

Faith For Today

OUR VISION We envision positive spiritual change in our world.

OUR MISSION To empower better lives through spiritual transformation.



Rev.
Blair
Tabor

From the **MINISTER'S HEART**

Dear Transforming Being,

In class one time, a participant declared, "Affirmations don't work!" I agreed with his statement, but added that affirmations are not magic words that mysteriously make good things happen in our lives. Affirmations are statements of God's Truth that we speak in order to come into alignment with their Truth. We sometimes do not get demonstrations because we are wanting instant results and our faith wavers between what we hope for and what we are afraid of.

There is another way. The process named "Affirmations" is about using empowering questions to direct the focus of the mind toward the fulfillment of God's good. I have presented this information before on Sunday, but now is the time to go deeper. We are going to have a series of Sunday lessons about the steps in the process AND small group meeting during the week, so you can practice the process for yourself in a more powerful way.

Information about when and where the groups will meet will be available online in our website and at church as it all comes together. Plan to make this summer a time of spiritual transformation. "Why are so many people finding and using Affirmations to create new good in their lives?"

Joyous in the Spirit,

Blair Tabor, minister

LETTER FROM A BOARD MEMBER

EMPOWERING AND GROWING OUR SPIRITUAL COMMUNITY: COME JOIN THE MOVEMENT!

In January, nine Unity San Diego members attended the Transformational Leadership workshop in Arizona presented by Dr. Gary Simmons, Th.D. We were introduced to a powerful and innovative model of ministry, to grow a healthy, supportive, purpose-driven spiritual community.

The board is excited to announce that Gary will be here at our church to provide this training to our board, staff, sacred service leaders, and members for free. The training will be held on Friday evening, August 19, and all day Saturday, August 20.

When you attend this workshop, you will learn about:

- Creating and growing a culture of ownership over our spiritual community through leadership training and mentorship and redefining membership.
- Shifting the culture from minister-centric to mission-centric by harnessing the power of small group ministries and tying events and activities directly to the achievement of our mission.
- Increasing the self awareness of our members through classes and workshops such as Non-Violent Communication class, Grief Recovery Workshop, and Q Process workshops.

To register, go to <http://www.unitysandiego.org/civcrm/event/info?reset=1&id=852>; call our church at 619-280-2501, or pick up a registration form from the bookstore or scrip table in Wrigley Hall.

Blessings, Diana

TRAVEL WITH UNITY

2016 World Day of Prayer Experience
Pilgrimage to Unity Village

Sept 3rd to Sept 9th, 2016

UnitySanDiego.org/Travel-With-Unity



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, 11 am Sundays

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

Hello Everyone,

This summer is a bit different than summers past. Because the SW Unity Region's summer camps were held earlier this year and the San Diego Unified School District was still in school, we only had one Unikid and one Uniteen attend camp and we sent only two of our Y.O.U.'ers, Hali Menegos and Iza McGawley, to Kids Camp as counselors. But, here at Unity San Diego we don't want our youth to miss out, so, we will be holding an overnight camp Saturday July 23-Sunday July 24 entitled **"Free Your Spirit."** This is the story of Moses and will be led by adults and Y.O.U. volunteers. A wonderful experience for youth 5-18 this camp is full of games, crafts, a royal Egyptian banquet, singing around a campfire with Rev. Blair and S'mores. Registration for "Free Your Spirit" camp will be available in Wrigley Hall beginning June 17, 2016. Love Offerings are graciously accepted.

July 10 begins another fabulous summer program. Some of you may remember Noah St. John, the author who was here recently signing copies of his book "Affirmations" in Wrigley Hall. This summer both the adults and youth will complete a 6 week series based on his book. "Is this a typo" you may be asking yourself? Surely she must mean Affirmations. No, this is no typo. While Affirmations are empowering statements used to create positivity in our lives, Affirmations are empowering questions that are said to work faster and more efficiently than traditional affirmations. Please join us this summer as we play games, make treasure maps, and learn about the power of questions while exploring Affirmations.

