

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 Conscious Being,

The turning of leaves represents a movement of energy to the interior in order to prepare for new life. Life flows from within to the outer. Consciousness flows from within to the outer. Our programs for September and October are opportunities for you to deepen your sense of the power of God in you and let it flow out to bless all the areas of your life.

Remember my theme for the year: Live serene in 2017!

Our Small Group and Sunday morning series starting October 1st will provide a progressive series of meditation practices that you can use in your life to find benefit or even as few as two minutes a day. This program has a scientific as well as spiritual foundation for the techniques.

Take a moment right now. As you breathe in and out: Notice your free breathing...quiet your mind...accept your inner and outer world as they are for the moment...love your present self just as you are right now...open your heart to be healed and to receive...remember your true self...now breathe as bliss. There, in just a few moments, you have a greater experience of your spiritual reality. You can apply this in every activity of your day.

Come practice with us on Sundays and in the groups.

Bountiful blessings!

Blair Tabor, minister

LETTER FROM A BOARD MEMBER - from Rashna Kowalski

My time in service on the Unity San Diego Board has been one of laughter, learning, discovery, and fulfillment. Each member brings their own unique and valued personality with a high degree of integrity and service; our open hearts and open minds lend themselves to productive meetings and creative solutions. This board could surely serve as a role model to other associations which are looking for more cohesiveness and dignity in their attempts to run a business, organization, or... even a country, let's say.

I especially notice how so many elements of the life of this church intersect and overlap:

- Our minister's Sunday talks coincide directly with the Small Groups' study of the corresponding lesson for that week.
- The Marketing Committee's agenda addresses the upcoming Music Ministry's Summer concert and is creating a streamlined procedure for promoting any activity, class, or event on the church calendar and website.
- The Transitional Leadership team is working with both the ministerial and office staff to create a new, dynamic, and efficient system of business-as-usual.
- Our Mission-Centric Team is coming up with many avenues for fulfilling our church community's mission statement including fellowship in small groups, training meditation leaders, supporting a recovery ministry, forming new interest groups, and offering "voluntourism" opportunities near and far.

This church works because we integrate all its many facets together when we enter into the power of meditation and prayer. These two gifts are tools which can carry us closer to that awareness of our Oneness with each other, our Unity in church, and the ever-present connection to the One Highest Source of Being, the God of Love.

May the God of Love continue to shine through our lives and through the life of this church. Amen.

Submitted with Love,

Rashna Kowalski

Youth MINISTRY

YOUTH MINISTRY CLASSES - 11am Sundays
CHILD CARE ONLY - 9am

Hello everyone...

Why is Unity San Diego so amazing? Because we had the most phenomenal overnight camp ever! Over thirty-five youth attended Kung Fu Panda Camp, held at Unity San Diego in July. Teens came from Unity of Anaheim, Unity of Tustin and Unity of Carlsbad to join with our teens to lead a group of kids' ages 3-adult, on a spiritual journey based on the movie, Kung Fu Panda. We played games, did crafts and had a delicious Chinese cuisine banquet. We sang songs and Sufi danced with Rev. Blair. We sat around a campfire, toasted marshmallows and ate s'mores. On Sunday, the teens painted the peace wall (on Altadena in front of the new park) and the younger kids held boat races. It was a wonderful experience for all!

This year our Fall Festival will be combined with the Church Picnic and will be held on Sunday October 29th. Along with great carnival games, a delicious cakewalk, the old-time favorite - balloons and darts and our new favorite - pie eating contest. We will have a costume contest for ALL AGES. Please come dressed to win. There will be winners in all age groups and everyone participating will earn a prize. There will be hot dogs, hamburgers and a potluck. Meredith will hold a silent auction and raffle. Please join us for a day full of fun and fellowship.

If you would like to volunteer at our Fall Festival, please contact me at 619-218-6135, or karlalightner@gmail.com

Love & Blessings!
Karla

YOUTH & FAMILY MINISTRY CALENDAR

Saturday, October 13th-15th - Uniteen Fall Retreat -

Chapel Rock, Prescott, AZ - Teens in grades 6-8 from California, Arizona and Nevada will attend this Southwest Regional Event.

