

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**

Live serene in 2017!

Dear Friends of Spiritual Serenity,

We don't get flurries of snow in San Diego, but we all experience flurries of thoughts and feelings. When the stormy tempests of life intrude upon our senses, we can be sheltered, not in temporary barricades of human construct, but find true peace in reality of Divine infinite peace.

As the shifting of nature's seasons and the changing seasons of our lives unfold, we have a constant resource in the inner Infinite Presence. The end of year celebrations of Thanksgiving, Christmas and the New Year, key us into attitudes and activities that help us find footholds in life and inspire us to confidently advance toward greater expression of our inner light and power.

During this "most wonderful time of the year" when things may not feel wonderful, give thanks, look for a new birth of the Christ-gifts in you and start over, anew, with an emerging sense of spiritual confidence and competence.

You are made ever new by living Presence of Spirit. Give thanks and proceed with serene spiritual sureness.

Bountiful blessings!
Joyous in the Spirit,



Blair Tabor, minister

LETTER FROM A BOARD MEMBER from Traci Pavlas

It is the time of seasons, families, beloved songs, friendships, laughter, and reunions with friends. You are Love expressing. In Unity we talk a lot about the light within. Living as the light of Love, what a gift we give when this is our choice. Love is our decision. Some might think "Who, me? Right now?" In the stillness, what do you hear? "Yes, you. Right now. You are a Beloved child of Love." Everything you need is within you, available to you, in this moment, right now. You are Enough. Shine your light of Love to all of those around you. Remember who you are - not only in this time of celebration, but all year round. With gratitude for the love that we offer and share in our community, I wish you all a joyous season of celebration and a blissful New Year.

Namaste,
Traci Pavlas

Youth MINISTRY

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

Hello everyone...

This year we will celebrate our first intergenerational "Unity San Diego Turkey Day." The youth along with the "Brunch Sunday" team and board members will help serve a traditional Thanksgiving dinner for the congregation on November 19th after both services. Turkey and stuffing will be provided. We will have a list in Wrigley Hall beginning October 22nd so you sign up to share a side dish with our Unity Family on this glorious day of gratitude and fellowship. While this is a free event, love offerings are always graciously accepted.

Our Christmas presentation this year will be held in the sanctuary during both services on Sunday, December 3rd. This year our play is entitled, "Is It Really Christmas?" It is the story of five Christmas trees, a few angels and the beauty we all have inside us. You won't want to miss this fun and exciting event.

Christmas is a wonderful family holiday. As has been the tradition there will only be childcare for infants and toddlers on December 24th, 2017. Older children and teens will attend Sunday Christmas service with their families in the sanctuary.

We will have our "Giving Tree" again this year. The tree, which will be set up in Wrigley Hall, will have paper decorations with the Christmas wishes of children within our congregation. Last year, we were able to provide a present for each of the children and teens in our Youth Department. It is such a blessed feeling to know that we are all special in the eyes of our Unity Family. Please take an ornament and help our Unity children have an unforgettable Christmas in 2017. In addition to accepting gifts, our children and teens will be making gifts to give to the adults in our congregation.

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

Love & Blessings!
Karla

Prayer MINISTRY

OPENING TO THE DIVINE THROUGH PRAYER

Your Prayer Ministry recommends a splendid book on prayer by Eric Butterworth, *The Universe is Calling*. "The call of the Universe is the call to come up higher, to take charge of your life, to release your imprisoned splendor... In our praying we are hearing the call of the universe and responding to it."

Butterworth asks us what we are saying Amen to. He says "we must be constantly on the alert in what we accept as being true for us." "When you say Amen to that which is good, you put the full weight of your mental and spiritual acceptance on it...and you make contact with the force that will work to bring it to pass."
"The universe is calling, singing its song of life and love into your whole being.

You are one with the divine flow.

You are in tune with health and substance and love and peace.

You walk and work in tune with the infinite process that turns all things of your life to good...and to this you say Amen!"

Your Prayer Ministry says Amen to the goodness that is you. This goodness sends its ripples of love forward to many. We love to pray with you and look forward to your calls, letters, emails and attendance at our once monthly 11am Meditation on the second Wednesday in St. Luke's Chapel. We are grateful for your continued prayers and support for our work.

Many blessings of peace, love and joy,
Your Prayer Ministry

SACRED SERVICE

Western Service Workers (WSWA) Turkey Money Drive in November

Please help many families have a fine Thanksgiving by donating money to our annual **Turkey Drive**. Any amount helps. Last year we provided over 50 turkeys! WSWA is an all-volunteer organization helping many low-income families. For more information, please call Aline King at 619-280-2501, ext. 133. Many thanks for your continued care and support.

