

A welcoming spiritual community advancing a positive message that teaches people of all ages and faiths how to thrive in a changing world.



Rev Cherie Larkin

Monthly Message

Prayer of Confidence and Inspiration

Phone: 530-888-6489
Website: www.unityofauburn.com

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Commit thy way to the Lord; trust also in him, and he shall bring it to pass. Psalm 37:5

Sometimes we are confronted with problems which we do not seem able to solve, and that is exactly the time to prove to ourselves that there is an intelligence which knows how to bring the right things to pass. We should shut everything out of mind except this Divine Intelligence and rest quietly for a few moments while confidently affirming the Divine is guiding us.

I invite you to think of your challenge and consciously take it into your thought, *not* as a problem but as though you were receiving the answer as you meditate.

Say to yourself: *I bring all my problems to the altar of faith, and I know that every desire of my heart will be fulfilled through the power of love. I empty my mind of every thought of fear and doubt and; I receive confidence and inspiration from the source of all life. I open to new ideas, new hope, and new aspirations. What so recently seemed a problem no longer*

exists, for the Mind of God, which knows and is the answer, quietly flows through my thoughts and feelings and a great peace washes over me.

Believe that love is guiding you. Believe that Divine Intelligence, which is the Mind of God is guiding, guarding, directing your thoughts and actions. Believe God already knows (and is) the answer to this particular challenge, therefore, you can let go of it and listen. Claim that the answer to this situation does exist in the mind of God and it is revealed to your mind now. Joyfully accept its guidance!



Special points of interest:

- Y.O.U. Shut In
- Unity Haunted House/Trunk or Treat
- Thank you AV

Chaplain's Article



Anne Roberts

Several years before retiring, I facilitated something called “The Toning Circle” during summers at Women’s Empowerment Camp (WEC). During the ‘90’s, the WEC was popular for leadership, self-love, women’s health, confidence and everything that the 28-55 year old woman required for success. For me, the toning circle was a way to bring everyone together in peace and harmony.

Toning is a breath/sound meditation that brings vowel sounds and breath together. In his book, “Sacred Sounds”, Ted Andrews states that prayer, music, song, incantation, or chant is a vital force which permeates every aspect of creation.

Sound has always been considered a direct link between humanity and the divine. At some point all mystery schools of ancient times taught their students the use of sound as a creative and healing force or energy. Sound/toning is the oldest form of healing and was a predominant part of early teachings of the Greeks, Chinese, East Indians, Tibetans, Egyptians, American Indians, Mayas and the Aztecs.

“Toning” by Laurel Elizabeth Keyes starts by indicating that in the not too distant times, people gave voice to the sounds of their body language. Boatmen used to sing as they rowed. Railroad workers pounded rails to accompany rhythms or songs. Mothers hummed songs that reflected their emotions as they worked. Men whistled. Mothers expressed tender murmurings that healed and soothed their babies as they were cradled.

Early in the 20th century it was common for family and friends to gather to sing. Each person expressed themselves by singing loud, strong or soft. Each taking pride in their singing and made efforts to improve. People never realized how therapeutic... how healing... and how so much fun for the group this activity was. The invention of television helped to end those kind of family activities.

Toning is a natural method of healing. It has the ability to positively affect our whole being. Toning provides positive results in issues such as sleep disorders, anxiety, depression, stress, PTSD, pain and more. Everyone always feels better after a toning session. Using the natural sounds of our voices to vibrate vowel sounds cleanses the energy within, and surrounding the body. Each vowel represents different parts of the body. Toning strengthens, harmonizes and assists in the natural healing processes of the body.

The purpose of Wellness Toning is to use our breath to restore the vibrational pattern of the body. Wellness toning causes our breathing to become more fluid and peaceful, while our bodies become balanced and healthy.

