

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 Ever-Learner,

Back to school! Traditionally September is time to get ready to go back to school (although the charter school on our campus starts back in August and I remember one year, my fall semester of college started October 1st).

One of the things we learn is that every moment is an opportunity for learning. Not just in a formal educational setting, but every encounter, every challenge, every experience brings with it things to learn. Set your intention to pay attention to what Spirit is presenting to you for your spiritual growth and unfoldment.

Going back to school is not about doing the same thing over again; hopefully we are progressing. We learn math in each grade of school, but each year brings another dimension and a greater application of what we have already learned. Similarly in life, we have experiences that on the surface may look and feel the same, but life is offering us an advanced course in applying love, wisdom and peace to our unfolding experiences.

My prayer for you is that you call on divine guidance, divine wisdom and divine love to guide you through all the experiences of your life.

God is leading you in brilliant, bountiful blessings!

Joyous in the Spirit,

Blair Tabor, minister

LETTER FROM A BOARD MEMBER

Viola's Journey: My Journey Through Fear (False Evidence Appearing Real)

Remembering when I was asked to serve on our Board of Directors, and the fear that gripped me then, I can now look back with gratitude for the Grace of God garnering my deep Faith in God along with daily affirmations, I knew the Child of God in me would manifest according to my intentions. I promptly said yes to the invitation to serve our Board of Directors.

With the strong support of my husband, friends and notwithstanding my church community, my heart was open to receiving spiritual guidance which, source did not disappoint. For each step of my journey there has been something pivotal that centered my intentions more deeply.

Armed with Sunday lessons from Reverend Blair such as, I Am Enough, Graduation and Commencement), and meditating on the affirmations from these lessons, my lack of self confidence in public speaking was diminished. Looking back, I can truly say this Spirit Led transition of growth in consciousness was God's promotion in action.

Today my daily AFFIRMATIONS for this promotion are:

- WHY am I More than ENOUGH?
- WHY is it so Easy to Speak in Public?
- WHY am I So Confident in Expressing my Thoughts?

Blessings, Viola Scott

Youth

MINISTRY



YOUTH MINISTRY CLASSES, 11am Sundays
Nursery 9am, Education Building
Children of all ages welcome

Hello Everyone,

Why is Unity San Diego so amazing?

Because we had the most phenomenal summer program ever!

Unitots – Unikids had their own Affirmation lessons, **Uniteens – Y.O.U.** had their own Affirmation lessons and they all coincided with the Adult Affirmation lessons. We made treasure maps, we did scientific experiments, and we even ate our empowering questions during our fabulous summer program. But wait, the fun isn't over yet. On Saturday, September 10th, we will hold an Affirmations Intergenerational Retreat. We will have music, crafts, and "hands on" experiments as both youth and adults share their journey into the world of empowering questions. So, get out your calendars and ask yourselves, "Why am I so excited to attend Unity San Diego's Intergenerational Retreat?" We will see you there!

In other news, this year our Fall Festival will be held on Sunday, October 30th after second service. 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. Please join us in 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

Watch for it! - In the next few months Unity San Diego will introduce "**Giving Kiosks.**" The Kiosk will assist you in managing your weekly, monthly and recurring donations. In addition, you can track your year-to-date donation records and access class records and registration at any time!

No cash or forget your checkbook? No problem! The Kiosk makes it simple, safe, and fast to use and is accessible from your computer or smartphone. We will also have Kiosks conveniently located here on campus.

Giving will be as simple as scanning a QR code or a one-time swipe of your debit/credit card. Watch the weekly bulletins and the big screen for additional information and dates so you can attend a demonstration of this exciting new giving program!

Affirmations Intergenerational Retreat

Saturday, September 10th, Wrigley Hall

Please join us as we celebrate the end of our Affirmations program with a retreat for all ages. We will have music, crafts, and "hands on" experiments as both youth and adults share their journey into the world of Affirmations. Love offerings graciously accepted.

Uniten Fall Retreat Saturday, October 14th-16th.

Camp Potosi Pines, Las Vegas, NV - Teens in grades 6-8 from California, Arizona and Nevada will attend this Southwest Regional Event.

Fall Festival Sunday, October 30th after second service. Eat, have fun, play games, and participate in a costume contest for all ages.

