

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,

When we moved here, many told us, "San Diego has the best weather in the country. The average temperature is in the 60s." Well, I don't know what happened, I woke up recently and the outside temperature was 39 degrees! For a few minutes, I wondered if I needed my winter gloves, hat and boots! Before I panicked, I looked at the forecast for the rest of the day and it was going to warm up to 61. Instead of winter boots, I put on a turtleneck shirt, a sweater and a jacket to stay warm in the morning. Now, I am looking forward to the average 70's March and April will bring. Is this certain? Yes! Even though the weather fluctuates from time to time, I

know everything is possible. We are called to trust the process with seasons just as we trust in our own inner guidance. When the temperature is cold, each of us has the wisdom to know what clothes to put on. In doing so, we practice loving ourselves with a little self-care. Our Spiritual Power for March is Wisdom and April is Love. As we move toward the Lenten season and into Easter, may we each awaken to the light which shines within us and have the wisdom to love ourselves and others.

Namaste,

Rev. Edith Washington-Woods

LETTER FROM A BOARD PRESIDENT, CATHIE ROBERTSON

I have written a few of these and am happy to be doing another one! I have agreed to serve one more year as Board President to complete the transition into our new way of being with our wonderful new senior minister, Rev. Edith. So much growth has taken place in the last several months and it is heartening to see to positive shift being made, while at the same time holding onto our history and core way we operate the personal spiritual growth, inspiring music and community service.

I welcome the new board members and appreciate those of us who will still serve during the next year. We have accomplished a lot in the past three years and it hasn't been easy. The dedicated board people who carried us through this transition are: Billiekai Boughton, Flor Sanchez, Scott Edwards, Cynthia Jones, Rashna Kowalski, Belinda Pena, Marty Ellingwood, Traci Pavlas, Diana Proud Madruga, Rev. Judy Winkler, Viola Scott and Rebecca Humble along with assistance from Rev. Karla who helped to keep us going when we honestly didn't know what we were doing. Happily, Spirit has been there every minute of the way guiding and directing us to reach the potential that we are really feeling at this moment. Thank you all for your support during this transitional time!

In love and gratitude,
Cathie Robertson
Board President

Youth MINISTRY

Sunday Classes at 10am

Hello Unity San Diego!



I bring you blessings and peace. The Youth & Family Ministry is looking forward to continued joy, growth and spiritual blessings.

On **Sunday, March 15th** the YOU and Uniteens will be serving **French toast** (gluten free available), eggs, sausage (veg available) and fruit for our monthly fundraising brunch. Stop in after church for food and fellowship.

Our youth & family ministry will find creative ways to offer service to our community; whether that's hosting a brunch, cleaning the tables in Wrigley Hall, picking up trash or with a campus beautification project. They'll share in our vision of being prosperous and abundant. They'll have discussions in their classrooms about what it means to be a good neighbor since we're sharing our campus with our shelter guests. They'll also continue to embrace compassionate communication/non-violent communication.

On Easter Sunday, April 12th, the youth & family ministry will be in the sanctuary to worship along with their families. After the family service, there will be an **Easter egg hunt** for the young ones and a scavenger hunt for Uniteens/YOU. Join us as we gather to create community! Donations of small non-candy related items for the Easter eggs are welcome and appreciated and can be given to any YFM teachers or Akosua by March 15th. On April 19th the YOU and Uniteens will serve **brunch**; so, look for more details. Our YOU will attend an official **YOU rally** at Unity of Phoenix Arizona April 24th-26th.

As you can see, our youth will be busy! We appreciate your continued support and thank you for your trust! And as always, we stand in Love!!

In gratitude, Peace!

Akosua Washington-Woods
akosua.yfm.sandiego@gmail.com

Youth & Family Ministry Calendar March, April 2020

March 7th and 8th - YOU overnight Love-In
On March 15th - YOU and Uniteens BRUNCH
Easter Sunday, April 12th - Community Festival Easter Egg
and Scavenger Hunt
April 19th - YOU and Uniteens BRUNCH
April 24th-26th - YOU Rally in Phoenix, AZ

Prayer MINISTRY

Prayer Changes Us. Are You Ready?

