11am for a time of prayer and meditation.

Heartprints - By Anonymous

Whatever our hands touch -we leave fingerprints!
On walls, on furniture, on doorknobs, dishes, books. There's no escape. As we touch we leave our identity.

Wherever I go today help me leave heartprints! Heartprints of compassion, of understanding and love.

Heartprints of kindness and genuine concern. May my heart touch a lonely neighbor or a runaway daughter or an anxious mother or perhaps an aged grandfather. Send me out today to leave heartprints.

And if someone should say, "I felt your touch", may they also sense the love that is deep within my heart.

Interfaith Shelter Network Thanks Unity SD

Thank you for your loving support of our Unity Interfaith Shelter March 26th-April 9th.

Guests enjoyed your presence and conversations along with the delicious and nutritious food. Overall 60 persons this year gave of their time, talent and treasure to serve our guests with love.

May Food Drive for Western Service Workers

Once more Unity supports the emergency Food Bank for the Western Service Workers Association on Imperial Ave. in San Diego. They appreciate our consistent quarterly donations of peanut butter, canned meats, cereals, pasta and other canned food supplies. Please place items in the orange bins in Wrigley Hall. Scrip is always welcome for Smart and Final. Many thanks.

Drivers to deliver food to WSWA are always appreciated. For more information on how you too can individually help, please contact either **Aline King at 619-280-2501, ex 133** or **Brandon McDonald, Chief Organizer WSWA, at 619-238-9763**

Youth & Family Ministry Calendar

S.W. Youth of Unity Official Rally -

May 5th-7th. The annual **Y.O.U. Official Rally** will be held at Unity of Las Vegas this year. Teens from California, Arizona and Nevada will gather to fellowship, seniors will graduate and new Regional Reps will be elected.

Unity Southwest Region Youth Ministry Training -

June 3rd, 9:30am-3:30pm in Wrigley Hall – If you are a new teacher or sponsor in Unity Youth Ministry, or if you have been working with our children or teens and would like to reconnect with Unity basics, this one day training is for you. We will be covering class management, sacred safety, Unity Curriculum, learning styles and much more. Parents are also invited. The cost is \$20 and lunch is included. The cost will be covered by Unity San Diego Youth Ed Dept. for all teachers and sponsors who attend.

Youth Food Fundraiser -

June 11th - after both services in Wrigley Hall. Enjoy hot dogs, chips, dessert and a drink or nachos, dessert and a drink after each service for \$5. This is a youth fundraiser to help pay for our youth to attend SW Regional camps, rallies and retreats.

Kids Camp and Uniteen Camp -

June 19th-23rd in Wrightwood, CA. Kids in 3rd-5th grades and Uniteens in grades 6-8 will leave Unity San Diego on Monday and return on Friday for a week of fun, games and learning with other Unikids and Uniteens from the Southwest Region of Unity.

SUNDAY CELEBRATION SERVICES
9am & 11am | Main Sanctuary

Youth & Family Ministry
11am Youth Ministry Classes
(Childcare only at 9am)



May / June 2017 Calendar

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

Ongoing Groups
Everyone Welcome!
(619) 280-2501

SUNDAYS

1st & 3rd Friendship and
Brunch Sundays Announcements in Bulletin

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

MONDAYS

7pm, Narcotics Anonymous
Wrigley Hall

2nd & 4th Mondays
10am, Arts & Crafts Group
Contact Pat Case

TUESDAYS

4th Tuesdays, 1pm
Feeding America
Large Parking Lot

WEDNESDAYS

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

THURSDAYS

6:45pm, Gentle Yoga
Narthex, Main Sanctuary

Prayer Ministry Hours

Noon to 9pm, Monday to Friday

UnitySanDiego.org

May 2017

Grief Recovery Workshop -
April 25th-May 31st, details inside.

S.W. Youth of Unity Official Rally -
May 5th-7th, in Las Vegas, NV

Meditation Practice - Sunday,
May 7th, 12:45pm, in St. Luke's Chapel,
First floor of the Prayer Tower

**Arts & Crafts Spring & Mother's
Day Sale** Sunday, May 7th, 10-1pm
in Wrigley Hall.

New Member Orientation, Part 1
Sunday, May 7th after each service.
A brief meeting in St. Luke's Chapel,
first floor of the Prayer Tower.

