

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,

As I am settling into life in San Diego and as Senior Minister of this love-filled spiritual community, I think about what it took for me to arrive. Reverend Blair had to discern his time was nearing completion. He fulfilled his 30 year tenure being in service to you with love and compassion. That is a very long time! With three decades of service, I am guessing there were years and years of "stuff." I can relate in a small way, with my releasing a lot of stuff in preparation for moving 2,700 miles. September's spiritual power is order. In the *Revealing*

Word; A Dictionary of Metaphysical Terms, Charles Fillmore, co-founder of Unity writes, "The divine idea of order is the idea of adjustment, and as this is established in man's thought, his mind and affairs, we will be at one with the universal harmony." This is precisely what we are called to look at right now in our lives. I invite you to ask yourself this question, "What "stuff" do I need to release in order to have more harmony in my life?" Perhaps this will be to let go of physical stuff like many did in our annual Circulation Day; or letting go of thoughts which clog our mind. As we move through the remaining months of this year, we can also look to October's spiritual power of Zeal. Please consider this affirmation for September and October: **"I sizzle with zeal as I release what no longer serves me!"** (*Psssst! I sizzle with zeal!*)

In humble service,
Rev. Edith

LETTER FROM A BOARD MEMBER, FLOR SANCHEZ

During my 17 years as a member of this church I had never actively participated due to my career and to my family. I was able to apply much of what I learned at church to helping my community, my family and my job as an educator and business owner in the cosmetology area.

Upon Reverend Blair's retirement I was invited to join the Board and I accepted although I was hesitant because I knew the responsibility, the time involved and the commitment it required. However, I felt it was my calling to serve the church during the challenging times it would be facing so I participated happily and tried to give my best.

During the past year I had the privilege of driving our spiritual coach Reverend Denese as well as the three other ministers. I got to know them and asked many questions. It was a very special time for me and I learned a lot. As a Board member I have seen first hand what it entails to manage our church and the cost involved in running it.

The church has been running "in the red" for a while. The Board has been making several changes to correct this situation by cutting expenses and now Reverend Edith will help us. However it is vital that every member contributes a monetary offering (TITHE) so that we continue to enjoy our spiritual home that supports us in so many ways.

Love and prosperity,
Flor

Youth MINISTRY

Youth Ministry Sunday Classes 10am

We Love You! We Bless You! We Appreciate You!

At retreats or rallies, when someone contributes to another's well being the YOU'ers or Uniteen's will bless that person or group of people in sincere appreciation for their gift. They may be blessing the kitchen staff who has fed us all for three or five days. It may be a blessing on a YOUer who has shared a story of something in their life that has been impactful on them. Or it could be for someone who has created an experience during the time together. I can tell you all that very often, our teens bless all of you for your support of them. So, for them, I say, "We love you, we bless you and we truly appreciate you. And we behold the Christ you are, Namaste ." I hope you all felt the love, as it is from the heart.

As we go back to our regular school days, the youth ministry continues to fulfill its mission-to enrich the lives of our children/teens and to make a positive impact on our church community. I felt like a proud YOU mom not long ago when some of our YOUers came to me and told me THEY want to be more involved in church and they wanted to know what they could do to do so. This was something I had mentioned to them a while ago, but I feel strongly that teens need to be guided not pushed, to steer their own boat. I am also happy to say that two of our YOU graduates have decided to stay involved in our program as junior sponsors. I am so glad they are finding our work here meaningful and want to continue to stay involved in our program and in our community.

This fall, our YOUers continue to move into a space of presence and quiet. We decided after the second agreement of The Four Agreements, Don't Take Anything Personally, to move into nonviolent communication. Honestly, with our August overnight we were a bit diverted from this material as the YOUers were all interested in planning and running the event for our kids. So now we get back to center and focus on the deep work of being still and learning to hear and understand each other. It is very powerful work. Our kids move on with The Twelve Powers into the powers of Order, encouraging balance and Zeal, connecting to enthusiasm! To our children, these ideas seem to come naturally, but how good to give these ideas some focus and intention.

I hope you have enjoyed the blessings of summer and are ready for a beautiful fall in San Diego! As always, please feel free to reach out to me with any ideas or thoughts regarding our youth or church. I know I, as well as our youth, would always love to hear from you. Bfmulvany@gmail.com, 480-282-7731, or stop us in Wrigley Hall for a "hi" or a hug!

Many blessings,
Barb Mulvany

Prayer MINISTRY

Uplift from Your Prayer Ministry

Guiding Prayer

Breathing in to prayer, I am in awe of the unbound spirit, the infinite presence within and around me. God is vitality in my breath, beauty in the natural world, strength in my determination, and compassion in my acts of service. I recognize God in the spaciousness of the universe as well as in my limitless dreams.

