

Faith for Today

OUR VISION - A world powerfully transformed through the growing movement of shared spiritual awakening.

OUR MISSION - Empowering personal growth through positive spiritual principles, inspirational music and community service.



From the **SENIOR MINISTER'S HEART**

Dear Unity Community,

I invite all who are reading this to take a collective moment and connect with each other. I find when we set an intention we consciously bring the whole Spirit of God into the space. So, let's breathe together. Taking a gentle or a deep breathe. Breathing in; breathing out an Ahhhhhhh. Thank you. November has us welcome the time to give thanks. Before we can fully give thanks for those who have assisted us in our Spiritual journey, we have the grand opportunity to transform our thoughts of fear. We are often afraid of all sorts of stuff. How can we release this from our consciousness? All it takes is to create newly. Some would say have a little faith. We can choose a different word for

faith. How about the word trust? We trust in the process. Once we do this, we are able to see things differently; including our relationships. Then we can ask ourselves if there is any one we need to forgive or ask to be forgiven. Perhaps we would say, "I don't find the need to forgive or there is no way I will forgive, x,y,z person. When we practice forgiveness, it frees us up. It allows us to give thanks for all our blessings in deeper and more profound ways. In December, we take on faith, joy, gifts and a Kwanzaa celebration. Have a wonderful love filled holiday season.

In humble service,
Rev. Edith

LETTER FROM A BOARD MEMBER, BELINDA PEÑA

Dear Unity San Diego Community,

Being a member of this community has shown me that every day is an opportunity to recognize the beauty of what we together are co-creating with God. I bless the role models who are helping to build a church where everyone is welcome and everyone feels loved and are recognized for who they are. God's presence is active in our lives. I pray that we all live in this awareness and enjoy the experience of giving and receiving joy. As we journey this consciousness of life, each day is a time of new beginnings to apply our energies effectively and constructively. I am a teacher of 4th grade students and the experience I have with the wonderful people at this church I carry into my classroom and each day of my life.

With love and appreciation,
Belinda Peña
Board Treasurer

Youth MINISTRY

Youth Ministry Sunday Classes 10am

Hello Everyone!

As we enter into a cooler season, it is hard to believe the holidays are already coming at us! Wow, I feel so blessed to be sharing it all with all of you! Just recently, our Uniteens had their first overnight at the end of October in Vista, Ca and the YOU group will be heading to Wrightwood in early November for their first rally. The teens are finishing up The Four Agreements with Don't Make Assumptions and Always Do Your Best. Powerful ideas! Our younger group is finishing the 12 Powers with the powers of Elimination and Life. 2019 has been a year of incredible growth for all of us and we are excited for what 2020 will bring next! On December 15th we will be hosting a spaghetti luncheon and hosting a holiday "Spirit Sharing."

Teens who go on retreat know that spirit sharing is like a talent show but it isn't about having talent, but more about sharing "spirit" and the audience has incredible appreciation for you sharing whatever makes your "spirit" shine! We are inviting the congregation to "spirit share" with us. Some people sing or dance, others do skits or show artistic passions. Still others do karate or do card tricks. Really, anything goes! Whatever makes you wake up smiling, we'd love to have you share with us. More details for **Spirit Sharing** in the November bulletin!

At this time, I need to let you know that I am resigning the position of Youth Director, as of January 1st, 2020. There are so many things I enjoy about this position but as it is, it is something I need to release at this time. I will continue on as a sponsor/teacher with the older kids, so I will still be around church to enjoy all of you! As many of you know, I have been a teacher/administrator for over 30 years working with kids, teens and adults in many settings. That is my passion-to learn, grow and teach with other people, but especially our young ones. I look forward to much more fun to come and I know the new youth director will have great things to share and create here at Unity San Diego! Thank you so much for all of the support you all have given to me in the time I have been youth director!

Holiday blessings and well wishes to all during this most beautiful time of year!

Barb Mulvany

from the 12 Powers... November: "Elimination"

Disciple: Thaddeus Color: Russet
Body Area: Abdominal Region

"I let go of tension, stress, fear, and strain.
I accept relaxation and peace."

December: "Life"

Disciple: Judas Color: Red
Body Area: Generative Organs

"I am God's child, fully and eternally filled with
his light & life. I rejoice in life & my joy finds
expression in all my life's activities."

