

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 Unity Friends,

This is my last time to write for our church newsletter. June 24th will be my last Sunday as your minister. (We are having a music Sunday that day, by the way.) It is with a wide range of feelings that I release my 30-year role of minister of our church.

I feel proud of numerous moments of blessing with many people through the years. We have performed service in our community. We have held many youth events. We have had lots of wonderful music. I have seen people transform their lives in many ways. The prosperity of our church is much better. We have done a lot of repairs, replacements and remodeling in our buildings.

I also have some regrets. Our church has not grown in the last ten years. There are some who no longer attend for various reasons. There are other projects I would like to have completed. But for now, I feel complete. I believe our church is poised for a new beginning. Please hold our staff, board, volunteers, members and all our congregation in prayer during the time of transition. We have a lot of good people connected to and supporting our church in many ways.

Spirit is always present. Spirit is always moving us to greater good. Spirit is always guiding us and revealing the blessings in every moment. Trust your connection to Spirit and share as you are directed.

There will forever be a sweet spot in my heart for you and our church. I am holding you in prayer.

Bountiful blessings!

Joyous in the Spirit,



Blair Tabor, minister

LETTER FROM RASHNA KOWALSKI, BOARD MEMBER

In preparation for celebrating our past and for blessing our future, I have been looking through many photographs of family and friends taken at past church celebrations. We are all thinner and trimmer, skin glowing smoothly without the wrinkles, and there's definitely more color in our hair (minus the new electric shades of turquoise, magenta, and amethyst of our beautiful teens today!)

So what! What do our heartier-body figures mean today? It means that we have had years of a satisfied and full life; lives full of occasions for fantastic food offerings, physically working together for serving the world and building relationships which have lasted a lifetime. We are certainly "heart"-ier beings, and we should all be grateful and proud of it!

And so what if our faces are showing the weathering of more than a few years! These laugh lines are a very small price of vanity to pay in exchange for the stories and miracles we have shared together. Our beautiful wrinkles tell a story of lives filled with love, loss, compassion, friendship, and joy. Each crease is connected to a story of the heart. What a small price to pay for gaining the spiritual experience within the limits of a human body.

Lastly, we can tell the stories of our personal history through those silver-gray hairs as they shine on. Aside from the miracle of biology, we can explain this vivid contrast of texture and color to the age of wisdom. The wise sage on the mountain top is bald! The wise women of the villages are haloed with the light of experience; and their willingness to share their inner knowledge with the next generation is a gift.

Let's honor the past by growing old, graciously, together. If you want to share in the celebration of our wrinkles at Blair and Meredith's retirement luncheon, but would like to request some form of assistance, please do feel free to speak directly with me (619-318-4835) or contact any Board member. We want us all to celebrate together!

Love,
Rashna

Youth MINISTRY

YOUTH MINISTRY SUNDAY CLASSES

11AM (IN MAY) - 10AM (STARTING IN JUNE)

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. 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 alarming 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 Lightner

Director of Youth Education

YOUTH & FAMILY MINISTRY CALENDAR

KIDS CAMP AND UNITEEN CAMP - June 25th-29th, 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.

SACRED SERVICE

**CALLING DRIVERS OF TRUCKS, VANS
AND HORSE TRAILERS FOR WSWA**

On Saturday, May 12th, from 3-6 pm, Western Service Workers need help transporting many truckloads of donated canned goods from an El Cajon Post Office (address forthcoming) to 3014 Imperial Ave, San Diego, 92102. This replaces our own May food drive.

Please let Aline King know if you can help.

**INTERFAITH SHELTER NETWORK AND
OUR GUESTS THANK UNITY SAN DIEGO**

Thank you, thank you, thank you to the multitude of loving volunteers for this year's shelter.

Our eight guests were very grateful for the delicious food, the kindnesses shown by sleepover hosts and others who came to visit and for the prayers for their well-being. We bless each of them in their journey and see them guided and protected by the infinite love of Spirit.

Prayer MINISTRY

HEALING WORDS

from Myrtle Fillmore, co-founder of Unity

In the system of Christ, holiness and health are joined. The one is the internal spiritual state; the other is the corresponding bodily condition. True health is a result, the out picturing of the Christ ideas in thought, word, and act.

I consider this the secret of my success in healing: the spiritual revelation that God is in actuality our Father, the Source of our life and the Substance of our bodies. As soon as I saw this truth I realized that He who created us and who continues to sustain us is also patterning us after His own perfect Ideas and that whatever He has created, He can restore! It is up to you to accept your God-given perfection for yourself, put aside the past mistakes and the untrue suggestions, and fix your undivided attention upon the Creator of your inner pattern of perfection. This is the secret of success in all spiritual treatments. You must bring all of your mental attitudes, the centers of your consciousness, and even your physical structures, to this high place in Divine Mind where you see as God sees. In this spiritual viewpoint you are able to name all that is within you according to the patterns of Spirit; thus you are able to use these soul qualities to demonstrate rightly their true creative possibilities.

