

# 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.



## *Heart 2 Heart Connections* **Dear Unity CommUNITY,**

**Happy New Year 2020!** Together, we are embarking on a new decade! It is typical for us to start a new year declaring what is possible for us. Many join a gym or plan a trip they previously could not imagine. Most Unity churches dedicate the first Sunday of the year to participate in the White Stone ceremony. In this ceremony a stone is given. After a meditative experience, an inner knowing reveals to each of us what the name is. What does our new name reveal that we get to see possible in this new year? Unity has declared the theme of the year for 2020 to be "Perfect Vision: Seeing Through

a Spiritual Lens." In order to do this we draw on our Spiritual powers for January and February; Faith and Strength, to lead and guide our path. Our co-founder of Unity, Charles Fillmore stated, "Faith is the perceiving power of the mind linked with a power to shape substance." Let's start 2020 with a little faith and strength to guide our paths in creating new possibilities.

With love and appreciation,  
Rev. Edith Washington-Woods

## **LETTER FROM A BOARD MEMBER, BILLIEKAI BOUGHTON**

### *Beloved Spiritual Family,*

May this day find you strong in Faith! For me faith is a muscle that atrophies when not in use. To stay strong, I actively remind myself to have faith by remembering that God is all knowledge, all power, and all presence. I remind myself that I AM the Truth and I BELONG to the Truth. Other exercises I do to build my faith and spiritual fitness are prayer, Unity Lessons, cultivate my thoughts, provide service to others, read the Daily Word, and meditate. All of these activities are like doing Spiritual Reps! The more I work out my faith, the stronger my faith becomes. Thank you for being part of my spiritual exercise program! I love being a part of Unity and this healthy path to spiritual living. Our community might be the best gym ever!

Big love,  
Billiekai Boughton  
Unity San Diego Board Secretary

# Youth MINISTRY

## Sunday Classes at 10am

### Hello Unity San Diego!

*I bring you blessings and peace* as we begin the start of a new year with excitement, joy, grace and love. I am truly humbled by this opportunity to grow with our Youth Ministry. I'm looking forward to the possibilities. We have a great year planned.

We ended 2019 with a community **Kwanzaa** celebration, where our youth participated in the Sunday service. We saw them demonstrate their individualized expressions of Spirit and give these gifts to our community through song, dance and prose. We saw their light shining through in the way that our co-founder Myrtle Fillmore saw young people when she started *Wee Wisdom*. We saw the Christ in them and thus in ourselves!

We start off 2020 with our **White Stone ceremony** where we sit in meditation, name ourselves and our intentions. The youth ministry will have their own **Burning Bowl** and **White Stone ceremonies**. In January, they will design **vision boards** to assist them in visualizing their potential. The UniTots and UniKids will be doing vision boards, as well. The Uniteens and Y.O.U. will begin to embrace **compassionate communication/non-violent communication** that our community has embarked on throughout the last couple of months. There will be an **African American history/herstory brunch Sunday in February** so look for more details as this develops. The Uniteens will be at their winter retreat in the mountains in February where I have been told it snows! In March, since its **Women's Herstory month**, look forward to activities for the family that will include interactive discussions and games. The Y.O.U. will also sponsor **an overnight** with other Unity ministries on **March 7th and 8th** where they will share their talents, time and their insights with one another. It's great to fellowship with other spiritual communities.

Let me take this opportunity to state Unity San Diego has the best team of youth leaders! We will continue to keep Spirit and our young people growing because they are a blessing and they are blessed!

This is a small sample of what's in store in this new year. Stay tuned; the Youth and Family Ministry has much to do and much to say! Thank you for your trust and continued support.

In gratitude, Peace!

Akosua Washington-Woods

akosua.yfm.sandiego@gmail.com

# Prayer MINISTRY

## Prayer Delights the Heart

### A New Year & a New Journey

**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 2020 on the second Wednesday of each month at 11am in St. Luke's Chapel** 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 "Live Call-in Prayer Workers" on the home page. We look forward to a year of supporting you and your loved ones in prayer.

