



Rev. Cherie Larkin

Monthly Message

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Be an Overcomer!

Through the power of God, I am an overcomer!

Library shelves, TV shows, and YouTube are full of DIY how-to lessons. How to change a tire, change a diaper, redecorate your home, bake bread. But the most important subject of all is how to overcome our difficulties, whatever they may be.

We all want to be more at peace, happier and healthier, but we often don't know how to go about it. Everything we try seems to fall short of true change.

In our New Year lessons, we'll apply the science, wisdom, and spirituality of Dr. Caroline Leaf's work from her book *Switch on Your Brain* to detox our thinking and "come up over" one dominant toxic thought we want to change.

Each of Dr. Leaf's five keys pairs science with Scripture in order to guide us in understanding the impact of our thought-life and our spirituality on our brain, body, and lifestyle. And the wonderful truth is that, regardless of the nature of our difficulties, the same method can be used to dissolve each one. As we learn to let negative neural networks atrophy while, at the same time, we build new neural networks, we'll "come up over" previous problems. Coming up over something does not have to be a long, hard climb up a steep road. To come up over a problem means to "come over to"

something else. It means to come over to the truth in the mind of God.

Problems can be dispelled in the light of Divine Mind, by not giving your attention or power to what you previously thought was wrong. An affirmation I use is: *I do not give power or place to this in my consciousness.* You will be astonished at how quickly you can be healed when you know the spiritual truth about your experience.

Never be discouraged in the face of seemingly negative circumstances. You can come up over your present troubles as you learn to dwell in God's living Spirit of Truth. Come up now this moment. *Forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus. Phil. 3:13-14*

Hopefully, you were able to join us on Sunday, January 1st for our Burning Bowl ceremony. We were able to release and then journey through our Sunday lessons studying Dr. Caroline Leaf's 21-day brain detox plan to build wonderful new ways of living and being.

Happy New Year!
Rev. Cherie Larkin

Special points of interest:

- **Frontiers of Consciousness**
- **Sister's new book**

Chaplain's Corner



Patty Davis

The Joy of Ordinary Moments

One of my favorite Christmas traditions is going with my family to pick out our Christmas tree, and bringing it home and decorating it with tiny, twinkle lights and special ornaments we have picked out or been given over the years. I treasure the smell of the evergreen needles and the beauty of the adorned tree after we are finished. But what I especially love is looking at the tree at night and becoming mesmerized by the sparkling lights. I can feel the joy spread through me as I breathe in the stillness.

In “The Gifts of Imperfection”, author Brené Brown writes:

“Twinkle lights are the perfect metaphor for joy. Joy is not a constant. It comes to us in moments – often ordinary moments. Sometimes we miss out on the bursts of joy because we’re too busy chasing down extraordinary moments. Other times we’re so afraid of the dark that we don’t dare let ourselves enjoy the light. A joyful life is not a floodlight of joy. That would eventually become unbearable. I believe a joyful life is made up of joyful moments gracefully strung together by trust, gratitude, inspiration and faith.”

When we give ourselves permission to live in the present, to become mindful of what we’re thinking and feeling, to let go of our struggles (“Let Go and Let God”), and to trust life with a fierce determination to live it richly and fully, we are more apt to become aware of the joys ordinary moments can bring. Imagine living each day thinking of every moment as a unique, precious gift and every experience we have with one another as sacred. We would live life from a state of reverence, gratitude, and wonder. Every moment of our lives has the capacity to awaken us to the power and magnitude of the points of light within us.

May the ordinary moments of your life bring you peace, joy and wonder, and may you experience the coming of the New Year in full awareness of how precious you and your life are. With many blessings and much love

— Chaplain Patty Davis



Sunday Service, Classes and Misc.....

Sunday Service

Sunday Service In Person and Via Facebook Live Stream. Every Sunday we will be meeting in person and via Facebook Live for our 10 AM service. Live stream link on our Facebook page <https://www.facebook.com/Unity-of-Auburn-114140051995464/>

If you do not have a Facebook account, you will need one to watch the service. This link will tell you how to create a Facebook account: <https://www.facebook.com/help/188157731232424?helpref=topq>

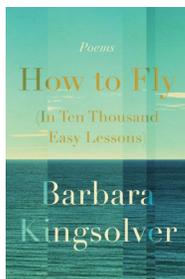
Frontiers of Consciousness

This class is being offered in person and on Zoom January 23, 2023. If you would like to attend, please send an email to Jacob Walker at Jacob.walker@gmail.com.

Sisters

During the winter months, Sisters is meeting every Wednesday from 1-3 pm in Manning Hall. All are welcome!

