

*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

The co-founders of the Unity Movement have birthdays in August which is why many Unity centers dedicate this month to celebrating our heritage. Charles and Myrtle Fillmore were part of a group of people who have been described as "Spirits in Rebellion" which is the title of a book by Charles Braden published in 1963 covering the rise of the New Thought Movement.

Part of what they were rebelling against was traditional Christianity and the concept of a punishing God, eternal damnation for the un-baptized and unquestioning belief in the teachings of religious authority figures.

The Fillmores could have abandoned the label Christianity altogether but chose not to. In an early Unity publication, Charles responded to questions about the nature of what they were teaching under the name Unity: "We have readers among all the schools of thought and we find good in all, yet we cannot say that we are an exponent of any. If our doctrine were nameable we should prefer to call it *Practical Christianity*."

Does that mean that Unity has a doctrine? Most Unity Centers proudly declare that we have no doctrines, dogma or creeds. Nonetheless, we often hear from Unity folks who insist that there is some form of Fillmore endorsed orthodoxy that we need to "get back to."

Going backwards has never been an option for me. There are things that Charles Fillmore advocated that have been disproven by the very methods of inquiry that he followed. For example, Charles believed that scientific speculation about the existence of the luminiferous aether proved the existence of disembodied mind or intelligence.

He endorsed this idea in the October 1897

issue of Unity Magazine, apparently unaware that experiments conducted in 1887 proved that the concept was unsound. By 1904, the existence of the aether was conclusively disproven and references to the aether were removed from later editions of Charles' writings.

There are several other similar examples of ideas that were later disproven. Rather than truth, what Charles actually had in these ideas were beliefs or hypotheses which he pursued by following the evidence. His life was one big experiment and anyone who embraces the scientific method accepts that you are going to be wrong more often than right.

What leads to true knowledge is application of the methods and tools of inquiry best matched to the claim being made. If the evidence fails to support the claim, then it cannot be called truth and the only thing left to do is to reformulate your hypothesis and move on.

What I admire the most about Charles Fillmore is that he didn't give us a doctrine; he gave us a way to engage life. Unity is a license to delve into reality without having to blindly accept *any* claim without adequate proof including but not limited to reincarnation, the afterlife, the soul and psychic phenomena.

In his 1877 essay "The Ethics of Belief" noted philosopher, mathematician and metaphysician William Kingdon Clifford wrote: "It is wrong always, everywhere, and for anyone, to believe anything upon insufficient evidence." I think Charles would have agreed. This August we will explore the development and current status of some of our key ideas in Unity.

Phone: 530-888-6489

Website: [www.unityofauburn.com](http://www.unityofauburn.com)

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### Special points of interest:

**Concert with Richard Reich and Friends, August 9th**

**The Sermon on the Mount: *The key to success in life***

## Chaplain's Corner



Elizabeth Rawson



### Chaplains Corner Mindfulness

At our Unity Retreat in June, Revs Mark and Karen shared insights on mindfulness as a state of mind AND a process of conscious attention throughout our day by leading us in meditation practices.

Rev Mark quoted Thich Nhat Hanh: the monk who popularized mindfulness in the West, reminding us not to walk on water, but to walk in awareness. Rev Mark introduced the Buddha's concept not to suffer, and not to stay in a state of "unsatisfactory -ness" in our days.

When status quo, our current way of doing things, keeps us clinging to a pattern of auto pilot, going through the motions, in the DOING mode, change can't happen. The doing mode is not "bad". We can't eliminate doing in our daily world. Instead of a constant state of pushing away any discomforting thoughts, at odds with an ebb and flow in our days, we can reframe our thinking, choosing to do so in THIS moment,

moving more gently towards our way of BEING in the world today.

Being is becoming more intentional in this moment, more conscious of our direct experience in this moment; not what we think it should be or could be. Remember that phrase "Don't SHOULD all over yourself"?