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

## Youth & Family Ministry Calendar January/February 2020

**January 5th - White Stone ceremony  
in the Sanctuary during Service**

**January 19th - Brunch Sunday**

**February 15th - 17th - Uniteen Winter Retreat  
in Wrightwood, CA**

**February 23rd - Black History Month  
Celebration Youth & Family Ministry Brunch**

**SUNDAY CELEBRATION SERVICES  
10am in the Sanctuary**

**Youth Classes Sunday at 10am**

**Ongoing Groups  
Everyone Welcome!  
(619) 280-2501**

**2020 Unity San Diego Calendar**

**Senior Minister  
Reverend Edith  
Washington-Woods**

**Associate Minister  
Reverend Karla Lightner**

**Please Note:**

This information is only current at the time of printing. All Classes & Events are subject to change without notice. For more accurate postings, please visit: [www.unitysandiego.org](http://www.unitysandiego.org)

**SUNDAYS**

1st Sunday - Friendship Potluck Sunday at 11am

Youth Brunch Sunday at 11am  
3rd Sunday in January  
4th Sunday in February with Black History month Brunch

Healing Service - 3rd Sunday of the month, 12pm in the Sanctuary

A Course in Miracles  
9am, in the Tower on the 4th Floor

**MONDAYS**

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

**TUESDAYS**

Feeding San Diego  
4th Tuesday, 1pm  
Large Parking Lot

Unity San Diego's Spiritual Recovery Everlasting Serenity Group

1st & 3rd & 5th Tuesdays, 7pm in the Sanctuary

**WEDNESDAYS**

Prayer Meditation  
2nd Wednesday, at 11 am in the Tower, St. Luke's Chapel

**THURSDAYS**

Choir Practice  
7pm in St. Luke's Chapel

Yoga with Tamara  
6:45pm in the Sanctuary Lobby

**MONDAY thru FRIDAY  
Prayer Ministry Hours  
Noon to 9pm**

**January**

Friendship Potluck Sunday - Sunday, January 5th after the service in Wrigley Hall

White Stone Ceremony - Sunday, January 5th during service in the Sanctuary

Vision Board - for adults and children Saturday, January 11th at 1pm in Wrigley Hall

Nonviolent Communication Book Study - 2nd and 4th Tuesdays starting January 14th from 10am-12pm and from 6pm-8pm, ongoing in the Sanctuary.

Community Forum - Sunday, January 19th at 11:30am in Wrigley Hall. All are invited to discuss our 2020 budget.

Healing Service - Sunday, January 19th, at 12pm in the Sanctuary

Youth (YFM) Brunch Sunday - January 19th, after the service in Wrigley Hall

Unity in Our Community Brown Bag Meals - Tuesday, January 21st at 4pm in Wrigley Hall

Money, Power & Choice in Your Community Workshop Saturday, January 25th, 10am-3pm in the Sanctuary

Honoring Each of Us: A Cultural Gratitude Sunday - January 26th after the service in Wrigley Hall

Community Listening Circle - Sunday, January 26th, 12noon-2pm in the Sanctuary

Reverend Edith's 60th Birthday Party Potluck - Friday, January 31st at 6pm in Wrigley Hall

**February**

Platform Assistant Training with Reverend Edith - Sunday, February 2nd at 12pm in the Sanctuary

Couples Vows Renewal - Sunday, February 16th during service

Annual Meeting - Sunday, February 16th at noon in the Sanctuary

Unity in Our Community Brown Bag Meals - Tuesday, February 18th at 4pm in Wrigley Hall

Healing Service - Sunday February 23rd at 12pm in the Sanctuary

Black History Month Celebration YFM Brunch Potluck - February 23rd, after service in Wrigley Hall





## Sunday Lessons

### January 2020

- Jan 5** "New Beginnings"  
- White Stone Ceremony
- Jan 12** "A Foundation to Stand On"
- Jan 19** "Changed from the Inside Out"  
with Rev. Karla Lightner
- Jan 26** "Seeing Through a Spiritual Lens"

### February 2020

- Feb 2** "A Super Bowl of Possibilities"
- Feb 9** "Faith, Hope and Love"  
with Rev. Karla Lightner
- Feb 16** "Staying on the Path Together"
- Feb 23** "Strong in Spirit"

Receive Daily ePrayers, Weekly eNews  
and/or the Bi-monthly Faith for Today  
Newsletter sent to your email.

If you would like to receive any or all of  
these, sign up on our website at  
<https://www.unitysandiego.org/enews>.

## Healing Services

### Dates in January & February

Our monthly Healing Services will be  
January 19th, and February 23rd in the  
Sanctuary at noon.

The powerful activity of God's healing  
power is available to us when we are  
in conscious connection with Spirit. Come  
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.

### Did You Know?

A gift to our church of appreciated stocks,  
mutual funds or other property, could be a  
great tax advantage to you. Cathie Robertson  
can direct you to more information. Please ask.

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**

## Sacred Servers

**Bountiful thanks** to Teri Eichorn, Sergio  
Marrujo, Lynn Escajeda, Kathy Davis with  
Unity choir members, Julie Linville, Paula Hurst,  
Carol Knudsen, Russ and Jackie Boehmke,  
Cheryl Bryant Griswold, Michael Shefcik, Elene  
Bratton with Jamie's Joy friends and Aline  
King who provided meals for shelter guests in  
November at Phillips Temple at short notice.  
Your kindness is greatly appreciated.