Sunday, October 29th - Fall Festival/Picnic -

This year the Fall Festival and Church Picnic will be combined. Eat, have fun, play games, and participate in a costume contest for all ages. There will be a raffle and silent auction as well as hot dogs, hamburgers and a potluck. Hot dogs and all games are free of charge as we invite the community to celebrate the fall season with us.

SATURDAY NIGHT RECOVERY SEPTEMBER

If you are in a Twelve Step Recovery program and would like to discover how to develop a relationship with the God of your understanding, please join us as we continue our spiritual adventure that weaves Unity and the 12 steps together in a guilt-free, loving environment. Beginning Saturday September 2nd we will focus on the book "The Gathering" by Jim Rosemergy. "The Gathering" is a book that uses nine steps that are similar to the 12 steps of AA and NA to release negative thoughts and beliefs that have held us back from having a deeper spiritual relationship with ourselves and our Higher Power. Please join us on the dates below at 6pm in St. Luke's Chapel.

Saturday, September 2nd - The Gathering - Step 1 - "I release my human need".

Saturday, September 16th - The Gathering - Step 2 - "I accept my human condition, so I can express my spiritual nature"

OCTOBER

Saturday, October 7th - The Gathering - Step 3 - "I willingly release any part of my human self that is a barrier to God"

Saturday, October 21st - The Gathering - Step 4 - "I willingly forgive others"

Please see the schedule posted in the tower lobby for additional dates or contact Karla Lightner at 619-218-6135 or karlalightner@gmail.com for additional information.

Prayer MINISTRY

Unity San Diego Celebrates

World Day of Prayer - September 13th & 14th

Unity students around the world pray together on this special Thursday. Join your Prayer Ministry in praying for yourself and others on this powerful day of connection.

Charles Fillmore said, "The affirmation of any good statement of health puts us in conscious contact with The Christ Mind universal and quickens and releases the energy stored up in the subconscious mind, and the process of rejuvenation begins its work."

We will have a special prayer, meditation and other activities in the Sanctuary on September 13th & 14th. Please check Faith for Today, bulletins and the website for further information.

Planting Seeds of Peace Within

We know that seeds wait for enough moisture to sprout. We also know that prayers nourish the seeds of peace in each of us. Let us in the Prayer Ministry support you in your prayer life. We affirm daily for each of you the joy of life, the wonder of life, the wisdom and guidance of Spirit and love beyond any imagination. We know you are a precious person placed here to live out your Christ consciousness in all its glory.

Affirm this now for yourself: I am a precious creation of God-love. I can do all things through the Christ within which strengthens me. I am raising my consciousness minute by minute to that of the Christ. I am at peace. I rest in love and all is well. I am peace in the midst of all matters.

Join us on the second Wednesday of each month for prayer and meditation in St. Luke's Chapel at 11am.

Many blessings,
Your Prayer Ministry

SACRED SERVICE

Western Service Workers - Thank you for backpacks and food in the August Drive! - Once again, Unity San Diego came forth with an outpouring of backpacks, school supplies and food during our August collection period. Many thanks from the children and their families. Our next drive in November 2017 will focus on money for turkeys!! Many thanks. Please contact Aline King at 619-280-2501, ext. 133, for more information and to visit the WSWA Service Center at 3014 Imperial Ave, in San Diego. Several Unity families attended the exciting WSWA 40th San Diego Anniversary Dinner.



SUNDAY CELEBRATION SERVICES
9am & 11am | Main Sanctuary

Youth & Family Ministry
11am Youth Ministry Classes
(Childcare only at 9am)

MINISTER
Reverend Blair Tabor

Unity San Diego Calendar

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 Friendship Sunday
and 3rd Brunch Sunday.
Announcements in Bulletin

10:30am, A Course in Miracles
Tower, 4th Floor

MONDAYS

7pm, Narcotics Anonymous
Wrigley Hall

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

TUESDAYS

4th Tuesdays, 1pm
Feeding America
Large Parking Lot

WEDNESDAYS

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

THURSDAYS

6:45pm, Gentle Yoga
Narthex, Main Sanctuary

SATURDAYS

1st & 3rd, 6pm
Saturday Night Recovery,
St. Luke's Chapel

Prayer Ministry Hours
Noon to 9pm, Monday to Friday

UnitySanDiego.org

September 2017

Saturday Night Recovery - Saturday,
September 2nd, 6pm in St. Luke's
Chapel. Step 1, Focus on the book
"The Gathering" by Jim Rosemergy.