It is well to consider prayerfully all of your living habits, to get a better understanding of their purposes and to know whether or not they are really chording with the divine law of health. You should consider whether or not you are worrying or fearing anything. Look back of the conscious mind into the realm of the subconscious, your memory, and determine whether there is anything that took place in the past that is continuing its disturbing influence through the unconscious expressions of your mind. (Much of the habit side of life is made up of these past experiences and trainings. Many things we do daily are not consciously thought out, but are the continuation of something impressed upon us long ago.)

Remember this: whatever you have done, whatever you contemplate, you are learning lessons, growing, and going forward to a day of light, joy, and freedom. The solution of your every problem lies with you and the Father. Others cannot tell you what to do. Others cannot keep you from doing that which is best. As you consecrate yourself to God and seek earnestly and persistently and patiently to do His good will, you will find that real peace, strength, freedom, and wisdom are yours. The Mind of God, active in our consciousness, is our present help. If you turn to God and away from human reasoning, longing, and fears, he will show you the way that leads to the fullness of your good. The really important thing, you know, is to lift your consciousness above the things of the material world above personality and human limitations and unfold your Christ consciousness.

Many blessings of love and peace,

Your Prayer Ministry

MINISTER
Reverend Blair Tabor

Ongoing Groups
Everyone Welcome!
(619) 280-2501

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:

SUNDAYS

1st Friendship Sunday
and 3rd Brunch Sunday.
Announcements in Bulletin

A Course in Miracles
10:30am, 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

Recovery &
4T Prosperity Program
1st & 3rd Tuesdays, 7pm
in the Sanctuary

WEDNESDAYS

Prayer Meditation
2nd Wednesday, (March 14th
& April 11th) at 11 am in the
Tower, St. Luke's Chapel

THURSDAYS

Choir Practice
7pm in St. Luke's Chapel

Yoga with Tamara
7pm in the Sanctuary Narthex

Prayer Ministry Hours
Noon to 9pm, Monday to Friday

UnitySanDiego.org

Come Worship with Us - Everyone's Welcome!

SUNDAY CELEBRATION SERVICES in the Sanctuary
9am & 11am throughout May • 10am Starting June 3rd

Youth & Family Ministry
Youth Ministry Classes (11am in May, 10am starting in June)

Unity San Diego Calendar

MAY 2018

Tuesday Nite Recovery & 4T for May and June ONLY, the schedule will change. In May, Tuesday Night Recovery will be held **May 1st, May 15th and May 29th**. In June there will be only one meeting on **June 19th**.

CPR and First Aid Training on **Saturday, May 5th from 9am-3pm** in Wrigley Hall.

PosiPalooza Concert - You will want to attend this amazing positive concert at **6pm on Sunday, May 6th** here at Unity San Diego.

Arts Crafts Large Spring & Mother's Day Sale (5 tables full of goodies) on **Sunday, May 6th from 10am-1pm** in Wrigley Hall.

Gals Day Out - Saturday, May 12th - The Gals will be visiting **Rancho Bernardo Winery** for the **41st Annual Spring Arts and Craft Fair**

Western Service Workers needs your help transporting many truckloads of donated canned goods on **Saturday, May 12th, from 3-6 pm**

New Member Orientation - Part 1 - Sunday, May 13th, after each service in St. Luke's Chapel

Healing Service - Sunday, May 20th, 1pm in St. Luke's Chapel.

Community Forum - Sunday, May 20th between services at **10:15am** in Wrigley Hall.

New Member Orientation - Part 2 - Sunday, May 20th, 1 to 3pm - Tour of church

Ken Fendrick speaking - Sunday, May 27th "Living the Living Truth"

New Member Orientation - Part 3 - Sunday, March 27th Spiritual Baptism during services.

Choir Celebration Party - Thursday, May 31st, 6pm at the Boehmke's home.

JUNE 2018

Starting June 3rd we will have one Sunday service at 10 am.

Special Choir Presentation - June 3rd, 10am service. Join us as many choir members past and present perform special music in honor of Reverend Blair and Meredith's retirement.

Sufi Dancing - June 3rd at 11:45am on the Patio at church.

"The Simple, Exact, Guaranteed Path to Prosperity, Health, Joy, Peace & Freedom NOW" Workshop to be presented by **Reverend Dale Blackford** on **Sunday, June 10th at 12pm**.

June 10th is the last day to buy tickets for the **Celebration Luncheon**. See details on opposite side of this page. Join us for this fabulous event as we celebrate and honor Reverend Blair & Meredith with our church family.

