

# Faith for Today

**OUR VISION** We envision positive spiritual change in our world.

**OUR MISSION** To empower better lives through spiritual transformation.

## From the BOARD PRESIDENT'S HEART

We are most grateful for the 30 years of sacred and spiritual service Reverend Blair Tabor, along with Meredith, have given us. It is now time to enter the transitional period between ministers. We do have a plan in place, and we know that we are being led by Spirit as we go through this process. I would like to thank our awesome staff for all their hard work and dedication to helping make this transition to go with the flow! We are also very grateful to Ron Councill and our Music Team for being our mainstay on Sundays as we move ahead.

We have a great summer of speakers planned with events to keep us going with spiritual community as our priority. In July we will hear from our own Karla Lightner and Ken Fendrick, who are both on their ministerial paths, and our dear Reverend Gretchen. In addition Reverend Richard Rogers, an ever popular speaker, will be here as will Reverend Sharon Connors, who will also be giving a workshop. In August, we begin with Ken Harrison, then our own Reverend Judy Winkler who will do the service on August 12th. We have several events including a Q Process class on July 28th, and a Sundae Sunday ice cream social fundraising event sponsored by our youth in cooperation with Angels in the Wings will take place on July 29th. We will also have our Aloha Sunday in August with some delicious pineapple upside down cake as a side to the fun we have. We have plans in the works for a choir "Karaoke" but don't have the date set yet.

On August 15th our transitional minister, Reverend Sandra (Reverend Sandy) Butler will arrive and she will be doing her first service on August 19th, getting us all set for a great late summer and fall. She will be with us at least until February and longer if we all agree it is necessary. Reverend Sandy will be helping us survey the congregation and getting us ready to figure what we are looking for in a new minister. She will be doing the Sunday lessons and giving workshops and classes. Reverend Sandy comes highly recommended and we feel fortunate to have her!

With gratitude and blessings to all,

Cathie Robertson  
Board President

## LETTER FROM REVEREND JUDY WINKLER, BOARD MEMBER

With the retirement of Reverend Blair and Meredith, I'm guessing a sense of loss has been stirred up in you. You aren't alone. Separation and change irritates former wounds in each of us. My wounds have been brought to the surface. Feelings of sadness and fear have floated through my mind. When feelings of abandonment, loss, or helplessness pop up, it's good to feel them, share them with someone we trust, and acknowledge what is calling to be healed in us.

If we resisted being born, we wouldn't have experienced the joys during this life-time. If we connect the dots from our past, we can find how closing one door opened another. Have you noticed that the changes we most resist are ones we didn't consciously choose? Looking at our past, we can find blessings resulting from each change. A death or betrayal may have created space for a best friend or two to move into your circle of love.

Moving to a new city at age 11 felt awful at the time, yet my blessing was meeting a best friend who was closer than any I had known before. A divorce from my first love pushed me to move to a new city, where I changed careers, re-married & inherited 2 children. All blessings.

Have you ever thought of change as a graduation? Is it possible that God knows we are all ready to progress so change thrusts us forward in a direction we thought we were not prepared for?

Change is part of growth. Is it possible that our spiritual graduation better positions us so more of God can flow through us as our contribution to life? Our uniqueness is our divine gift we get to use to bless and heal the planet. What will you give? What is yours to contribute? What is yours to do?

What interest, talent, and experience do you have within you that you will share? What are you ready to give in sacred service? You may want to commit a little time and a little talent, lots of time and lots of talent or something in between. Whatever you decide to share, for however long, will be just what we need and it will be appreciated.

I once coached a man who wrote a book about leadership. He said most leaders don't get clear commitments from their team because no one identified the levels of commitment. He explained 25% committed means I may do it if it is convenient; 50% committed means I'll probably do it sometime; 75% commitment is I'll do it if all the elements are in place but I've room for excuses, and full commitment means I'll do it no matter what. My word is gold. Not every task requires a full commitment, but let's be aware of the levels of commitment we make. I can hardly wait to hear what you have to give. Contact Cheryl Davis, Volunteer Coordinator.

