

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

Ministers' Message

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Special points of interest:

- **Frontiers of Consciousness**
- **Women's "Creative Insight" Circle**
- **Seven Week Fall Series**

Amid the reminders to turn our clocks back the first weekend in November is the unavoidable realization that the darkness is upon us. It happens gradually, almost imperceptibly until one day we wake up and wonder why it's still dark at 7:00 AM or why we need headlights at 5:00 PM.

For many years I met this winter reality with a certain amount of resistance, as if that would do any good. Complain about the darkness and then start the countdown for March when the returning light becomes noticeable again. But in recent years I have found myself welcoming the darkness.

No, this isn't going to be some kind of exploration of acceptance, non-resistance or surrendering to the moment. It's just an observation of something for which there is no simple explanation. It has nothing to do with mindfulness, meditation, enlightenment or any other misguided notion of spiritual attainment.

Maybe I am subconsciously associating the short days with the return of the rainy season and an end to wildfires and power outages. Or perhaps I'm anticipating the season of bright lights and celebration that we engage in during the Christmas season to offset the increasing darkness.

Whatever the reason, I welcome the change in attitude and make no claims about why or how it came about. I have always been fascinated by nocturnal creatures who are at home in the darkness. The eagle and the owl are both predators and hunters but the owl does it all in the dark while flying through a bunch of trees. Nocturnal raptors rule.

I have no desire to be nocturnal. In fact, I have always considered myself to be a "morning person." But it would be an interesting experience to be equally at home in both worlds. There is an old saying in Unity and other spiritual traditions; "that which you resist persists." And yet regardless of how much we might resist the return of the darkness, it does not persist. The light returns at the appointed time.

The only difference is that we experience the byproducts of resistance in the form of subtle frustration, impatience and other stress inducing states of consciousness. We can all do with a little less stress in our lives and yet we wouldn't be fully alive without some kind of stress in the form of creative tension or a healthy desire to contribute to a more just, compassionate and peaceful world.

I don't buy into the platitude that darkness is merely the absence of light. Why not say that light is merely the absence of darkness? Why use the word "merely" at all which only serves to diminish whatever comes after it? If anything, darkness is the more powerful of the two in the sense that it is the ultimate destiny of the universe. Entropy will see to that.

In the meantime we have a few billion years to enjoy the interplay and interweaving of light and darkness without which our existence would lose significant richness and depth. Set the clocks back, resistance is futile. Welcome the darkness and let the light return of its own accord.



Chaplain's Corner



Donna Vetromile

What a glorious season we are experiencing this autumn! Happy fall to you!

Traditionally, we come to thoughts of gratitude, as Thanksgiving approaches. Even though in Auburn in Placer County we have had some challenges, (especially with power outages for days on end), I think it has been a perfect time to reflect on the blessings of our life. I am not taking electricity for granted these days...) I am glad to have a working home with a working roof. Family and friends bolster me and give me the connection I require for my best emotional, spiritual and physical health. I am so grateful for my Unity family!

Reverend Kelly Isola, (coauthor of "Who Have You Come Here To Be?"), states, "Belonging is more than a value or feeling, it is a practice, a wholehearted experience. One of the deepest human longings is the longing to belong, to know you are a part of things to comfort and support each other, and to affirm what we know to be true, while also making space for the unknown, what we are longing to have in our life." She goes on to say, "Where you long for a friend, be the friend who calls another to find out if they are well. When you long to know peace, be the nonanxious presence during times of tension. Where you long for community and connection, be the heartbeat of whatever group you are with."

Many opportunities at Unity of Auburn, including the Sisters Book Club and the Chaplain Program, give me ample opportunities to practice this. So many reasons to feel grateful!

You may have heard the simple statement, "If you said no other prayer than 'Thank you' for all of your life, that would suffice..."

I wish you many recognitions of your ample blessings this Thanksgiving season...and warm family times enjoying camaraderie and favorite foods.

Namaste (the divine in me recognizes and honors the divine in you...)



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 & Fridays 6:30 p.m.

Location: Youth Room

Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.

Location: Manning Hall

Chaplain Prayer Circle

Sunday, November 17th, 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



“Spiritwind” is a study group for Spiritual Adventurers. The November topic is *Medical Curiosities and Mistakes*. Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street. Love offerings accepted

Rev. Rick Reich

FRONTIERS OF CONSCIOUSNESS Monday, November 25th, 6:00 p.m. Facilitator: Rev. Mark



The Big History Project examines our past, explains our present, and imagines our future. It's a story about us. An idea that arose from a desire to go beyond specialized and self-contained fields of study to grasp history as a whole. The course is designed for anyone seeking answers to the big questions about the history of our Universe. The course was created by historian David Christian PhD and funded by Bill Gates who calls it "his favorite online course." Join us as we discover our place in the cosmos and the many billions of years it took for human consciousness to arise.



Women’s “Creative Insight” Circle November 16th, 9:00 a.m. - 4:00 p.m.

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.



EPS 10

With a Heart Full of Gratitude.... *Counting My Many Blessings*

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

Special Events

Unity of Auburn Seven Week Fall Series

October 20th to December 1st

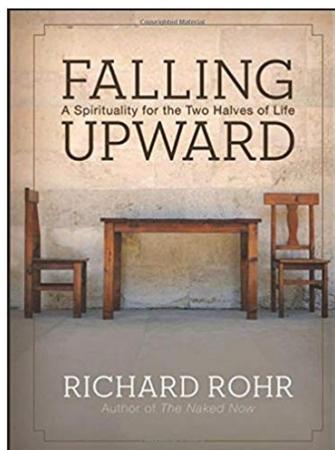
Based on the Book: *Falling Upward* by Richard Rohr

Our seven week fall series starts Sunday October 20, 2019. 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."