# Happenings at Unity

Details & Updates

**Vision Board** □ Saturday, January 11th at 1pm in Wrigley Hall. Create a Vision Board for adults and children. Bring finger foods to share.

**Nonviolent Communication Book Study** □ by Marshall Rosenberg, PhD - Beginning January 14th we will be holding study groups twice a month on the 2nd and 4th Tuesdays. Please join us in the daytime from 10am-12pm or in the evening from 6pm-8pm. Classes will be ongoing and held in St. Luke's chapel. Books are available in the bookstore.

**Community Forum** □ Sunday, January 19th at 11:30am in Wrigley Hall. All are invited to discuss our 2020 budget. This forum is the beginning discussion on Money, Power & Choice workshop on January 25th.

**Unity in Our Community** will be making Brown Bag Meals on the third Tuesdays, January 21st and February 18th at 4pm on the 3rd Tuesday of the month in Wrigley Hall. We will be collecting blankets, warm jackets, sweaters and hats both months. We invite you to participate and we are looking for a second delivery team of 3-4 people to go to the site to deliver. Once we have that, we will go back to twice a month.

**Money, Power & Choice in Your Community Workshop** □ Saturday, January 25th from 10am-3pm in the Sanctuary. You are invited to assist us in welcoming Karen Starz, CNVC certified trainer, back for a weekend of exploration and learning. In this 5-hour workshop, all are invited and there will be child care. Karen will guide us as we uncover our belief systems around money - what she calls a "Super-Satisfier" and not a need. Practice making a pile of "money" with all the energy we exchange from time, talents and tithes to resources. Karen will also show how the power of money often affects our choices. We will discover how we can respond to the conversation and choices with money which brings alive our Unity principles of prosperity and abundance in real tangible way. Light Breakfast and lunch will be provided in Wrigley Hall. Love offering accepted.

**Honoring Each of Us: A Cultural Gratitude Sunday** □ January 26th after the service in Wrigley Hall. This is an opportunity for us to celebrate our cultural identity and heritage. You're invited to bring ethnic food to share and wear clothing to represent your cultural identity. You may also bring a symbol of your culture to share fellowship in Wrigley Hall after service. Let's celebrate our world CommUnity together!

**Community Listening Circle** □ Sunday, January 26th, from 12pm-2pm in the Sanctuary. Join us for our second circle in which the whole community is invited to listen to each other. We will not focus on strategies to "fix" anything in our church. We will practice presence with one another.

**Reverend Edith's 60th Birthday Party!** □ Join us for a birthday potluck on Friday, January 31st at 6pm in Wrigley Hall as Reverend Edith celebrates her 60th birthday. There will be games, prizes, dancing and soulful sounds from Unity San Diego's own DJ Staci. For additional details please contact Reverend Karla at 619-218-6135 or [karla@unitysandiego.org](mailto:karla@unitysandiego.org).

**Black History / Herstory Month YFM Brunch** □ Join us on Sunday, February 23rd after the service in Wrigley Hall and enjoy biscuits, grits, sausage or bacon (vegan included), eggs, juice, coffee and tea provided by the Youth ministry. There will also be presentations on notable moments in Black history. We are celebrating our various cultures throughout 2020. We welcome donations for the Youth Ministry scholarship program.

## Gift Card (Scrip) News

Scrip is more than plastic cards. If you want to support Unity San Diego financially while you shop, consider downloading the "shopwithscrip" app, purchase your scrip from your phone and just have vendors scan the barcode on your app. It is so easy and you will be enriching the planet. Talk to Charlyn to discover this amazing way to donate to Unity San Diego while just going about your daily shopping, eating or gassing up. You may also purchase scrip at the scrip table on Sundays.



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# THANK YOU!

## **JULIE LINVILLE - Sacred Server for the Month of November**

**Julie Linville** is a great asset to Unity San Diego. Not only does she grace the stage every Sunday as part of the Music Team, but she also helps Ron to keep the music collected, together and organized. She is also ready to help whenever needed to clean-up after functions, or do dishes after memorials. On Pot Luck Sunday she never fails to bring a tasty plate of something wonderfully homemade. All this she does with the huge and beautiful smile on her face that matches her even sunnier attitude. Julie you meet our need for ORGANIZATION and BEAUTY.

## **BETTY CUSHMAN - Sacred Server of the Year!**

**Betty Cushman** - No one can deny that the person who has been there for Unity San Diego this whole year is **Betty Cushman**. For many months, she has donated the use of her gorgeous downtown condo to visiting ministers, speakers and then our senior minister until she bought her home. This has not only met our churches need for COMMUNITY and LOVE, but also our need for EFFICIENCY and THRIFT. She also serves as one of our faithful money counters on Mondays. We appreciate you Betty.