With love & appreciation,  
Reverend Judy Winkler, Vice President, Board of Directors

# Youth MINISTRY

YOUTH MINISTRY SUNDAY CLASSES 10AM

*Hello everyone...*

What a wonderful summer this will be! While we don't have any kids attending camp this year (our little ones are not old enough yet) we did send four teens and one adult to be camp counselors at our SW Unity Regional Kids Camp. In addition, your generous contributions helped send four of our teens and one adult sponsor to Unity Village for a week long International Youth of Unity (IYOU) retreat entitled, "Level Up." Declan Mulvany, Fiona Mulvany, Jacob Lightner and our newest SW Regional Representative, Trevor Harrison will represent Unity San Diego, and Barb Mulvany will be their adult sponsor as teens from around the world gather to celebrate Unity. Attending IYOU is a dream of almost every teen who attends YOU classes each Sunday. Thank you so much for your love, kindness and generous donations and giving these wonderful teens an opportunity of a lifetime.

July 1st-August 26th will be our Unity San Diego Youth Summer Program, "Spreading Unity in the Community." This will be a summer full of learning, fun, fellowship and service in our church, in our community and in the world. Join us as we spread Unity by living the Truth that we know. We can and we will make a difference!!

As always, please contact me with any questions, comments, suggestions or concerns at karlalightner@gmail.com or 619-218-6135.

Love & Blessings!  
Karla

# Prayer MINISTRY

## THINK ON THESE THINGS

As we move into the summer months we take time to slow down, breathe and take in more of the joys of outdoor life. Take time to pause and think of the goodness of life in many forms. These thoughts from Steven Charleston, Retired Episcopal Bishop may bring some inspiration.

"Give your heart to love today, not to old thoughts of who you were, but to the new idea that your kindness could change another life.

Give your mind to hope today, not to the usual list of impossibilities, but to a single faith that goodness is the purpose of history.

Give your spirit to peace today, not to the anger of the moment, but to the welcoming road of grace that leads to the home for which you have longed.

Give your hands to the work of justice today, not in resignation but in certainty, knowing that what you do will make an enormous difference."

Your Prayer Ministry continues to bless you and hold you in Spirit's Divine love. Join us on the second Wednesday of each month for prayer and meditation. We look forward to your loving energy.

Blessings of love, joy and peace, Your Prayer Ministry

## SACRED SERVICE

### YOU ARE INVITED TO WSWA'S 41st ANNIVERSARY

**DINNER** - Wonderful food, friends and entertainment. Please attend to celebrate your contributions and volunteer time over the past year upholding Western Service Workers' mission to eliminate poverty. Saturday, July 7th from 5:30-7:30pm at St. Patrick Catholic Parish, 3585 30th St., San Diego, CA 92104. Suggested Donation \$20.

### AUGUST BACKPACK DRIVE IN WRIGLEY HALL

Western Service Worker's Association especially appreciates your donations of backpacks and school supplies. Please bring items each week in August to the orange bins in Wrigley Hall. School supplies, a backpack or donations of cash toward the purchase of these items is appreciated. Non-perishable food is always appreciated too.

For more information, please contact Aline King at 619-280-2501, ext 133.

## YOUTH & FAMILY MINISTRY CALENDAR

**IYOU AT UNITY VILLAGE** - Sunday, July 8th-13th, Youth of Unity (grades 9-12) from all over the world attend this conference at Unity Village.

**YOU LEADERSHIP RETREAT** - July 27th-29th in Prescott, Arizona. Teens who show leadership qualities and who desire to step up to lead both church and SW Regional Youth events are invited to take part in this fun and informative retreat.

**ALOHA SUNDAY** - August 26th. Please join us after service in Wrigley Hall as we celebrate Aloha Sunday with pineapple upside down cake and other special treats. Love offerings are graciously accepted and will be used to help send our youth to regional events throughout the year.

## REBECCA COINER, NEW BEGINNINGS

We affirm divine order as we send blessings to Rebecca Coiner, operations assistant who had to resign on the advice of her physician. She began her career with us in the prayer ministry 17 years ago this fall and then became our receptionist and bookstore manager a year later and more recently, operations assistant. We appreciate all her hard work and efforts on our behalf and we will miss her loving presence on our campus. Rebecca hopes to be back in a volunteer capacity as her health permits.

