

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

Last month we introduced our fall series for 2018 based on the book *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness* by Rick Hansen. According to Psychology Today:

“Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes. Psychologists have identified some of the factors that make someone resilient, among them a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback. Even after misfortune, resilient people are blessed with such an outlook that they are able to change course and soldier on.”

Perhaps these traits come naturally to some people but, in my experience, they require focus and practice which is what this series offers — and the absolute best time to practice resilience is before the challenge or setback occurs. Over 2300 years ago, Stoic philosophers discovered that the ability to regulate emotions is crucial. This seems to fly in the face of current popular wisdom which extols the virtue of being “authentic” which is just another way of saying let it all hang out.

When I think of Stoic philosophy and the quality of resilience, I am reminded of Vice Admiral James Stockdale who serves as an exemplar. During the war, after he was shot down on a bombing mission over North Vietnam, he was a POW. As part of his leadership training, the U.S. Navy had sent him to Stanford where he obtained a masters degree in international relations and studied philosophy—becoming a student of stoicism.

He credits the writings of Epictetus and *Meditations* by Marcus Aurelius with

helping him to succeed in his role as ranking POW at the infamous Hanoi Hilton. His leadership earned him the Congressional Medal of Honor in 1976.

In 1993, he wrote a book about his experience in Vietnam called *Courage Under Fire: Testing Epictetus's doctrines in a laboratory of human behavior*. During the Korean conflict, he had learned that the North Koreans would exploit the human drive for self preservation in order to cause division and betrayal among the POWs.

As ranking POW in Vietnam, he used his position of leadership to change that dynamic and make sure it didn't happen there. He worked to set up a network of support in the prison camp designed to help the soldiers who broke under the constant pressure and torture.

The message he had for them was this: “We're in this together.” And then he gave them a watchword to remind them of the fact that they were all in this together. The abbreviation was U.S. which stood for Unity Over Self.

In particular, Admiral Stockdale cited this quote from Epictetus for helping him to stay focused and in control of his emotions: *“Look not for any greater harm than this: destroying the trustworthy, self-respecting, well-behaved man within you.”*

There are plenty of examples of this kind of destruction in the world today. Instead of being told we are all in this together, increasingly we hear; “I've got mine. You're on your own.” Maybe the antidote is the quality of resilience as tested by James Stockdale and found to be highly effective.

Phone: 530-888-6489

Website: www.unityofauburn.com

Inside this issue:

Ministers' Message	1
Chaplain's Corner	2
Youth and Family Ministry	2
Social Action	3
Ongoing Classes and Study Groups	3
Adult Education	4
Special Events	5
Message from the Board	6
Directory	6
Calendar	7
Lessons and Soloists	8
1212 High Street Thrift & Gift Shop	8

Special points of interest:

- **Fall Series: *Resilient* by Rick Hanson.**
- **Creative Insight Circle**
- **Frontiers in Consciousness**
- **New Member Installation**

Chaplain's Corner

October days can be blustery or sunshiney... and made more dramatic by the beautiful background of autumn colors and changing leaves.

Change can be a chance for us to grow and advance spiritually. If we can face it with faith and serenity, we can have a sense of "knowing we will be all right." Spirit "has our back." Like a trapeze artist, our safety net makes all the difference. I like to think of my spiritual support as my safety net. Regular prayer and meditation will help me stay reminded of my spiritual strength and resources within.



Donna Vetromile
Chaplain Coordinator

An article in Unity Magazine this past spring caught my eye. Dr. Gerald Jampolsky entitled it, "Attitude is Everything." The subtitle is "Facing What Frightens Us Most."

Most folks are uncomfortable with change. It is our human nature. Dr. Jampolsky says, "It takes courage to identify and release the illusion of fear's power over us. It is this courage that moves us forward in a determined way toward freedom, love and joy."

He purports that many of us stay in horrible situations, rather than risk change that would make our lives better because we fear being separated from someone or something we value. "Keeping the status quo, no matter how bad it is, can often be a control mechanism. It takes real courage to let go of our fear of change—which we initially see as loss—and to embrace change as being supported by the

Spirit that dwells in and around us."

Dr. Jampolsky gives an example of a busy single mom (very active sons 12 & 14) and radiologist who suffered a debilitating stroke. For a long time, she could not speak, and when she finally did it was incomprehensible jumble. Everyday life was stressful, especially when her boys could not understand her needs or frustrations. She kept working at her recovery and, in time, part of that work incorporated improvisation. It took a lot of courage to stand up in front of others without a script and discuss just about anything, especially with stroke-traumatized speech and movement. She pushed through and discovered this was very helpful—even enjoyable.