This year, as a Youth Ministry fundraiser, we are planning a group trip to Knott's Berry Farm. Tickets are \$35 for adults and \$30 for children and seniors. The Unity San Diego group trip will be on August 27 and we encourage families to come join us in fun and fellowship. However, if that date doesn't work for you, tickets can be used on any day up until August 31, 2016. We should receive our consigned tickets the last week of July and encourage everyone to sell these phenomenally priced tickets to friends, family, neighbors and co-workers as we raise money to insure that no child at Unity San Diego is unable to attend camp, overnight events or rallies due to lack of funds.

As always please contact me with any questions, comments, suggestions or concerns at karlalightner@gmail.com or 619-218-6135.

Love & Blessings!
Karla



Youth & Family Ministry Calendar

CIRCULATION DAY

On Saturday, August 6, 2016, from 9:00am to 12:00pm, Unity San Diego will hold a Circulation Day in Wrigley Hall. This is a neighborhood event, where people bring things they are ready to release, and select other items to take home. It's just like a Yard Sale, only everything is free!

Please bring your gently used, clean clothing and household items to Wrigley Hall from Sunday July 31 through Thursday August 4 before 2:00pm. (No undergarments of bathing suits, please).

Please contact Karla Lightner at 619-218-6135 or email karlalightner@gmail.com for more information. Volunteers are needed to set up, monitor during the day and clean up.

WESTERN SERVICE WORKERS

Save the Date, Saturday, July 9, 2016

Western Service Workers Association 39th Anniversary Dinner. Supporters, please join us, 5:30 to 8:30pm, at First United Methodist Church, 2111 Camino del Rio South, SD 92108 for dinner, speakers and entertainment to celebrate our 39th year in San Diego!

More information on Wrigley Hall bulletin board and from Aline King at 619-280-2501, ext. 133.

August School Supply and Food Drive in Wrigley Hall

Western Service Worker's Association especially appreciates your donations of school supplies such as backpacks, pencils, pens, crayons, and lined paper as well as socks, and uniform money.

Donation of canned meats and peanut butter are especially appreciated. Please bring items each week in August to the orange bins in Wrigley Hall. Cash and Scrip for Smart and Final are also welcome.

Western Service Workers is an all volunteer association comprised of families who may have two or three jobs in restaurants and hotels in order to meet their needs. Increased utility bills and other rising costs can cause a decrease in food budgets. Just a few cans of food from many of us can make a huge difference in whether families go to bed hungry at night. Our donations can help many. For more information, please contact Aline King at 619 280 2501, ex 133. Many thanks for sharing your abundance.

GIFT CARD SCRIP NEWS

UnitySanDiego.org

Gift Card/Scrip News - Use scrip for your back to school shopping. JC Penneys, Kohls, Justice, Forever 21, Macy's, Sears, Target and Walmart are all available every Sunday. If you are shopping at the new Smart and Final stores - their gift cards are also here and Unity makes 5%. Even new college students may buy their books with Barnes and Noble cards. Of course, we still have American Express with no expiration or activation fees. Scrip is not for just gifts anymore - use it just like cash to do your everyday shopping and gas needs. Stop by the scrip table 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

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: 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
1:30pm Fellowship Potluck
Wrigley Hall

THURSDAYS

6:45pm: Gentle Yoga
Narthex, Main Sanctuary

Prayer Ministry Hours
Noon to 9pm, Mon. to Fri.

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)

July & August 2016 Calendar

July 2016

**Western Svc. Workers
39th Anniversary Dinner**
Sat, 07/9, 5:30-8:30pm

Meditation Practice
Sun, 07/10, 12:45pm
St. Luke's Chapel

Affirmation Home Study
07/10 - 08/31

Picnic planning Meeting
Sun, 07/10, 10:15am, Wrigley Hall

Treasure Mapping
7/13, 7pm
4th floor, Tower

Christmas in July
Sun, 07/17, Both Services

Freebo Concert
Sun, 07/17, 1pm

Gal's Weekend in Julian
Fri-Sun, 07/22-24

Healing Service
Sun, 07/24, 1pm,
St. Luke's Chapel

Miracles Now Workshop
Sun, 07/31, 1pm

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

NEW MEMBER ORIENTATION
See September Faith for Todayfor dates

"Did You Know...?"

You can set up automatic credit card donations to our church. This helps keep our income steady. For tax purposes, you will be able to claim the full amount of the charge as your donation. You can still receive your credit for your rewards programs. You can use the white credit card form in the back of the pews and put it in the offering plate.