Gals Day Out - Saturday, May 13th,
Carlsbad Flower Fields

Mother's Day - Sunday, May 14th,
We honor all our mothers and the
Mother Within.

Live Your Happy! On Sunday, May
21st from 1-2:30pm on the 4th floor
Reverend Maria Felipe will present
her workshop.

Community Forums - Sunday,
May 21st and October 15th, between
services. These are Brunch Sundays.

New Member Orientation, Part 2
Sunday, May 21st from 1-3pm

Karla Lightner, C.S.E. is our guest
speaker Sunday, May 29th. Her title
is "Let Your True Colors Shine."

June 2017

Unity SW Region Youth Ministry Training - Saturday, June 3rd,
9:30am-3:30pm in Wrigley Hall

**Spiritual Baptism of
New Members**
June 4th, during the Sunday services.

Padres Game - Saturday, June 10th

**Annual Bookstore & Gift Shop
Summer Sale -** Sunday, June 11th,
9am-1pm on the patio.

Youth Food Fundraiser - Sunday,
June 11th after each service in
Wrigley Hall

FFT Mailing Party - Thursday, June
15th, 9am on the 4th floor.

Enlightened Relationships -
Sunday, June 18th - Reverend Richard
Rogers will return to present this
workshop at 1pm.

Kids Camp & Uniteen Camp, -
June 19th-23rd, - Wrightwood, CA

Tom Bird Method Workshop -
Friday, June 23rd, 6-8:30pm.

Reverend Gretchen Peña will be our
guest speaker on Sunday, June 25th.
Her title is "The Victory of the Lord."

Wish List

Remember if you feel you cannot give the total amount for any of these things, partial gifts will be accumulated until enough is received.

Bathroom Modifications: \$38,000 - \$26,362.16 = \$11,637.84

Upper Parking Lot Repair: \$17,900 - \$195 = \$17,705

Replace A/C Unit (5th floor) (42 years old): \$4,300 - \$2,327.33 = \$1,972.67

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 - May 2017

- May 7** "Last Words"
May 14 "The Mother Is in Us All" - Mother's Day
May 21 "Resolve 'Life' into the Inner Infinity"
May 28 "Let Your True Colors Shine."
Karla Lightner

Lesson Titles - June 2017

- June 4** "Your Hands"
June 11 "Safe at Home in Oneness"
June 18 "Awaken Masculine"
Reverend Richard Rogers - Father's Day
June 25 "The Victory of the Lord"
Reverend Gretchen Peña

Memorials

Cathy Murphy

Born July 31, 1953
Passed February 11, 2017

Cathy was a fun loving person, dedicated to helping neglected animals. She was the daughter of Herb and Faith Higley, sister to Bev Haussinger. Cathy had moved to Idaho years ago, but always enjoyed returning to visit our church.

Joan Shauger

Born September 8, 1940 near Cullman, Alabama
Passed February 25, 2017

Joan was a member of our church years ago. In the later part of her life, she helped recreate the costumes and stories of the early settlers of our county.

Carol Jean Wilson

Born Jan 30, 1936, East Moline, Ill.
Passed March 15, 2017

Mother of Steven, Rebecca and Kevin, Carol was a strong, independent woman with a great sense of humor. Her resourcefulness and creativity were evident in her beloved home in Port Angeles, Washington. Carol found great peace watching the deer eat from the apple trees in her yard. She leaves a legacy of returning to love.

Spiritual Gifts Discovery Process Intention Workshop

Sundays 1-3:10pm, May 28 to July 2 (skipping June 18)

- Delve deeper into your True Self (who you have come here to be-your Spiritual Being), and
- Experience your unique expression (what does "who you have come here to be" look like In Service-Doing)

This experience and process flows from the unique perspectives, passions and purpose we each hold in life. The Spiritual Gifts Discovery Process has 5 weekly sessions with exploration, instruction and small groups. Individuals will be working with ideas about the True Self and its unique expression, their "Spiritual Gifts" and how that connects in a greater context to core values, sacred service.



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)

Meditation Practice -

12:45pm, Sunday, May 7th
in St. Luke's Chapel, First floor
of the Prayer Tower

Mother's Day -

Sunday, May 14th, We honor all
our mothers and the Mother Within.