## WE NEED YOUR HELP

Because we want to make Reverend Sandy's time with us easy and peaceful, we are asking for your help with two items:

Do you know of someone who has a granny flat, studio, or one-bedroom with private entrance, separate kitchen & bathroom that Rev. Sandy can rent or use for 3-6 months plus? Because she needs solitude for optimum performance, her preference is a quiet space where she does not need to engage with others.

Do you know of someone who has an extra car that Reverend Sandy might use for transportation while she is here? Please contact Judy Winkler 619 299-5318 if you have a lead and I'll pass the information along to Cathie Robertson, who is in touch with Reverend Sandy.

**Ongoing Groups  
Everyone Welcome!  
(619) 280-2501**

**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:

**SUNDAYS**

1st Friendship Sunday 11am and 3rd Brunch Sunday. 11am Announcements in Bulletin

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

Discovering Your Spiritual  
Power (formerly Tues. Night  
Recovery)

1st & 3rd 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  
(resuming August 30th)

Yoga with Tamara

7pm in the Sanctuary Narthex

Prayer Ministry Hours

Noon to 9pm, Monday to Friday

**Come Worship with Us - *Everyone's Welcome!***

**SUNDAY CELEBRATION SERVICES**

**10am in the Sanctuary**

**Youth & Family Ministry  
Youth Ministry Classes 10am**

**JULY 2018**

**Karla Lightner, Guest Speaker -  
July 1st**, "Seeing our Community  
Through the Eyes of Love."

**Arts & Crafts Patriotic Mini Sale -  
July 1st**, from 11am-12noon in  
Wrigley Hall.

**Richard Rogers, Guest Speaker -  
July 8th**, "The Power of Transformation"

**Gretchen Peña, Guest Speaker -  
July 15th**, "Spiritual Integrity"

**Ken Fendrick, Guest Speaker -  
July 22nd**, "Living Joy" - Christmas in July

**Healing Service - Sunday, July 22nd**  
from 11:30am-12:45pm in St. Luke's

**Q Process - Saturday, July 28th** at  
9am-4pm in the Sanctuary.  
(bring lunch)

**Sharon Connors, Guest Speaker -  
July 29th**, "This is Where the Magic Is"

**Sharon Connors' Handwriting  
and Writing Workshop - July 29,**  
from 11:30am to 1:30pm in  
St. Luke's Chapel

**Sundae Sunday - July 29th** from  
11-11:30am in Wrigley Hall

**AUGUST 2018**

**Backpack Drive throughout August**  
in Wrigley Hall

**Circulation Day - August 4th**, from  
9am-12pm in Wrigley Hall.

**Ken Harrison, Guest Speaker -  
August 5th**, "Unity, Version 1.0"

**Q Process - Sunday, August 5th**  
at 11:45am in the Sanctuary

**Judy Winkler, Guest Speaker -  
August 12th**, "Your Worth Is Not  
Negotiable"

**Q Process - Sunday, August 12th**  
at 11:45am, in the Sanctuary

**Food Drive - Starts August 12th**  
at 9am in Wrigley Hall

**New Member Orientation, Part 1 -  
Sunday, August 19th**

**Aloha Sunday - August 26th**

**Healing Service - Sunday, August 26th**  
from 11:30am - 12:45pm in St. Luke's

**New Member Orientation, Part 2 -  
Sunday, August 26th**

**Q Process - Sunday, August 26th** at  
11:45am, in the Sanctuary

**Choir Practice Resumes -  
Thursday, August 30th** at 7pm in  
St. Luke's Chapel

**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.

Upper Parking Lot Repair: \$17,646 - \$18,05.90 = \$15,840.10

Projector and Screen Installation in the Sanctuary: \$9,200 - \$1,556.60 = \$7,643.40



## SUNDAY LESSONS

### LESSON TITLES - JULY 2018

- July 1** "Seeing Our Community Through the Eyes of Love" - Karla Lightner
- July 8** "The Power of Transformation" - Reverend Richard Rogers
- July 15** "Spiritual Integrity" - Reverend Gretchen Peña
- July 22** "Living Joy - XMAS in July" - Ken Fendrick
- July 29** "This Is Where the Magic Is" - Sharon Connors

### LESSON TITLES - AUGUST 2018

- Aug 5** "Unity Version 1.0" - Ken Harrison
- Aug 12** "Your Worth Is Not Negotiable" - Reverend Judy Winkler
- Aug 19** (Lesson Title to be announced) - Reverend Sandra Butler
- Aug 26** (Lesson Title to be announced) - Reverend Sandra Butler

### MEMORIALS -

Mary Arveson, October 26th, 1937-May 22nd, 2018

**WEDDINGS** - June 2nd blessed us with the wedding of our members Tara Stamos and Kregg Buesig who were married in our Sanctuary. Congratulations!