Author Katie Hawthorne explains that the goal is not necessarily to clear your mind, but to notice each thought as it arises and let go of it. In letting go we can claim moments in the silence for undistracted attention, create awareness in our own consciousness, with clear and non-judgmental thoughts. Mindfulness eases stress, creates calm, and connects us to our spiritual center, our Divine Nature, our direct Source of spiritual renewal.

Rev Karen explained our central aim of meditation is to learn how to recognize the doing and the being, so we will know how to switch modes. She guided us through meditations: a 3 minute breathing exercise, a 40 minute full body scan, and walking inside and outside mindfully.

Rev Karen recommended The Mindful Way Workbook:

<https://www.mindfulnessstudies.com/mindful-way-workbook/>

Thank you Mark and Karen for special learning experiences we can take into our daily practice!

## Youth and Family Ministry

### Unitots

Sundays, 10:00 a.m.

### UniKids and UniTeens

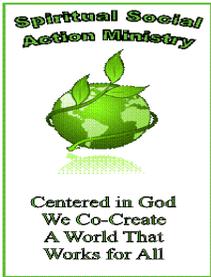
Sundays, 10:00 a.m.

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.

### A Course in Miracles

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

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

#### Re-parenting, Recovery & Resilience—Adult Children of Alcoholics & Dysfunctional Families (ACA)

Tuesdays, 6:30 p.m.

Location: Youth Room

#### Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.

Location: Manning Hall

#### Chaplain Prayer Circle

Sunday, August 18th, 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



Rev. Rick Reich



“Spiritwind” is a study group for Spiritual Adventurers.

During the month of August the Spiritwind topic will be "Our Spiritual Journeys."

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

### Sisters of the Good

Fall Series Starts Wednesdays, September 4th through November 24th

Time: 5:00 p.m. - 7:00 p.m.

Facilitator: Rev. Karen

All women are invited to join our fall series. We come together to study and discuss a book, check in with each other, support one another and share potlucks once a month for birthdays. The book we are using is **The Endless Practice: Becoming Who You Were Born to Be** by Mark Nepo. The cost is \$9.42 for paperback and \$11.99 for Kindle. You can order the book in the Spiritual Resource Center or by calling our admin, Carrie in the office at 530-888-6489 (you'll need a credit card or stop by with cash/check). This is a safe, loving group that promotes spiritual growth. Hope to see you there!

**The Sermon on the Mount:** *The key to success in life* (Metaphysical Interpretation of the Beatitudes by Emmet Fox)

When: Fridays, 10:00 a.m.- 11:30 a.m.,  
September 6 - October 24th.

Where: Upstairs in the Unity Office

Teacher: Marra P. Swan, LUT

This fall class and spiritual support group will study Emmet Fox’s book on the beatitudes. Sign up to attend the class at Unity Central. You can order your book at the Spiritual Resource Center. Paperback is \$10.48 + tax, Kindle is \$13.99. The class is offered on a love offering basis.

### FRONTIERS OF CONSCIOUSNESS

Monday, August 26th, 6:00 p.m.

*The Brain* (PBS Series)



#### Why Do I Need You?

The field of consciousness studies has expanded rapidly in the last 20 years but 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 and then discussing the pros and cons. No text book is required.

This month we will continue with the PBS series *The Brain* with Dr. David Eagleman. Episode Five, *Why Do I Need You?* Dr. Eagleman will explore how the human brain depends on other brains to thrive and survive.

Philosophers and great thinkers have for millennia pondered the question of how physical stuff can give rise to mental processes. Last century, the new field of neuroscience joined the discussion, and Dr David Eagleman explains that, to a neuroscientist, the answers to such questions lie in a deep understanding of the brain.

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?

## Special Events

### Concert with Richard Reich and Friends

On Friday, August 9th from 7:00-9:00 p.m., Richard Reich and Friends will be doing a concert featuring original music by Reich as well as covers. Come and “listen to the music...” 100 % of the donations will go to Unity of Auburn.



The Bingo Team is looking for raffle baskets. If you can create a basket, please let Sharon Hardie or Dawn Pace know.