Community Forums -

Sunday, May 21st & October 15th, between
services. These are Brunch Sundays.

New Members

Eduardo and Yvette Cervantes received spiritual baptism March 26th. We welcome them into our church membership!

New Member Orientation has 3 parts:

1: A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower after each service Sunday, May 7th.

2: Sunday, May 21st from 1-3pm, 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.

3: Spiritual Baptism during Sunday services June 4th. 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.

The dates for next New Member Orientations are July 9th, 16th & 23rd and October 8th, 15th & 22nd.

Did you know...?

By listing our church as a first or second beneficiary on your life insurance, you can provide for financial stability for our future.

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: Unity San Diego, San Diego, 3770 Altadena Avenue, San Diego, California 92105.

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. Sign up in the Narthex or ask for more information by calling the Bookstore receptionist at 619-280-2501, ext. 101.

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

HAPPENINGS *at Unity*

Details & Updates

Grief and Recovery Workshop will begin on Tuesday, April 25th, 10am & Wednesday evening, April 26th, 7pm for six weeks. Brochures with further information are in the Narthex and Tower Lobby. Sharla Barry, RN, MFT and Linda Proctor, LCSW will be Co-Leading the workshop. The book is now in our bookstore at a 10% discount for class participants.

Arts & Crafts Spring & Mother's Day Sale Sunday, May 7th, from 10-1pm in Wrigley Hall. We will be featuring scarves, jewelry, wreaths, spring towels, table runners and decorations, greeting cards, novelty items and more.

Gals Day Out – Saturday, May 13 – The Gals will be visiting the Carlsbad Flower Fields, 5704 Paseo del Norte and then going to lunch. Cost of the Fields is - Adults \$14, Seniors 60+ \$13. Those who wish to carpool will meet at Grossmont Center by Claim Jumper at 9:30am to arrive at 10am. After spending some time enjoying the flowers and displays the gals will move on to a local restaurant for lunch. If you would like to join the group, sign up in the tower lobby. Please indicate if you will be meeting to carpool. Questions. **Speak to Meredith Tabor, Meredith@unitysandiego.org or 619-280-2501 ext 109.**

Live Your Happy! Reverend Maria Felipe will present her workshop Sunday, May 21st from 1-2:30pm. How to let go of fear, guilt and self-doubt, and radically change your life experience. She will share powerful insights, stories, and practical tools that will help you remember your purpose and live your happy! Happy offering is \$25. Reverend Maria Felipe is an Ordained Minister through **Pathways of Light**, which she uses to help people quiet their mind, hear their inner guidance, and connect to God. She is the author of the acclaimed book *Live Your Happy* and an international speaker of *A Course In Miracles*. She created her own channel on YouTube by hosting *MariaCoconutTV*, a show designed to share the message of ACIM principles in a practical way! Her passion to inspire others helped her start the first Spanish ministry at Unity of Burbank in Los Angeles. **For more happy information: mariafelipe.org**

Karla Lightner, C.S.E. will be our guest speaker on Sunday, May 28th. Her title is "**Let Your True Colors Shine.**" Karla has been a member of Unity San Diego since 2002 and the Youth and Family Ministry Director since 2008. She is currently studying to become an Ordained Unity Minister at Unity Urban Ministerial School. Her goal is to start a Recovery Ministry at Unity San Diego and develop Unity curriculum and classes for developmentally disabled youth.

Padres Game June 10 – Unity has sold 22 tickets at field level for the game against the Kansas City Royals. Tickets are \$37.50 (regularly \$47.50) for this rare Saturday afternoon game. It is also Jersey Giveaway Day. Reserved ticket holders must pay by Sunday, May 7th. Tickets may be picked up starting May 14th. Tickets are sold out, but a waiting list has been started. **Questions - speak to Meredith Tabor.**

Annual Bookstore and Gift Shop Summer Sale - Sunday, June 11th from 9am-1pm. Join us on the patio for our annual summer sale! We have a great selection of gently used books starting at just forty-nine cents. Share the Unity message by purchasing a new or used book at a reduced price for donation to Las Colinas Detention and Reentry facility for Women. **Speak with Rebecca for details.** Jewelry, novelty items, greeting cards, scarves and other items are offered at great savings! Three volunteers are needed for set up, clean up, and one cashier. **Please contact Rebecca at 619-280-2501, ext. 111 or at Rebecca@unitysandiego.org**

FFT mailing party - Thursday, June 15th, 9am on the 4th floor. Join us for fun and fellowship as we prepare our newsletter for mailing. Coffee, tea and doughnuts will be provided.