Reverend Blair and Meredith's Retirement Celebration Luncheon **Saturday, June 23rd, 11am-3pm** at Admiral Baker Clubhouse Presidio Ballroom

Music Sunday - June 24th - This is Reverend Blair's last Sunday with us before retiring. Join us after service for a **farewell celebration** in Wrigley Hall.

Kids' Camp and Uniteen Camp - June 25th-29th, in Wrightwood, CA

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.

Repair to Beams: \$15,000 - \$11,388.08 = \$3,611.92

Upper Parking Lot Repair: \$17,646 - \$743.64 = \$16,902.36

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

with Reverend Blair Tabor, except where noted

Lesson Titles - May 2018

- May 6 "The God-Spark Within"
- May 13 "Co-Creating with God"
- May 20 "Operating with Multiple Prayer Modalities"
- May 27 "Living the Living Truth" - Ken Fendrick

Lesson Titles - June 2018

- June 3 "Sacred Service, the Ultimate Spiritual Growth Opportunity"
- June 10 "Living Miracles: Trading Karma for Grace" - Dale Blackford
- June 17 "The Abba of Jesus" - Father's Day
- June 24 "A Song In My Heart" - Music Sunday

NEW MEMBERS received spiritual baptism
March 25th: - Tara Stamos and Kregg Buesig

HEALING SERVICE = Sunday, May 20th, 1pm in St. Luke's Chapel, First floor of the Prayer Tower. The powerful activity of God's healing power is available to us in the conscious connection with Spirit. Come join Reverend Blair for his last healing service. Music, meditation, prayer and affirmations. Love Offering.

COMMUNITY FORUMS = May 20th between services at 10:15 in Wrigley Hall. Our board of directors will share information about the ministerial transition process. This is Brunch Sunday.

SUFI DANCING = June 3rd at 11:45am on the Patio at church. Spiritual dancing is a combination of prayer, singing and movement that deepens our experience of the presence of God in ourselves and others. Reverend Blair has been leading the dances that originated in the Sufi tradition for over 40 years. Come share a delightful time of uplifting energy. Love Offering.

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 list. It is easier for everyone if we all have our name tags and wear them.

RETIREMENT CELEBRATION LUNCHEON

It's time to Celebrate! You can now buy your tickets to the luncheon which will be held on **Saturday, June 23rd from 11am-3pm at Admiral Baker Clubhouse Presidio Ballroom, 2400 Admiral Baker Road in San Diego.**

The cost is \$40 per person. The tickets are **available only at eventbrite.com online.** Details are on the church website "Events" page and the church Facebook site. You can pay via credit card or by check. If you pay by check we must have received it by **June 10th.** Please make your check out to Unity of San Diego and send it to our church address, "Attn: Retirement Luncheon."

Traci Pavlas will be available between services in Wrigley Hall today to assist you with the online purchase, if you need it. If you are unable to pay all of this amount, there will be some funds available to augment what you are able to pay. **See Cathie Robertson, Aline King or Rashna Kowalski** about this. **Charlyn Earp** will be in Wrigley Hall between services with a **table seating chart** so you can choose which table you would like to sit at.

If you are unable to attend this event, please know additional celebrations will be held to acknowledge Reverend Blair and Meredith. There will be a final celebration event after service on **Sunday, June 24th** with cake and punch to bid farewell to Reverend Blair and Meredith.

NEW MEMBER ORIENTATION

- 1 A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower after each service on Sunday, May 13th.
- 2 The following Sunday, May 20th, 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 the Sunday services May 27th.

Membership with Christ Church Unity is an opportunity to make a commitment to your spiritual growth through our church. Many people find many blessings from this process.

HAPPENINGS

at Unity
Details & Updates

PosiPALOOZA CONCERT = You will want to attend this amazing positive concert at **6pm on Sunday, May 6th** here at Unity San Diego. **Harold Payne, Freebo, and Richard Mekdeci** will join together for a time of sharing their music and their stories. Their interactions and sharing makes for a wonderful evening. Harold is a multi-platinum hit songwriter and performer. Richard is another award-winning songwriter and co-founder of "empower Music and Arts." Freebo is a world renowned bassist, award winning singer and songwriter. The concert is \$20. **Tickets will be on sale here at Unity San Diego and through www.empowerma.com/PosipaloozaTicket. Harold will also perform our special music at the 9 and 11am services.**

GALS DAY OUT = **Saturday, May 12th** – The Gals will be visiting **Rancho Bernardo Winery for the 41st Annual Spring Arts and Craft Fair** and then going to lunch. Those who wish to carpool will meet at **Grossmont Center by Claim Jumper at 9:30am** to arrive at the winery by 10am. After spending some time shopping or wine tasting the gals will meet for lunch. If you would like to join the group, sign up in the tower lobby so Meredith knows how many will be eating lunch. Please indicate if you will be meeting to carpool. **For more information speak to Meredith Tabor, Meredith@unitysandiego.org or 619-280-2501, ext 109.**

KEN FENDRICK SPEAKING = **Sunday, May 27th** "**Living the Living Truth.**" Ken has been active at Unity San Diego for seven years. Currently he serves as a Platform Assistant, Meditation leader, Prayer Chaplain and on our Music team and in the choir. He is entering his second year of ministerial studies at the Unity Urban Ministerial School. He is a dynamic and engaging speaker who brings life to principle.