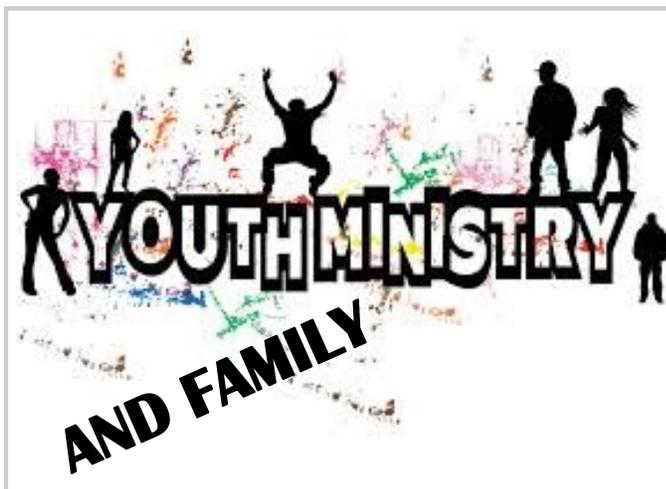
In her years of extended healing, to build this skill, she took classes in performance and acting.

Eventually, she created a one woman play, "My Stroke of Luck." She played to sold out crowds in Los Angeles and New York City. She also played in Atlanta and San Francisco. She can speak normally now and is sharing her healing journey to help others.

She showed tremendous courage not to give up and slide into despair. She had been a shy, private person. She faced head on what frightened her most and showed strength in the face of fear. "This is the very definition of courage," says Dr. Jampolsky.

As we glide into seasonal changes this month, I wish you a very strong and beautiful experience of your choices, your divinity, and all your spiritual gifts.

Youth and Family Ministry



We are looking for people who might serve in our Youth and Family Ministry as teachers and helpers in both Youth Ed and the nursery.

A background check is required.

Please contact Rev. Karen at:
iwishupeas@aol.com

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!

Gentle Yoga

Mondays, 4:00 pm

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

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, October 21st 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 October at Spiritwind we will be looking at the history and meaning of Halloween—from its Celtic roots, through the Catholic Church’s attempt to recast it in a Christian framework, to what secular society has made of it. And make sure to attend our annual Halloween party at the Clubhouse at Woodside Village on Sunday, October 28th !!! 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, October 20th, 9:00 am - 4:00 pm

This Month’s Theme:

Mandala Magic ...

Standing in My Center

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



“ALMOST OCTOBER FEST” FUN FUNDRAISER TEAM: SEPTEMBER 21, 2018

SPONSORED BY THE PROSPERITY TEAM:

Sharon Hardie	Shelley Rutherford
Mark Schindler	Karen Schindler
Dave Werkley	Marie Phillips
Dawn Pace	James Drews
Suzi Reynolds	Justene DaCosta
Kathleen Demontigny	Edna Sparkes

ON-SITE VOLUNTEERS: Ruby Evers
Pam Hart
Tee Devine

RAFFLE BASKET AND GAME PRIZE DONERS:

Delores Bothello	Mark Schindler
Marra P Swan	Diana Blais
Kathleen Demontigny	Donna Ruth
Edna Sparks	Elizabeth/Gary Rawson
Patty Davis	Donna Woods
Jim Drews	Donna Vetromile
Dawn Pace	

Nancy’s Café Gift Certificate
Olive Garden Restaurant Gift Certificate
Maxis Gift Certificate
Newcastle Produce Gift Certificate
Trader Joes Gift Certificate
Bridgets Gift Certificate
Rebollido Gift Certificate

A big thank you to Knee Deep Brewing Company!

Special Events

Unity of Auburn Seven Week Fall Series

October 7th to 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 18th. 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 a discussion group will meet at 11:30 am in the Youth Ed area.

Suggested Reading Schedule:

(We highly recommend doing the exercises in each chapter)