YOUTH & FAMILY MINISTRY CALENDAR

Y.O.U. Fall Rally - November 10th-12th at the Lion's Camp Wrightwood, CA -
Teens from California, Nevada and Arizona in grades 9-12 will gather together to learn deeper Unity teachings.

Unity San Diego Turkey Day - Sunday, November 19th after each service in Wrigley Hall. A traditional Thanksgiving dinner will be held. A sign up sheet for side dishes will be available in Wrigley Hall beginning October 22nd. Please share some of your family's traditions as we celebrate Thanksgiving together as one Unity Family.

Christmas presentation - Sunday, December 3rd during each service in the Sanctuary.
Don't miss our 2017 Christmas Play entitled, "Is It Really Christmas?"

Gift-Wrapping - Sunday, December 10th, 17th, 24th in Wrigley Hall. Bring in your un-wrapped Christmas presents and let our Combined Teen Ministry group wrap them for you. We will be wrapping gifts between services for three Sundays before Christmas. A Love offering is graciously accepted.



SUNDAY CELEBRATION SERVICES
9am & 11am | Main Sanctuary

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

Unity San Diego Calendar

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 Friendship Sunday
and 3rd Brunch Sunday.
Announcements in Bulletin

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

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

November 2017

Time Change - November 5th,
Daylight Savings Ends - Fall Back

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

Meditation - Second Wednesday,
November 8th, 11 am, St. Luke's Chapel

Arts & Crafts Fall & Holiday Mini Sale - Sunday, November 12th, from 9am-2pm in Wrigley Hall.

Gals Night Out - Monday, November 13th, 7pm in Wrigley Hall. The gals will have a baby shower to collect donations for the Baby Boutique at Family Health Center.

Unity San Diego Turkey Day - Sunday, November 19th, after both services. A traditional Thanksgiving dinner for the congregation. (Sign up to bring a side dish October 22nd)

Healing Service - Sunday, November 19th, 1pm, in St. Luke's Chapel

Arts & Crafts Fall & Holiday Mini Sale - Sunday, November 19th, from 9am-2pm in Wrigley Hall.

Thanksgiving Eve - Communion service - Wednesday, November 22nd, 7pm.

Daniel Nahmod - speaking Sunday, November 26th at both services followed by an **Afternoon Concert** at 1pm.

December 2017

Youth Christmas Presentation, "Is It Really Christmas?" Sunday, December 3rd, during both services.

Choir & Music Team Christmas Concert, "Twas the Night Before Christmas" - Sunday, December 3rd, 5pm in the sanctuary.

After Concert Reception - Sunday, December 3rd, after the concert in Wrigley Hall.

Arts & Crafts Large Holiday Sale - Sunday, December 5th, from 10-1pm in Wrigley Hall.

Gift Wrapping by Teen Ministry - Sunday, December 10th, 17th, 24th, in Wrigley Hall

Gals Night Out - Christmas Party - Tuesday, December 12th at 6:30pm, the gals are invited to a Christmas Party at Meredith Tabor's home.

Meditation - Wednesday, December 13th, 11 am, in St. Luke's Chapel

Healing Service - Sunday, December 17th 1pm in St. Luke's Chapel

Arts & Crafts Mini Holiday Sale - December 17th from 10-1pm in Wrigley Hall.

Christmas Candle Lighting x2 - Wednesday, 7pm on December 20th & Sunday, December 24th

Burning Bowl & Letter to God Service - Sunday, December 31st, 7pm

World Peace Meditation - Sunday, December 31st, 4am (Yes, 4am), in St. Luke's Chapel

White Stone Sunday - January 7th, both morning services.

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.

Ten Low Wattage LED Light Bulbs in Sanctuary: \$1,130.39
Bathroom Modifications: \$38,000 - \$28,092.91 = \$9,907.09
Upper Parking Lot Repair: \$17,646 - \$274 = \$17,372

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 - NOVEMBER 2017

- Nov 5** "Self-Remembering: Conscious in Every Moment"
Nov 12 "I Am Free to Be Bliss"
Nov 19 "Grateful Again"
Nov 26 "Find It: Remembering passion and purpose"
Daniel Nahmod

LESSON TITLES - DECEMBER 2017

- Dec 3** "We Expect New Good"
Dec 10 "We Vibrate As Peace"
Dec 17 "We Move for Joy"
Dec 24 "We Arrive As Love"

MEMORIAL

Wanda "Sandy" Markowitz
Born July 10, 1924
Passed August 31, 2017

Sandy loved to come to church early to hear the gathering music. She sat right up front, to be close. Her smile is ever etched into our hearts.

**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)



Blair leads these sessions to help you access and activate your spiritual resources. Come join us for music, mirth, meditation and metamorphosis.