For Wellness Toning use the vowel sounds of:

1. U pronounced as OO (boot) Lower body, circulation
2. O pronounced as Oh (note) Solar plexus, muscular system
3. A pronounced as Ay (hay) Heart, blood, balance
4. I pronounced as I (eye) Balanced brain function
5. E pronounced as EE (see) Skeletal system, brain, pituitary glands

Start by standing – if there’s more than one person, a circle is preferred. Now, inhale deeply and quietly-exhale the sound u (oo) for as long as you have breath. Repeat that vowel 3 to 5 times before moving to the next vowel. Again inhale deeply and quietly – now exhale the o (oh) sound for as long as you have breath. It’s natural if you are unable to freely tone right away without having to clear your breathing passages. Continue toning until you are clear. It just takes time and practice. Once you’ve finished a toning session, go about your way and notice your energy, your attitude and how you feel throughout the day. Toning always produces positive results.

Sunday Service, Classes & Misc.

Sunday Service

Sunday Service In Person is at 10:00 AM and Via YouTube Live Stream at 10:15 AM. Live stream link on our YouTube page <https://www.youtube.com/@UnityChurchofAuburnCalif-so7gm>

Frontiers of Consciousness

" This class is being offered in person and on Zoom October 23, 2023 at 5:00 pm. If you would like to attend, please send an email to Jacob Walker at Jacob.walker@gmail.com.

Sisters

Sisters is meeting every Wednesday from 3-5 pm in Manning Hall. All are welcome!

The Board of Trustees of Unity of Auburn is calling a special meeting with the congregation to take place at the church on Sunday, October 22, 2023, immediately following the Celebration Service. The purpose of the meeting is to discuss UOA's current financial status and the future of the church. The Board would greatly appreciate it if as many members as possible could attend this meeting as we have important information we need to share with you. We would also like to have a question and answer session following the meeting, and we welcome any insights and suggestions you may have.

With much gratitude and many blessings -

The Board of Trustees



Youth of Unity (Y.O.U.) Shut In –

October 28th, 9 am – October 29th 12 pm, Youth will help with Haunted House construction.

Unity Haunted House & Trunk or Treat (All Ages) –

October 31st, 4-10 pm

If you can help or would like to donate candy or food, please contact Michael Lawson at 916-705-3806

Misc.



Thank You so much! AV Team

This month we honor and celebrate our Audio Visual Team (AV team).
Jacob Walker, Dave Langley, Dave Werkley, and Jesse Sanchez.

For me the letters AV stand for Amazingly Valued. Each and every week our team shows up at least an hour before the service to prepare the sound, video streaming, power point slides, and CD music. They coordinate with all the musicians to help support their sound and presentation in being seamless. They support our special events and special services like Christmas candlelight and New Year’s Burning Bowl. Everything they do creates a beautiful experience that adds to our feeling of the presence of God in our midst. Take time to stop by the sound booth after the service and give them your heartfelt thanks!

With love, Rev. Cherie, and the Board of Trustees

Board of Directors



Board of Trustees

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Unity of Auburn Staff

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

Unity of Auburn October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 am Celebration Service	2 Office Open	3 Office Open	4 Office Open 3:00 pm Sisters	5	6	7 2:00 pm—4:00 pm Mad Hatter Wonderland Tea
8 10:00 am Celebration Service	9 Office Open	10 Office Open	11 Office Open 3:00 pm Sisters	12	13	14
15 10:00 am Celebration Service	16 Office Open	17 Office Open	18 Office Open 3:00 pm Sisters	19	20	21
22 10:00 am Celebration Service Town Hall After Service	23 Office Open 5:00 pm Frontiers of Consciousness	24 Office Open	25 Office Open 3:00 pm Sisters	26	27	28 9:00 am Y.O.U. Shut In
29 10:00 am Celebration Service	30 Office Open	31 Office Open 4-10 pm Haunted House & Trunk or Treat				

Our Financial Picture

INCOME AND EXPENSES AUGUST 2023

Income	
Love Offerings	\$ 7,538.50
Tenant Rent	\$ 692.00
Facility Rent	\$ 320.00
Adult Ed	\$ 121.07
Refreshments	\$ 48.00
Fundraising	\$ -
Misc. Income	\$ -
Thrift Store	\$ 2,434.77
Total Income	\$ 11,154.34
Expenses	
Building	\$ 3,236.87
Tithes	\$ -
Ministry/Mission	\$ 150.00
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 6,819.77
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 210.72
Office Administration	\$ 818.60
Technology & Software	\$ 199.00
Total Expenses	\$ 14,148.63
Net Adjusted Income	\$ (2,994.29)

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.