Healing Service - Sunday, September
3rd, 1pm in St. Luke's Chapel, First
floor of the Prayer Tower.

Dr. Garland Landrith -
Sunday, September 10th, Speaking at
both services. Workshop on Sunday
from 1-4:30pm and Monday,
September 11th, from 6:30-9:30pm.
Individual appointments Monday
afternoon & all day Tuesday.

World Day of Prayer - Wednesday,
September 13th-Thursday, 14th.
Schedule on Bulletin board by bookstore.

Reverend Richard Rogers - Sunday,
September 17th, Speaking at both services.

Reverend Richard Rogers - Healing Now
Workshop - Sunday, September 17th,
1pm in St. Luke's Chapel.

Saturday Night Recovery - Saturday,
September 16th, 6pm in St. Luke's
Chapel. Step 2, Focus on the book
"The Gathering" by Jim Rosemergy.

Arts & Crafts Halloween Mini Sale
September 17th, 10am-1pm in Wrigley Hall.

Reverend Margaret Melanie -
Sunday, September 24th, Speaking at
both services.

October 2017

Meditation Practice - Sunday,
October 1st, 12:45pm, in St. Luke's
Chapel, First floor of the Prayer Tower

Saturday Night Recovery - Saturday,
October 7th, 6pm in St. Luke's Chapel.
Step 3, Focus on the book "The Gathering"
by Jim Rosemergy.

Annual Picnic Tickets available starting
October 8th.

New Member SignUp - October 8th
in St. Luke's Chapel between services.

Arts & Crafts Halloween Mini Sale -
October 8th, 15th & 29th, 10:am-1pm
in Wrigley Hall.

Volunteer Lunch - Sunday, October 8th
between services in Wrigley Hall

Community Forum - October 15th,
between services in Wrigley Hall

New Member Orientation - Sunday,
October 15th from 1pm-3pm.

Saturday Night Recovery - Saturday,
October 21st, 6pm in St. Luke's Chapel.
Step 4, Focus on the book "The Gathering"
by Jim Rosemergy.

Annual Picnic / Fall Festival - October 29th

Crafts Sale / Entrepreneur Mart -
Sunday, November 5th, 9am-2pm in
Wrigley Hall

Daylight Saving - first Sunday,
November 5th, - Fall Back

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.

Bathroom Modifications: \$38,000 - \$27,525.31 = \$10,474.69
Upper Parking Lot Repair: \$17,646 - \$254 = \$17,665

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

LESSON TITLES - SEPTEMBER 2017

- Sept 3 "How to Get a Better Job"
Sept 10 "We Can Create Miracles by Surrendering the Results" Guest Speaker, Garland Landrith
Sept 17 "Stand and Walk" Guest Speaker, Reverend Richard Rogers
Sept 24 "Magnificent Obsession" Guest Speaker, Reverend Margaret Melanie

LESSON TITLES - OCTOBER 2017

- Oct 1 "Now Breathing with the Infinite"
Oct 8 "Your Quiet Mind"
Oct 15 "Accepting the Present Moment"
Oct 22 "My Heart Is Awakening to Love"
Oct 29 "Open to Healing Peace"

WEDDING

Katelin Wirthlin and Kyle Knode - July 13th, 2017

DID YOU KNOW...?

If you have stocks, bonds, other property that has appreciated over the years, IRS laws allow some amazing ways for you to maximize your gifts to your heirs and make a significant donation to our church. For more info, contact your financial advisor or ask Reverend Blair for some information.

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, San Diego,
3770 Altadena Avenue, San Diego, California 92105.

NAME TAG

If you do not have a name tag from our church, please sign up in the Narthex 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.

SEVEN MASTERS ONE PATH - HOME STUDY GROUPS

Starting October 1 for Seven Weeks – more info will be coming on our website and in our Sunday bulletin.

Our goal for the seven-week series is to learn how to live every moment of our lives in touch with our spiritual core. All true spiritual teachers lead their students toward the same ultimate realization and experience – that of full immersion in the spiritual core of being that we all share, and from which we all draw our deeper sustenance, wisdom, vitality and insight. We will learn how to practice basic inner focusing activities until we internalize the meditation process as a beautiful mental habit. The result is a beautiful awakening and re-energizing of your entire mental, emotional, and spiritual presence.

