

A welcoming spiritual community advancing a positive message that teaches people of all ages and faiths how to thrive in a changing world.



Revs. Mark & Karen Schindler
Co-Ministers

Ministers' Message

Now that the holiday rush is over, many are inclined to settle in for that long winter's nap that was supposed to happen on Christmas Eve. January demands and offers little. The days are supposed to be getting longer but the difference is imperceptible until at least mid February. And by then the Magnolias and other early flowering trees will be in full bloom.

January is the collective pause. Winter here is mercifully short and once it has passed, gardening becomes a serious reality.

According to a UC Davis planting guide for the Sacramento area, many veggies—from beets to turnips—are ready to be sown from seed in February.

January is for dreaming and planning — whether for a real garden or something metaphorical. We get to focus on whatever we might want to see grow during the next 12 months and this year an exciting opportunity for financial growth is at hand for Unity of Auburn.

Thanks to the generosity of an anonymous donor, Unity of Auburn will have matching funds available in 2019 to enable us to establish a more stable and prosperous future for this community. ***Every dollar in offerings that exceeds our monthly goal of \$8,900 will be matched to a maximum sum of \$10,000.***

Please remember that our \$8,900 target is a minimum figure. It represents the amount required to keep the lights on and the doors open. This matching program provides an opportunity to do much better than just break even. We have the potential to see a total of \$20,000 over and above our minimum requirements by the end of 2019.

Reaching the maximum matching funds of

\$10,000 would require an additional \$833.33 each month. Based on an estimated average attendance of 50 persons per week, this would mean an additional \$4.17 per person per week. In other words, this is a reasonable and very attainable goal in a 12 month time frame.

Here are three things that we could do with an additional \$20,000:

- Provide greater stability and flexibility in our annual budgeting process and enable us to go from a bare bones budget to something more visionary.
- Set up a reserve fund for building repairs and improvements that are beyond our annual maintenance budget. For example: 9 out of the 12 heating and air conditioning units for the building are close to 20 years old. To replace just one would cost approximately \$9,000.
- Become a benefactor for a local community service organization. We currently support such organizations by designating at least 10% of the proceeds of our bi-annual bingo fund raisers. This additional sum would allow us to propose specific projects that would be carried out on behalf of Unity of Auburn.

This is an unparalleled opportunity to witness what appears to be a modest increase in monthly offerings blossom into something amazing and inspiring. Join us in holding an intention that 2019 will be a healthy and prosperous New Year for all and then add to your intention that all important action step!

Phone: 530-888-6489

Website: www.unityofauburn.com

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Special points of interest:

- Christmas Take-Down
- Creative Insight Circle
- Women's Day Retreat
- Board Members Wanted

Chaplain's Corner

New Year of Zeal

We usually make resolutions or intentions during the New Year's season. Honestly, how many of us really "stick" to them? Perhaps, a big dose of one of our Twelve Powers, Zeal, could help us be more successful in our endeavors.



Lynne Laney

Zeal is the "power to harness enthusiasm." It is "combined with our evolutionary tendency to move forward (audacity) and our wholehearted, single-minded attention (devotion). Zeal is the propellant that fuels our drive to live a more purposeful life." Zeal gives us the strength to be the Lights in our world.

Rev. Linda Martella-Whitsett has provided us with some practices to cultivate zeal that you may want to try. She suggests writing about zeal in your journal. Here are some suggestions to get you started.

What is worth waking up for each day? How do you show up as audacious and not pushy or arrogant? Recall a project or endeavor that you were really devoted to. Describe how you

felt about the time you devoted to it. Create a symbol for zeal that you may want to put on your bathroom mirror that you can look at each day. She suggests an eagle, a candle, a hot air balloon or anything that inspires you

Here are some quotations from her meditation for zeal. "I AM the magnificent power of zeal. I AM enthusiastic, audacious and devoted. I eagerly awake each morning ON PURPOSE!!! I AM exuberant about the choices ahead me. I AM using my gifts and talents for the greater good. I AM the ever-flowing, always forward-moving vibration of possibility. I AM inspired and focused, exhilarated in my sense of purpose."

In 2019, may Unity of Auburn hit the ground running, fueled up with the Divine power of Zeal. May we "sizzle with zeal" for our spiritual community, our country and our planet.

Youth and Family Ministry

Unitots

Sundays, 10:00 a.m.

UniKids and UniTeens

Sundays, 10:00 a.m.

Location: Youth and Family Ministry Wing



There are two things we give our children. One is roots, the other is wings."

- Jonah Salk



Social Action

The Spiritual Social Action Team at Unity of Auburn is an umbrella organization encompassing all of our outreach events and activities that work together to make a positive difference in the world and support our vision which is to co-create a world that works for all. We ask members to support the Interfaith Food Closet. They will take extras from your garden. Drop them off at 12972 Earhart Avenue, Suite 301 (behind Pacific Power) Auburn, CA 95602 or call 530-885-1921.

