

Faith for Today

OUR VISION - A world powerfully transformed through the growing movement of shared spiritual awakening.
OUR MISSION - Empowering personal growth through positive spiritual principles, inspirational music and community service.

From the MINISTER'S HEART

Dear Unity San Diego Family,

Spirit always invites us into new experiences as long as we are open to receive. What is Spirit calling forth into your life?

1 Peter 4:10-11 says:

“God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen.”

What a fabulous message as we move forward as a Spiritual Team! Let me ask each of you a question - What gifts are you longing to share with your Unity San Diego family?

This summer, I invite you to allow the God of your understanding to work in, as, and through you in large and meaningful ways to bring forth new blessings in your life and the lives of others. Claim your good and become a joyous and happy expression of love!

Blessings of Peace and Joy!

Karla

Rev. Karla Lightner, Minister

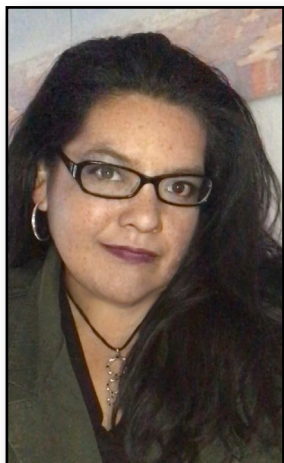

unity[®]
San Diego
a spiritual community

3770 Altadena Avenue
San Diego, CA 92105
(619) 280-2501
unitysandiego@gmail.com

Prayer Ministry (619) 282-7609
PrayerMinistry@UnitySanDiego.org
Daily Word Line: (619)-281-LOVE (5683)



Letter from the Board President, *Maria Garcia*



Dear Sparks of Divinity,

'Smell the sea and feel the sky. Let your soul and spirit fly.'

- Van Morrison.

Summer is here. For me, as a child, there was a certain feeling of freedom when summer arrived. Days of camping, playing games with my family, outings to the zoo or museums. It was freedom from structured learning. I could explore my own thoughts and subjects. That included my own beliefs in God.

Adults tried to tell me that God was not in the flower, the rain or the crashing ocean waves. As a child, I couldn't accept that. When I smelled the sea, I could feel joy fill my being. I still do. I saw the magnificence of the Creator when I saw a photo of a nebula. But adulthood took some of that freedom away. I was back in school. Then I found Unity. It was the start of summer vacation again. It took a bit to adjust to the freedom, but when I did, my soul took flight.

Has my life been carefree? No, of course not. Storms enter every life, but I rest assured that the loving arms of the Divine Creator holds me. Isn't that what we're after? The knowing that we are loved, cared for, watched over, and free. Free to grow and be the children of the Most Divine. Free to regain our love and joy for life. Free to fly.

Blessings,
Maria Garcia
Board President

Prayer Ministry Monday-Friday from Noon-5pm at (619)282-7609

Prayer Request - Send e-mail to prayerministry@unitysandiego.org

Daily Silent Unity hours - 3am-11pm call (816)969-2000

Daily Word Line - call (619)281-LOVE (5638)

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

or by email at emailprayer-request@unitysandiego.org

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

Sacred Service Update - El Nido Apartment

Thank you for your ongoing support of time, talent and treasure for this important family endeavor.

It appears the next apartment furnishing may be in mid-July, 2022. At that time, we will need a U Haul truck driver and 4 strong furniture and box movers since Apt. 11 is upstairs!

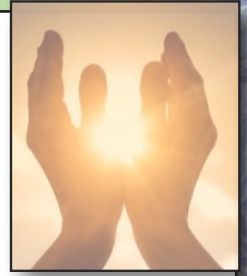
We will also need 3-4 persons to set up the apartment, wash dishes, sort and store items and make it into a home for the new family.

Thank you for your monetary donations which have been used for furniture, gas cards and kitchen items. Checks can be sent to **Unity San Diego, 3770 Altadena Ave., San Diego, CA 92105** with El Nido in the Memo line.