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, 3770 Altadena Avenue, San Diego, California 92105.

Photo Courtesy of Michael Barry

- Bathroom Modifications: \$38K - \$23K = \$15K
- Upper Parking Lot Repair: \$18K
- Replace Church Office A/C Unit (5th flr) (42 years old): \$4.3K - \$1.5k = \$2.7k

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

August 2016

School Supply & Food Drive
All of August, Wrigley Hall

Circulation Day
Sat, 8/6, 9am-12pm, Wrigley Hall

Meditation Practice
Sun, 08/14, 12:45pm
St. Luke's Chapel

**Transformational Leadership/
Dr. Gary Simmons Workshop**
Fri-Sat, 08/19-Aug 20

Healing Service
Sun, 08/21, 1pm
St. Luke's Chapel

Gal's Night Out
Mon, 08/22 6:30pm, Sharla Barry's home

Choir Party
Thurs, 08/25, 7pm
Russ & Jackie Boehmke's Home

Special Holiday Services

Christmas in July – Sunday, July 17
Each year Christmas in July kicks off our Stuffed Animal drive. Last year, the Toy Train says we donated over 500 stuffed toys to children. They are very grateful. Please bring your gifts to our sanctuary and hug the toys all through the year.

Treasure Mapping

July 13, 7pm, Join us as you learn how to manifest your goals and dreams with this cathartic and powerful process. Bring old magazines, photos, words, affirmations etc. and posterboard and an open mind as you learn to create this powerful tool. Meeting on the 4th floor of the tower. Contact Sheryl Ashley-Rawlins at harmony76@hotmail.com for more information.

Sunday Lessons

Lesson Titles | July 2016

- July 3 "Our Freedom to Live"
- Jul 10 "Why Are Questions Powerful?"
- Jul 17 "What Are Your Real Needs?"
- Christmas in July
- Jul 24 "Why Am I So Blessed and Transformed?"
- Jul 31 "Miracles" Rev. Richard Rogers

Lesson Titles | August 2016

- Aug 7 "Take Your Foot Off The Brake." Rev. Donna Lind
- Aug 14 "Why Is It So Easy to Align with My Truth?"
- Aug 21 "Why Am I Energized into Action?"
- Aug 28 "Why Is My Life So Great?"

Special Holiday Services Christmas in July

Sunday, July 17th both services. Each year Christmas in July kicks off our Stuffed Animal drive. Last year the Toy Train says we donated over 500 stuffed toys to children. They are very grateful. Please bring your gifts to our sanctuary and hug the toys all through the year.

WEDDINGS

Keira Braxton and Ajani Brown – June 3

MEMORIALS

Sam Raffail

Born: February 20, 1926, in Detroit, Michigan

Passed: May 1, 2016

Sam was Greek and would let everyone know. He loved people. He loved music. Most of all he loved his family.

Debbie Baker

Born: November 6, 1962

Passed: April 29, 2016

Debbie served our church by taking care of our children in the nursery. The children loved her.

Frances Klein

Born: February 10, 1926, in Detroit, Michigan

Passed: April 28, 2016

Frances sang in our choir. She was a Navy nurse and a teacher.

Miracles Now Workshop

Rev. Richard Rogers - Sunday, July 31st at 1:00pm

Are you ready to explore what it takes to have miracles in every area of your life? During this two hour workshop offered for a \$20 suggested donation, Rev Rogers will explore the eight elements of a miracle. Rev. Richard will also speak at the 9 and 11 am services on "Miracles." Richard believes that we can have constant miracles in our lives. Come and find out how!

Rev. Richard Rogers is a gifted and inspired teacher, coach and minister. Over the last twenty five years he has been a spiritual teacher and leader to thousands of individuals. 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 and to do the impossible. For over fourteen years, Richard led Unity of Phoenix into one of the greatest Unity Churches in the country.

Richard loves the experience of creating meaningful worship. It is sacred and holy when people join together to feel the presence of God. Richard continues his work as spiritual coach and mentor. Richard has written numerous books, articles and audio books, including *Principles of Prosperity* and *Life beyond Limits*. His books and teachings combine the wisdom and language of a spiritual messenger who will lift you up and challenge you to live your own greatness.


unity
San Diego
a spiritual community

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)

Rev. Richard Rogers

Are you ready for a miracle? Join Rev. Richard Rogers on Sunday, July 31st, both services and workshop at 1pm in St. Luke's Chapel, as he teaches us how to experience miracles. He believes that miracles are a natural way of being in the flow of God's good. You can learn to live in alignment with the miracles power of God.

