

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

Celebration of Remembrance

For those we miss the most at the holidays

Sunday, November 27th 12:00 noon

(Article adapted from *Making Peace with Grief at Christmas* by Rev. Therese Lee)

The holiday season can be difficult for those of us who have experienced change and loss, who are grieving. It may be filled with memories and feelings about people or pets who have died or are no longer present at our holiday celebrations.

For most people, this time of the year is one for celebrating joyfully as we gather. Yet for those who are grieving an empty place at the table and in their hearts can add to the sense of overwhelm. Whether the loss is due to death, divorce, moving, leaving the nest, or any change in relationship, it can be emotionally painful

The grief we feel is valid, normal, and natural regardless of the bright holiday lights and cheer. You might wonder, “What is there to be joyful about?” You might even think you’d rather skip all the holiday gatherings. Your feelings are not illogical or irrational. What I have come to understand is that grief is a natural reaction to loss or change in any familiar pattern of behavior and it has no set rhythm or timing.

Your loss could be many years old, or new and more tender. My husband died suddenly on October 4th many years ago. His 80-year-old mother is the one who found him, her only child, after he had passed. During the Thanksgiving and Christmas holidays that year she and I held onto each other tenderly in love.

The good news is grief does not have to affect us for the rest of our lives. We can accept, acknowledge, and allow. Accept that things will be different. Acknowledge we may be uncomfortable for a time. Allow our feelings and emotions to come as they may.

My answer was to create a **Celebration of Remembrance** service so I could share my feelings and release some of my grief with others who were also experiencing loss because. . . **when I am healed, I am not healed alone.** It turned out to be my now favorite annual service that has helped many people find strength, comfort, and peace.

You are invited to this year’s **Celebration of Remembrance**. If there is anyone you’d like to honor (regardless of how long ago they passed) bring an item that captures their essence (a photo, item of clothing, piece of jewelry etc.). You’ll be asked to place it on our remembrance altar. I always bring a photo of my parents even though they passed away many years ago.

We have music, prayer, and a brief message about moving through grief. Then you are invited to come forward (if you’d like to) and share a little something about your loved one. The service concludes with filling out “angel cards” with our loved ones names and the cards are then placed on our Christmas tree and blessed in our Sunday service each week in December. After Christmas, the angel cards are forwarded to Silent Unity where they are enfolded in prayer another 30 days.

I love bringing my loved ones to life again in my heart at Christmastime. I love knowing their names and their essence have a special place of honor in the prayers in our sanctuary.

Join me for this incredibly special time of honoring and loving. Give yourself the gift of healing and peace. You may be surprised to discover that even though there may be sadness, there will be moments of joy as well.

...weeping may endure for a night, but joy cometh in the morning. Psalm 30:5

I hope you will join me!

Rev. Cherie

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Special points of interest:

- **Town Hall Meeting**
- **Food Closet Donations**
- **Thanksgiving Potluck**

Chaplain's Corner



Elizabeth Rawson

When we are grateful, we are present to everything in our lives.

As we head towards Thanksgiving, we are actively reminded to give thanks. We can too easily take many things for granted each day. Or we think of gratitude as the result of something. Someone does something nice for us, and we feel grateful. Or as the weather cools and the colors of nature abound, we appreciate the changes around us.

Rev Ruth Wallace, author of Sacred Secrets, calls this passive gratitude.

I am advocating active gratitude. Conscious gratitude. Active gratitude is a way of living, a way of being. When we choose active gratitude, we are choosing to change our energy. We are using the law of attraction to bring to us more love, more good health and more abundance. We are co-creating our life with God.

Most of us focus on the 10 percent of our lives that make us unhappy instead of the 90 percent for which we are grateful. Try reversing that. List at least 10 things from the 90 percent you are grateful for under the following headings: Health, Material Possessions, Relationships, Personal and Spiritual Growth and Creative Expression. By focusing on these, you enact the law of attraction and begin drawing to you even more good.

I found this specific list helpful. I am not always thankful. Our Daily Word is the best way to start the day. I can again hold specific moments at the end of the day to hold gratitude, even on challenging days.

After searching for others' words and wisdom, my own process has been to find patience with myself and this world right now, to give myself permission to breathe through the hard moments and rest in moments of prayer. I put my 3 P's on the frig! Patience, Permission, Prayer.

Allow yourself to become aware of your good.

By becoming aware of our good, we begin the upward spiral of gratitude.

Blessings on your day~ Chaplain Elizabeth Rawson

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 November 28, 2022. 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!

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



**November 13, 2022, 11:30 am
Manning Hall**

Misc.....