Prayer MINISTRY

Prayer Delights the Heart

Your Prayer Ministry thanks you for your prayers and contributions. We are so proud to continue to pray with so many from our beautiful surroundings atop the Unity tower. As we gaze over the neighborhood, we hold the light of love and truth for each family, each child, and each person. We hear of answered prayer daily in letters and calls and we know that God's plan of love and peace is continually unfolding. Our hearts delight with yours as we pray and hold the eternal vigil. Blessings abound as we give thanks in this season of Thanksgiving and Christmas. Join us on the second week of each month for music and meditation in St. Luke's Chapel at 11am.

We love you, we bless you and we behold the Christ in you,
Your Prayer Ministry

Prayer Room Holiday Hours

The Unity San Diego Prayer Room is closed on Thanksgiving and Christmas so that our workers can celebrate with family and friends. Silent Unity remains open at 1-800-Now-Pray (1-800-669-7729).

Youth & Family Ministry Director

Hello Everyone - I am pleased to announce that **Akosua Washington-Woods** has agreed to become our new **Youth and Family Ministry Director** beginning January 1st, 2020. Akosua is on the path to become a Licensed Unity Teacher (LUT) with a designation in Youth Ministry. She comes with experience teaching in the Youth Ministry at Unity of Syracuse, close to twenty years as a Girl Scout troop leader from Daisies to Senior Scouts, as well as creating innovative and teaching arts activities for youth of all ages at the New York State Fair Pan African Village for fifteen years. It is a true blessing to have her on board and I am excited to see our Youth and Family Ministry expand and grow. Over the next few months, Akosua will be learning and training so that she is fully prepared to step in as our Youth Director on January 1st.

As Barb shared in the letter above, she will be resigning as our Youth and Family Ministry Director at the end of the year. The blessing in this is that she will stay on as our YOU lead sponsor. Barb's true gift is in the classroom. She is a phenomenal leader and we are equally as blessed to have her share her passion for teaching and her love of Unity with our teens.

As always, I will continue to be the Supervising Minister of the Youth and Family Ministry Department at Unity San Diego.
Love and Many, Many Blessings!

Rev. Karla

Youth Winter Calendar of Events

YOU Fall Rally - November 10th-12th
in Wrightwood, Ca.

Brunch Sunday - November 17th

Drop and Shop/Parents Night Out Drop off Kids - December 7th - Time TBA

Youth Spaghetti Luncheon/Community Spirit Sharing
December 15th

**SUNDAY CELEBRATION SERVICES
10am in the Sanctuary**

Youth Classes Sunday at 10am

Ongoing Groups
Everyone Welcome!
(619) 280-2501

2019 Unity San Diego Calendar

Senior Minister
Reverend Edith
Washington-Woods

Associate Minister
Reverend Karla Lightner

Please Note:

This information is only current at the time of printing. All Classes & Events are subject to change without notice. For more accurate postings, please visit: www.unitysandiego.org

SUNDAYS

1st Sunday - Friendship Potluck Sunday at 11am
3rd Sunday - Youth Brunch Sunday at 11am

Healing Service - 4th Sunday of the month, 12pm in the Sanctuary

A Course in Miracles
9am, in the Tower on the 4th Floor

MONDAYS

Arts & Crafts Group
2nd & 4th Mondays, 10am
Contact Pat Case

TUESDAYS

Feeding San Diego
4th Tuesday, 1pm
Large Parking Lot

Unity San Diego's Spiritual Recovery Everlasting Serenity Group

1st & 3rd & 5th Tuesdays, 7pm in the Sanctuary

WEDNESDAYS

Prayer Meditation
2nd Wednesday, at 11 am in the Tower, St. Luke's Chapel

THURSDAYS

Choir Practice
7pm in St. Luke's Chapel

Yoga with Tamara
6:45pm in the Sanctuary Lobby

MONDAY thru FRIDAY
Prayer Ministry Hours
Noon to 9pm

november

Compassionate Communication Series - Continuing thru November 23rd
(Complete schedule posted on flyers)

Friendship Potluck Sunday November 3rd, Wrigley Hall

Unity in Our Community Team - Brown Bag Meals - Thursday, November 7th, 4pm, Wrigley Hall

Entrepreneur Mart - Sunday, November 10th, in Wrigley Hall

YOU Brunch Sunday - Sunday, November 17th after service in Wrigley Hall

Unity in Our Community Team Brown bag meals - Tuesday, November 19th, 4pm, Wrigley Hall

Thanksgiving Service and Dinner Thursday, November 28th in St Luke's & Wrigley Hall

december

Friendship Potluck Sunday - Sunday, December 1st, after service in Wrigley Hall

Arts & Crafts Large Holiday Sale on Sunday December 1st in Wrigley Hall

Unity in Our Community Team Brown Bag Meals - Tuesday, December 3rd, 4pm, Wrigley Hall