Board of Directors



Michael Lawson

I attended the Unity of Auburn variety show last Friday. The show was great with all kinds of skits and performances and shined a beautiful light on our church's talented members. We are all living in the moment most of the time, and taking in each performer's presentation lends itself to this. I was particularly transported during Suzi Reynold's reading of her poetry. She was completely comfortable inviting everyone listening into her sacred memories of her world and sharing her enjoyment of life. Listening to Suzi drew me into a sacred moment.

Over the past few weeks, I have been watching *Ancient Civilizations* on Gaia. The series discusses archaeological discoveries from past and present that support a much older existence on our planet and a connection to the physical universe beyond Earth. The episodes have been feeding my Unity truth student hunger for metaphysical food. In short, some of the main ideas are that ancient civilizations were here more than 10,000 years ago and possibly were more advanced than we are today. The surviving evidence, ruins, and writings in stone, suggest a sensitivity and reverence to the surrounding world and the stars. It would also seem that ceremony was an important part of people's lives in ancient times.

Charles Fillmore, the co-founder of Unity, believed our bodies can regenerate through connection with the divine Christ within each one of us. Fillmore believed it would one day be possible for us to live much longer than our current average lifespans. This area of his writings is less emphasized in our modern Unity teachings.

“Thus we shall find unfolding day by day in ourselves the awakening and resurrection of thought that we once supposed would come in a single day to the bodies of those in the grave. When this raising of our dying and dead thoughts has gone far enough in us, we shall find ourselves gradually slipping into continuous health; that is, we shall realize that our bodies are self-renewing and therefore naturally immortal.”

- Charles Fillmore, *Keep a True Lent*

The possibilities of our own bodies as well as civilizations of the past may be far beyond our imaginings.

I believe that science and religion are the same study. I always enjoyed Rev. Philip Pierson's sermons as nearly every one tied a new scientific idea to our spiritual studies.

I listen all the time to people and events in my life for meaning. This quest has been recently elevated and impacted by the TV series. Some of the ideas from the show, as well as Charles Fillmore's writings are “out there” and can be easily set aside. And yet as we move into a new season it may be time to quiet our minds and listen to the world around us.

Michael Lawson

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: 816-969-2000

Service Live on YouTube:

- <https://www.youtube.com/@UnityChurchofAuburnCalif-so7gm/streams>

Lessons and Soloists

October 2023 Talk Titles

October 1, 2023 ~ Guest Speaker Jacob Walker
Talk: What Education Can Learn From Unity
Soloist: Dennis Cain

October 8, 2023 ~ Guest Speaker Patricia Haller
Talk: Unity of the Spirit
Soloist: Denise Anya

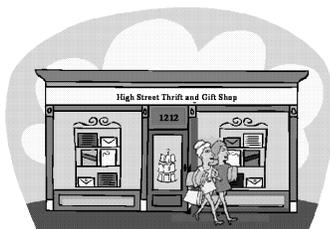
October 15, 2023 ~ Guest Speaker Jacob Walker
Talk: TBD
Soloist: Melissa Olsen

October 22, 2023
Talk: The Spirituality of Universal Oneness —
We Are All One
Soloist: Michael Lawson

October 29, 2023
Talk: The Spirituality of Universal Oneness —
Love Is All There Is
Poet: Anne Roberts



Autumn is the time of year when Mother Nature says, "look how easy, how healthy and how beautiful letting go can be." — Toni Sorenson



Unity of Auburn

**1212 High Street
Thrift & Gift Shop**

Donations: *Now* taking donations.

*Monday, Tuesday, Wednesday, Thursday, Friday & Saturday
from 10:00a.m.-3:00p.m.*

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