

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

Phone: 530-888-6489

Website: www.unityofauburn.com

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Special points of interest:

- Unity World Day of Prayer
- Jack Williams in Concert
- Unity Bingo
- Volunteer Appreciation Sunday

In 1965 Frank Sinatra released an album entitled "The September of My Years" which made it to number 5 on the Billboard Pop Albums chart. I've learned to appreciate Frank Sinatra as a musician and his choice of songs for this album are telling.

Sinatra was going to turn 50 that year which apparently resulted in some introspection and contemplation about middle age and mortality. Accordingly, we find the songs "It Was a Very Good Year," "How Old Am I?" "Don't Wait Too Long" and the Kurt Weill standard "September Song" with the haunting lyrics "Oh, it's a long, long time, from May to December but the days grow short when you reach September..."

These days people probably say 50 is the new 70 or something like that but it still doesn't stop us from reflecting on the passage of time and how the meaning of life changes as we grow older. September and fall are metaphors for transition and they also mean that we start another fall series at Unity of Auburn.

This year we are going to work with the book "Falling Upward: A Spirituality for the Two Halves of Life" by Richard Rohr. Here is a description from the publisher:

"A fresh way of thinking about spirituality that grows throughout life. In Falling Upward, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness."

This seemed to me to be an uplifting and refreshing way to look at the metaphorical September of our years and beyond. For those who haven't reached that point yet, it's never too soon to start planning. It also gives practical advice for everyone about how to use both success and failure as opportunities for spiritual growth and moving forward.

Richard Rohr is a Catholic priest and member of the Franciscan order. He has become a highly regarded author and ecumenical teacher and a proponent of something he calls "alternative orthodoxy" which is another way saying that he values substance over form and experience over dogma and theory.

He is also the founder of the Center for Action and Contemplation in Albuquerque New Mexico which has a compelling Vision: "Amidst a time of planetary change and disruption, we envision a recovery of our deep connection to each other and our world, led by Christian and other spiritual movements that are freeing leaders and communities to overcome dehumanizing systems of oppression and cooperate in the transforming work of Love."

Our seven week fall series starts Sunday October 20, 2019. 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 book is available to order in the Spiritual Resource Center with free shipping to your home. We hope you can join us!

Chaplain's Corner



Mercedes Breaux

Positive Possibilities

When recently thinking about this writing, I found myself challenged to “keep things simple”. That means I would not struggle to “get things right” and “not take too long” in the process.

In exploring my challenge, a new perspective evolved. I felt more determined to change these unsupportive thoughts/feelings/beliefs, which surfaced at other times as well. Yes, it's amazing how challenges repeat!

What made a difference in moving forward in this process is my practice of affirmative prayer, meditation, and rereading a book, “The Heart Of The Revolution,” by Noah Levine.

In prayer, I practiced the power of release. I replaced thoughts that do not express my spiritual truth, oneness with the allness of god.

From the book I learned about influences that supported a big change in the author's life. He

followed the teachings of the Buddha. Levine's journey is impressive and inspirational.

His personal challenge was that of “holding onto anger, opening to and letting in forgiveness, compassion and kindness” and finally getting to “love”.

After taking in and practicing the teachings from the book, I was able to let go of mistaken judgments and become more compassionate and less fearful.

In addition, he wrote, “the evolutionary process of human beings is dictated by a natural desire to live and to pursue happiness. But our survival instinct, which is controlled by the mind/body, keeps alive an unrealistic hope for a life that is always pleasurable and never painful. There is also a release from this survival instinct and other learning's from our family and world that do not serve our highest good.”

In reading about this process, I was able to see my “struggle” without judgment, not bad or good, it just is. I have taken this to mean to be “here and now” and to let go of the “struggle”.

Attuned to our own spark of divinity, we gain a new clarity! Understanding our divine nature, we are able to approach each experience with confidence knowing our divine potential opens us to new and positive possibilities.