Rev. Donna Lind, "Take Your Foot Off the Brake."

Donna will speak Sunday, August 7th, at both services. Ordained as a New Thought minister in 1992 and as a Unity Minister in 1996, Rev. Lind was Senior Minister at Unity Chapel in Hemet, CA, for 15 years, from 2000 to November 2015. She has also frequently traveled with Rev. Blair and Meredith.

✓ Meditation Practice with Rev. Blair

Sundays, July 10 & August 14

Moments of peace are priceless. Come join Reverend Blair in finding ways to enjoy peace in your life.



Healing Service with Rev. Blair

✓ Sundays, July 24 & August 21

1pm in St. Luke's Chapel, 1st floor Prayer Tower

The Christ-Spirit is at work to energize the healing activity in you. Come join in amplifying the work of God in you. Reverend Blair leads a group blessing.

Interested in deeping your prayer practice?

Join us for World Day of Prayer at Unity Village, Sept 3-9, we will have another meeting sometime in July, but contact Patti Horwath at phorwath@san.rr.com or 858-761-5235 for details or questions, reduced cost of seminar until 7/6/16.

Affirmation Home Study Group

Rev. Blair Tabor - July 10 through August 31, various dates and locations around the county.

In July and August, Reverend Blair is presenting a 6-week series on a way to pray that uses questions instead of affirmation statements. **Affirmations** are questions that engage our sense of vision and action to accomplish and fulfill good things in life. Those who have been using this approach have already found great results in their lives.

Small groups will meet in homes to take the information that Reverend Blair presents on Sundays and move deeper and more powerfully into the process. The small groups will also provide opportunities to get to know people in our church better. Information about days and locations will be on our website and at church, as soon as it is available.

Love Offering for the sessions can be done online through our website www.unitysandiego.org.

The book, *Affirmation*, will be available in our book store. For more info, contact Traci Pavlas at trpavlas@hotmail.com.

Happenings at Unity

Details & Updates:
UnitySanDiego.org

Gal's Night Out | Mond., Aug 22

The gals will meet at Sharla Barry's home for a potluck dinner and then to view the movie "Miracles From Heaven". Gals are asked to bring a salad to share to eat at 6:30pm, the movie will start at 7:00pm. Cost is \$2 per person and limited to 15 women since space is limited. *MIRACLES FROM HEAVEN* is based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers her 10-year-old daughter Anna (Kylie Rogers) has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution.

After Anna has a freak accident and falls three stories, a miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. Sign up in the tower hallway if you plan to attend, so Sharla will be ready for the 15 women. Sharla lives at 6827 Murray Park Dr, San Diego CA 92119.

Donations are being accepted of new and nearly new items for the picnic raffle and auction. Bring them to Meredith Tabor in Wrigley Hall.

Picnic Planning Meeting, Sunday, July 10th between services at 10:15am, Meredith will have a meeting to plan this year's picnic and to recruit volunteers. Meet in Wrigley Hall at a round table to give input and sign up volunteers to help.

Save the Date! Annual Picnic

Sunday, Sept. 25th, after second service here at Unity San Diego.

Arts & Crafts Patriotic Mini Sale

The Arts & Craft Group will be having a Sale on Sunday, July 3rd, 10am-1pm in Wrigley Hall. We will be featuring scarves, jewelry, greeting cards, novelty items table, decorations and more.

Name Tag If you do not have a name tag from our church please sign up or call to have your name put on the lit. It is easier for everyone if we all have our name tags and wear them.

New Member Orientation

See September Faith for Today for dates.

Special Guest Musician - Freebo "Heed Your Calling - If Not Now, When?"

Sunday, July 17th Freebo will perform at both services and his concert will follow at 1:00pm. The concert is offered for a suggested love offering of \$20. Freebo is a world renowned bassist and tuba player (Bonnie Raitt 10 years, CSN, John Mayall, Maria Muldaur, Ringo Starr, Dr. John, Neil Young), has appeared on *Saturday Night Live*, *Muppets Tonight*, in concert with the legendary *Spinal Tap*, and in recent years has evolved into an award winning singer/songwriter, teacher, producer, and keynote speaker.

