

*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

One of the many things that attracted me to the Unity movement was our open embrace of the practice of meditation. This ancient discipline preceded the scientific revolution by thousands of years and now the modern field of neuroscience is discovering how various forms of meditative practice can shape the brain for greater well being and peace of mind.

The most common question raised in each of the meditation classes we have offered has been: "How do I know if it's working?" Most people are looking for some kind of sensation or vision to let them know that they are "doing it right." The answer has nothing to do with sensations or visions. We know that it's working when we notice that anxiety, depression, fear and anger are increasingly giving way to confidence, joy, peace and compassion in our daily lives.

In January 2011 we did a Sunday series based on the book; *Buddha's Brain, The Practical Neuroscience of Happiness, Love and Wisdom* by Rick Hanson. It was of necessity an overview intended to introduce the concepts and provide additional direction and focus for those already engaging in a meditation practice.

The goal of *Buddha's Brain* was to answer two questions: 1. What brain states underlie the mental states of happiness, love and wisdom? 2. How can you use your mind to stimulate and strengthen these positive brain states? It proved to be a popular and inspiring series which is why I was happy to see that Dr. Hanson has recently published another book just in time for our annual seven week fall series entitled: *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*.

*Resilient* draws upon the latest research in the fields of psychology and neuroscience since *Buddha's Brain* was published. For over 100 years Unity has emphasized the importance of the subjective thought realm

in human beings but the most exciting discoveries have been made in the last 20 years. Unity co-founder Charles Fillmore would have been fascinated by these developments and welcomed them even if they required him to reformulate some of his ideas.

In the introduction to *Resilient*, the author talks about the unique power of the mind in helping to create a better life for ourselves and a world that works for all: *"It offers the greatest opportunity, since you usually have more influence over your mind than over your body or world. It also offers the greatest impact, since you take your mind with you wherever you go. You can't always count on the world, other people, or even your own body. But you can count on durable inner strengths hardwired into your nervous system—and this book is about growing them."*

In his Sermon On The Mount, Jesus spoke eloquently about the human qualities he most admired. Unfortunately he didn't live long enough to leave us detailed instructions about how to best cultivate those qualities. He left that part for us to figure out and it is an ongoing process of learning and application.

Our seven week fall series starts Sunday October 7, 2018. Following the service there will be a discussion group at 11:30 AM, meeting in the youth education area. Each week will have a wardrobe color theme (just for fun) and community building. The series will conclude with our Thanksgiving potluck on November 18<sup>th</sup>. The book is available to order in the Spiritual Resource Center with free shipping to your home. We hope you can join us!

Phone: 530-888-6489

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

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### Special points of interest:

- **Unity World Day of Prayer**
- **Bingo**
- **New Members Class**

## Chaplain's Corner

### Earth Day: Creating a More Harmonious Way of Being on The Planet

When preparing for writing this article, I turned to The Unity Worldwide Ministries website for inspiration. I found an article, "Cultivating a Culture of Accountability," which spoke to my interest of interpersonal communications. The article defines a movement for change and offers a way to express ourselves that supports more effective outcomes in our verbal communications. It was published March 15, 2018.



Mercedes Breaux  
Chaplain

Unity's Worldwide Ministries mission in this movement is one of "Spiritual awakening and transformation on a deep level, about creating the possibility of a harmonious way of being on the planet." Creating this possibility is not easy and takes time. To implement this process requires self-awareness, authenticity and vulnerability.

A shared intention of looking at situations, evaluating them, and taking responsibility while avoiding self or other blame is a necessary component. When holding oneself or another accountable, we gain respect and credibility. Communication expressed from a position of

superiority or judgment often leaves the recipient feeling scolded and hearing they are doing something wrong.

As a participant in the "Culture of Accountability," a value-based conversation is named as a way to implement a harmonious way of speaking. When expressing your concerns with others about their behavior, this type of conversation has a more constructive impact on behavior, deepens relationships and fosters trust.

Here is an example of a value-based conversation:

As a participant in Unity's Worldwide Ministries "Culture of Accountability" you have noticed a colleague being reactive and defensive in a situation. You say: "I know the ministry is important to you, and that you desire to be loving and compassionate. Sometimes I find you react to situations and blame other people for what is not going well. I would like to support you in finding other ways to deal with these situations."