Your loving contributions are very appreciated. **Connect with Aline King for questions at ankunity@gmail.com.**

Prayer MINISTRY

FREEDOM



Interesting talk by Rev. Marygrace Sorensen,
July 5th, 2018, Unity Church of the Hills, Austin, TX

Freedom means unconfined or unrestrained. It's that profound choice we have to do what we want to do with our lives, to change and transform our lives, however we see fit. We all have this freedom to change and transform our lives, no matter what the restrictions of our individual countries. We have the freedom to the apparently limitless potential of our imagination. It's a God-given right: the equality of potential, not results. And the equality of potential is the freedom to change our minds. Unity's co-founder, **Charles Fillmore**, always reserved the right to change his mind. It's one of the great things about Unity, we continue to grow and evolve as a movement. It's the limitless potential.

In Unity, we view things metaphysically. **The Revealing Word** states that freedom is the quality or state of being without thought or restraint, bondage, limitation, or repression. It is a result of regulating one's life according to Principle, not according to what anyone else may think or say. Freedom is having a sense of complete well-being.

What a wonderful thought, that freedom is a sense of complete well-being. Freedom from negative, self-limiting thoughts and self-talk. Freedom from relationships that no longer serve us. And just like the founding fathers of the United States, we can choose to declare independence from all those things that are holding us back from expressing our highest limitless potential.

Emilie Cady in **Lessons in Truth** tells us that every man/(woman) believes himself/(herself) to be in bondage to the flesh and to the things of the flesh and that all suffering is the result of the erroneous belief that we are limited by our humanity.

Think about this simple, profound Truth. It is saying what we in Unity teach as Truth: we are Divine Beings having human experiences. As Divine Beings: We are eternal. We are whole. We are perfect expressions of Christ. We are beings of Love, beings of Light. It's only when we get stuck in the day-to-day human or flesh experiences, that we feel suffering. When we remember our Divinity, our oneness with all, suffering melts away.

We can turn to the book of **Exodus** in the **Hebrew Scriptures** and the story of the children of Israel coming out of their long bondage in Egypt to understand freedom as a journey of the human mind, or consciousness, growing up out of the sense part of ourselves and into our divine or spiritual part. In this month of independence and freedom, we can come into remembrance of our divine nature, remembering that we can be delivered out of our suffering just as the Israelites were delivered into a good land flowing with good things.

Unity has five core principles. The third principle is about the Law of Mind Action. It states that we are co-creators with God, creating reality through thoughts held in Mind. There are other ways of saying this: we create our world by what we think, feel and believe; thoughts held in mind produce after their kind; or we create our life experiences through our way of thinking.

On the journey of human consciousness, we can come to a place where we gladly relinquish the running of our lives to our spiritual selves and realize that our spiritual selves cry out, not with a sense of bondage, but with joyful freedom to be in the flow and abide in consciousness with the Divine through prayer and meditation and spiritual development. **Truly, that's what almost everyone walking through Unity's doors is seeking: a closer walk with the Divine, so we can experience oneness with the Divine, our unlimited potential, which is true independence, true freedom.**

Morning Prayer & Meditation on Facebook

Please join us **Monday through Friday at 9am (PDT) on Facebook for a time of prayer**, reflection and meditation led by a different spiritual host each day to help you become centered and grounded as you begin your morning. Can't make 9am? Just log into unitysandiego.org anytime and watch the Morning Prayer and Meditation which is archived on our YouTube channel.



Youth & Family **MINISTRY**

Presents - the 2022 Summer Program (July 10th-August 28th)

“GOD IN ME”

Religious Emblem Program (Adapted for Unity Students ages 6-16)

We are pleased to present the God In Me program that teaches Unity Basics to our children and fulfills religious requirements for Cub Scouts, Junior Girl Scouts and the Adventure Campfire Program.

We will be posting pictures and events on our youth bulletin board in Wrigley Hall so check it out.

Youth and Family Ministry Calendar

July 10 – Prayer & Meditation – Talking to God

July 17 – Who Am I?

July 24 – Helping Others

July 31 – Know Your Church/ The Simple Truth

August 7 – Family Sunday

August 14 – Seeing God Through Nature

August 21 – Thoughts are Seeds

August 28 – Graduation and presentation of Unity Pin in Sanctuary

From the 12 Powers ...

July • Understanding

Thomas

Front of brain - Color: Gold
The ability to know, perceive, comprehend and apprehend.

My understanding of Truth deepens and directs my life.



August • Will

Matthew

Center of brain - Color: Silver
The ability to choose, decide, command, lead, determine.

I choose my good based on spiritual understanding.