CELEBRATION CHOIR POTLUCK/PRACTICE PARTY = **Thursday, May 31st, 6pm** - All past and present choir members are invited to this special **Celebration Choir Potluck & Practice Dinner Party at Jackie and Russ Boehmke's home.** We will be rehearsing a song which we will sing at Sunday services on **June 3rd**. For more information **contact church receptionist at (619)280-2501.**

THE ARTS & CRAFTS GROUP = **2nd & 4th Mondays 10am-12pm** on the 4th floor of the tower. Everyone is welcome to join us in making crafts and the church benefits from our efforts. For more information **contact Pat Case at (619)462-7928.**

PLEASE NOTE: Beginning Sunday June 3rd there will be only one service at 10am.

"THE SIMPLE, EXACT, GUARANTEED PATH TO PROSPERITY, HEALTH, JOY, PEACE & FREEDOM NOW" is a workshop to be presented by **Reverend Dale Blackford** on **Sunday, June 10th at 12pm.** Most spiritual teachings fail because they are divided against the very principles they postulate. Karma and grace propose opposite ways of meeting life. One seeks to ward off hostility within a hostile realm. The other reveals an open, friendly and unforeseen richness within all things, situations and people. This workshop is about showing you how to use your mind to actually move from the imprisoning one to the freedom of the other. Reverend Dale is an ordained Unity minister who has served unique and diverse Unity ministries from Alaska to San Juan, Puerto Rico. His out-of-the-box approach to creative thinking is just one of the main tools that he will be sharing in this workshop. The **workshop will be 12-3pm** and tickets are \$20. **Reverend Dale will also speak at the morning service on "Living Miracles: Trading Karma for Grace."**

CPR AND FIRST AID TRAINING on **Saturday, May 5th** from **9am-3pm** in Wrigley Hall. The cost for certification for both CPR and First Aid is \$55 per person. Bring a lunch and be prepared to have fun learning how to save lives. **Please RSVP to Karla Lightner at 619-218-6135 or karlalightner@gmail.com.** If you are staff or a volunteer, please check with your department to see if this is a covered expense.

NEW Sunday Brunch Menu -
May - French Toast, **June** - Breakfast Burritos

RECOVERY AND THE 4T PROSPERITY PROGRAM = We are having such a great time working the **12 steps** as we learn to rely on the God of our understanding as source of all things. Because this is a **modified 4T program**, the meetings are open to all for the entire 12 step series. Tuesday Night Recovery is held the first and third Tuesdays of each month at pm in the Sanctuary. **However, for May and June ONLY, the schedule will change. In May, Tuesday Night Recovery will be held May 1st, May 15th and May 29th. In June there will be only one meeting on June 19th.** In July, meetings will go back to the first and third Tuesdays of each month. Many Blessings and thank you so much for your understanding.

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. With 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. Unity receives a donation from every scrip purchase – so this is an easy way to increase your giving to Unity. 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**



3770 Altadena Avenue
San Diego, CA 92105
(619) 280-2501

NON-PROFIT
U.S. POSTAGE PAID
SAN DIEGO, CA
PERMIT NO. 686

www.UnitySanDiego.org

Thank You!

MARCH VOLUNTEER OF THE MONTH... CONGRATULATIONS TO BYRON AYRES!

Byron has faithfully served Unity San Diego for well over twenty years! Yes, that's right! With a smile on his face and warmth in his heart, Byron has been an Usher on the first Sunday of each month for over twenty years! Thank you, Byron, for your commitment and dedication to Unity San Diego! We are truly blessed by your loving presence.

APRIL VOLUNTEER OF THE MONTH... CONGRATULATIONS TO JACQUIE BOEHMKE!

Jackie volunteers in multiple ways and always with a smile. Her watchword is "JOY." She ushers and sings in choir. She hosts the annual choir party at her home. She participates in the Interfaith Shelter meals preparation and serving. She hosts a table at the Annual Tea. And she helps sell scrip. Thank you Jackie for your Joyful presence!

Consider serving a few hours a month as an expression of Love In Action - UnitySanDiego.org/Sacred-Service