During the Month of November, we're going to be collecting the following items for the Auburn Interfaith Food Closet:

- **Canned Chicken**
- **Spaghetti Sauce**
- **Cereal**
- **Rice**
- **Can Soup**
- **Dish Soap**
- **Shampoo**
- **Conditioner**
- **Toothpaste**



*Thanksgiving Potluck
November 20th After Service
(Sign-Up in Manning Hall)
Bring Your Favorite Dish*



Unity of Auburn November 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|-------------------|------------------------------------|---------------------------|---------------------------|-----|
| | | 1 Office Open | 2 Office Open 1-3pm Sisters | 3 | 4 | 5 |
| 6 <i>Daylight Savings Time Ends</i> 10:00 am Celebration Service, Guest Speaker Jacob Walker | 7 Office Open | 8 Office Open | 9 Office Open 1-3pm Sisters | 10 | 11 <i>Veterans Day</i> | 12 |
| 13 10:00 am Celebration Service 11:30 Town Hall Meeting | 14 Office Open | 15 Office Open | 16 Office Open 1-3pm Sisters | 17 | 18 | 19 |
| 20 10:00 am Thanksgiving Gratitude Celebration Service & Potluck | 21 Office Open | 22 Office Open | 23 Office Open 1-3pm Sisters | 24 <i>Thanksgiving</i> | 25 | 26 |
| 27 10:00 am Celebration Service 12-12:45 Celebration of Remembrance | 28 Office Open 6:00 pm Frontiers of Consciousness | 29 Office Open | 30 Office Open 1-3pm Sisters | | | |

Dear Friends,

Our expansion is completed. 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



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



Natalie Kimball

Time flies! There is much to be grateful for as we welcome the first anniversary of Rev. Cherie's ministry. I'd like to highlight some of the accomplishments we've made during this time.

- Identified funds for and resealed our roof
- Expanded the Thrift Store
- Created and implemented a set of goals and objectives for the church
- Revamped and updated our website
- Made minor repairs that were desperately needed throughout the building including plumbing, ceiling tile replacement, painting and more
- Held our first Ladies Tea since before the pandemic
- Had a successful Radiant Being concert featuring Michael Lawson and family
- Had two minister-led classes: Wow Wealth Principals! and You Can Be Healed
- Made substantial upgrades to our AV and technology systems
- Expanded and enhanced our community outreach with The Interfaith Food Closet and local media outlets
- Held a very successful yard sale
- Held a class on basic CPR techniques
- Redecorated and beautified the sanctuary
- Held a successful BINGO night

Still to come this year our first quarterly townhall meeting, the Thanksgiving Potluck, Christmas decorating in the sanctuary, and more.

And this is just the big stuff! These accomplishments were a group effort to be sure, with so many of our congregants putting in hours of volunteer time. But the framework for these accomplishments comes from our new leadership. In addition, much of this was accomplished with donated funds. Rev. Cherie has a real knack for getting targeted donations of time, talent and treasurer.

The Board urges everyone to attend the Town Hall meeting scheduled for November 13th after the service. There is much to discuss about the future course of our ministry and what our "post"-pandemic new normal might look like.

As we enter into the season of Thanksgiving, I hope you will spend time remembering to be grateful for all we have accomplished and for all that is yet to come. I leave you with the prayer on the next page. The Prayer of Thanksgiving.

Giving Thanks

For the expanding grandeur of creation, worlds known and unknown, galaxies beyond galaxies, filling us with awe and challenging our imaginations:

We give thanks this day.

For this fragile planet earth, its times and tides, its sunsets and seasons:



We give thanks this day.

For the joy of human life, its wonders and surprises, its hopes and achievements:

We give thanks this day.

For our human community, our common past and future hope, our oneness transcending all separation, our capacity to work for peace and justice in the midst of hostility and oppression:

We give thanks this day.

For high hopes and noble causes, for faith without fanaticism, for understanding of views not shared:

We give thanks this day.

For all who have labored and suffered for a fairer world, who have lived so that others might live in dignity and freedom:

We give thanks this day.

For human liberty and sacred rites; for opportunities to change and grow, to affirm and choose:

We give thanks this day.

We pray that we may live not by our fears but by our hopes, not by our words but by our deeds.

We give thanks this day.

- O. Eugene Pickett

With blessing to all, Natalie

Our Financial Picture

INCOME AND EXPENSES

Sept. 2022

| | |
|----------------------------|---------------------|
| Income | |
| Love Offerings | \$ 6,752.76 |
| Rent | \$ 1,492.90 |
| Adult Ed | |
| Fundraising | \$ 3,687.00 |
| Miscellaneous | \$ 38.95 |
| Thrift Store (Net) | \$ 1,917.64 |
| Total Income | \$ 13,889.25 |
| | |
| Expenses | |
| Building | \$ 2,652.70 |
| Adult Ed./Fundraising | \$ 400.00 |
| Ministry/Mission | \$ 640.00 |
| Mortgage | \$ 2,366.67 |
| Payroll & Payroll Taxes | \$ 6,518.69 |
| Tea Expenses | \$ 437.92 |
| Office Administration | \$ 916.64 |
| Total Expenses | \$ 13,932.62 |
| Net Adjusted Income | \$ (43.37) |

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

November Talk Titles

November 6, 2022, Guest Speaker Jacob Walker
Talk: Frontiers of Consciousness: The Power of Our Minds
Soloist: Dennis Cain

November 13, 2022
Talk: The Faith to Stand Firm
Soloist: Michael Lawson

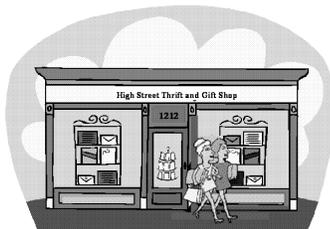
November 20, 2022, Thanksgiving Gratitude Service
Talk: Praise and Giving Thanks
Soloist: Melissa Olsen

November 27, 2022
Talk: Advent ~ Hope and Faith
Soloist: Anne Roberts



“What if today, we were just grateful for everything?”

— Charlie Brown



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