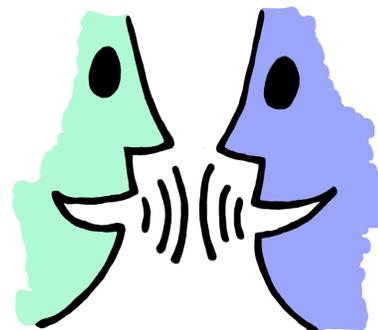
**Watch for more information on our new Mystery Dinner event on November 1st.**

### Women’s “Creative Insight” Circle

**August 17th, 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.

**Let My Voice Be Heard.....**



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

# Message from our Board of Directors



Dave Langley

As one of the newest UOA board members, I wanted to pass on two things that I have attuned to since beginning this position of service a few months ago.

- First, I am reminded of how hard so many people are working, and have worked, to keep this wonderful spiritual community going for all of us. As you all know, we've been through some difficult times and the hard work of so many folks has not only kept UOA going, but has kept us in a prosperous consciousness. That was, and is, not an easy task. I'm learning about all of these activities as I listen to the team reports at the board meetings. This awareness has rekindled my attitude of appreciation and gratefulness. I am very grateful to all of you folks at UOA who work to keep our beautiful community going. It is such a gift to have this spiritual environment available. Thank you.
- Second, I am reminded of the blessings that come when being of service. Part of my nature is that I am often reluctant to be of service. But when I gather the courage to do so, I am always rewarded with the gifts that service brings. For me, several gifts have come from this experience, including getting to know the church and the community better, and to see where my talents can be of use.

My thanks go to all of you in the UOA community. I hope you all can take a moment to appreciate the community we have here, and what a blessing it is.

## Board of Directors



### Board of Trustees

- Pat Lord.....President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary
- Bill Mahl.....Member
- Dave Langley.....Member
- Edna Sparkes.....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 August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Noon Prayer 6:00 pm Spiritwind	2 Office Closed	3
4 10:00 am Celebration Service 10:00 am Youth and Family Ministry	5 Noon Prayer 4:00 pm Yoga	6 Noon Prayer	7 Noon Prayer	8 Noon Prayer 6:00 pm Spiritwind	9 Office Closed 7:00 p.m. Concert with Richard Reich and Friends	10
11 10:00 am Celebration Service 10:00 am Youth and Family Ministry	12 Noon Prayer 4:00 pm Yoga	13 Noon Prayer	14 Noon Prayer	15 Noon Prayer 6:00 pm Spiritwind	16 Office Closed	17 Women's Creative Insight Circle 10:00 A.M.
18 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer Circle	19 Noon Prayer 4:00 pm Yoga	20 Noon Prayer	21 Noon Prayer	22 Noon Prayer 6:00 pm Spiritwind	23 Office Closed	24
25 10:00 am Celebration Service 10:00 am Youth and Family Ministry	26 Noon Prayer 4:00 pm Yoga 6:00 pm Frontiers of Consciousness	27 Noon Prayer	28 Noon Prayer	29 Noon Prayer 6:00 pm Spiritwind	30 Office Closed	31

## 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](mailto: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

### August 2019 Talk Titles

August 4, 2019

Lesson: The Fillmore Legacy

Soloist: Dennis Cain

August 11, 2019

Lesson: Germs, the Big Bang and Consciousness

Soloist: Brenda Boston

August 18, 2019

Lesson: Show Me!

Soloist: Jon Dufour

August 25, 2019

Lesson: Unity Today

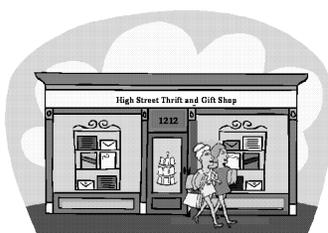
Soloist: Beth Gillogly



**I go to nature to be soothed and healed, and to have my sense put in order."**

**- John Burroughs**

**July Total:**  
**\$1,338.50**



**June Total: \$1,444.29**

**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

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*