Enlightened Relationships – Reverend Richard Rogers will return on Sunday, June 18th, to present this workshop at 1pm for a suggested donation of \$20. Richard Rogers is a gifted and inspired teacher, coach and minister. Over the last 25 years, he has been a spiritual teacher and leader to thousands of individuals. He has worked and studied with the great spiritual teachers of our time.

As a speaker, he is powerful, dynamic and humorous while going right into the heart and soul of his audience. He teaches people to expand their capacity to love, broaden the possibilities of their life through changing their value, and to do the impossible. Over and over again, Richard takes people to a deeper experience of God. Reverend Rogers will also speak at the 9am and 11am services on "Awaken Masculine."

The Tom Bird Method – Write in the Divine Author State. Tom Bird will return for a Friday evening workshop on June 23rd from 6-8:30pm. Many are drawn to the artform of writing to allow healing, transformation and the release of their divine potential. In this two-and-a-half-hour workshop, you write with Tom using his most successful technique, the innate and natural **Divine Author Within** space. Cost is a suggested love offering of \$25. Pre-registration is required by June 18th. **Sign up in advance in the tower lobby or with Meredith Tabor at Meredith@unitysandiego.org or 619-280-2501, ext 109.**

Reverend Gretchen Pena will be our guest speaker on Sunday, June 25th. Her title is "**The Victory of the Lord.**" Reverend Gretchen was ordained in 1996, and then served four and a half years at Christ Church Unity in Rochester, NY. She returned to San Diego in 2001, and served as the Associate Minister here until her retirement in 2010.

Scrip (Gift Card) News



Gift Card (Scrip) News - May and June bring **Mother's** and **Father's Days** – great opportunities to use scrip for that special lunch or dinner out. We even have **Peohe's** in Coronado – Unity makes 13%. See's candies for Mom and much more are available. **VISA** gift cards in \$50 and \$100 are available. 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. 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**

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

Thank You!

March Volunteer of the Month: Congratulations to Carol Knudsen!

Congratulations to Carol Knudsen! We are truly blessed by the creative and artistic talents that Carol shares with us. Carol not only sings in the choir and with the music team, she also blesses us with her talents playing the guitar and mandolin.

In addition, she designs the beautiful flyers that you see online and on campus to promote our wonderful Christmas concerts and other events here at Unity San Diego. She also prepares the layout and designs the graphics for our Faith for Today newsletter, website, eNews, and our weekly bulletins.

Do you remember the beautiful snowflakes that adorned our sanctuary during our Christmas concert and the Totem Pole on stage during Aloha Sunday? Well, it was Carol that created those works of art! The painting on the patio behind the statue of Mary, the decorations for the Annual Picnic and Fall Follies were also created by Carol! Most recently, she hand painted the flowers on the blessing jar that was presented to Sharla Barry. Thank you, Carol, for sharing your beautiful creative talents with all of us at Unity San Diego!

April Volunteer of the Month: Congratulations to Gerry Kowalski!

Congratulations Gerry! Gerry shares his musical talents with us in so many ways: he sings and plays guitar with the choir and music team, he repairs Reverend Blair's guitars for playing at church, and he rewrites music so Reverend Blair does not have any page turns.

In addition, Gerry video tapes workshops and presentations, and set up a closed circuit TV for Easter service and concerts. Gerry also sets up the PowerPoint projector each Sunday morning and gives Reverend Blair a ride to church on Sunday mornings and to Thursday choir rehearsal. Gerry administers our daily e-Prayers and writes the prayers for every Monday.

Gerry taught Sunday school and has led songs at our regional youth events. On occasion, he has enrolled his sons to play music for our church. For many years, he continues to support the Interfaith Shelter guests by sleeping overnight. Gerry currently serves on the board of the Altadena Blessing Corporation. Thank you, Gerry, for your dedication and commitment to Unity San Diego!