Blessed in Every Moment

Each day as Prayer Workers pray in our beautiful Unity Prayer Room we see you bathed in God's blessings. As each of us connect in prayer and meditation with our Source, we know that we are surrounded with love, guidance, wisdom and joy. There is no end to the outpouring of blessings.

This Moment by Elizabeth Searle Lamb

This moment, every moment - this hour, every hour - this day, every day - I am guided by divine wisdom; I am healed by divine love; I am blessed by divine joy. I walk in God's grace this moment - every moment of my life.

Unity San Diego is grateful for your prayerful connections and for your contributions which keep our loving service open to many from Noon-9pm, Monday through Friday.

Join us each Wednesday at 11am in St. Luke's Chapel for a time of prayer and meditation.

Bountiful Fall Blessings, Your Prayer Ministry

Volunteer Appreciation Brunch

Sunday, November 6th after both services, our church board is hosting a brunch. You are invited to help us thank and celebrate our many volunteers at Unity San Diego. Come enjoy the food and the fellowship.

Faith for Today Mailing Party

Thursday, 10/20/16, at 9am, Fourth floor of Prayer Tower. Please join this fun group of volunteers to prepare our newsletter for mailing. Coffee, tea, and doughnuts are provided! See you there!

GIFT CARD SCRIP NEWS

UnitySanDiego.org

Gift Card (Scrip) News - Gift cards aren't just for gifts anymore. Use gift cards just like cash that you use for everyday eating out, shopping or gas. Do you have a family member going to college? Barnes and Noble gift cards are available to use at any college bookstore. Kohls, J C Penney, Walmart, and Sears cards are available for buying those new school clothes, too! Stop by the scrip table today for a complete list. **NEW** - You can sign up for ShopWithScrip.com to order electronically. You can even pay for it and receive it on your cell phone! If you sign up for Presto Pay you are able to receive it immediately or even reload cards that you already have! No waiting to make it into church. 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 Altadena 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 Fellowship 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, Mon. to Fri.

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)

September / October 2016 Calendar

September 2016

October 2016

Meditation Practice

Sunday, September 4th, 12:45pm
in St. Luke's Chapel, First floor of the
Prayer Tower

Friendship Sunday

Sunday, September 4th, Wrigley Hall

World Day of Prayer,

Thursday, September 8th

Affirmations Intergenerational Retreat

Saturday, September 10th

Transformational Leadership Service

Wednesday, September 14th,
7pm - 8pm in Wrigley Hall

Sufi Dancing

Sunday, September 18th 12:45pm

Aloha Sunday

Sunday, September 18th

Brunch Sunday

October 18th, Wrigley Hall

Annual Picnic

Sunday, September 25th

"Awakening to Spiritual Power"

Home Study Groups

Sunday, September 25th

The Q-process Workshop

Saturday, Oct 1st, 9am - 4pm

Friendship Sunday

Sunday, October 2nd, Wrigley Hall

Meditation Practice

Sunday, October 2nd, 12:45 PM, in St. Luke's
Chapel, First floor of the Prayer Tower

Uniteen Fall Retreat

Saturday, October 14th - 16th

Gals Day Out

Saturday, October 15th, 10:30am at
Glamour Girlz Boutique & 12pm at the Por
Favor Restaurant, El Cajon

Healing Service

Sunday, October 16th, 1pm, St. Luke's
Chapel, First floor of the Prayer Tower

Community Forum

Sunday, October 16th, Between services.

Brunch Sunday

October 16th, Wrigley Hall

Faith for Today Mailing Party

Thursday, October 20th, 9am, 4th Floor of
the Prayer Tower. Coffee and donuts provided.

**Write Right from God: Write Your
Bestseller in a Weekend Workshop**

Sunday, October 23rd, 1pm-3:30pm

Fall Festival

Sunday, October 30th

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: \$38K - \$23.5K = \$14.5K

Upper Parking Lot Repair: \$17.3K

Replace Church Office A/C Unit (5th floor) (42 years old): \$4.3K - \$1.6k = \$2.6k

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

Lesson Titles | September 2016

- Sep 4** "Work = Love Made Visible"
Sep 11 "The Paradox of Surrender"
Guest Speaker - Reverend Gretchen Peña
Sep 18 "We Are the Ones We've Been Waiting For"
Aloha Sunday
Sep 25 "Wake Up from the Dream" (The beginning of the "Awakening to Spiritual Power" Series)

Lesson Titles | October 2016

- Oct 2** "Activate the Energy of Your Heart"
Oct 9 "Embrace Change"
Oct 16 "Freedom to Live"
Oct 23 "Accessing the Divine Author Within"
Guest Speaker, Tom Bird
Oct 30 "Create with Visionary Imagination"

Memorial

Arlene LaPlant

Born: March 20, 1924 - Passed: June 14, 2016
Arlene worked in the National City School District as a special needs instructor and librarian. She served as librarian for many years at Unity San Diego and loved the book sale.



