

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 Person Serene,

The world seems to be in turmoil all the time. We do not have to join the turmoil. We can learn to be in the world but not of the world. The events of life do not need to dictate our thoughts and feelings.

It helps to have a positive focus. We elevate ourselves as we hold elevated thoughts. Thoughts of God and our own God qualities bring those qualities into more evident expression in our lives. So, remember, you get to pick your thoughts. If you need help, remember prayer, the Prayer Ministry, Sunday services, small groups. All of these, and more, are your resources at our church.

Instead of making new year's resolutions, I invite you to join me in a new consciousness for the new year. My theme is "Live Serene in 2017." As I shared this with one person, she said, "I can envision a cushion of calm." How do you envision yourself living as your serene self? For you, turmoil will be turned to triumph, confusion turned to clarity, disappointment into praise. I see you moving serenely through life as a blessing to all around you. "Live Serene in 2017!"

Bountiful blessings!

A handwritten signature in cursive that reads "Blair" with a small heart above the 'i'.

Joyous in the Spirit,

LETTER FROM A BOARD MEMBER - Sharla Barry

It's been a joy and privilege to serve on the Unity San Diego Board for the past three years. I am grateful for the generous support of the congregation and the excellent staff as we maneuvered through many changes with dignity and grace.

This has been an incredible year for Unity San Diego in countless ways. A heartfelt gratitude to Rev. Blair Tabor, the Staff, the Board and the Leadership team for guiding our way to building a stronger spiritual foundation in our church and community. The small groups have been life changing for many of us as we learned about the power of using Affirmations (asking a question as if the answer had already occurred.) For example: "Why is it so easy for me to be loving, kind and willing to be of service?"

Blair's sermons on "The Untethered Soul" encouraged us to increase the awareness of our thought process and to let those neurotic thoughts pass by without giving them any energy or reacting to them. This process has provided me and others with peace, calmness, direction and energy.

As we move forward to 2017 I am reminded of R. Tagore's quote: "I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." This has been my joy to serve - being on the board working side by side with many of you. You're a blessing to me beyond measure.

With Joy and Gratitude,

Sharla Barry
Board President

Youth MINISTRY

YOUTH MINISTRY CLASSES, 11am Sundays
Child care only - 9am

Hello everyone,

This month marks my ninth anniversary as Youth & Family Ministry Director here at Unity San Diego. It is a privilege and an honor to be entrusted with the spiritual education of our wonderful children. I want to thank you so much for sharing your most precious children with me each Sunday. Their smiles, laughter and genuine eagerness to learn make every Sunday a wonderful learning experience. I am so grateful not only to be assisting them in their spiritual training, but, for the spiritual insights and lessons they teach me as well.

January begins for adults with White Stone Sunday. As has become our tradition, children will have a White Stone Sunday of their own. We will learn about new beginnings, using affirmations and visioning to set our own spiritual goals. It is never too early to learn and each group from Unitots to Y.O.U. will participate at their own level. This year our youth will also delve into a study of the 12 Powers, and "The I of the Storm for Teens."

I want to thank you so much for your support of our Youth Department. Your generosity ensures that there is paid staff in the nursery, up-to date training for all teachers and volunteers, supplies for our program and that no child is ever denied anything due to unavailability of funds. If you choose to financially support a child attending camp, a retreat or a rally, please put "Youth Scholarship" on your check or donation envelope. If you would like your donation to support the Youth Program then please indicate "Youth Program" on your check or donation envelope. This donation helps pay for the expenses incurred in running our Youth Ministry including salaries, supplies, and teacher/volunteer education. Again, thank you, thank you and thank you.

If you feel you have gifts, talents or anything interesting you would like to share, even just once with our children, please call me at 619-218-6135, or email me at karlalightner@gmail.com

Love & Blessings!

Karla

Youth & Family Ministry Calendar

February 18-20, 2017 - Uniteen Winter Spiritual Retreat

Uniteens from California, Arizona and Nevada will attend this retreat together. This Southwest Unity regional event will be held at the Lion's Camp in Wrightwood, CA.

Prayer Ministry

Mindfulness

Mindfulness in Every Moment in the New Year

First of all, mindfulness involves paying attention "on purpose." Mindfulness involves a conscious direction of our awareness. Knowing that you are eating is not the same as eating mindfully.

When we are purposefully aware of eating, we are consciously being aware of the process of eating. We're deliberately noticing the sensations and our responses to those sensations. We're noticing the mind wandering, and when it does wander we purposefully bring our attention back.