May the actions of the "Culture of Accountability" inspire us to see the good in all. Let's claim our power to act from love in every circumstance, to seek harmony in all situations and to see beyond the appearances of separation.



Mary Lou Banahan  
Youth and Family Leader

## Youth and Family Ministry

Dear Friends,

Fall is here and hopefully that means cooler weather. I have been enjoying some younger children attending church on Sunday. It is great to see and hear their enthusiasm! I look forward to sharing Unity principles with them.

Blessings,

Mary Lou Banahan

### Unitots

Sundays, 10:00 a.m.

### UniKids and UniTeens

Sundays, 10:00 a.m.

Location: Youth and Family Ministry Wing





## 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!

### Yoga

Mondays, 4:00 pm

Yoga resumes on Monday, September 10th. Join us then 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

#### 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, September 16th at 11:30 a.m.

Our prayer circle is now on 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 September at Spiritwind we will be looking at "Native American Cosmologies." I say cosmologies because Native Americans had no one single idea of how the universe came to be or how it is sustained. Rather, concerning the universe’s origin, they had varying myths and legends dependent upon which tribe was speaking. This is a follow up to last month’s class which looked at the universe according to modern scientific cosmology. Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street. *Love offering accepted.*

### Women’s “Creative Insight” Circle Saturday, September 15th, 9:00 am - 4:00 pm

This Month’s Theme:

**Along the Roadway of Life ...  
Negotiating the Twists and Turns**



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.

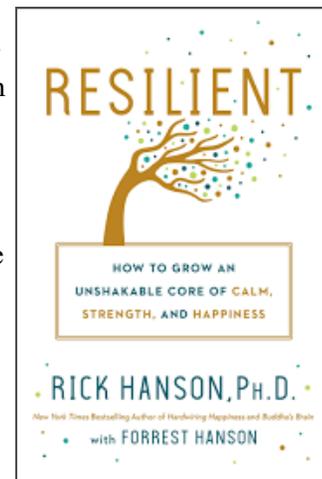
RSVP to: Deborah at 916-652-7709.

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

### Unity of Auburn Seven Week Fall Series October 7th - November 18th

Based on the Book: ***Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*** by Rick Hanson

From the same author who wrote *Buddha’s Brain*, *Resilient* draws upon the latest research in the fields of psychology and neuroscience. Our seven-week series will begin Sunday, October 7th, after the service. Each week will have a wardrobe color theme (just for fun) and community building. The series will conclude with our Thanksgiving potluck on November 18<sup>th</sup>. We hope you can join us.



- Books may be purchased from the SRC with free shipping to your home.
- If you order on your own, please remember to use Amazon Smile to make your purchase and choose Unity of Auburn as the beneficiary.

Each Sunday our discussion group will meet at 11:30 am in the Youth Education area.

**The wardrobe color theme for our first meeting will be:**

... **Orange**



**New Member Orientation**  
Sunday, September 30th  
11:30 a.m. in the Sanctuary

To become a member of Unity of Auburn, please attend this orientation. You will learn about the Unity movement, Unity of Auburn, and meet some of the leaders of our center. Please fill out an information card located in the seat pockets of the sanctuary chairs and place in the love offering basket. New members will be received on *Sunday, September 24th* during our service.

## Special Events



**UNITY WORLD  
DAY OF PRAYER**  
September 13, 2018

### Celebrate Unity's 25th Annual World Day of Prayer

Unity of Auburn joins Silent Unity, Unity Centers and thousands of people around the world on Thursday, September 13, to celebrate the 25th annual World Day of Prayer. Times of great change challenge us to find our center in the midst of seeming chaos. The spiritual practice of finding peace right where you are, in the midst of any situation, has been the prescription of master teachers through the ages.