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)

Meditation Practice with Reverend Blair, Sundays, September 4th and October 2nd, 12:45pm, in St. Luke's Chapel, First floor of the Prayer Tower

Learn to quiet the mind to be open to the Mind of God. Reverend Blair presents a simple technique that you can easily apply.



World Day of Prayer, September 8th

Look for information in the bulletin and on our website about an evening activity at church.

Healing Service with Reverend Blair, Sunday, October 16th, 1pm St. Luke's Chapel, First floor of the Prayer Tower

Write Right from God: Write Your Bestseller in a Weekend

Sunday, October 23rd, Tom Bird will be Speaking at 9am and 11am services and presenting this workshop from 1pm-3:30pm.

Did you ever wonder why, at times, words just poured out of you or why you feel mysteriously drawn to write a book? If so, this mini-workshop is for you. It answers all of the questions about why you are really meant to write. And, as you will find, the real reason you are drawn to write has way more significance than to just sell a few books or to make a name for yourself.

When you experience the Tom Bird Method, you will:

- Short circuit the ego and create a direct connection to Source
- Unlock the words within you
- Know what book is inside you
- Have a way to allow it to come through easier than imagined

Bring unlined paper and a pen. The workshop will be offered for a suggested donation of \$15. Tom will donate 100% of this back to Unity! Tom Bird is a bestselling author and one of the top writing coaches in the world. Through his unique spiritual approach, Tom leads hundreds of would-be authors to complete the writing of their books in a weekend. In the past two years, forty-four of those authors found homes on Amazon Best Seller lists.

Tom teaches writing from the perspective of a divine rite of passage - and how writing through this method taps into the Divine, thus transforming the lives of the reader and author alike.

Home Study Groups

"Awakening to Spiritual Power" Series

Reverend Diane Venzera has created a powerful Adult Study Program based on the book, "The Untethered Soul" by Michael Singer. This seven weeks series is designed to help you develop tools and practices that lead you to more powerful spiritual living. The groups will provide an environment to explore, share and work on the ideas.

The series starts the week of September 25th. Look for more information in the Sunday bulletin and online.

Membership

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

New Member Orientation has three parts:

1. A brief meeting in St. Luke's Chapel, first floor of the Prayer Tower on Sunday, on September 11th, after each service.
2. The following Sunday, September 18th from 1pm-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 Sunday, September 25th during the services.

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

HAPPENINGS *at Unity*

Details & Updates

Uniting the Community September 14th, 7pm-8pm
Special Service in Wrigley Hall led by the Leadership Development Group. "Join us to create community connection and to explore spiritual, physical, and psychological benefits through the active meditation practice of drumming." Bring a snack to share after the service. All ages welcome. If you have a drum or shaker, bring that too!

Aloha Sunday, September 18th - A special blessing of the Aloha spirit will bring you a greater sense of peace, love and joy. Come be a part of this special Sunday.

Sufi Dancing Sunday, September 18th, 12:45pm
If you can move, you can participate in these simple, beautiful dances. The Dances of Universal Peace are designed to tune you into the presence of the Divine. With simple, deep tunes, gentle movement and centering prayer, Reverend Blair facilitates a process that energizes and blesses you. Love Offering.

Annual Picnic, Sunday, September 25th Come and enjoy an afternoon of fellowship and fun at our annual picnic. There will be entertainment and this year it will be catered by Taquezas El Unica. There will be beef, chicken and pork tacos, refried beans, cheese quesadillas, rice and chips. This caterer makes the best guacamole! Tickets will be \$10 for adults and \$5 for children and will be available starting Sunday, August 28th. Volunteers are still being recruited to help with set up (the caterer will do the serving of tacos), serving dessert and clean up. Speak to Meredith Tabor at 619-280-2501 ext 109 or email at Meredith@unitysandiego.org.