Community Connection

by Rev. Karla Lightner



A Course in Miracles (ACIM) - Meets in-person on **Sunday mornings at 9am on the third floor of the tower.** The class is no longer offered by Zoom.

City Heights Music School (Youth Philharmonic Orchestra and Mariachi Victoria) is on campus Monday-Saturday teaching piano, guitar, violin, singing and drums. CHMS now has an on-site office on the fifth floor of the tower.

Al-Anon - Our Spanish-speaking Al-Anon group continues to meet **on the east side of the second floor of the tower on Tuesday and Thursday evenings at 6:30pm.** What a blessing it is to have them with us!

C.A.F.E. Group - Our Spanish-speaking 12-Step family support group is meeting regularly on **Monday and Friday nights from 6:30-9:30pm on the east side of the second floor.**

Heartland House - To date, our men's recovery program has not returned to in-person meetings. However, they are still planning to return here as soon as they can. Once approved, they will be meeting **Friday, Saturday and Sunday nights from 6:30-8:30pm, on the east side of the third floor of the tower.**

Save-a-Life Educators - CPR and First-Aid - are taught in-person **in Wrigley Hall on the first and third Saturdays of each month.** We are doing our part to help essential workers stay certified. Thank you, God!!!

Feeding San Diego - Food Distribution is the **4th Tuesday of each month.** Come volunteer along with Head Start to help provide nutritious food to our neighborhood community. **The food truck arrives around 12:30pm and food is handed out from 2-3pm.**

Board of Directors Update

On June 11th, 2022 we voted in two new members to the Board, Rev. Gretchen Peña as Vice President and Julie Linville as an Alternate.



Rev. Gretchen Peña



Julie Linville

Our Board Members:

Maria Garcia, President

Rev. Gretchen Peña, Vice President

Eduardo Cervantes, Secretary

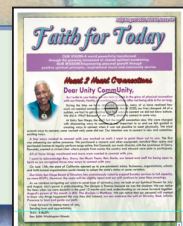
Carla Manson, Treasurer

Matthew Lightner, Director

E'luna Padilla, Director

Julie Linville, Alternate

If you are not getting your **Faith for Today** newsletter either by postal delivery or email contact us at fft@unitysandiego.org and we will help.



Happenings



Rev. Blair Tabor

Join us for a Workshop with Rev. Blair!
Balancing Our Inner and Outer Lives
Practice “No” and “Yes” with Rev. Blair Tabor
Sunday, August 7th at 12 noon in St. Luke’s Chapel

We say “Yes” to thought patterns, feelings, activities, food, and relationships that do not serve us. Out of fear, shame, or tendencies to please others, we agree to things that are not for the highest good of all.

Learn to ask for and give an authentic “No.” Practice saying “No.” Practice letting your “Yes” resonate with the “Divine Yes.”

Please join Blair for an insightful, fun-filled, musical, transformational experience.

Suggested Love Offering \$10-\$40

“Everlasting Serenity” Spiritual Recovery Ministry and “The Fifth Agreement”

by Don Miguel Ruiz and Don Jose Ruiz

Thursdays, at 7pm July 7th-October 6th with Rev. Karla Lightner

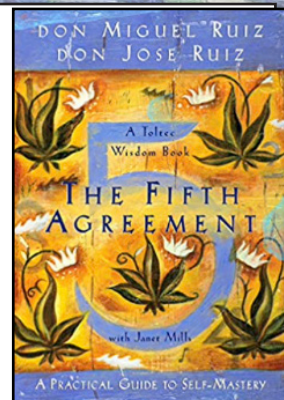
Imagine living life in a whole new way – a way where you are free from judgment, fear, and conflict. Imagine a life where you love yourself just the way you are, where you are happy, joyous, and free.