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!



Falling Upward

Suggested Reading Schedule:

(We highly recommend doing the exercises in each chapter)

Week 1: October 20, 2019

Color: Yellow

Read: Introduction through Chapter 1

Week 2: October 27, 2019

Color: Orange

Read: Chapters 2 and 3

Week 3: November 3, 2019

Color: Purple

Read: Chapters 4 and 5

Week 4: November 10, 2019

Color: Blue

Read: Chapters 6 and 7

Week 5: November 17, 2019

Color: Pink

Read: Chapters 8 and 9

Week 6: November 24, 2019

Color: Green

Read: Chapters 10 and 11

Week 7: December 1, 2019

Color: Red

Read: Chapter 12

Message from our Board of Directors



Natalie Kimball

As I approach the end of the first year of my service on the Board at Unity of Auburn, I am humbled and amazed at how hard the Board works to make this Spiritual Center run and fulfill its mission. Let me tell you a little bit about what we cover in a typical Board meeting.

First, we always open with a prayer. It is our cue that moving our mission forward requires us to remember that the Unity movement was founded as a prayer practice. Affirmative prayer is central to our success and accomplishments.

Next, we say our Mission Statement in unison. "Unity of Auburn is a welcoming spiritual community, advancing a positive message that teaches people of all ages and faiths how to thrive in a changing world". This helps us keep our eyes on the prize and reminds the Board that every decision we make should be in line with our mission.

Once these important steps have been taken, we get down to business. Much of our time is spent on supporting the financial health and prosperity of the organization. Under the watchful eye of Sharon Hardie, our Board Treasurer, we review a number of different reports that help us gauge the current and future financial health of our Center. We discuss the budget, including how well we are tracking income and expenses against expectations and talk about how we can improve. We also discuss looming issues that can impact our financial security, such as needed capital improvements for our building (e.g. aging air conditioners) and review the effectiveness of our special fund raising efforts, including the amazing contributions made by our Thrift Store, our BINGO nights and other special events such as the upcoming Mystery Dinner.

Our next order of business is an update from our co-ministers, Mark and Karen Schindler, on the overall ministry and the various sub-ministries and teams that work to keep the Spiritual Center flourishing. This includes our Social Action, Prosperity and Youth and Family teams. At this time the Board also gets an update on staffing or other issues that may impact the orderly running of the office or Sunday Services.

Once our business is concluded, we end with a prayer. This generally includes as expression of gratitude to the One-Presence and One Power that is our source, and for all the work that our members do to keep us moving toward the fulfillment of our Mission. I cannot begin to express to you how in awe I am of the hard work and organization skills that are required to keep this operation running smoothly. Nor, can I begin to express how grateful I am to be a part of it.

Board meetings are, for the most part, open to all members. I encourage you to stop by and see what your Board is up to!

Board of Directors



Board of Trustees

- Pat Lord.....President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary
- Bill Mahl.....Member
- Dave Langley.....Member
- Edna Sparkes.....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 November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Closed	2
3 Daylight Savings Time Begins 10:00 am Celebration Service Seven Week Series: Purple 10:00 am Youth and Family Ministry	4 Noon Prayer	5 Election Day Noon Prayer	6 Noon Prayer 5:00 pm Sisters of Good	7 Noon Prayer 6:00 pm Spiritwind	8 Office Closed	9
10 10:00 am Celebration Service Seven Week Series: Blue 10:00 am Youth and Family Ministry	11 Veterans Day Noon Prayer	12 Noon Prayer	13 Noon Prayer 5:00 pm Sisters of Good	14 Noon Prayer 6:00 pm Spiritwind	15 Office Closed	16 10:00 am Women's Creative Insight Circle With a Heart Full of Gratitude...
17 10:00 am Celebration Service Seven Week Series: Pink 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer	18 Noon Prayer	19 Noon Prayer	20 Noon Prayer 5:00 pm Sisters of Good	21 Noon Prayer 6:00 pm Spiritwind	22 Office Closed	23
24 10:00 am Celebration Service Seven Week Series: Green 10:00 am Youth and Family Ministry Thanksgiving Potluck (after service)	25 Noon Prayer 6:00 pm Frontiers of Consciousness	26 Noon Prayer	27 Noon Prayer 5:00 pm Sisters of Good	28 Thanksgiving Office Closed No Spiritwind	29 Office Closed	30

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

November 3, 2019

Lesson: The First Half of Life

Soloist: Dennis Cain

Seven Week Series: Purple

November 10, 2019

Lesson: Necessary Suffering

Soloist: Brenda Boston

Seven Week Series: Blue

November 17, 2019

Lesson: The Second Half of Life

Soloist: Jon Dufour

Seven Week Series: Pink

November 24, 2019

Lesson: New Problems, New Directions

Soloist: Beth Gillogly

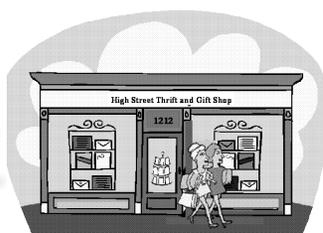
Seven Week Series: Green



Thanksgiving is a time to give, a time to love, and a time to reflect on the things that matter most in life.

Danielle Duckery

October Total:
\$1,004.50



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

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