Close your eyes. Breathe deeply again and again. Relax into the one Power and one Presence and feel yourself at ease. There is no need to strain. You are connected. Peace is yours. Joy is yours. Love is yours. Prayer is as close as your breath. Words can be few. The connection is reopened with your attention and all is well. Wisdom and guidance flow as we become still. We know what is ours to do.

Your Prayer Ministry supports you in your prayer life. We love to be in prayer with you. Remind your friends of our wonderful ministry. We are here for you from noon to 9pm, Monday through Friday with call-in workers. Join us on 2nd Wednesdays at 11am in St. Luke's Chapel for a prayer and meditation mid-week boost. The strength of many joined in prayer is powerful. We love and bless you and look forward to your calls, emails and letters,

Your Prayer Ministry

Unity Interfaith Shelter March 22nd-April 5th needs your help!

Volunteers provide service to the guests in the following ways: sleepovers, meals and weekend hosting. **Mandatory Training** dates for all volunteers are at **9am in St. Luke's on Sundays, March 1st, 8th or 15th**. Please attend one for information and updates.

If you are willing to help in any way during the 2 week session, please contact **Aline King at ankunity@mail.com**. On Sundays, watch for Aline with a sign-up sheet in Wrigley Hall. Many thanks!

Calling Sacred Servers to Furnish "El Nido" Apartment

Unity San Diego has been asked by the Interfaith Shelter Network to sponsor Apartment 11 which is one of eleven apartments called **El Nido**. This project provides safe housing for 1 year for women and children who were victims of domestic violence. Each of the units is beautifully furnished by a local congregation. **The web page has more information at <http://interfaithshelter.org/programs-2/el-nido/>**

This service project is supported by Rev. Edith and Unity SD Board of Directors. **For more information, contact Aline King at ankunity@gmail.com**

**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

SUNDAYS

Friendship Potluck Sunday
1st Sunday - at 11am

Youth Brunch Sunday at 11am
3rd Sunday

Healing Service - 4th 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

March

Interfaith Shelter 1st Mandatory Training -
Sunday, March 1st at 9am on 3rd floor of Tower

Friendship Potluck Sunday - March 1st after service
in Wrigley Hall

Annual Spring Tea Planning Meeting - Sunday,
March 1st, 11:30am-12pm in Wrigley Hall.

"ICYMIC" Music Team Concert - Sunday, March
1st at 12:30pm in the Sanctuary.

Absolute Abundance First Steps Prosperity Class
Tuesday March 3rd 10am-12pm and March 4th
6:15pm-8:15pm in Wrigley Hall... (except March 25th
and April 1st classes are on the 4th floor of the tower)

Interfaith Shelter 2nd Mandatory Training -
Sunday, March 8th at 9am on 3rd floor of Tower

CommUnity Service Team Meeting - March 8th,
12:15pm in Wrigley Hall

Annual Spring Tea 2nd Planning Meeting -
Sunday, March 8th, 11:30am to 12pm in Wrigley Hall.

YOU and Uniteens Brunch - Sunday, March 15th

Interfaith Shelter 3rd and last Mandatory
Training - Sunday, March 15th at 9am on 3rd floor
of Tower

Q-Process Workshop - Saturday, March 21st,
9am-3pm in Wrigley Hall

Unity Interfaith Shelter Setup - Saturday, March 21st
from 10am-12 noon in Wrigley Hall.

Unity Interfaith Shelter - Sunday, March 22nd-April
5th in Wrigley Hall

Q-Process Coaching, 1st Session - Monday,
March 30th, 6:30-8pm in Wrigley Hall

April

Palm Sunday - April 5th

Friendship Potluck Sunday
April 5th after service

Holy Thursday - April 9th

Good Friday - April 10th

Easter Sunday - April 12th

Community Festival Easter
Egg & Scavenger Hunt -
Easter Sunday after the service

Q-Process Coaching, 2nd
Session - Monday, April 13th.
6:30-8pm in Wrigley Hall

El Nido Shelter - Wednesday,
April 15th, Unity team visits
apartment. May clean and start
moving items.