**The next book to be discussed is
How to Fly in Ten Thousand Easy Lessons by Barbara Kingsolver.
You can order it by calling Carrie at the UOA office
(530) 888-6489.**



**If you have any questions, please email:
Kathleen Demontigny at demonkat123@gmail.com**

Unity of Auburn January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 am Burning Bowl Service & New Year's Day Brunch	2	3	4	5	6	7
8 10:00 am Celebration Service	9 Office Open	10 Office Open	11 Office Open 1-3pm Sisters	12	13	14
15 10:00 am Celebration Service	16 Office Open	17 Office Open	18 Office Open 1-3pm Sisters	19	20	21
22 10:00 am Celebration Service	23 Office Open 6:00 pm Frontiers of Consciousness	24 Office Open	25 Office Open 1-3pm Sisters	26	27	28
29 10:00 am Celebration Service	30 Office Open	31 Office Open				

Dear Friends,

We'd love the following donations for our shop. Purses, Purses, Purses: Any brand, color, size, or season. They are very popular! Jewelry: All kinds. Fine, costume, or vintage.

Home Good Items: Home décor, ceramics, accent pillows, dish sets, wall décor, etc.

Clothing: Good quality and clean. We love brand names.

Man Stuff: Shirts, pants, albums, gadgets, smaller tools or tool sets etc.

Unity of Auburn Thrift & Gift Shop

1212 High Street

Auburn, CA 95603

530-888-6984

Store Hours: Mon-Sat 10-3



Board of Directors



Board of Trustees

- Patty Davis.....President
- Dave Langley.....Vice President
- Natalie Kimball.....Treasurer
- Kathleen Demontigny.....Member

Staff

Unity of Auburn Staff

- Rev Cherie Larkin.....Minister
- Carrie Deterding.....Office Manager

Board of Directors



Patty Davis

The Unity of Auburn annual membership meeting will be taking place on Sunday, February 26, 2023, directly after our celebration service. We will be going over our finances for 2022, electing Board members, hearing reports about how we accomplished our mission and vision, renewing our commitment to Unity of Auburn, and paying special tribute to congregants and/or their loved ones who have passed. If you would like to include a loved one in the memorial, please contact the church at (530) 888-6489.

The annual membership meeting is your opportunity to participate in the governance of our ministry by exercising your right to vote (you must be a member of Unity of Auburn in order to cast a vote), and to honor loved ones who have made their transition this past year. It is also the time when we come together to recognize and celebrate the prosperity and solidarity of our beloved spiritual community.

Reverend Cherie and the Board of Trustees would love to see you at the meeting, so be sure and mark the date on your calendars!

With much love and many blessings for a super New Year ahead!

Board President Patty Davis



Our Financial Picture

INCOME AND EXPENSES NOV. 2022	
Income	
Love Offerings	\$ 6,103.04
Tenant Rent	\$ 1,202.90
Facility Rent	\$ 905.00
Adult Ed	\$ 102.00
AV Fund Donation	\$ 360.00
Miscellaneous	\$ 53.05
Thrift Store (Net)	\$ 2,702.42
Total Income	\$ 11,428.41
Expenses	
Building	\$ 2,553.67
Additional Bingo Exp.	\$ 40.15
Ministry/Mission	\$ 1,164.16
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 6,488.46
Office Administration	\$ 1,956.06
Total Expenses	\$ 14,569.17
Net Adjusted Income	\$ (3,140.76)

We are especially grateful to everyone who responded to our request to make offerings via PayPal, mail in, credit card and bank transfer.

Your generosity is inspiring!

And we again affirm that there are no obstacles, only opportunities as we continue to manifest the abundance that will allow us to continue our mission and make our vision a reality.

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 Talk Titles

January 1, 2023

Talk: TBD

Soloist: Dennis Cain

January 8, 2023

Talk: TBD

Soloist: Michael Lawson

January 15, 2023

Talk: TBD

Soloist: Melissa Olsen

January 22, 2023

Talk: TBD

Soloist: Anne Roberts

January 29, 2023

Talk: TBD

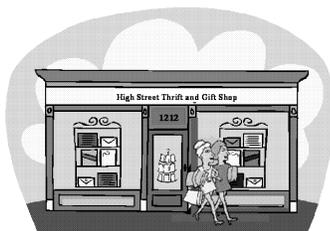
Soloist: Denise Anya



New Years Day.

A fresh start.

A new chapter waiting to be written



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

Donations: *Now* taking donations.

*Monday—Saturday
from 10:00a.m.-3:00p.m.*

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