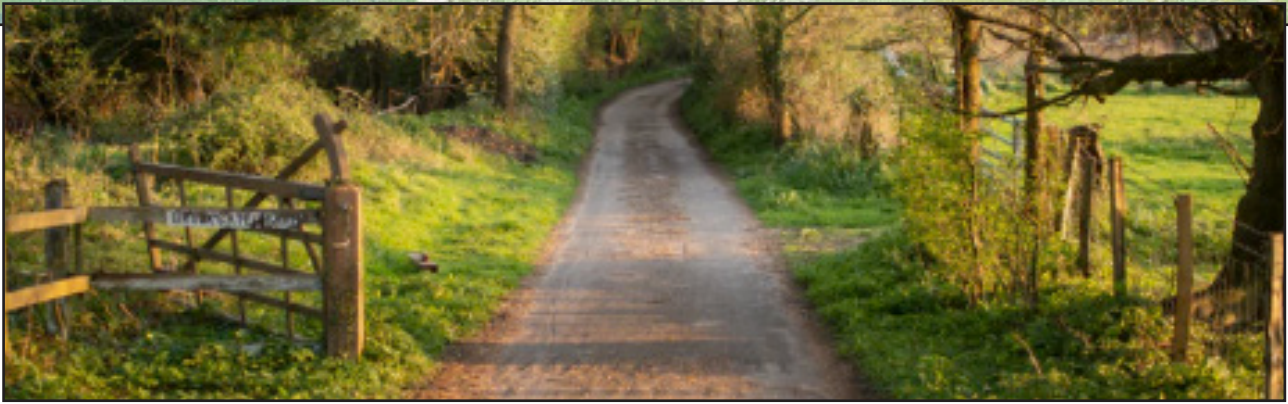
Please join us on **Thursdays at 7pm (PDT) on Zoom** where we will be learning how to live free of conflict with ourselves and others as we re-visit the **Four Agreements**:

- **Be impeccable with your word**
- **Don’t take anything personally**
- **Don’t make assumptions**
- **Always do your best**

Then move to a deeper level of awareness of the power of the Self with the Fifth Agreement: Be skeptical but learn to listen. What an exciting spiritual journey this will be!

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. **Please contact Rev. Karla Lightner for more information at (619)218-6135 or revkarlalightner@gmail.com.**





Camping at Stallion Oaks Friday, August 12th - Sunday, August 14th - Save the Date!

We are excited about our plans for a fun weekend campout at the beautiful Stallion Oaks Campground in nearby Descanso, Ca. Come **Friday night**, make smores and sing around the campfire as we hold our outdoor opening celebration where we will set our own personal intentions for the weekend.

On **Saturday**, we will walk the labyrinth, lead guided hikes and meditations, swim and offer fun events for kids and families. In the evening, we will hold Spirit Sharing in the "barn."

Sunday morning we will hold an outdoor spiritual service as we share our gratitude. Just join us during the day or stay longer and sleep in your tent, or rent a Yurt on this beautiful country property.

Here is the Stallion Oaks website if you'd like to see more photos and description. <https://www.stallionoaks.com>.
For information on this event please contact Rev. Karla at 619-218-6135 or revkarlalightner@gmail.com

New Member Opportunity

We welcome all who wish to call Unity San Diego their Spiritual Home. Join us and reap the blessings of membership. Sundays in July, there will be an opportunity to become a new member of our fabulous Spiritual community. **For more information contact Rev. Karla at 619-218-6135 or revkarlalightner@gmail.com**

New Member Orientation has 3 parts:

- 1. July 10th** - A brief meeting in the Narthex at the Welcome Podium immediately after the Sunday Service.
- 2. July 17th 11:45am-1pm** - This meeting will include a tour of the church, information on Unity's history, teachings and our church mission and vision. It will also include the benefits of becoming a member of Unity San Diego.
- 3. July 24th - During the Sunday Service** there will be a heartfelt and meaningful Spiritual Baptism to honor your commitment to your new Spiritual Home.

Healing Services will be held **Sundays, July 24th and August 28th, 2022 at 1pm in St. Luke's Chapel and on Zoom**. The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit.

Please join Rev. Karla Lightner as we go within to access the healing power that already exists in each and every one of us. Love offerings are graciously accepted. **For more information, contact Rev. Karla at (619) 218-6135 or revkarlalightner@gmail.com.**

Arts & Crafts Patriotic Mini Sale - **Sunday, July 3rd from 11am-12pm in Wrigley Hall**. Come visit our table to see our beautiful handmade items. We will be featuring scarves, jewelry, wreaths, table runners and decorations, greeting cards, novelty items and more.

Upcoming Events - Everyone Welcome!