Photos Shoot for Online Directory - Sunday, December 8th in Wrigley Hall from 8:30am until done

Living Room Conversations - "Homelessness" - Sunday, December 8th, 12pm, Wrigley Hall

Gals Day Out Christmas Party - Wednesday, December 11th at 6pm at the Boehmke's home

Christmas Concert by Unity San Diego Choir, Music Team & Orchestra - Sunday,

December 15th, at 5pm in the Sanctuary followed by a reception in Wrigley Hall

Youth Spaghetti Luncheon/Community Spirit Sharing - Sunday, December 15th, Wrigley Hall

Arts & Crafts Large Holiday Sale - Sunday, December 15th in Wrigley Hall

Candle Lighting Service - Wednesday, December 18th, at 7pm in the sanctuary

Unity in Our Community Team Brown Bag Meals - Thursday, December 19th, 4pm, Wrigley Hall

Christmas Eve Candle Lighting Service - Tuesday, December 24th at 7pm in the sanctuary

New Year's Eve Burning Bowl Service - Tuesday, December 31st, 7pm in the sanctuary



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 - \$3,934.24 = \$13,711.76
Projector and Screen Installation in the Sanctuary:
\$9,200 - \$7,193.35 = \$2,006.65



Sunday Lessons

November 2019

- Nov 3** "Embracing the F Word"
Nov 10 "F.E.A.R."
Nov 17 "Gratitude is an Attitude"
with Rev. Karla Lightner
Nov 24 "Give Thanks"

December 2019

- Dec 1** "Faith Beyond Measure"
Dec 8 "Are You Ready?"
with Rev. Karla Lightner
Dec 15 "Joyful Recollections"
with Rev. Karla Lightner
Dec 22 "The Gift is Born in Me"
Dec 29 Kwanzaa: "Creating Community"

Receive Daily ePrayers, Weekly eNews
and/or the Bi-monthly Faith for Today
Newsletter sent to your email.

If you would like to receive any or all of
these, sign up on our website at
<https://www.unitysandiego.org/enews>.

The Communicating Compassionately Series

will be continuing through November 23rd with Karen Starz, a Collaborative Communication Specialist, teaching us new ways of communicating compassionately with our entire community. A shift in any organization requires some thoughtful consideration, a neutral point of view and expertise to guide and support us while we journey into this new era. Please mark your calendar so you can be a part of our Unity family's spiritual growth and expansion.

There will be 2 workshops held in Wrigley Hall: "Working with Power in Our World" on Saturday, November 16th from 10am-3pm where you will leave with the knowledge of your very own Super Powers and how to change the world and "The Power of Allowing" Saturday, November 23rd, 10am-3pm where we will look at the conditions of allowing, what it means, how we are at choice and why it is important.

Attend both Saturday workshops to receive FREE scrip! A free continental breakfast will be served at 9:30am and lunch will be served at noon. Childcare will be provided. Full schedule posted on Bulletin Boards.

For more information contact Rev. Karla
at 619-218-6135 or karla@unitysandiego.org.

New Membership

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

- 1 We will have a new member sign-up, orientation and brief meeting after service on Sunday, November 24th in St. Luke's Chapel.
- 2 The following Sunday, December 1st, orientation will include a tour of the church, 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 On Sunday, December 8th, there will be a new member spiritual baptism during the service.

Happenings at Unity

Details & Updates

REMINDER: Photos Shoot for Online Directory Sunday, December 8th in Wrigley Hall from 8:30am until done, with a break during service.

The Compassionate Communication Series will continue through November 23rd. Led by Karen Starz. More info on FFT insert pg 4. Full schedule of events posted on our bulletin boards.

Entrepreneur Mart = Sunday, November 10th, in Wrigley Hall from 9:30am to 1pm. This is our annual event where you can sell your business or craft products on Sunday, November 10th. Tables are \$25 for members, \$30 for non-members. Sign up early as locations are assigned in order of paid reservations. Speak to Charlyn Earp at the scrip table or contact her at (619)850-6856 or charearp@sbcglobal.net.

Thanksgiving Service and Dinner This Thanksgiving join us for a Thanksgiving at Unity San Diego. There will be a short meditation service starting at 1pm followed by a full Thanksgiving Potluck dinner at 2pm. If anyone loves football like Reverend Edith, we might put the game on . . . maybe :-). Let's have a great Thanksgiving with our Unity family for those who want to come.

