

# Faith for Today

**OUR VISION - To transform lives and inspire people to make a positive difference in our world.**

**OUR MISSION - We empower personal growth through positive spiritual practices, inspirational music, and community service.**

## From the MINISTER'S HEART

### Dear Unity Family,

**In May we welcome our new Board Members and this year's theme, "Seeing Our Abundance!"**



Rev. Karla Lightner

We are always welcoming or discouraging something. It's important to be aware of how our energy flows. Are we welcoming people, new ideas or beliefs or are we pushing them away? More importantly, are we welcoming God into our decision-making, our thoughts, our relationships, and our finances?

In order to access the unlimited abundance that is our Divine birthright, we must be willing to allow God into our lives.

I invite you to take a moment to relax. Breathe in and out paying attention to your breath. Welcome God's love into your heart, allowing your thinking to be transformed. Make room for God's infinite abundance in your wallet, your purse, and your bank account by releasing all fear of lack. Welcome God's wisdom into your life by acting on your spiritual guidance with confidence and joy.

Each week we see more and more new faces at our Sunday service. Many have said that they feel like they have "found their home." This is because we are God's love in expression. God is always inviting us into oneness, into peace, and welcoming us with unconditional love. May you allow the God of your understanding to open your heart and allow you to prosper.

Blessings of abundance and joy!

*Karla*

Rev. Karla Lightner, Minister



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

Sunday Service 10am (PDT)  
Prayer Ministry (619) 282-7609  
PrayerMinistry@UnitySanDiego.org  
Daily Word Line: (619) 281-LOVE (5683)

# A Letter from the Board Member *Sheryl Sabin*

*Hello Unity Family,*



Sheryl Sabin  
Board Member

**We are rich!!** We are rich with fellowship, activities, positive vibrations, music, enthusiasm, loving people, learning, blessings, and gratitude. I hope the recent prosperity series encouraged your own personal prosperity journey and attitude. From a *Daily Word* post: "True prosperity is about spiritual wealth. It's about knowing that my true source is not my employer, my partner, or my parent. God is the source of my greatest good." We learned that prosperity is more than just about money. It is achieving goals, giving and receiving love, having energy, power, health, wisdom, fulfilling work, a home, family, and needs being met. I see that for each one of you.

Right now, there is a financial need for the church. We're doing ok but some recent unexpected expenses have put a strain on our finances, and we've had to dip into savings. Plus, donations have not been where we had hoped. Look for some fundraising activities soon where you can contribute to replenishing the savings and add to them. We need to be prepared for the many expenses a large facility like ours requires.

Please consider supporting your spiritual home generously so that we can continue to thrive and bless those who grace our doors. Our message is needed more than ever right now. Blair used to say, "we give in love because we love to give." Let that be your mantra as well. You will be mightily rewarded.

Blessings,  
Sheryl Sabin  
Unity Board of Directors

## Youth MINISTRY

**Hello Unity Family!** I don't know about you but I can't believe how fast this year is going. In April one of the affirmations that we focused on was "I can do anything I set my mind to". Out of the affirmations we went over in March and April this one has stuck with me the most, from not being afraid to roller skate for the first time in 20 years, along with finishing projects that I started and needed to complete. But it has also helped me set some new goals, one is to start having more youth events. **The first event will be on Saturday, May 20th at 4pm. We will be hosting a Family Movie night in The Club House.** The next event we will be hosting is going to be a service project to **repaint the Peace Wall in front of the church.** Both of these events will be open to all who would like to attend. More information will be sent out as we get closer to the dates. As always, please feel free to come by **The Clubhouse**, take off your shoes and stay a while.

Lauren Ferrin  
Director of Youth and Family Ministry  
yfmunity@gmail.com



Lauren Ferrin  
YFM Director

The Peace Wall in front of the church





# Prayer MINISTRY

## Listening to the Still Small Voice Within

Our 40 days of releasing before Easter leads us now to a peaceful place of stillness. This poem written by long-term, loving licensed teacher, Miriana Teply, joyously reminds of our gift of connection with God's enduring love and peace.

### "The Silence"

Every time I meditate, I go into the Silence.  
I bask in God's Peace, Love, Joy and Abundance.  
Such a marvelous place... I want to remain there.  
The Silence is so inviting...why do I have to leave?  
The Silence whispers and says all kinds of lovely things.  
"Go out my dear beloved--think on and live these Truths!"  
"Thank You, my dear Father, I will go and do my best.  
My heart is now open, dwell in my mind always."  
Because God's Love, Peace, Joy and Abundance are now mine.

We love to pray with you, to support you in joy as well as sadness. Your prayers are prayed over in confidence for 30 days after a call, email or prayer card. Thank you for connecting with us and thank you for your contributions which support our work.