SUNDAY

Family Sunday 1st Sunday of the month
in the Sanctuary at 10am

A Course in Miracles at 9am (PDT) on the 3rd floor of Tower

Sunday Service 10am (PDT) in person & on Facebook Live

Sunday Prayer Chaplains after church in St. Luke's Chapel

Fellowship after church from 11am-1pm (in Wrigley Hall

Youth & Family Ministry in person 10-11am in Wrigley Hall

Healing Through Forgiveness Class

with Rev. Gretchen June 5th-July 10th
from 11:30am-1pm on the 3rd floor of Tower

New Member Orientation Sundays, July 10th, 17th, 24th

Healing Service Sunday, July 24th and August 28th
at 11am in St. Luke's Chapel

Balancing Our Inner and Outer Lives Workshop with Rev. Blair
Sunday, August 7th at 12 noon in St. Luke's Chapel

MONDAY-FRIDAY

Morning Prayer & Meditation
at 9am (PDT) on our Facebook page

TUESDAY

Feeding San Diego 4th Tuesday at 1pm
in the Large Parking Lot

WEDNESDAY

Prayer Ministry Meditation at 11am (PDT)
on the 2nd Wednesday on Facebook Live

THURSDAY

Everlasting Serenity Spiritual Recovery Ministry
at 7pm (PDT) on *Zoom

Friday-Sunday

Camping at Stallion Oaks Campground
August 12th-14th

*For Zoom sign on info,
contact Rev. Karla at 619-218-6135
or revkarlalightner@gmail.com.

Scrip / Gift Cards

You can help raise money for Unity San Diego by buying scrip from your phone. There are 250 companies that will send them directly to you or your family. The other 500, you can prepay for by the 15th of the month, and we will get them to you by the 20th of every month.

If you already have the **ShopwithScrip** app, it is easy to transfer your account to the new **RaiseRight** app. Just go to your app store and get the free app. All your information remains the same. **RaiseRight** keeps track of your reloadable balances, and it is easy to reload many of those cards. They keep you aware of bonus scrip and you can raise even more for Unity. If you do not have the ShopwithScrip app, just go to your app store and get the free RaiseRight app. **You must contact the church office to get the Enrollment Code, to ensure the donation goes to our church.** Then fill in all your personal information and credit info so you can order directly. They let you know which are directly mailable and which ones must be sent to the church.

**If you have any questions, please feel free to email us at unitysandiego@gmail.com
or call at (619)280-2501, ext 102.**

Did You Know?

A gift to our church of appreciated stocks, mutual funds or other property, could be a great tax advantage to you. If you are interested, please contact the church office at (619)280-2501, ext.102 or at unitysandiego@gmail.com. Your request will be directed to our **Board President, Maria Garcia.**

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 legal name and address of our church: **Christ Church Unity, San Diego, 3770 Altadena Ave., San Diego, California 92105.**

**If you would like to receive Daily ePrayers, Weekly eNews
and/or the Bi-monthly Faith for Today Newsletter**

sent to your email, sign up on our website
at <https://www.unitysandiego.org/email>.

Unity San Diego | 3770 Altadena Ave | San Diego, CA 92105



Sunday Lessons



July / August 2022

Sunday Services at 10am (PDT) In-Person at the church
and on our Facebook Page at www.facebook.com/unitysandiego

July

July 3 – Freedom is an Inside Job - Rev. Karla
- Family Sunday

July 10 – Believing is Seeing - Rev. Karla

July 17 – Craft Your Raft - Rev. Ken

July 24 – How to Bend Without Breaking - Rev. Karla
Christmas in July

July 31 – The Deeper Meaning of Communion
- Rev. Gretchen

August

August 7 – “No Normal for Me, please!” - Rev. Blair
- Family Sunday

August 14 – Observing the Sabbath - Rev. Gretchen

August 21 – Lōkahi: Be United as One & Oneness - Rev. Ken
Aloha Sunday

August 28 – Choosing Which Doors to Walk Through
- Rev. Karla

Unity San Diego - a Spiritual Community



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San Diego, CA 92105
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Unity San Diego

3770 Altadena Avenue
San Diego, CA 92105

Rev. Karla Lightner, Minister

Sunday Service 10am

Church Offices: (619)280-2501

Church Email: unitysandiego@gmail.com

Daily Word Line (619)281-LOVE (5683)

Prayer Ministry: (619)282-7609

PrayerMinistry@UnitySanDiego.org

2nd Wednesday Facebook Prayer Meditation 11am

Please Note:

This information 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.