Meditation is best defined as the methodical expansion of human consciousness beyond acquired beliefs and attitude about life so as to encounter a deeper reality directly. This meditation program revolutionizes our capacity for success in learning to meditate by stripping away all the religious dogma and ritual and theology surrounding the human meditative experience, so as to expose the underlying psychological process taught throughout the ages by the world's great meditation teachers.

You will learn simple techniques for quieting the mind. There are short form approaches that can easily be incorporated into your day. There will also be online audio resources. This small group experience will help you feel better and be more loving, more alert and more harmonious and successful.

If you are interested in participating, facilitating or offering your home as a venue, please email ccu@unitysandiego.org or call Cynthia Jones at 619-280-2501 ext. 155.


unity[®]
San Diego
a spiritual community

3770 Altadena Avenue
San Diego, CA 92105

Prayer Ministry: (619) 282-7609
2nd Wednesday Meditation 11am
PrayerMinistry@UnitySanDiego.org
Daily Word Line (619) 281-LOVE (5683)

HEALING SERVICES

Sunday, September 3rd, 1pm in St. Luke's Chapel, First floor of the Prayer Tower. Come claim your connection to God's healing life. Songs, prayers and meditation lead us to oneness.



MEDITATION PRACTICE

Sunday, October 1st, 12:45pm, in St. Luke's Chapel, First floor of the Prayer Tower. Preview some the meditations for our new series "Seven Master, One Path." Reverend Blair has been studying and teaching meditation for over 45 years.

NEW MEMBER ORIENTATION HAS 3 PARTS

- 1:** A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower on a Sunday after each service on October 8th.
- 2:** The following Sunday, October 15th, from 1 to 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 October 22nd. 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.

Gift Your Presence in Sacred Service to Community: UnitySanDiego.org/Sacred-Service

HAPPENINGS

at Unity
Details & Updates

Living Your Dreams by Unlocking Your Subconscious -

Sunday, September 10th and Monday, September 11th
Dr. Garland Landrith will return to present his two part workshop here at Unity San Diego. This is a manifesting and Healing workshop that combines Quantum tapping, HeartMath, and Ho'opononpo as a means to restructure your subconscious brain matrix. Course fee: \$49 for both days/\$39 for one day. Workshop on Sunday is 1-4:30pm and Monday is 6:30-9:30pm. Fee includes all materials needed (a \$75 value). Garland will also speak at both services on **"We Can Create Miracles by Surrendering the Results."** He is also accepting one on one appointments Monday afternoon and all day Tuesday.

World Day of Prayer - Wednesday, September 13th and Thursday, September 14th

A Sacred Tradition Renewed and Invigorated: "For 24 years **World Day of Prayer (WDOP)** has been celebrating, educating and accentuating for all who attend and participate, the power and potentiality of affirmative prayer. Last year people from 17 countries sent Silent Unity a quarter of million prayer request for World Day of Prayer. In 2017 we are expanding our global reach, partnering with individuals and organizations to affirm "Peace in the Midst of any situation. We hope you will join us." - Jim Blake, CEO, Unity Village.

The complete WDOP schedule will be posted on the bulletin board of the church tower lobby.

Reverend Richard Rogers - Healing Now Workshop

Sunday, September 17th, 1pm. Reverend Richard will be holding a two hour workshop, Love Offering. He will also speak at both services on **"Stand and Walk."**

Unity has a long history of healing. Unity has believed that healing was possible in a moment. Join Richard as he explores what healing means now and how we can access the healing power for yourself and others. Participants will actually experience the healing techniques first hand.

Richard is a gifted and inspired teacher, coach and minister. Over the last 25 years, he has been a spiritual teacher and leader to thousands of individuals. He has worked and studied with the great spiritual teachers of our time. 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 through changing their values, and to do the impossible. Over and over again, Richard takes people to a deeper experience of God.

For over fourteen years, Richard led Unity of Phoenix into one of the greatest Unity Churches in the country. In 2006, he stepped down to reinvent himself and created the Mastering the Impossible Coaching Program. Richard works with coaching clients all over the country assisting them in creating the impossible in their lives.

Arts & Crafts Halloween Mini Sale - The Arts & Craft Group will be having a Halloween & Fall Mini Sale on Sunday, September 17th & October 8th & 15th, and Fall Festival October 29th from 10am-1pm in Wrigley Hall. We will be featuring wreaths, jewelry, table runners and table decorations, greeting cards, novelty items and more.