HEALING SERVICES

Sundays, November 19th and December 17th, 1pm in St. Luke's Chapel, First floor of the Tower. Take a break from your outer activities to make an inner connection with healing power in you. Reverend

Blair leads these sessions to help you access and activate your spiritual resources. Come join us for music, mirth, meditation and metamorphosis.

STUFFED ANIMALS - You are invited to bring in stuffed toys when you come to church. When you are here, please take one or two to hold during Sunday services, to bless them and to bless the children who will receive them. The toys will be dedicated in early December and sent to children in Mexico.

SPECIAL HOLIDAY SERVICES

Thanksgiving Eve - Communion service - 7pm, Wednesday, November 22nd. "Are You Ready for the Holy Days?" Come join us for a special gratitude-filled service the evening before Thanksgiving. Reverend Blair has a special lesson planned. There will be great music from the music team and a communion service. Everyone is welcome.

Advent - Sundays in December offer a special time for connection with Spirit and for connecting to our spiritual gifts. Please bring family and friends and join us for great music and inspiring messages.

- **Dec 3** "We Expect New Good"
- **Dec 10** "We Vibrate As Peace"
- **Dec 17** "We Move for Joy"
- **Dec 24** "We Arrive As Love"

Christmas Concert - Sunday, December 3rd, 5pm. The choir and music team will present its annual Christmas concert at 5pm.

Christmas Candlelighting x2 - Wednesday, December 20th & Sunday, December 24th, 7pm - Our Candlelighting Service is one of our most beautiful throughout the year.

Come celebrate the Glory of the new birth of the Christ in you. We offer the service two times for those who may be out of town on Christmas Eve and for those who want to attend twice. Please plan to bring your family and guests to these services.

If you would like to participate in either of the Candlelighting services by lighting a Disciple Candle, please contact Reverend Blair at 619-280-2501, ext. 107.

DID YOU KNOW...?

If you are needing some extra deductions for this year's taxes, you can leverage an advantage by donating appreciated assets. You will avoid capital gains tax and get deduction credit that you can use for several years, if appropriate. Contact Reverend Blair for more 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 legal name and address of our church:

Christ Church Unity, San Diego,
3770 Altadena Avenue, San Diego, California 92105.

World Peace Meditation - Sunday, December 31st, 4am (Yes, 4am) in St. Luke's Chapel. In dedication to the universal peace of God, we commit ourselves to praying for peace for our whole planet. Come make a difference with prayer and meditation as we pray with people around the world for peace. Come celebrate with peace prayers from different faith traditions from around the world.

Burning Bowl & Letter to God Service - Sunday, December 31st, 7pm Get ready for the New Year and releasing what you don't want to carry forward. At this, one of our most popular services of the year, we put the spiritual principles into action in a dramatic way. We write down what we want to release and literally set it on fire. Then we write a letter to God opening ourselves to new blessings for the New Year. The music is great; the ritual is transformative!

White Stone Sunday - Sunday, January 7th, both morning services. You can celebrate a new beginning in your life with our White Stone ritual. A special time of meditation will be provided for you to receive from Spirit a blessing for your new year.

If you would like to make a special contribution for a **Christmas Poinsettia** to decorate our sanctuary, please make a note on your check or contact our staff for a contribution by credit card.



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

HAPPENINGS

at Unity
Details & Updates

Entrepreneur Mart/Crafts Sale - Sunday, November 5th - Start your Christmas shopping here at Unity San Diego! See what talented people you have surrounding you. This is your chance from 9am-2pm! Also, visit every booth to be entered in a drawing for a \$25 gift certificate of your choice. Speak to Meredith Tabor for all questions or email at Meredith@unitysandiego.org. There is still room to sign up to promote your business or crafts. Booths are \$25 for members and \$30 for non-members.

TIME CHANGE - November 5th - first Sunday of November - Daylight Savings Ends - Fall Back.

Mini Holiday Table Decoration Sale on Sunday, November 12th, & 19th from 10-1pm in Wrigley Hall.

Gals Night Out - Monday, November 13th - 7pm in Wrigley Hall. The gals will have a baby shower to collect donations for the Baby Boutique at Family Health Centers of San Diego. Donations of new and gently used items for their smallest patients. The prenatal program cares for over 3,500 moms and newborn babies each year. Patients receive "baby bucks" for attendance at parenting education classes. Bring your unwrapped donations of baby items. A list of desired items is available at the scrip table. Refreshments will be provided. Please sign up if you plan to attend. (Donations can be made even if you won't be able to make the meeting.)

Special Guest Daniel Nahmod -

singer/songwriter, will speak Sunday, November 26th at the **9 and 11am services** on "Find It: Remembering passion and purpose in a time of jaded hearts, cluttered minds and forgotten innocence" and present a **concert from 1-2:30pm** for a suggested donation of \$20. Daniel has written many of the most popular songs sung in Unity Churches worldwide, including Love Is My Decision, One Power, Swing Wide The Doors, When I Pray, My Soul Is Welcome Here, Last Song and many more.