Let me set my sight beyond where I have seen before, into the vast reality of divine power and presence. Let me draw upon divine power and presence in order to fulfill my great potential. In the harmony of prayer, my heart beats to the rhythm of God. The pulse of infinite life moves me, nourishes me, and empowers me to give life to my dreams.

Unity Celebrates

World Day of Prayer September 12, 2019

Unity students around the world pray together on this special Thursday.

Join your Prayer Ministry of Unity San Diego in praying for yourself and others on this powerful day of connection.

For more information see posted Schedule of Events for guest speakers and times at Unity San Diego. Contact Aline King at 619-280-2501, ext. 133, if you would like to assist.

Charles Fillmore said, "The affirmation of any good statement of health puts us in conscious contact with The Christ Mind universal and quickens and releases the energy stored up in the subconscious mind, and the process of rejuvenation begins its work."

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.

Many blessings of love and peace,
Your Prayer Ministry

Youth Calendar of Events

September 15th

Induction of Junior Sponsors/Move Up Day
& Brunch Sunday

October 19th-20th
Uniteen Overnight Vista, Ca

October 27th
Fall Festival

**World Day of Prayer
Complete Agenda of Events
On Flyers posted on our website
and Bulletin Boards.**

2019 Unity San Diego Calendar

September

Friendship Potluck Sunday
Sunday, September 1st

Unity in Our Community Team Mtg.
Sunday, September 1st
after service in Wrigley Hall

World Day of Prayer
Thursday, September 12th
(see Agenda on bulletin boards)

Unity in Our Community Team
Brown bag meals - Thursday,
September 12th at 4pm
Wrigley Hall

YOU Brunch Sunday
Sunday, September 15th

Completely Connected Groups
Starting September 15th

Gals Night Out Potluck - Tues.,
Sept. 17th at 6pm in Wrigley Hall

Healing Service - Changed this
month to Sunday, September 22nd
after service in the Sanctuary.

Unity in Our Community Team
Brown bag meals - Tuesday,
Sept. 24th at 4pm in Wrigley Hall

Church Picnic - Sunday,
September 29th from 11am-1pm
in Wrigley Hall.

October

Gals Day Out Seal Tour SD
Saturday, October 5th

Friendship Potluck Sunday
Sunday, October 6th

Unity in Our Community Team
Brown bag meals - Thursday,
October 10th at 4pm, Wrigley Hall

Living Room Conversations
"Tolerance" - Sunday, October
13th at 12pm in Wrigley Hall.

Sacred Servers Brunch
Sunday, October 20th

Unity in Our Community Team
Brown bag meals - Thursday,
October 22nd at 4pm
in Wrigley Hall

Reverend Edith Installation
Ceremony - during Sunday
service, October 27th

Fall Festival - Sunday,
October 27th from 11am-1pm
in Wrigley Hall

Healing Service - Changed this
month to Sunday, October 20th
after service in the Sanctuary.

Ongoing Groups
Everyone Welcome!
(619) 280-2501

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 -
Brunch Sunday at 11am

Healing Service - Sept. & Oct. only
3rd Sunday of the month at 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

Wishlist

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

September 2019

Sept 1 "Your Ageless Spirit" with guest speaker, Rev. Robyn Plante

Sept 8 "Infinite Presence, Unlimited Potential"

Sept 15 "Change is Possible"

Sept 22 "Creating Order"

Sept 29 "Driven by the Call"

October 2019

Oct 6 "Do You Sizzle with Zeal?"

Oct 13 "Creating a Culture of Comfort"
Rev. Karla Lightner

Oct 20 "Are you Comfortable?"

Oct 27 "Becoming Who We Desire to Be"
Rev. Crystal Muldrow

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>.

Memorials

Sophia Wheeler

Date of birth - September 30, 1922
Passed - June 27, 2019

Sophia began attending Unity San Diego back when services were held in Wrigley Hall. She came from a Unity church in Arizona. She and her husband Bill were avid dancers and even went on dance cruises. They both served as ushers and greeters for many years here. We had a Celebration of Life and reception for her on July 20th.

Pat Marckwardt

Date of birth - March 3, 1917
Passed - July 23, 2019

Pat attended Unity San Diego for more than 20 years and served as a greeter, usher, President of the Board, and Prayer Worker. She was always welcoming to everyone. This active woman attended a bridge club, a writing group, a lunch group and a book club through her 102nd birthday. She was a Unity treasure and our Celebration of Life and reception for her was August 17th.

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, August 25th in St. Luke's Chapel.
- 2 The following Sunday, September 8th, 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, September 15th, there will be a new member spiritual baptism during the service.

Happenings at Unity

Details & Updates

Completely Connected Groups =

The groups begin the week of September 15th through the week of October 27th. We would love for you to join us as we learn to connect deeper within, with others and co-create "a world where each person practices the art of connection."

For more information contact Rev. Karla Lightner at 619-218-6135 or karlalightner@gmail.com.

