

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

Ministers' Message

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Special points of interest:

- Women's "Creative Insight" Circle
- Frontiers of Consciousness
- White Stone Ceremony
- Chaplain Orientation

January often finds us in a reflective mood as we look back over the past year, usually with a mixture of feelings, and then forward to the New Year, most often with a sense of optimism. If 2015 wasn't so great, then 2016 is an opportunity for positive change. If things went well in 2015 then why assume that this year won't be even better? Complacency is the biggest challenge we face as we start a new year.

If we no longer have obstacles to surmount, new ideas to master and new ways to give back to the world, we are in trouble. This is especially true in the face of what seems to be increasing division and tribalism here and in other parts of the world.

A great resource for new ideas to help address this condition is The Greater Good Science Center at UC Berkeley. They are the publishers of an online magazine called Greater Good Magazine: Science-Based Insights For a Meaningful Life. They recently published a list of their favorite books for 2019 one of which is titled; *The War For Kindness: Building Empathy in a Fractured World* by Jamil Zaki.

In this groundbreaking book, the author shares cutting-edge research, including experiments from his own lab, showing that empathy is not a fixed trait—something we're born with or not—but rather a skill that can be strengthened through effort. That means it is something practical; we can practice it and put it into action in our lives.

Empathy and compassion are presented from a secular perspective and yet the core ideas are perfectly consistent with the teachings of Jesus and the Buddha who had a great deal to say on the subject. Starting on Sunday January 5th we will start a series based on this book as a way to start the new year and new decade on a positive note.

The book contains both real life stories along with empirical peer reviewed studies in support of the various claims being made about how we might go about the task of creating a more empathetic world. The stories illustrate what he

is talking about and the empirical evidence shows us that we can actually do something about it.

The title is provocative and paradoxical: The War for Kindness. The author identifies the different ways in which we are pushed toward hatred and indifference and how people have pushed back and struggled against those forces in an effort to reclaim their humanity. I had never thought of it that way before but after reviewing the book, there is indeed a war of sorts going on.

The book ends with an admonition and a challenge: "Empathy—in its ancient form—is built on self-preservation. We care for our children because they carry our genes, and for our tribe because they offer sustenance, sex, and safety. Building concern for a future that has forgotten us runs counter to our Darwinian impulses. But there are still ways to cultivate that concern...It's easy to live in a less intentional way. Building a new sort of empathy takes effort and sacrifice, for people who might not repay it. But in the face of escalating cruelty and isolation, we are fighting for our moral lives. Doing what's easy is seldom worthwhile, and in moments like these, it's dangerous. We each have a choice, and the sum of our choices will create the future. What are you going to do?"

The book is not required in order to follow the series but it is a worthy addition to your library. It is spiritual in the best sense of the word and fits into our mission of advancing a positive message to help us thrive in this changing world.

Chaplain's Corner



Becky Morgan

From the Ending to the Beginning: Your Magic Transformation

As another year draws to a close, we reflect that as with all things that end, each end signals a new beginning; and that transition is the birthplace of hope – where the power of intention comes alive.

“Whatever you can do or dream you can, begin it,” says Goethe. “Boldness has genius, power, and magic in it. Begin it now.”

In a way, the tradition of beginning anew on January 1st is arbitrary: In truth, we can begin anew on any day – in any moment. And yet, there is something magic about this time of year, born of the power of communal intention for positive change.

As a bicyclist can go faster more easily when riding in a group – taking advantage of the momentum of forward air movement created by the motion of others – just so, we can accelerate the power of our intentions by tapping into the collective consciousness of hope and positive expectation that exists at this time of the year.

As we do so, we also contribute to the expansion of that collective consciousness through the energy we give to our own positive visions and actions going forward. We can both ride the wave of transformative power, and keep it rolling!

Just as the upward movement and forward action of others can inspire and empower our own, so does the energy of our own efforts illuminate the path for others around us and help to carry them onward on their journeys as well. Separately and together, our good intentions and actions advance all of humanity, propelling us forward and upward into the light with a power beyond what we could have imagined.

And as we act, magic happens: “The moment one definitely commits oneself,” W.H. Murray says, “then providence moves too.... All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way.”

Just as in the ceremony of the burning bowl, we cast away that which we wish to release from the old year, and in the brilliance and heat of its flame new intentions are born. We enter the new year as workers of magic, transforming ourselves and our world with the brilliant light we project before us, in new hope and renewed strength of will.