### NEW MEMBERS -

Tara and Kregg Buesig, spiritual baptism on March 25th  
Monica and Tom Zschunke, spiritual baptism on June 3rd.

**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.

**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 Avenue, San Diego, California 92105.**

## REVEREND SANDRA BUTLER, TRANSITIONAL MINISTRY SPECIALIST



**Reverend Sandy**, as she likes to be called, is a fully ordained Unity Minister who is specially trained as a transitional ministry specialist through Unity International.

During her time at Unity San Diego, she will be working directly with the congregation to help expand our consciousness and prepare us for our next full-time minister. In addition to providing messages at our weekly services, she'll be holding workshops and classes, including Unity SEE offerings for the congregation to help us grow individually and as a congregation. She'll also be available for spiritual counseling for anyone who has such a desire or need. Reverend Sandy's first Sunday with us will be **August 19th**.

**HEALING SERVICE** - **Sunday, July 22nd, and August 26th at 11:30am** in St. Luke's Chapel, first floor of the Prayer Tower. The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit. Come join Karla Lightner, C.S.E., as we go within to access the healing power that already exists in each and every one of us. Music, meditation, prayer and affirmations. Love offering accepted.

## NEW MEMBER ORIENTATION

- 1 We will be having a new member orientation sign-up and brief meeting after service on **Sunday, August 19th**.
- 2 The following **Sunday, August 26th** orientation will include a tour of the church and information on Unity's history, teachings, our church vision, meditation and the four commitments of membership. Those are: Commitment to your own spiritual growth, regular attendance, daily prayer, proportional giving and spiritual service.
- 3 The spiritual baptism will take place on **September 9th** during the Sunday services.

**M**embership 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.

# HAPPENINGS

at Unity  
Details & Updates

**KARLA LIGHTNER** - will be our guest speaker on Sunday, July 1st. Karla has been the Director of Youth Education at Unity San Diego for ten years. She leads the Tuesday Night Recovery Ministry group, "Recovering Your Spiritual Power." Karla is currently in her final semester at Unity Urban Ministerial School.

**TUESDAY NIGHT RECOVERY** - has changed their name to Discovering Your Spiritual Power and has some exciting news. On July 17th we will begin a groundbreaking program meant to bring health to all areas of life called, The Daniel Plan. This healthy eating plan is built with love as its motivation. The program is based on abundance, not deprivation, and will teach how small steps can have big results. Focusing on the "Five Essentials: Faith, Food, Fitness, Focus and Friends," this plan can help all of us restore and sustain long-term health. While our group's main focus remains seeking a deeper connection with the God of our understanding through prayer and meditation (A.A.Step 11), it is open to all who have a desire to experience a better life. Meetings are held the first and third Tuesday of each month at 7pm in the Sanctuary.

**REVEREND SHARON CONNORS** will be our guest speaker on Sunday, July 29th. She is also presenting a Writing Workshop from 11:30am to 1:30pm in St. Luke's, with a \$20 suggested love offering.

**SUNDAY SUNDAE ICE CREAM SOCIAL** - July 29th right after 10am service in Wrigley Hall. The Youth Education Department and Angels in the Wings are co-sponsoring this event that will have us filling up with delicious ice cream with fun toppings that will make your mouth water! Come join us!

**CIRCULATION DAY** - Saturday, August 4th from 9am to 12pm, Unity San Diego will hold a Circulation Day in Wrigley Hall. This is a neighborhood event, where people bring items they are ready to release, and select others to take home. It's just like a Yard Sale, only everything is FREE!

Please bring your gently used, clean clothing and household items to Wrigley Hall from Tuesday, July 31st through Friday, August 3rd before 2pm. (No undergarments or bathing suits, please). Volunteers are needed to help set up on Friday, August 3rd at 9am and to box up leftover items on Saturday, August 4th at noon. Please contact Karla Lightner at 619-218-6135 or karlalightner@gmail.com for more information.