Cals Evening Out = September 17th. Ladies, bring your favorite dish and your creative juices as we dine and craft with the Arts and Crafts group. Pot luck begins at 6pm in Wrigley Hall and then we will move to the three craft tables where we will create handmade greeting cards, jewelry items and do some original rock painting.

There is no cost, but you may want to give the Arts and Crafts group a love offering as they will be our instructors for the evening. Charlyn will have a sign-up sheet at the scrip table.

Unity in Our Community will be collecting toiletries and hygiene products for our September drive. These were really well received when we gave them out in June, so we are doing it again. We will be gathering to make our brown bag meals at 4pm in the kitchen and distribute these, leaving church at 5:30pm on Thursday, September 12th and Tuesday, September 24th.

In October we will once again be gathering shoes which were greatly appreciated in July. We will be gathering to make our brown bag meals on Thursday, October 10th and Tuesday, October 22nd at 4pm in the kitchen and distributing them, leaving church at 5:30pm.

Annual Church Picnic = Sunday, September 29th after service. We are looking forward to our popular Church Picnic. There will be a silent auction and raffle. See posters and bulletins or Charlyn for more details.

Cals Day Out San Diego Seal Tour =

We meet in Seaport Village at 10am, Saturday, October 5th, 30 minutes before our tour. There are 40 seats on each bus/boat. Get yours now as the boat is not reserved for us and they do fill up quickly.

Go to www.trustedtours.com and choose San Diego Seal Tours at Seaport Village, click on the 10:30am trip. Cost is \$42 for adults, \$25 for children, and there is an on-line discount for a limited time. For more information contact Charlyn at the scrip table or by text at 619-850-6856.

Living Room Conversations = Tolerance -

Sunday October 13th at 12pm in Wrigley Hall. Please join us to discuss this pressing topic that affects all of us. Unity San Diego, along with fifteen other Unity and CSL ministries will be holding the same conversation on the same day. There is power in numbers and as we join together to create safe places for these conversations, we become a voice of love and connection in the world. Everyone is invited to share our personal beliefs. Lunch will be provided for participants.

For more information contact Rev. Karla Lightner at 619-218-6135 or karlalightner@gmail.com.

Sacred Servers Brunch = Sunday, October 20th.

This is to thank our volunteer sacred servers and it will be free. We look forward to seeing you there!"

Fall Festival = Sunday, October 27th 11am-1pm in

and outside of Wrigley Hall. Along with games to play, we'll have some of our yearly favorite activities and some new ones. Be ready for face painting, our delicious cake walk, balloons and darts game and costume contest. There will be much to do and prizes for all! We will also serve food so be ready to eat! Please join us for a day full of fun and fellowship! We'd love your help volunteering at the festival. Please contact Barb Mulvany at bfmulvany@gmail.com if you are able to help!

India Trip = International Community Service

JamiesJoy.org is sponsoring a SEVA ("SEVA" means "Selfless Service") trip to INDIA, March 22nd-April 4th, 2020. We will serve at Raman's Garden, an orphanage in Rishikesh, the Yoga Capital of the World. Highlights include visiting New Delhi, the Taj Mahal, Parmath Niketan Ashram, the Beatles Ashram, and celebration at Kingdom of Dreams. \$2,500, includes all group meals, entrance fees to sites and events, transportation and hotel accommodations (based on double occupancy). Not included: airfare, passports, visas, mandatory travel insurance, and personal expenses. \$100 deposit saves your place. Must pay balance by December 31st, 2019. Come to Wrigley Hall to get all the details or contact Elene Bratton at 619-322-0028 or email her at elenebratton@gmail.com or Rashna Kowalski at 619-318-4835 or rdkpiano@gmail.com. For full details and registration click on "travel with JamiesJoy.org." at <https://bigbluemarbletravel.wixsite.com/visitindia>.

Gift Card (Scrip) News

Fall is fast approaching. School is beginning and the holidays are not that far behind. 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.



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!

KREGG AND TARA BUESIG - Sacred Servers for the Month of July

KREGG AND TARA BUESIG are fairly new members of our congregation and yet they have jumped right into serving and giving their time and energy to Unity. Kregg often greets congregants in the parking lot before they even reach the church, and Tara has become a welcoming member of the Usher/Greeter team. Both play a key part in our new outreach: Unity in Our Community. They collect and distribute the donations and meals to the local homeless twice a month along with other congregants. They are such a welcome addition to our congregation and their service is very much appreciated.

MIKE BARRY - Sacred Server for the Month of August

MIKE BARRY comes through for Unity on a regular basis. Not only does he and his wife help organize our Interfaith Shelter, but he also served on the search committee during our recent transition giving much of his time to help us find the perfect senior minister. He did this while packing to move from his long time residence. His dedication to service spans many years as he is always a willing volunteer when the need arises. He is an example for what Sacred Service should be.