Would you like to decorate a table? If you would like to decorate your table with a theme, please sign up on the sheet in the tower or Wrigley Hall. It could be a fall theme, a Thanksgiving theme, a theme to represent your culture or ethnicity.

Unity in Our Community November/December

The UOC Team is collecting sweaters and jackets in November and backpacks and toiletries in December. We will be gathering on: Thursday, November 7th, Tuesday, November 19th, Tuesday, December 3rd, and Thursday, December 19th at 4 pm in Wrigley Hall to prepare brown bags meals and other items we distribute. We are adding Christmas cheer on December 19th with homemade Christmas cookies and other little gifts. For more information contact Cathie Robertson at cathie.robertson@gcccd.edu or call her at 619-443-6557.

Arts & Crafts Large Holiday Sale Sunday, December 1st, and December 15th from 11-12pm in Wrigley Hall (5 tables full of goodies) featuring many beautiful items. Come join us and do early Christmas shopping!

Sanctuary Christmas Tree Ornaments = This year your ornaments will adorn our beautiful Christmas tree in the sanctuary. Please supply one ornament per family by December 1st. Please put your name somewhere on the ornament so you may be represented. Give them to Charlyn at the scrip table.

Operation Joy = In the spirit of our Mission Statement, the Unity in Our Community Team has come up with a phenomenal idea for the holidays called Operation Joy. Along with the Youth and Family Ministry, the congregation is invited to adopt 7-10 families from our congregation and the neighborhood to make their holidays brighter. Please bring peanut butter, tuna, and dried foods like rice, pasta and beans and put them in the orange bins in Wrigley Hall. We will also graciously accept financial donations and Scrip for Holiday meals and gifts for the families. Please bring peanut butter, tuna and dried foods like rice, pasta and beans and put them in the orange bin in Wrigley Hall. We also accept check donations and Scrip for Thanksgiving and Christmas meals and Christmas gifts for the families. More information to follow in our bulletins and website.

Living Room Conversations = "Homelessness" Sunday, December 8th at 12pm in Wrigley Hall. Please join us as we discuss this pressing topic that affects all of us no matter who we are. Unity San Diego, along with fourteen other Unity and CSL ministries will hold the same conversation at each of our spiritual centers on that day. There is power in numbers and as we in the New Thought Community join together to create safe places for these conversations, we become a voice of love and connection in the world. Everyone is invited as we come together to share our personal beliefs. Lunch will be provided for participants. For more information contact Rev. Karla Lightner at 619-218-6135 or karla@unitysandiego.org.

Gals' Night Out Holiday Party = Wednesday, December 11th at 6pm. The ladies will gather at Jackie Boehmke's home. Please get a map and sign up with Charlyn at the scrip table. Bring a \$20 wrapped gift and an appetizer or dessert. This very popular event is a great way to celebrate another wonderful year at Unity with our friends. Let the giggling begin!

Christmas Concert by Unity San Diego Choir, Music Team & Orchestra - December 15th, at 5pm in the Sanctuary followed by a reception in Wrigley Hall. Join us for this wonderful annual musical presentation under the direction of Unity San Diego's very own Music Director, Ron Councill.

Candle Lighting Services = Wednesday, December 18th, at 7pm in sanctuary and Tuesday, December 24th at 7pm in sanctuary.

New Year's Eve Burning Bowl Services Wednesday, December 31st at 7pm in sanctuary.

Gift Card (Scrip) News

Fall is here. School has started and the holidays are coming soon. Where does the time go? How can you be ready? Buy that scrip a little bit at a time between now and the holidays to avoid last minute shopping. Pick up a list of scrip we have on hand and the scrip we can special order. Unity San Diego benefits from every purchase you make. For more information contact Charlyn at the scrip table in Wrigley Hall.



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THANK YOU!

CYNTHIA JONES Sacred Server for the Month of September

CYNTHIA JONES - What a gift to our new senior minister and to our whole congregation! Cynthia not only serves of the board, but she has taken time from her family and grandchildren to help train staff on administrative tasks she did when she worked here. She has donated many hours bringing staff up to speed, and she does this with a beautifully opened heart. She is willing to help out in any capacity, even in the kitchen when needed. We need more blessings like this here at Unity.

VINCE MANSON - Sacred Server for the Month of October

VINCE MANSON - When you need technological help, who ya' gonna call? Well we call Vince Manson, the sacred server extraordinaire! He spends his Wednesday afternoons in the office updating our computers, protecting them from dreaded viruses and fixing just about anything we need technologically. He is amazingly talented and giving of his time. We do not know how we could function without his expert service. Thank you Vince for keeping up bug free and working.