Youth and Family Ministry

Unitots

Sundays, 10:00 a.m.

UniKids and UniTeens

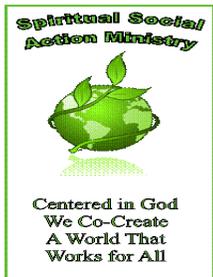
Sundays, 10:00 a.m.

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”**

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, September 15th, 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. Thursdays at 6:00 p.m.

The September topic is Sacred Contracts based on Carolyn Myss' book of the same title. In this study we will discover our life purpose in view of 12 archetypes.

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. The book we are using is **The Endless Practice: Becoming Who You Were Born to Be** by Mark Nepo. 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).

FRONTIERS OF CONSCIOUSNESS

Monday, September 23rd, 6:00 p.m.

The Brain (PBS Series)

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

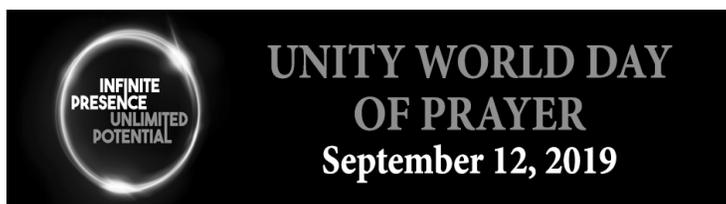
When: Fridays, 10:00 a.m.- 11:30 a.m.,
September 6 - October 24th.

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.

Special Events

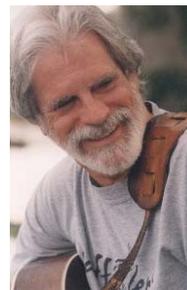


Unity of Auburn is offering various ways for you to celebrate World Day of Prayer this year. More information available in Manning Hall.

Please take advantage of one or all of the opportunities to, “experience infinite presence and unlimited potentials.”

Wind River Recording Artist

Jack Williams



In Concert Sept 13, 2019, 7:00PM

Unity of Auburn, 1212 High St. Auburn CA

Tickets \$15 at the door

530-888-6489 www.unityofauburn.com

www.jackwilliamsmusic.com

Special Events Cont.



Unity Bingo

Almost October Fest

Fun Fundraiser

Friday, September 20th, 2019

Doors open at 5pm * Games start at 6pm

1212 High Street, Auburn, CA

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

Includes 10 Bingo Cards and 1 Raffle Ticket

for One of Our Stellar Gifts

Door Prize! Event Prizes!

Coffee & Tea Included

Bratwursts (regular and vegetarian)

Beer, Wine & Water

(Sold Separately)

Get your tickets at 1212 High Street Thrift and Gift Shop

Monday—Thursday, 10 am — 3 pm

or call 530-888-6489

Halloween Lies Mystery Dinner event is on November 1st. Get your tickets starting on September 20th!



Women’s “Creative Insight” Circle

September 21st, 9:00 a.m. - 4:00

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.

Life is a Roller Coaster.....

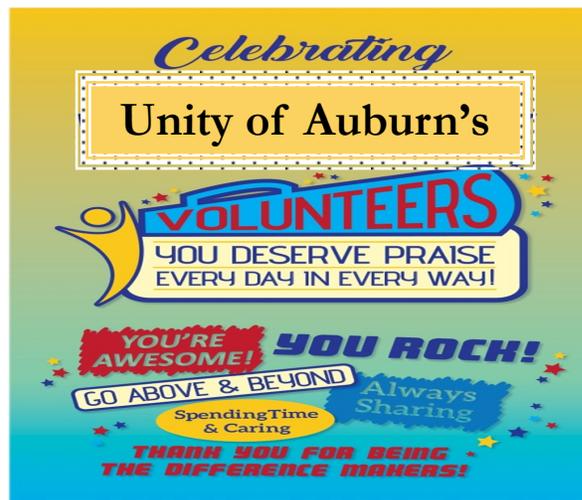
Riding the Ups and Downs

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



All volunteers are invited to be honored and celebrated on September 29th at our 10:00am service and luncheon after the service.