Raffle and Silent Auction Donations - New and nearly new items are being collected for this popular part of the picnic. Also donations of gift certificates (check out the gift card list) for manicures, hair cuts and massages. Bring them any Sunday and leave with the scrip table attendants. **Dessert Auction** - Bring a favorite cake, pie or cookies to be auctioned off by our resident auctioneer Ken Fendrick! Let Meredith know in advance if you plan to participate and what you are bringing.

The Q-process Workshop - Bringing Light to your Shadow Self. October 1st, 9am-4pm. The epitome of self-awareness, this workshop provides you with powerful tools which allow you to recognize when your shadow self is in charge and puts you back in touch with your authentic self. Workshop includes the Q-Process Workbook, three one-hour group follow-up coaching sessions, and a discount on individual coaching sessions. Facilitated by Diana Proud-Madruga, MEd, Certified Q-Process and PAIRS Coach. Early bird registration by September 24th, \$90. After September 24th, \$120.

Stuffed Animals - Last year, the Toy Train says we donated over 500 stuffed toys to children. They are very grateful. Please bring your gifts to our sanctuary and hug the toys all through the year.

Gals Day Out - Saturday, October 15th

Lunch and shopping before or after lunch at Glamour Girlz Boutique, 124 E Main St., El Cajon. The gals will be meeting at 12pm at the Por Favor Restaurant, 148 E. Main for lunch. Glamour Girls opens at 10:30am and closes at 3:30pm. Unity San Diego will receive 10% of anything purchased on that day. Peggy Harris, the owner, will provide desserts and coffee - plus she will have a drawing for prizes if you visit. Sign up in the tower lobby to let Meredith know if you want to shop before or after lunch - also if you plan to only join the group for lunch. Glamour Girlz provided the clothing for Unity San Diego's annual tea this year.

Art/Crafts Sale/Entrepreneur Mart

Sunday, November 20th. 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 Gift and Book Store

It's hard to believe but the holidays are just around the corner! New products are on the way and we need to make room. Stop in today to check out the pre-holiday sale items that need to go in order to make room for new merchandise. Greeting cards have been re-stocked. Gift certificates are also available. Bookstore hours are Monday-Thursday 9:30am-2:30pm and Sunday 9am-1pm.

Name Tags - 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.

Ralph's & Food 4 Less Shoppers

It is time to re-register your Ralph's and Food 4 Less rewards card to give Unity San Diego a donation based on your shopping. Pick up the instructions to do this via email. You must wait until September 1st to do this. 2015-16 was our biggest donations ever from Ralph's, so thank you for taking the time to do this to support Unity!

Amazon Shoppers - You may now shop Amazon through our UnitySanDiego.org website to support Unity San Diego. Just go to the website and go to the Support Unity menu. When you click on the Amazon icon you will connect directly to Amazon! Unity San Diego will receive 2.4% from your shopping! You may use your credit card to do your shopping. No need to buy scrip for this!



The Budapest to Prague cruise planned for September 14th, 2017 is offering more incentives until September 1st when you sign up! Receive \$500 air credit plus 100 Euro to spend on board. Ten cabins have already been booked for this eleven 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, or email her at Meredith@UnitySanDiego.org.

Flyers available at the SCRIP Table | Contact Meredith@UnitySanDiego.org | 619-280-2501, x109



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San Diego, CA 92105
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THANK YOU

September Volunteer of the Month: Congratulations to RAY BEITER!

Ray always shares his talents here at Unity with a smile on his face and a cheerful attitude in his heart. Ray faithfully served at our Information Kiosk every month. In addition, he volunteers as an usher two Sundays per month, and assisted with the Interfaith Shelter set up in 2015 and 2016. Outside of our church community, Ray volunteers at Sharp Chula Vista Hospital. Thank you, Ray, for the joy you radiate and the talents you share in sacred service at Unity San Diego!

October Volunteer of the Month: Congratulations to KEN LONG!

We are so grateful for the many ways Ken shares his time and talents with us. Ken is an awesome computer technician and has been invaluable in fixing, setting up, and maintaining our church computers. In addition, he offered free computer assistance to our congregation. Ken has volunteered for several years at the Interfaith Shelter by doing overnight stays and providing support wherever else he was needed. Our special events team is grateful for Ken's talents as a server at our Annual Spring Tea for several years now. Thank you, Ken, for making a difference through your Sacred Service at Unity San Diego!