As you begin this new year, imagine all that you do shining with the brilliance of the transformation you are working within you. With every new day, you join your light with others to illuminate the world – with the energy of your creativity and the power of your mind – in every action you take.

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

(Offered on an “as needed” basis)

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

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.

**NO YOGA UNTIL
“FURTHER NOTICE”**



I am abundantly blessed in all areas of my life.

12 Step Meetings at Unity of Auburn

Gold Rush Al-Anon Family Group

Mondays, 7:30 p.m.

Location: Manning Hall

Al-Ateen same time and place.

Women's Courage to Change Al-Anon Family Group

(Women only)

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 19th, 11:30 a.m.

Our prayer circle is 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



“Spiritwind” is a study group for Spiritual Adventurers. The January topic is *Tacit Knowledge* with Bruce Willis, Ph.D. Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn, 1212 High Street.

Rev. Rick Reich

Love offerings accepted.

Women’s “Creative Insight” Circle January 18th, 9:00 a.m. - 4:00 p.m.

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.



January Theme:

My Radiant Life: Using art to set intentions

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: image Pathways Gathering Place
461 Main Street, Newcastle, CA 95658

FRONTIERS OF CONSCIOUSNESS Monday, January 27th, 6:00 p.m. Facilitator: Rev. Mark



The Big History Project examines our past, explains our present, and imagines our future. It's a story about us. An idea that arose from a desire to go beyond specialized and self-contained fields of study to grasp history as a whole. The course is designed for anyone seeking answers to the big questions about the history of our Universe. The course was created by historian David Christian PhD and funded by Bill Gates who calls it "his favorite online course." Join us as we discover our place in the cosmos and the many billions of years it took for human consciousness to arise.

Special Events



**Christmas Take Down
January 4th, 10:00 a.m.
Sign Up Sheet in
Unity Central**

Chaplain Orientation

Sunday, January 26th, 11:30 a.m.

What is a Unity Chaplain?

A Unity Chaplain is:

- Someone who supports the congregation on their spiritual journey.
- Someone who creates and holds sacred space with each person
- Someone who listens and holds what is heard in the strictest confidence.
- Someone who keeps a personal daily prayer practice and prays with others.

If you feel called to be a Unity Prayer Chaplain, please attend our orientation on Sunday, January 26th.

White Stone Ceremony Sunday, January 5th, 10:00 a.m.

During the time of the Roman Empire, when a prisoner was released from prison, he was given a white stone. This was a symbol that he had a fresh start, a clean slate. When you had a white stone you left your old stories behind you and started a new one.

Unity Churches often celebrate the first Sunday of the New Year with a White Stone Ceremony. The ceremony is a brief meditation where you allow your higher self to give you a name for the new year. This name represents what you wish to heal and accomplish throughout the year.



Message from our Board of Directors



Patricia Lord

I hope you all had a wonderful holiday season and are looking forward to the new year.

This has been a good year. The Board of Trustees has the responsibility of creating and following the budget and I'm happy to say we did well with the budget in 2019. With your help we hope to do as well or better in the coming year.

More personally I am grateful for the opportunity Unity provides for spiritual study and growth and to develop the qualities of compassion love, gratitude, peace and generosity. In addition to our own spiritual development I believe that we are here to help one another. Its time to plan your new year.

Happy New Year everyone!

Pat



Board of Directors



Board of Trustees

- Pat Lord.....President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary
- Bill Mahl.....Member
- Dave Langley.....Member
- Edna Sparkes.....Member
- Patty Davis.....Member

Unity of Auburn Staff

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

Staff

Unity of Auburn January 2020

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

Unity of Auburn

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

1212 High Street
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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 2020 Talk Titles

January 5, 2020

Lesson: The War For Kindness

Soloist: Dennis Cain

January 12, 2020

Lesson: Choosing Empathy

Soloist: Brenda Boston

January 19, 2020

Lesson: The Pros and Cons of Empathy

Soloist: Jon Dufour

January 26, 2020

Lesson: Empathy and the Digital Age

Soloist: Diana Blais

*Kindness is like snow – it
beautifies everything it
covers.*

Kahil Gabran



Unity of Auburn
1212 High Street
Thrift & Gift Shop

Hours Open:
Monday-Thursday 10:00am-4:00pm
Open Friday 10:00 am-2:00 pm
No Longer Open on Saturday
Sometimes Open Sunday
(if we have volunteers)

*We are in need of volunteers and donations!
Sign up at Unity Central*

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