City Heights Music School's
"Mariachi Con Amor!"
Concert - Saturday, April 18th
at 4:30pm in the Sanctuary

YOU and Uniteens
BRUNCH - Sunday, April 19th

Q-Process Coaching, 3rd
Session - Monday, April
20th, 6:30-8pm in Wrigley Hall

JUNE... Save the Date:
Annual Spring Tea - June 13th
in Wrigley Hall



Sunday Lessons

March

- March 1** "The Power of Thought"
March 8 "A Circle of Gratitude"
March 15 "The Wisdom to Visualize"
March 22 "An Opportunity to Give"
March 29 "Keep On Keeping On"
 with Rev. Karla

April

- April 5** "Moments of Joy"
April 12 "The Courage to Awaken"
April 19 "Spreading Love"
April 26 "The Power of Appreciation"
 with Rev. Karla

Easter Week Services

Holy Thursday

April 9th at 7pm - Communion and Foot
& Hand Washing

Good Friday

April 10th, Noon - with Rev. Gretchen Pena

Good Friday Evening Service

April 10th at 7pm - Rev. Edith

Flower Preparation

April 11th at 9am in Wrigley Hall
and the Sanctuary

Wedding

Congratulations to **Belinda and Bill Pitts** who were married February 8th by Rev. Karla Lightner.

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**

New Membership

Membership with Unity San Diego is an opportunity to make a commitment to your spiritual growth through our church and for our church to make a commitment to you to do our part in helping you grow. Many people find blessings from this process.

- 1** We will have a new member sign-up, orientation and brief meeting after service on **Sunday, March 8th at 11am in St. Luke's Chapel.**
- 2** The following **Sunday, March 15th at noon**, orientation will include a tour of the church, information on Unity's history, teachings, our church vision, meditation and the five commitments of membership. Those are: Commitment to your own spiritual growth, regular attendance, daily prayer, proportional giving and spiritual service.
- 3** On **Sunday, March 22nd**, there will be a new member spiritual baptism during the service.

Happenings at Unity

Details & Updates

Music Events at Unity San Diego

On **Sunday, March 1st at 12:30pm** in the Sanctuary Unity San Diego Music Team will present the "ICYMIC Concert (In Case You Missed It Concert)" featuring some of their best songs from their large repertoire. Then in April, stay tuned as the choir and Music Team will bring beautiful music to help celebrate the Easter season.

Annual Spring Tea Planning Meetings

Save the Date: Annual Spring Tea will be June 13th. Our planning meetings are **Sunday, March 1st, 11:30am to 12pm, and again on Sunday, March 8th, from 11:30am to 1pm in Wrigley Hall** to establish the details of the event. We hope you will join us, but if you are unable and have ideas or can volunteer at a later time, please contact **Elene Bratton at elenebratton@gmail.com..**

Absolute Abundance First Steps Prosperity Class

Meeting with Rev. Edith for this 6 week course **starting Tuesdays on March 3rd-April 7th from 10am-12pm and Wednesdays on March 4th-April 8th from 6:15pm-8:15pm in Wrigley Hall... (except March 25th and April 1st classes are on the 4th floor of the tower).** Expand your awareness of the prosperity that surrounds you and learn how to create more abundance. Advance registration is required. Sign up sheet is in Wrigley Hall. Cost of the workbook is \$45 or see **Rev. Edith for assistance with the fee.**

CommUnity Service Team Meeting - On **March 8th Rev. Edith invites you to join us from 12:15pm-1:30pm in Wrigley Hall.** We will discuss new ideas and possibilities for commUnity service opportunities at our church.