Message from our Board of Directors



Bill Mahl

Hello Everyone,

Lately I have been thinking about how important sound can be in our daily lives. If you are lucky enough to have good hearing, you hear many different sounds every day yet some are sounds we don't even notice.

Sounds have the ability to instill emotions in us. Some can inspire, some can cause feelings of depression, yet others create joy, anger, fear and even anxiety.

Almost all societies have some form of music in the form of rituals and pleasure. We use music in our weekly service at Unity to bring us together and lift our spirits. Personally, I like to play the harmonica here at home as a form of pleasure and creativity. Even my dogs get excited when they hear me start to play!

Sounds in nature such as waves crashing on the beach, rivers rushing and streams gently flowing create sounds that can be viewed as being therapeutic. At home we have wind chimes on our front deck and the sounds that emanate when the wind activates them has a gentle, soothing effect. I have attended numerous sound healing sessions where different instruments are played to invoke feelings within each participant. Even someone who is hard-of-hearing can appreciate these type of sessions because the instruments emanate vibrations that can be felt by hard-of-hearing people as well.

Sounds are always in our lives, whether we hear them clearly or not. The older I get the fewer sounds I am able to discern clearly. Yet, I can always find a way to enjoy them. As I read in The Daily Word: "My mind expands with new information to improve the quality of my life... I am grateful for this human body and for every moment of life."

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

Staff

Unity of Auburn September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 am Celebration Service 10:00 am Youth and Family Ministry	2 Labor Day Holiday Office Closed	3 Noon Prayer	4 Noon Prayer 5:00 pm Sisters of Good	5 Noon Prayer 6:00 pm Spiritwind	6 Office Closed 10-11:30 am Sermon on the Mount	7
8 10:00 am Celebration Service 10:00 am Youth and Family Ministry	9 Noon Prayer	10 Noon Prayer	11 Noon Prayer 5:00 pm Sisters of Good	12 Unity World Day of Prayer Noon Prayer 6:00 pm Spiritwind	13 Office Closed 10-11:30 am Sermon on the Mount 7:00 pm Jack Williams in Concert	14
15 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer Circle	16 Noon Prayer	17 Noon Prayer	18 Noon Prayer 5:00 pm Sisters of Good	19 Noon Prayer 6:00 pm Spiritwind	20 Office Closed 10-11:30 am Sermon on the Mount 5:00 pm Unity Bingo	21 10:00 am Women's Creative Insight Circle Life is a Roller Coaster....
22 10:00 am Celebration Service 10:00 am Youth and Family Ministry	23 Noon Prayer 6:00 pm Frontiers of Consciousness	24 Noon Prayer	25 Noon Prayer 5:00 pm Sisters of Good	26 Noon Prayer 6:00 pm Spiritwind	27 Office Closed 10-11:30 am Sermon on the Mount	28
29 10:00 am Celebration Service 10:00 am Youth and Family Ministry	30 Noon Prayer					

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

September 1, 2019

Lesson: To Thrive In a Changing World

Soloist: Dennis Cain

September 8, 2019

Lesson: World Day of Prayer (Chaplain Presentation)

Soloist: Brenda Boston

September 15, 2019

Lesson: Meaning and Metaphor

Soloist: Jon Dufour

September 22, 2019

Lesson: Poetic Naturalism

Soloist: Beth Gillogly

September 29, 2019

Lesson: Learning to Abide

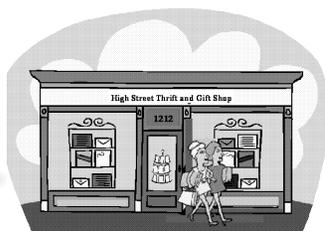
Soloist: Kellie Garmire



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

“Autumn is a second spring when every leaf is a flower”

Albert Camus



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