**KEN HARRISON** will be our Guest Speaker on Sunday, August 5th. Affectionately known as "Mr. Unity," Ken is a third generation Unity student. He is the Director of the Unity Church of Alhambra Foundation, a ministry financially supporting the growth of the Unity message in the Southwest Unity Region. He has had the honor of speaking at 35 Unity churches in the Southwest Region. He has previously served the Youth of Unity ministry, organizing weekend rallies, kids camps, and retreats. He has also taught courses at Unity Village. Outside of Unity, he currently is a freelance reporter for The San Diego Reader newspaper. His highest honor and accomplishments are his 20-year-old son Johnny, and his 17 year-old son Trevor, (in the Y.O.U. here).

**Q PROCESS SHADOW WORK PRACTICE** - A Lifetime of Freedom Awaits. Imagine yourself living life from a place of deep awareness, knowing that nothing and no one is against you. The Q Process Workshop provides the tools to get you there!

WHEN: Saturday, July 28th, 9am-4pm (bring lunch) and three Sundays, August 5th, 12th, and 26th, at 11:45am  
WHERE: Sanctuary (Saturday) & ??? (Sundays)  
COST: \$50 Earlybird Discount thru July 14th (save \$70), \$90 thru July 21st (save \$30), \$120 full price. Covers over 10 hours of instruction.  
CLASS MATERIALS: \$15 for Workbook.  
REGISTRATION: <http://unitysandiego.com/classes> or call 619-280-2501.

**ALOHA SUNDAY** - August 26th, when we all get the chance to dress up like we are on an Hawaiian island. This year we will be having pineapple upside down cake to top it off after our services.

**GALS DAY OUT** will be taking our regular summer hiatus and will be back in September with new places to go and people to see!

**THE ARTS & CRAFTS GROUP** - 2nd & 4th Mondays 10am-12pm on the 4th floor of the tower. Everyone is welcome to join us in making crafts and the church benefits from our efforts. For more information contact Pat Case at (619)462-7928.

## GIFT CARD (SCRIP) NEWS

July and August bring summer fun and vacations and great opportunities to support Unity using scrip for all the fun activities, whether it is breakfast, lunch, dinner or shopping for those great summer clothes or sporting gear. See's Candy is always a great gift for that family member you visit. VISA gift cards in \$50 and \$100 are also available for your travels. They have no activation fee and no expiration date, and are good at Costco. Unity makes 1.5% so you must pay for them with a check or cash. Gift cards are so much more than gifts. If you use them in your daily shopping, you will increase your giving to our church. Stop by the scrip table for a complete list. You may order in advance by contacting Charlyn Earp at 619-299-5130 or email her at [charearp@sbcglobal.net](mailto:charearp@sbcglobal.net).



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# Thank You!

## MAY VOLUNTEER OF THE MONTH... CONGRATULATIONS TO ROB FRITZ!

**ROB FRITZ** cooks hamburgers for the church picnic, ushers on Sundays and Special Services. He volunteers and stays over night for the Interfaith Shelter, he serves at the tea. He has helped with recording Sunday Service CD's. Rob plays the guitar for the Youth Department, Hosts and not only sings inspirational, New Thought music, but teaches the songs to our kids. He was instrumental in performing in and directing the last three fabulous Youth musical Christmas presentations.

## JUNE VOLUNTEER OF THE MONTH... CONGRATULATIONS TO MARTY COWDEN!

**MARTY COWDEN** has been an active member of our church from the moment she walked in the door. She has been active in the choir and is valued as the main substitute for our music team when a member may miss a week. Marty went through our one year Seeds of Consciousness Leadership Development Program and has been an advocate of mission centric ministry. Along those lines she volunteered to be a facilitator for our small groups and now is our Small Groups Coordinator.

Marty was elected to our board of directors in February. She has assisted in the kitchen for the annual tea and picnic. For the Interfaith shelter, she has stayed with the guests overnight for several years and has done meal preparation. Recently Marty took training to lead our Sunday Morning Meditations and does an excellent job.

Consider serving a few hours a month as an expression of Love In Action - [UnitySanDiego.org/Sacred-Service](http://UnitySanDiego.org/Sacred-Service)