This purposefulness is a very important part of mindfulness. Having the purpose of staying with our experience, whether the breath, or a particular emotion, or something as simple as eating, means that we are actively shaping the mind.

So in mindfulness we're concerned with noticing what's going on right now. That doesn't mean we can no longer think about the past or future, but when we do so we do so mindfully, so that we're aware that right now we're thinking about the past or future.

However in meditation, we are concerned with what's arising in the present moment. When thoughts about the past or future take us away from our present moment experience and we "space out" we try to notice this and just come back to now.

By purposefully directing our awareness away from such thoughts and towards the "anchor" or our present moment experience, we decrease their effect on our lives and we create instead a space of freedom where calmness and contentment can grow.

Mindfulness is an emotionally non-reactive state. We don't judge that this experience is good and that one is bad. Or if we do make those judgments we simply notice them and let go of them. We don't get upset because we're experiencing something we don't want to be experiencing or because we're not experiencing what we would rather be experiencing. We simply accept whatever arises. We observe it mindfully. We notice it arising, passing through us, and ceasing to exist. Whether it's a pleasant experience or a painful experience we treat it the same way.

Many blessings of mindfulness in this New Year,
Your Prayer Ministry

SCRIP NEWS

UnitySanDiego.org

Scrip (Gift Card) News

- Remember scrip for that special person on Valentine's Day. We have See's candy and lots of restaurants to choose from. We also have VISA gift cards in \$50 and \$100 - Unity makes 1.25% - which are good at Costco! These must be paid for in check or cash - but have no activation fee. Grocery scrip is always available - Albertsons, Smart and Final, Vons, Whole Foods, and Sprouts. Scrip is just like cash that you use for everyday shopping or gas. 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.

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

MINISTER
Reverend Blair Tabor

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 & 3rd Friendship and Brunch Sundays 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

11am Prayer Meditation
Tower, St. Luke's Chapel

THURSDAYS

6:45pm, Gentle Yoga
Narthex, Main Sanctuary

Prayer Ministry Hours
Noon to 9pm, Monday to Friday

UnitySanDiego.org

Come Worship with Us - Everyone's Welcome!

SUNDAY CELEBRATION SERVICES
9am & 11am | Main Sanctuary

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

January / February 2017 Calendar

January 2017

**January Clearance Sale -
Unity Gift Shop and Bookstore**

White Stone Sunday
Sunday, January 1st, both morning services

**Anniversary Sunday -
January 8th** after both morning services

**Healing Through Forgiveness -
Sundays, January 8th through February 12th, 12:45 pm** on the 4th floor of the Tower. A six week class with Reverend Gretchen.

**Home Study Groups -
January 22nd through February 25,** Master Mind Prayer Process

**Gals Night Out - Tuesday,
January 24th at 7pm,** 4th floor Tower, Jewelry Swap Party

February 2017

**Leadership Development
Program Applications due February 1st**

**Gal's Night Out -
Tea at Aubree Rose - Saturday,
February 11th at 11am**

**Uniteen Winter Spiritual Retreat
February 18th-20th** at the Lion's Camp in Wrightwood, California

**Reverend Gretchen - Sunday,
January 15th,** both services will give the talk on "Divine Discontent."

**Annual Meeting - Sunday,
February 19th,** after brunch and the second service.

**Reverend Donna Lind - Sunday,
February 26th,** will speak at both morning services on "Planting Your Spiritual Garden."

Save the Date - Interfaith Shelter

Sunday, March 26th - Sunday, April 9th, 2017

Required training for all volunteers. Choose one Sunday in St. Luke's Chapel. Training dates are at 10am on February 26th, March 5, March 13, or March 19, 2017. Many loving volunteers are needed.

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 - \$25,392.25 = \$12,607.75

Upper Parking Lot Repair: \$17,900 - \$165 = \$17,735

Replace Church Office A/C Unit (5th floor) (42 years old): \$4,300 - \$1,762.33 = \$2,537.67

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 | January 2017

- Jan 1 "Starting Again" - White Stone Sunday
- Jan 8 "We Are Blessed"
- Jan 15 "Divine Discontent" - Reverend Gretchen Peña
- Jan 22 "Unleashing the Power of Your Prayers"
- Jan 29 "Keep Your Eye on the Prize"

Lesson Titles | February 2017

- Feb 5 "Adding Feeling to Faith"
- Feb 12 "Celebrate or Release"
- Feb 19 "A Practice of Prayer Propels You"
- Annual meeting
- Feb 26 "Planting Your Spiritual Garden"
- Reverend Donna Lind

Memorial:

Walter Carter

Born July 11, 1940, Georgia
Passed December 1, 2016

Walter was a devoted husband to Darlene. His children respected him for his dedication. He made a difference to many. We honor him for his service to our country both in the army and the navy during the Vietnam War.