Unity is echoing this centuries-old practice during World Day of Prayer 2018, calling for "The Courage to Heal." We're engaging people all over the world with renewed spiritual energy to *Pray Healing ... Be Healing ... Do Healing.*

There are a number of ways you can participate in this year's activities:

1. Take part in our prayer vigil by signing up for a block of time to pray at home or work on September 13th. Look for sign-up sheets at Unity Central later this month.
2. Use the special prayer request forms to list names and intentions you wish to be held in prayer during the 24-hour prayer vigil at Silent Unity. Prayer forms will be available in the Sunday bulletin and at Unity Central. Place your forms in the World Day of Prayer-themed prayer box at Unity Central by Sunday, September 9th so we can mail them to Silent Unity in time for the vigil.
3. Find a Prayer Partner to pray with on Thursday, September 13th. This could be the beginning of a weekly practice together.
4. Follow World Day of Prayer at [www.worlddayofprayer.org](http://www.worlddayofprayer.org). Many events, beginning with the opening ceremony at 7 p.m. on September 12th, will be live streamed. Invite family and friends to view the website, too. You can also listen to and comment on live talks by Unity ministers and guest speakers every Thursday at 11:00 a.m. Central time on the Unity Facebook page.
5. Be inspired by World Day of Prayer to pray with a chaplain after service on Sunday, or talk to one of our chaplains about scheduling time for prayer.

# Unity Bingo

## Almost October Fest

**A FUN FUNDRAISER!**



**Friday**

*September 21, 2018*

Doors open at 5:00 pm

Games start at 6pm

1212 High Street

Auburn, CA

**\$25 pre-sale/\$30 at the door**

*Includes 10 sheets of Bingo Cards*

**One free Door Prize Ticket!**

**Event Prizes!**

**Bratwursts (regular and vegetarian),**

**Beer, Wine, Water**

*(sold separately)*

**Tea and Coffee Provided**

**\* Tickets Go On Sale August 1st.**

Get your tickets at 1212 High Street

Thrift and Gift Shop,

Monday-Thursday

10:00am—4:00pm or call

530-888-6489

# Message from our Board of Directors

Greetings from the Board,

Welcome to September, a transition month (hopefully) after a long, hot summer. We still have the warm days, yet this month also marks the start of autumn—a time of new beginnings when students return to school.

The Board of Unity of Auburn has been hard at work this summer dealing with the challenges we face, especially regarding our finances and working toward thriving within our budget.



Our community continues to thrive in energy and in spiritual enthusiasm—no question there. Yet, we also need to keep up our love offerings to meet our monthly baseline financial expenses.

We appreciate all that you do and all that you feel you can give to keep our church healthy and vibrant.

We are grateful for Unity of Auburn!



Shelley Ruthford

## Board of Directors



### Board of Trustees

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

### Unity of Auburn Staff

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

## Staff

# Unity of Auburn September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:00 am Celebration Service 10:00 am Youth and Family Ministry	3 <b>OFFICE CLOSED FOR LABOR DAY</b>	4 Noon Prayer	5 Noon Prayer 6:30 pm A Course in Miracles	6 Noon Prayer 6:00 pm Spiritwind	7 Office Closed	8
9 10:00 am Celebration Service 10:00 am Youth and Family Ministry	10 Noon Prayer	11 Noon Prayer	12 Noon Prayer 6:30 pm A Course in Miracles	13 Unity World Day of Prayer Noon Prayer 6:00 pm Spiritwind	14 Office Closed	15 9:00 am Women's Creative Insight Circle
16 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Prayer Circle	17 Noon Prayer	18 Noon Prayer 6:00 pm Meditation Class	19 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	20 Noon Prayer 6:00 pm Spiritwind	21 Office Closed 5:00 pm BINGO: ALMOST OCTOBER FEST	22
23 10:00 am Celebration Service 10:00 am Youth and Family Ministry	24 Noon Prayer 6:00 pm Frontiers of Consciousness	25 Noon Prayer 6:00 pm Meditation Class	26 Noon Prayer 6:30 pm A Course in Miracles	27 Noon Prayer 6:00 pm Spiritwind	28 Office Closed LifeLine Screening	29
30 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am New Member Orientation						

## 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

September 2, 2018

Talk: The Powers Within: From Love to Power

Soloist: TBA

September 9, 2018

Talk: Unity World Day of Prayer (Chaplain Presentation)

Soloist: Brenda Boston

September 16, 2018

Talk: The Powers Within: Wisdom to Imagination

Soloist: Jon Dufor

September 23, 2018

Talk: The Powers Within: Will to Order

Soloist: Dennis Cain

September 30, 2018

Talk: The Powers Within: Release and Life

Soloist: Jon Dufor



**Meanwhile the wild geese, high in the clean blue air,  
are heading home again.**

**Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting -  
over and over announcing your place  
in the family of things.**

~ Mary Oliver



***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*