His music touches your heart with songs of life, love, dogs, and the human condition. Here's what critics are saying about Freebo: "Freebo is more than one of LA's best players, he's also a richly gifted and distinctive songwriter, as expressive in his writing as on a bass" (Paul Zollo, Songwriters On Songwriting), "Standing Ovation is an astounding song which encompasses a profound view of life, destined to become a classic. Listening to Freebo is like riding on a cumulus cloud of peaceful awareness, a cosmic blend of folk/country/rock/-soul ear-pleasing genre-defying music." (Walt Falconer, Cool Album Of The Day).

Watch Your Habitual Words

As we celebrate our freedoms, we contemplate our freedom of speech. Our inner speaking as well as our outer words demand our attention. Some inspiring words come from a Unity pamphlet by Georgia Rose Mauss. What messages are you giving yourself about your health, your prosperity or your relationships? Are we creating things in our life that we don't want by our inner dialogue? Are these words helpful or harmful? Ask Spirit for guidance with the awareness of our habitual words.

Georgia tells us, "Creative Mind is about the business of bringing your word into manifestation." Once you begin to take note of your habitual words, you will find that with a little care you will be able to eliminate those that you don't want to become a part of your life.

Your Prayer Ministry is affirming overcoming negative habitual words with you and saying, "The I Am in me uses only words that agree with the Precious Spirit's belief in me as a whole and perfect child." And so it is.

Remember to join our loving and prayerful Meditations each Wednesday at 11am in St. Luke's Chapel.

Many blessings in your summer days,
Your Prayer Ministry.

TRAVEL WITH UNITY

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

Highlights of England and Scotland is the trip being planned by Rev. Blair and Meredith. The trip is from Nov. 7th to Nov. 17th, 2016. Ten people have signed up, but we would like a few more! **A single woman from here in San Diego is looking for a roommate for this trip – speak to Meredith Tabor if you are interested in joining the trip.** A deposit of \$400 is required to hold your place. The trip price includes the airfare, all lodging, guides, bus transportation and many of the meals. Pick up a flyer and brochure at the scrip table or email Meredith – Meredith@unitysandiego.org

River Cruise – September 2017 – Join the 19 people already signed up for this 11 day cruise on the Danube from Budapest to Prague. Emerald cruises is offering this trip that includes excursions, gratuities and more. Pick up a flyer from Meredith Tabor today at the scrip table.

UnitySanDiego.org

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

www.UnitySanDiego.org

THANK YOU

May Volunteer of the Month: Congratulations to **CYNTHIA JONES!**

Cynthia shows up with a smile and great willingness to make a difference in our church and be of service. We are blessed to have Cynthia share her love and energy in so many ways! Cynthia serves as a greeter and usher on Sundays. She also helped with Holy Thursday, Good Friday, and our Burning Bowl services. Cynthia also helps in the kitchen on brunch Sunday. While you are enjoying your brunch, she is hard at work in our kitchen. Cynthia also helped with meals for our shelter guests. Dear Cynthia, thank you for your willing service to our community here at Unity San Diego!

June Volunteer of the Month: Congratulations to **RICK GORD!**

Rick has been donating his time, talent and expertise to our church for years. His passion is to have good sound in our sanctuary. As a professional, he has a great ear to get things set up right and help others learn to use the sound system. When he is not doing the sound for Padres telecasts and other events around town, he is with us on Sundays. He not only recommends upgrades to our sound system, he also contributes the sound baffling in our sanctuary that makes it easier to hear because the echoes in our brick building are not as strong. He was also the audio engineer for our CD "God Is Real." Dear Rick, thank you for all you do in such willing and loving service to our community here at Unity San Diego!

SD Padres vs Red Sox Game: Unity San Diego has 30 field level tickets to the game on Monday, September 5th (Labor Day). The game starts at 1:40pm. Ten tickets have already been reserved, so sign up today! The tickets are \$34.00 each. The tickets are also in a shaded area on the 3rd base side. Speak to Meredith Tabor today 619-280-2501 ext 109 or email at Meredith@unitysandiego.org. Tickets must be paid for by Sunday, July 24th.