His music has been heard on American Idol, The Today Show, The Super Bowl, The Voice and Saturday Night Live, and is sung by soloist, choirs and congregations of numerous faiths around the world. He will present a special solo concert appearance following morning services. You will experience Daniel's extraordinary three octave vocals, human and humorous stage presence, and, of course, his unforgettable catalog of inspiring original songs. Don't miss this unique opportunity to enjoy one of the finest and most successful independent singer-songwriters in the United States today.

Christmas Concert - Sunday, December 3rd, the choir and music team will present its annual Christmas concert at 5pm.

After Concert Reception - On Sunday, December 3rd, after the concert. Volunteers are requested to bring finger foods, cookies, veggie trays, small sandwiches and more for a reception in Wrigley Hall following the concert. Donations may be brought in Sunday morning or to Wrigley Hall starting at 3:30pm. Several volunteers are needed to set-up and clean up. If you are able to participate, speak to Meredith Tabor.

Arts & Crafts Large Holiday Sale - (5 tables full of goodies) Sunday, December 5th, from 10-1pm in Wrigley Hall. We will be featuring scarves, jewelry, wreaths, towels, table runners and decorations, greeting cards, novelty and more. Come join us and do early Christmas shopping. We will also have a **Mini Holiday Table Decoration Sale** on Sunday, December 17th, from 10-1pm in Wrigley Hall. THESE WILL BE OUR LAST CRAFT SALES OF THE YEAR SO DON'T MISS THEM!

Gals Night Out - Christmas Party - On Tuesday, December 12th at 6:30pm, the gals are invited to a Christmas Party at Meredith Tabor's home. Each gal is requested to bring a wrapped gift valued at \$15 and a finger food or dessert to share. Sign up in the Tower lobby, so Meredith will be prepared. Carpooling is recommended because parking is very limited. Maps will be available.

Unity San Diego Gift Shop and Bookstore - Christmas is right around the corner! Stop in soon and shop our selection of unique gifts. We have a new selection of brightly painted peace poles and singing bowls that are sure to brighten any environment. Fair Trade coffee and teas make great gifts at affordable prices! Crystal butterfly and dragonfly ornaments, angel figurines and tokens, *Daily Word* coloring books, jewelry, chimes, stocking stuffers and so much more! We have a variety of pre-holiday sale items priced to go! Gift certificates are also available. Gift shop hours are Monday-Thursday 9:30am-2:30pm and Sunday 9am-1pm.

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.

Gift Card (Scrip) News - The holidays will be here soon! This is the best time to buy scrip at Unity San Diego. We have Honeybaked Ham and grocery scrip for the holiday meals. For your Christmas gifts there is an extensive list for the whole family. Be sure to order early to avoid a rush close to Christmas. Lots of grocery scrip is available - Albertsons, Smart and Final, Vons, Whole Foods, and Sprouts. You may even want to buy scrip to donate to the annual WSWA food drive.

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](tel:619-280-2501), ext 109 or Meredith@unitysandiego.org. Also for every scrip purchase between November 19th and December 10th you will receive an entry in a drawing for a \$25 gift card of your choice. The winning ticket will be drawn at the end of the day on December 10th!



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

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www.UnitySanDiego.org

Thank You!

SEPTEMBER VOLUNTEER OF THE MONTH: CONGRATULATIONS TO ROB CASE!

Congratulations to Rob Case! Rob and his wife, Pat, have been attending Unity San Diego for over twenty-two years. During this time Rob has served on our church board as a Director and as President, and he currently serves on the board of directors for the Altadena Blessing Corporation. In addition, Rob can always be found in the Narthex on the second and fifth Sundays where he continues to serve as an Usher/Greeter for over twenty years now. Rob also lends his support to our Arts and Crafts group whenever Pat gives him a “honey-do” list. Thank you, Rob, for your leadership and for your gift of service to Unity San Diego! We are truly blessed!

OCTOBER VOLUNTEER OF THE MONTH: CONGRATULATIONS TO SHERYL ASHLEY RAWLINS!

Congratulations Sheryl! Sheryl volunteers her time and talents in many ministries here at Unity San Diego. She has hosted workshops of guest speakers, hosted a table at the tea, and has donated items she made for the raffles at church events. In addition, Sheryl is a platform assistant, an Usher/Greeter, and she is part of the Leadership Development Team. Sheryl also helps to set up and clean up at events here on campus. She has led meditations, prosperity classes, and facilitates small groups. She served on our finance team and our board of directors two different terms, serving as Treasurer and President. Thank you, Sheryl, for your commitment and dedication to sacred service.

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