Home Study Groups

The power of home study groups has helped many to uplift their lives and find encouragement and new purpose in their lives. Meeting in small groups strengthens your sense of belonging and making a difference for others.

Two opportunities are coming to participate in small groups.

The first will be a practice series for the Master Mind Prayer. January 22 through February 25.

Next you will have the opportunity to use Reverend Blair's Lenten material to bring new energy into your life. "Refresh" is the theme. This series will begin in March.

If you would like to participate in a group, host or facilitate at group, please contact Reverend Blair at 619-280-2501 ext. 107 or RevBlair@UnitySanDiego.org.

New Member Orientation - 3 parts

1 March 12th after each service - A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower.

2 March 19th, The following Sunday, 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 March 26th, Spiritual Baptism during the Sunday services. Membership with Unity San Diego is an opportunity to make a commitment to your spiritual growth through our church. Many people receive many blessings from this process.



3770 Altadena Avenue
San Diego, CA 92105

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

White Stone Sunday, January 1st, Both morning services

- You can celebrate a new beginning in your life with our White Stone ritual as we set our intentions for the rest of the year. Each person is presented with a white tile upon entering the church and a pencil or pen. During the service, a special time of meditation will be provided for you to receive, from Spirit a blessing for your new year.



Healing Through Forgiveness - Sundays, January 8th through February 12th,

12:45 pm on the 4th floor of the Tower for a six week class with Reverend Gretchen. Is your life all that you want it to be? If you have tried everything and your good remains just out of reach, chances are that you need to forgive. Forgiveness is the key to health, prosperity, love and spiritual growth. In this experiential class, we will learn about forgiveness and why it is essential; through exercises and meditation we will access and develop tools that will help us to dissolve the barriers that prevent us from living a life of peace, joy, health and abundance. Love offering.

Anniversary Sunday - January 8 after each service, Come celebrate the 56th anniversary of our church.

Reverend Gretchen - On Sunday, January 15th will give the talk on "Divine Discontent." Reverend Gretchen was ordained in 1996, and then served four and a half years at Unity San Diego in Rochester, NY. She returned to San Diego in 2001, and served as the Associate Minister here until her retirement in 2010.

Annual Meeting - Sunday, February 19th, after brunch and the second service. We will be voting on board members and by-laws changes. Members will receive a mailing before the meeting.

Reverend Donna Lind - Sunday, February 26th, will speak at the 9am & 11am services on "Planting Your Spiritual Garden." Ordained as a New Thought minister in 1992 and as a Unity Minister in 1996, Reverend Lind was Senior Minister at Unity Chapel in Hemet, CA, for 15 years, from 2000 to November 2015. She has also frequently traveled with Reverend Blair and Meredith. Previously she ministered in Kelowna, B.C., Canada.

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

HAPPENINGS *at Unity*

Details & Updates

Gals Night Out - Tuesday, January 24th - With a new year, it is time to clean out your jewelry box or scarf drawer. The gals will meet at 7pm on the 4th floor to do a little exchanging. Everyone is asked to bring at least 5 jewelry items or scarves to trade. The gals will take turns choosing new items to take home. Maybe you have some jewelry or scarves that you have never worn or worn very little. You will have a chance to receive something fresh to you. Left over items will be donated to a women's shelter. Cost is a \$5 donation. Sign up if you plan to attend, refreshments will be served. Questions, speak to Meredith Tabor or email her at Meredith@unitysandiego.org.

Gals Day Out - Tea at Aubrey Rose

On Saturday, February 11th at 11am, the gals will be having a four course tea - scones, savories, sandwiches and desserts. The cost is \$33.50 for regular and \$36 for gluten free. Tax and tip are included. Please sign up with Meredith and pay by Sunday, January 29th. The tea room is at 8362 La Mesa Blvd., La Mesa. The gals will be making plans for the annual tea set for April 29th.

Save the Date - Annual Tea is Saturday, April 29th. A person or group of women are being recruited to head up the kitchen and baking crew. If you might be interested, speak to Meredith Tabor at 619-280-2501, ext 109 or email Meredith@unitysandiego.org.

Did You Know? We are grateful for those who have set up automatic donations to our church. These regular gifts helps us know what we can depend on to meet our ongoing expenses.