Many blessings of peace, love and joy,  
Your Prayer Ministry

## Sacred Service *El Nido Apartment May 2023 Update*

**Good news!!** A family of 5 moved into the El Nido Apartment in April 2023. The family is a mom, 2 boys, ages 12 and 11 years old and 2 girls, ages 9 years and 8 months old. They will stay a year.

**Thank you** to all who donated time, food, money and love to furnish and supply this home for them. Surround them with your prayers for their highest good.

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

**Prayer Request - Send email to [prayerministry@unitysandiego.org](mailto:prayerministry@unitysandiego.org)**

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

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

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

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

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

## Our Second Wednesday Prayer Ministry Guided Meditation on Facebook May 10th and June 14th at 11am (PDT)

*We bless you and hold the high watch for you in all your needs.*

<https://www.facebook.com/unitysandiego>

Prayer Ministry: (619)282-7609

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



## Spanish Speaking MINISTRY

will continue their 12 week study of  
**The 4T Prosperity Program**  
**“Creciendo en Prosperidad”**  
on Zoom Mondays at 6:30pm (PDT)

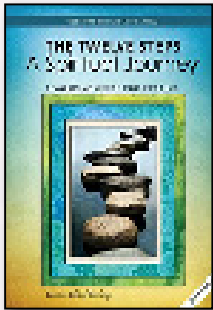
The **4T Ministry's** mission is to teach others to put God first in all that they do, in order to experience miracles and change lives. It is the promise of Jesus fulfilled!

The **4T Prosperity Program** is a 12-week, church-facilitated, spiritual program dedicated to the idea of living an abundant life:

- Free of the feeling of fear and insecurity
- Free of thoughts of lack and limitation
- Centered in the abundance of God

For more details and the Zoom link, please email [unitysdespanol@gmail.com](mailto:unitysdespanol@gmail.com)

## “Everlasting Serenity” Spiritual Recovery MINISTRY



The “Everlasting Serenity” Spiritual Recovery Ministry  
is in **closed session** continuing their study of  
**The Twelve Steps A Spiritual Journey**  
**A Working Guide for Healing Based on Biblical Teachings**  
while working on their steps - until October 26, 2023

Please contact Rev. Karla Lightner for more information at (619) 218-6135  
or [everlastingserenityusd@gmail.com](mailto:everlastingserenityusd@gmail.com).

## Healing Services

**Sundays, May 28th & June 18th at 12 noon (PDT)**  
**in Person in St. Luke's Chapel & 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 [revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com) or (619) 218-6135.

# Unity Healing and Your Energy Centers

by Kelly McDowell, Creator of Soul Health for Whole Health™



Kelly McDowell

**Want to go even deeper with your prosperity practice?** Work with your throat center (chakra), because this is the soul energy center that relates to your current overall capacity to receive all nourishment and abundance.

Charles Fillmore described the law of prosperity this way: “God is the great Giver of all things, and we are invited to receive all things. Infinite supply already exists in the form of universal creative substance that is within us and all around us. When we focus on prosperous thoughts, we draw like creative substance to us, and prosperity manifests — unless we make it impossible by our refusal to accept [God’s] bounty.” (**Prosperity**, Lessons Five and Seven)

This description matches what happens with our energy centers. When you are truly open to all nourishment (prosperity) in the moment, your throat center opens. Your physical throat is relaxed, and positive life energy (creative substance) flows into you there.

So pay regular attention to your throat center. Notice when it is open and when it is closed. Practice opening your throat center (relax there, and allow energy to flow in there). **Affirm:** “I accept complete and infinite nourishment and abundance.” Can you feel your throat center open more when you say this?

These practices are important for everyone, but especially if you have physical neck problems (tension, pinched nerves), thyroid issues, TMJ, or lung or ear issues. And don’t worry if your throat center closes up again after you stop saying prosperity affirmations. This is extremely common and indicates unresolved soul emotions about not having received enough nourishment in the past. Releasing all of that completely (and growing into a fully embodied state of prosperity consciousness) takes time.

## Unity San Diego Sunday Lessons - May/June 2023

### MAY

- May 7th - “Curating Uplifting Thoughts”- Rev. Blair  
Workshop: “Meditation and Movement”
- May 14th - “Mama Mia - Rev. Gretchen (Mother’s Day)
- May 21st - “Demonstrate Good” - Rev. Ken
- May 28th - “No Greater Love” - Rev. Karla

### JUNE

- June 4th - “Letting God Meet My Needs” - Rev. Karla
- June 11th - “Relaxing in God’s Goodness” - Rev. Karla
- June 18th - “The Dynamic Daddy-O” - Rev. Ken (Father’s Day)
- June 25th - “I Believe; Help My UnBelief” - Rev. Gretchen



# Happenings at Unity



Rev. Blair Tabor

Please join us for a workshop  
with Rev. Blair Tabor

## “Meditation and Movement”

Sunday, May 7th, 2023 at noon

There are many forms for prayer.  
Many people struggle with sitting in meditation.  
You can learn many postures for prayer and by adding  
movement, you bless your body and give your mind  
something to do so that it is less distracted.