Q-Process Workshop - Starting **Saturday, March 21st. 9am-3pm in Wrigley Hall.** Please help Rev. Karla become a Certified Q Coach. Learn how to create the life you desire in this interactive workshop which includes powerful exercises, multi-media presentations, and meaningful discussions, workshop booklet, plus three group coaching sessions. Coaching sessions will take place on **3 Monday evenings, March 30th, April 13th and April 20th from 6:30-8pm.** You will have the option to participate by phone. \$35 includes the workbook which may be purchased at the workshop. **To learn more go to <http://theqeffect.com/the-process/> or contact Rev. Karla Lightner at 619-218-6135 or karla@unitysandiego.org.**

Tenant Update - City Heights Music School

(Youth Philharmonic Orchestra) - Unity San Diego's Mission Statement is "Empowering personal growth through positive spiritual principles, inspirational music and community service" and we are certainly bringing this into expression by housing the City Heights Music School (CHMS). This non-profit school, dedicated to bringing music into the lives of all children and adults is now housed on the east side of the third floor of the tower.

On **Tuesday, Wednesday and Thursday evenings** you can hear pianos, guitars, and voices singing in harmony as students come for their weekly lessons. On Saturdays our campus is filled with music, laughter and joy as students have piano, guitar, and violin lessons. At noon, St Luke's Chapel comes alive with Mariachi's as they practice to go into schools to perform and for their concert, "**Mariachi con Amor!**" which will be held in our sanctuary on **Saturday April 18th.** Stop by and check it out. Lessons are not just for the outside community; we can also learn to play an instrument or practice singing at the free voice lessons on Tuesday evenings. What a blessing it is to have CHMS at Unity San Diego!!

Al-Anon - On February 4th, a Spanish-speaking Al-Anon group began **meeting at Unity San Diego on Tuesday and Thursday evenings at 6:30pm in Wrigley Hall.** Here is what they had to say about our campus after their first meeting, "The fellowship fell in love with the place. Thank you!" We thank them for choosing Unity San Diego as their meeting place.

Heartland House is a men's recovery program located in City Heights and has been long standing in the community. They chose our facility to hold three **12-step** meetings a week. **On Friday, Saturday and Sunday nights from 6:30-8:30pm, meetings are held on the east side of the third floor of the tower.** They love the room they meet in and the overall feel of our spiritual community. One of the counselors said, "This is the first time in 67 years that we have held meetings outside of our own facility. It's wonderful! Thank you!"

C.A.F.E. Grupo - C.A.F.E. stands for **Comunidad de Apoyo y Fuerza Espiritual.** This means Supportive Community and Spiritual Strength. They meet on **Friday and Saturday nights from 6:30-8:30pm in Wrigley Hall.** They are so happy to have our safe and loving place for their family groups to meet. We too are blessed to have them too.

Gift Card (Scrip) News

Changes to Scrip - It has been decided that we phase out our retail scrip stock. We will now sell only what we have on hand with no new ordering. There will be demonstrations each Sunday until March 31st explaining how to buy physical cards and e-Scrip and reload some cards online or in a phone app. See Charlyn or Autumn at the scrip table until March 31st to view available Scrip.



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

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www.UnitySanDiego.org

THANK YOU!

RICK GORD - Sacred Server for the Month of January

RICK has been a blessing to our church for a few decades, ensuring to the best of his ability a quality sound experience in our sanctuary for services and musical events. He generously volunteers his time and energy (and personal equipment when needed) through all of the months he's not off working the baseball season as a sound guy for our San Diego Padres. He spends countless hours prior to our orchestra-involved performances, laying cabling for and placing additional equipment needed. Rick also has donated most of the white baffles in the upper and lower corners of the sanctuary, greatly improving our sound quality. He meets our need to HEAR and LISTEN.

CHARLYN EARP - Sacred Server for the Month of February

CHARLYN stepped up to take over the Sacred Servers, Events and Scrip responsibilities when the need arose 18 months ago - what more needs to be said! Whether as an employee or a volunteer, she has consistently served our community during her years here, whether with food prep and serving on Brunch Sunday and at many events such as the Fall Follies and Spring Tea. She's been part of our Angels in the Wings team, Memorial Service Team, worked at the Fall Festival for our youth, and she sings in the choir too. For her willing heart and hands, we are very grateful!