If you would like to set up automated giving, you have several options. You can arrange it through your bank. You can use the "Donate" button on our website and with PayPal you can set up your giving options. Our church also has iPads that have software for giving. You can see a board member between services in Wrigley Hall and they can guide you through the process. Also, in the back of the pews are white cards that can be used for credit card donations. As always, if you have questions about donating anything to our church, please talk to Reverend Blair.

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

January Clearance Sale - Gift Shop and Bookstore

Stop in today to take advantage of these great savings! Seasonal and over-stock items are all marked down. We are also releasing our inventory of new books; all in-stock new books are 50% off. We have a great selection of used books too! See you soon and Happy New Year!

Western Service Workers Association Thanks Unity San Diego.

The all volunteer WSWA organization of minimum wage restaurant, hotel and other service workers thanks you for contributions of food, \$341 toward turkeys and \$288 for the break-room remodel. Marge Maloof and Aline King purchased and delivered the turkeys. Marge and Phil Maloof and Julia and Adam Cuppy delivered filled food boxes to families on November 22nd. Bountiful thanks to all for your loving contributions for many families this Thanksgiving season. Collection drives in 2017 will be in February for food, May for food, August for food and school supplies and November for turkeys. Contact Aline King at 619-280-2501, ext. 133 for more opportunities and to visit WSWA at 3014 Imperial Ave., San Diego, CA. 92102.

Seeds of Consciousness Leadership Development Program

for 2017 will begin March 18th, 2017. Follow Spirit's calling and deepen your awakening journey in this transformational program to expand your awareness of God's ever-present good. The mission of this program is to provide tools and resources for current and future leaders to build and strengthen our beautiful community. The Leadership Development Program is limited to twelve participants each year. Applications are due February 1st, 2017. Applicants will be interviewed during the month of February to confirm their understanding of the program, expectations (what you would like to get out of the program and the Leadership Development teams' goals). Applicants with current and past church participation are highly encouraged to apply and will receive priority placement. Applications can be picked up from the bookstore or by going to <http://www.unitysandiego.org/leadership-development-program>. If you have questions, please ask any of the 2016 graduates: Sheryl Ashley, Marty Cowden, Ken Fendrick, Tamara Leeper, Traci Pavlas, Diana Proud-Madruga, and Cathie Robertson.

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.



UnitySanDiego.org

TRAVEL WITH US! Budapest to Prague Cruise planned for September 14th, 2017 is offering new incentives when you sign up - see the most recent flyer! Twelve cabins have already been booked for this 11 day cruise on the Danube River. Our group will be 10% of the 185 passengers! The rates include all taxes, tips, and excursions.

For information speak to Meredith Tabor, Meredith@unitysandiego.org

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



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

November Volunteer of the Month: Congratulations to Rick Horwath!

Congratulations to Rick Horwath! Rick has attended our church for many years and most often shares his talents quietly and behind-the-scenes. Rick has created a CD of music to play at the annual spring tea that continues to be used every year. In addition, Rick made a slide show for the forty-fifth anniversary party of Unity San Diego. Rick and his wife Patti donate toward replacement flags for the Landis house. And Rick assisted when we were looking at new designs for our church logo. Most recently, Rick donated and installed new door stops on almost all of our doors. Thank you, Rick, for your on-going commitment to Unity San Diego through Sacred Service activities!

Volunteer of the Year: Congratulations to Sharla Barry!

We are truly blessed by Sharla's dedication and commitment to Sacred Service at Unity San Diego. Sharla not only exemplifies true leadership, but is also a shining example of Love in Action! Throughout her many years at Unity Diego, Sharla has shared her talents in our administrative offices by completely reorganizing our office file system, spearheading the update of our personnel handbook, organizing the team to get our kiosks operational, planning the move of our administrative offices, packing and unpacking boxes, and organizing and indexing our supply cabinets. In addition, she researched art appraisals, hosted small groups, dinners and church parties in her home with her husband Mike, and acted as camp nurse for the Youth Education Department. In addition, Sharla co-chaired the food menu and preparation for the annual tea and regularly participates in cleanup at church events. She and her husband Mike play a key role every year in facilitating the Interfaith Shelter. She was the chief planner and cook for the Volunteer Recognition Brunch. Sharla currently serves as a Prayer Chaplain and as President on our Board of Directors. Full of grace, poise, and determination, Sharla blesses our church in so many ways and is a true expression of the Christ within. Thank you, Sharla, for all that you do!

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