Sunday, September 24th -

Reverend Margaret Melanie will speak at both services on **"Magnificent Obsession."** Reverend Margaret began her spiritual journey in the Catholic Church, and served as a nun in the Sisters of St. Joseph of Carondelet for three years. Prior to attending seminary, she worked in the fashion and interior design fields. She majored in theology at Mt. St. Mary's College in Los Angeles, California and graduated from Unity Ministerial School, Unity Village, Missouri. Margaret found Unity here at Unity San Diego where she first became a member in 1974. She served as assistant to the minister under Reverend Stan Hampson from 1980-1982 when she left to attend Unity Ministerial School at Unity Village, Missouri.

Following her ordination in 1984, Margaret served as Senior Minister of Unity of Orange County until her retirement at the end of 2014, when she returned to Unity San Diego. In addition to her volunteer work here at Unity she also volunteers at the Navy Medical Center San Diego, Habitat for Humanity and the Family Equality Council. Margaret's daughter, Kari, and her two granddaughters Hannah and Hailey live in Las Vegas, Nevada.

Volunteer Appreciation Brunch - Sunday, October 8th

We appreciate all of our volunteers. Our board of directors will host a brunch after both services to honor and celebrate our volunteers.

Community Forum - Sunday, October 15th, between services. This is Brunch Sunday. Our board of directors is always working on new initiatives for our church. Join us between services and hear about what is going on. Please come prepared with your suggestions.

Annual Picnic/ Fall Festival -

Sunday, October 29th, after the second service here at Unity San Diego. For the first time the picnic and fall festival will be combined. Hamburgers or veggieburgers and chips will be served for \$5. Hot dogs and chips will be free! The remainder of the food is potluck - bring a salad or dessert to add to the meal. Raggle Taggle, with Jean and Mike Stewart will be here to entertain. There will still be a raffle and silent auction. A costume contest will be held for all ages. Please come dressed to win! All games are free including face painting and our "Dunk Rev. Blair" tank which will be set up outside. The cake walk had so many participants last year, it will be held outside this year too. Tickets for the cakewalk are 3 for \$1. Meredith is still recruiting help for the kitchen: another cook for the hamburgers and raffle help. Karla is looking for volunteers to "man" the games, help with the cakewalk, and pass out candy. The usual Halloween games and cake walk will be set up outside. Tickets will be available starting Sunday, October 8th.

Crafts Sale/Entrepreneur Mart - Sunday, November 5th.

Do you have a business or crafts that you would like to sell and promote at Unity San Diego? This is your chance from 9am to 2pm. You will have a space to do this. Pick up an information sheet today! Tables are \$25 for members of Unity and \$30 for non-members. Sign up early as locations are assigned in order of the reservation. Speak to Meredith Tabor for all questions.

 **unity**
San Diego
a spiritual community

GIFT CARD (SCRIP) NEWS -

We have American Express and VISA with no expiration dates 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. Ralphs/Food4 less shoppers will need to reregister their loyalty cards after September 1st, so Unity will still receive your donations. Meredith has instructions at the scrip table.



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!

JULY VOLUNTEER OF THE MONTH: CONGRATULATIONS TO CAROLYN ROBBS!

Carolyn volunteers in many different ministries at Unity San Diego. As a member of Angels in the Wings, Carolyn participates every year at the Interfaith Shelter. She has hosted, baked, and set up at our Annual Tea. In addition, she has served on our Board of Directors, and for many years now, she has welcomed our guests at the Welcome Podium on the first Sunday of each month. Most recently, Carolyn has volunteered to help out in an administrative capacity. We are blessed by Carolyn's commitment to sacred service at Unity San Diego! Thank you, Carolyn, for all that you share with us!

AUGUST VOLUNTEER OF THE MONTH: CONGRATULATIONS TO TONI SILVA!

Toni shares her time and talents as an Usher and at the Welcome Podium, and has done so for many years! Always willing to step up and help, Toni often covers two or three Sundays per month. Toni also volunteers at mailing parties where her witty sense of humor adds to the fun of fellowship while being of service. Thank you, Toni, for your dedication and commitment to sacred service at Unity San Diego! We are grateful for you and all that you do!

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