Life is movement – prayer can be movement as well.  
Please join Rev. Blair Tabor for 90 minutes of deeply  
moving prayer and meditation.

*\$20 suggested love offering*

*Join us for Soup & Salad after the service  
& before Rev. Blair’s workshop!*



Join us for  
**Soup & Salad**  
after the service  
Sunday, May 7th  
in Wrigley Hall

# BINGO!



## ENJOY FELLOWSHIP, FOOD & FUN AT OUR FIRST EVER UNITY SAN DIEGO BINGO EVENT!

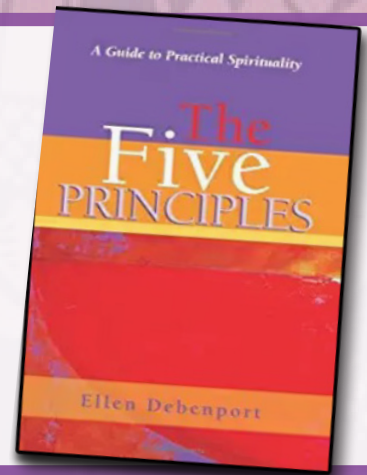
Sunday, June 25th  
at 11:45am in Wrigley Hall  
Win exciting gifts and prizes!  
Bingo Cards are \$10 each.  
All ages welcome!

For more information email Kathy Davis  
at [usdsacredservice@gmail.com](mailto:usdsacredservice@gmail.com)

*New Small Groups*  
**"The Five PRINCIPLES"**  
by Ellen Debenport

Please plan to attend one of our small groups for this five week class. They will be held both in person and on Zoom beginning the week of April 23rd.

For more information contact Rev Karla at (619)218-6135 or revkarlalightner@gmail.com for schedule and Zoom links.



Please join us Sunday, May 21st  
for our first 2023  
**Town Hall/Community  
Forum**

at 11:45am (PDT) in Wrigley Hall  
This will be a hybrid event - In Person & on Zoom.

At this forum you will have the opportunity to take part in positive discussions focusing on this year's theme, "Seeing Our Abundance!"

A Zoom link will be provided before the meeting to those attending online.

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

**Drumming Circle**  
with Matt Manning  
2nd Sundays, May 14th & June 11th  
after the service at 11:30am in Wrigley Hall

*Arts & Crafts*  
**Mother's Day Sale**  
Sunday, May 7th  
& **Mini Father's Day Sale**  
Sunday, June 4th  
at 11am-12pm in Wrigley Hall.

We will be featuring scarves, jewelry, wreaths, towels, table runners and decorations, greeting cards, novelty and more!

*Soul Sisters*

**Soul Sisters Brown Bag Lunch dates are  
Tuesdays, May 16th and June 20th.**

**In May** join the Soul Sisters for a **Saturday Painting Party!** We will supply the painting canvases, paints & other materials and easy to follow instruction by Unity San Diego's **Carol Knudsen**, former painting instructor and professional muralist of many years.

A \$3 fee will be collected for cost of materials. Bring an apron to wear while you paint if you choose to. **Please RSVP by May 21st by email at soulsistersusd@gmail.com.** We'll meet at **10am on Saturday, May 27th in Wrigley Hall and go out to lunch at Denny's afterwards for those who would like to eat "out."**

**In June** join the Soul Sisters for an **Saturday Outing to Summers Past Farms on Saturday, June 10th for the Lavender Day & Antique Craft Fair.** Spend the day and shop in the barn for great lavender gifts like lavender soaps, candles and linen spray. Crafts, collectables, antiques, and a garden sale all on the spacious lawn area. Meet there or carpool from Marty's home in Santee. **We will leave Marty's at 10am or meet at Summers Past at 10:30am** which is located at 15602 Olde Hwy 80, Flinn Springs, Ca 92021. For more information on Soul Sisters email **soulsistersusd@gmail.com.**





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

**Prayer Ministry: (619)282-7609  
[PrayerMinistry@UnitySanDiego.org](mailto:PrayerMinistry@UnitySanDiego.org)  
2nd Wednesday Facebook Prayer Meditation 11am**

## *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).**