Ongoing Classes and Study Groups

Noon Prayer

Monday through Thursdays, 12:00 Noon—12:30 p.m.

Location: Upstairs in Church Office

During Noon prayer we experience various types of meditation: guided, mindful, or in the silence. We also hold the high watch for those who have placed their names and needs in our prayer chest and anyone you may be praying with. If you can't attend, pray with us wherever you are!

Gentle Yoga begins again on January 7th.

Mondays, 4:00 p.m.

Location: Manning Hall

“Yoga is good for everything!” Join us with your sticky mat or, if you don't have one, we have a couple of extras.

A Course in Miracles begins again January 3rd.

Wednesdays, 6:30 p.m.

Location: Youth and Family Ministry room

The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite.

Open to all. A love offering will be accepted. Facilitated by Ruth Ackerman.

12 Step Meetings at Unity of Auburn

Gold Rush Al-Anon Family Group

Mondays, 7:30 p.m.

Location: Manning Hall

Women's Courage to Change Al-Anon Family Group

(Women only; childcare available)

Tuesdays, 7:00 p.m.

Location: Manning Hall

Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.

Location: Manning Hall

Chaplain Prayer Circle

Sunday, January 20th, 11:30 a.m.

Our prayer circle returns to the third Sunday of the month. The chaplains will guide us in a 5-10 minute prayer practice focusing on using our Divine strengths to transform our desires and intentions into physical manifestation. We will stand witness for one another as we commit to take positive action.



Adult Education



Rev. Rick Reich



“Spiritwind” is a study group for Spiritual Adventurers. For the month of January, 2019, at Spiritwind our topic will be "Mysticism and the New Physics." During this series we will look at the mystical writings—versus their writings on physics—of quantum physicists: Max Planck, Albert Einstein, Erwin Schrodinger and Werner Heisenberg.

Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street. *Love offering accepted.*



Christmas Take-Down

Saturday, January 5th, 10:00 a.m.

Join us to take down the Christmas decorations and prepare our sanctuary and fellowship hall for the new year.

Women’s “Creative Insight” Circle Saturday, January 19th, 9:00 a.m. - 4:00 p.m.

Begin the new year in the act of creation!



Connect with other women for a day of sharing. Take some time for yourself to creatively play and explore in a safe, loving, fun and reflective environment. Let the creative woman who lives inside bring you insight and greater inner-awareness.

Eat lunch at a local eatery, bring an addition to our community salad, or bring your lunch.

RSVP to: Deborah at 916-652-7709.

Location: imagePathways Gathering Place
461 Main Street, Newcastle, CA 95658

FRONTIERS OF CONSCIOUSNESS

Monday, January 28th,
6:00 p.m.

Thinking, Fast and Slow

Facilitator: Rev. Mark



The field of consciousness studies has expanded rapidly in the last 20 years; however, we seem to be no closer to finding an answer to the question of exactly what consciousness is and how it came to exist. In this class we will study the ideas and theories of leading experts in this fascinating field by watching video presentations followed by discussion.

We will continue to meet every fourth Monday until we have solved the “hard problem of consciousness.” Actually, we will probably run out of material to discuss before that happens but who knows where this might lead?

This month we will explore the work of Daniel Kahneman in his book, *Thinking, Fast and Slow*.

Special Events

Women's January Day Retreat

Saturday, January 26th, 10:00 a.m. to 4:00 p.m.

Mark Your Calendar!

Facilitator: Rev. Karen Schindler

\$25.00 per person and bring a dish to share for class potluck.

Sign up at Unity Central.

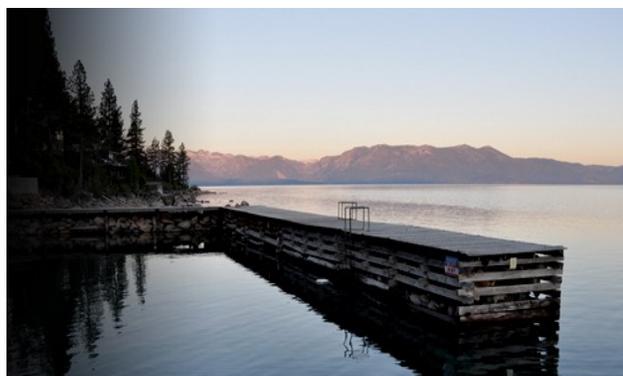
Watch for more details in the Sunday Bulletin



Wanted!

Join our team of intelligent, creative, fun, and loving people who create and hold a vision of leadership for Unity of Auburn.

If you are interested in serving on our Board of Trustees, please pick up an application in the foyer of the church. Read the guidelines, complete the application and return it to the office by **Monday, January 28, 2019**



Unity of Auburn 2019 Retreat
ZEPHYR POINT.....Lake Tahoe
SAVE THESE DATES:
June 14th-16th, 2019

Registration Officially Opens in February, 2019
More information is coming.