Week 1: October 7, 2018

Color: Orange

Read: Introduction through Chapter 1

Week 2: October 14, 2018

Color: Pink

Read: Chapters 2 and 3

Week 3: October 21, 2018

Color: Purple

Read: Chapters 4 and 5

Week 4: October 28, 2018

Color: Green

Read: Chapters 6 and 7

Week 5: November 4, 2018

Color: Yellow

Read: Chapters 8 and 9

Week 6: November 11, 2018

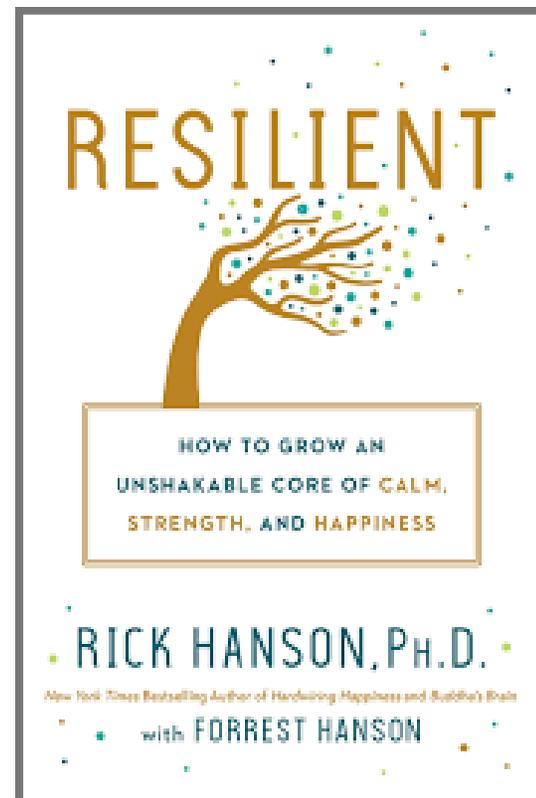
Color: Taupe/Tan

Read: Chapters 10 and 11

Week 7: November 18, 2018

Color: Salmon/Coral

Read: Chapter 12



Message from our Board of Directors

ROCK PAINTING: FROM PREHISTORIC TO PRESENT TIMES

Our early ancestors did it and we still do.

Modern day rock painting is a worldwide phenomenon. Across the country, folks are painting rocks and hiding them for others to discover. Some rocks are painted with imagery and others are printed with positive messages such as "You Matter," "You Are Loved," "Kindness," or "Blessings." Then the artists hide them in public places where, when found, they are experienced as random acts of kindness. Additionally, because painters often include the message "to keep or rehide," a chain of "pay it forward" is sometimes created.



The paintings are usually original works of art and the subject matter, unlimited. There are lots of flowers, dogs, cats, chickens, birds, all kinds of sayings, all colors of the rainbow, and more. Adults, children, families— whole communities have rock painting and hiding events.

So, if you find a painted rock, look on the back. Most have a Facebook address such as #AuburnCaRocks. Take a picture and post it to Facebook for all to enjoy.

Join the fun.



Board of Directors



Board of Trustees

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

Staff

Unity of Auburn October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Noon Prayer	2 Noon Prayer 6:00 pm Meditation Class	3 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	4 Noon Prayer 6:00 pm Spiritwind	5 Office Closed	6
7 10:00 am Celebration Service 10:00 am Youth and Family Ministry	8 OFFICE CLOSED Indigenous People's Day	9 Noon Prayer 6:00 pm Meditation Class	10 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	11 Noon Prayer 6:00 pm Spiritwind	12 Office Closed	13
14 10:00 am Celebration Service 10:00 am Youth and Family Ministry	15 Noon Prayer	16 Noon Prayer 6:00 pm Meditation Class	17 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	18 Noon Prayer 6:00 pm Spiritwind	19 Office Closed	20 9:00 am Women's Creative Insight Circle
21 10:00 am Celebration Service 10:00 am Youth and Family Ministry 10:00 am New Member Installation 11:30 am Prayer Circle	22 Noon Prayer 6:00 pm Frontiers of Consciousness	23 Noon Prayer	24 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	25 Noon Prayer 6:00 pm Spiritwind	26 Office Closed	27
29 10:00 am Celebration Service 10:00 am Youth and Family Ministry	29 Noon Prayer	30 Noon Prayer	31 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles			

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

October 7, 2018
Seven Week Fall Series: Week 1
Color: Orange
Lesson: Cultivating Compassion
Soloist: Beth Gillogly

October 14, 2018
Seven Week Fall Series: Week 2
Color: Pink
Lesson: Beginners Mind
Soloist: Brenda Boston

October 21, 2018
Seven Week Fall Series: Week 3
Color: Purple
Lesson: Grit and Gratitude
Soloist: TBA

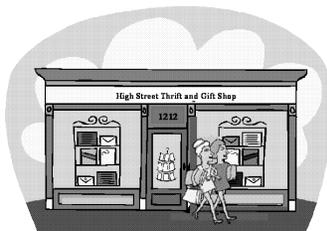
October 28, 2018
Seven Week Fall Series: Week 4
Color: Green
Lesson: Calm Confidence
Soloist: Dennis Cain



*Autumn reminds us
how beautiful it is
to let things go.*

September Total:

\$1,465.00



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

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