*In harmony of mind and purpose,
our differences fall away.*



Message from our Board of Directors



Sharon Hardie

Your Prosperity Team has had a busy year. This team was re-established in January 2017 and our mission is to “create events/activities/fund raisers targeted at the community, friends, and family to expand an income base outside of the Unity of Auburn congregation.” Currently we have 13 active team members and we meet once a month. We’ve created a two-page list of income source ideas. Many of the ideas are being researched in an effort to select projects that look the most promising and profitable for the least volunteer hours. Some ideas that are being considered for 2019 are selling donated vehicles, a craft beer and food event, Paint Night (what could that possibly be?), developing a wedding and special ceremonies consulting team, and becoming active on Craigslist to sell specialty and large donated items.

The first projects we got off the ground were our Bingo Nights. So far we’ve produced three successful events, and our total profit from these is close to \$4,000.00. From these profits we’ve supported three Auburn non-profit organizations for a total close to \$900.00. We have two Bingo Nights scheduled in 2019, and we are in preparation for a March and September event.

We would like to encourage you to support these events by selling tickets to your friends, neighbors, organizations you belong to, the Auburn community as a whole, and to your family. We are interested in your income-source ideas and hope you will support the events we develop by volunteering to help make them successful. We value your time, talents, energies and ideas.

Thank you to each Prosperity Team member for all your efforts in supporting Unity of Auburn’s prosperity.

Board of Directors



Board of Trustees

- Shelley Rutherford.....President
- Justene Da Costa.....Vice President
- Sharon Hardie.....Treasurer
- Russ Purvis.....Member
- Edna Sparkes.....Member
- Bill Mahl.....Member
- Pat Lord.....Member

Unity of Auburn Staff

- Karen and Mark Schindler.....Co-Ministers
- Marra P. Swan.....Licensed Unity Teacher
- Mary Lou Banahan.....Youth and Family Leader
- Ken Kligerman, AFM.....Keyboard/Piano

Staff

Unity of Auburn January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Office Closed Happy New Year!	2 Noon Prayer 5:00 pm Sisters	3 Noon Prayer 6:00 pm Spiritwind	4 Office Closed	5 10:00 am Christmas Take-Down
6 10:00 am Celebration Service 10:00 am Youth and Family Ministry	7 Noon Prayer 4:00 pm Yoga	8 Noon Prayer	9 Noon Prayer 5:00 pm Sisters	10 Noon Prayer 6:00 pm Spiritwind	11 Office Closed	12
13 10:00 am Celebration Service 10:00 am Youth and Family Ministry	14 Noon Prayer 4:00 pm Yoga	15 Noon Prayer	16 Noon Prayer 5:00 pm Sisters	17 Noon Prayer 6:00 pm Spiritwind	18 Office Closed	19 9:00 am Women's Creative Insight Circle
20 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer Circle	21 Noon Prayer 4:00 pm Yoga	22 Noon Prayer	23 Noon Prayer 5:00 pm Sisters	24 Noon Prayer 6:00 pm Spiritwind	25 Office Closed	26 10:00 am Women's Retreat
27 10:00 am Celebration Service 10:00 am Youth and Family Ministry	28 Noon Prayer 4:00 pm Yoga 6:00 pm Frontiers of Consciousness	29 Noon Prayer	30 Noon Prayer 5:00 pm Sisters	31 Noon Prayer 6:00 pm Spiritwind		

Unity of Auburn

Offering practical, spiritual teachings that empower abundant and meaningful living!

1212 High Street

Auburn, CA 95603

Phone: 530-888-6489

Email: admin@unityofauburn.com

Pray with Silent Unity: 800-669-7729

Join our Facebook pages:

Unity of Auburn

Unity of Auburn Events

Unity of Auburn-High Street Thrift and Gift

Lessons and Soloists

January 6, 2019

Lesson: What Happens When Preparation Meets Opportunity?

Soloist: Dennis Cain

January 13, 2019

Lesson: Spiritual Economics

Soloist: Brenda Boston

January 20, 2019

Lesson: The Wisdom of Insecurity

Soloist: Jon Dufour

January 27, 2019

Lesson: Stop, Look, Go

Soloist: Beth Gillogly



“And now let us believe in a long year that is given to us new, untouched, full of things that have never been...”

- Rilke

December Total:

\$1,106.50



November Total: \$853.00

To donate: Bring good quality clean items when the shop is open.

Reduce ... Recycle ... Reuse

Check us out on Facebook : Unity of Auburn - High Street Thrift and Gift

Unity of Auburn
**1212 High Street
Thrift & Gift Shop**

Hours Open:

Monday—Thursday 10:00am-4:00pm

Sometimes Open Fri, Sat & Sun

11:00 a.m. - 1:00 p.m.

(if we have volunteers)

We are in need of volunteers and donations!

Sign up at Unity Central