

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

Ministers' Message

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

Inside this issue:

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

Special points of interest:

- **Christmas Potluck**
- **Candlelight Service**
- **New Year's Service**
- **Peace Pole Rededication**
- **White Stone Ceremony**

Time again for my semi-annual plea for everyone to lighten up for the holidays. I don't mean dropping a few pounds, I mean stop trying to suck the joy from the season by complaining about how it starts earlier each year, is too commercial, too secular, too religious, too long... just stop already. Please.

First, there is no war on Christmas. I would love to never see or hear that phrase again but it seems to keep coming up. If indeed there is a war on Christmas, Christmas has been fighting back valiantly and is in fact winning by taking and holding new territory. Halloween is about to be assimilated. Resistance is futile. Ok, so Halloween is not really in danger but clearly Christmas is growing in popularity all around the world.

Christmas has always been an interesting mix of sacred and secular. It was intended that way. The actual birth date of Jesus is unknown so during the papacy of Julius I, the early church selected the time at the end of December in order to take advantage of the festivities during various winter festivals that had long been celebrated by non-Christian cultures in the region.

In my opinion, this juxtaposition was an enormous success. Just like Santa's bag of presents, the sacred/secular blend of Christmas offers something for everyone regardless of religion or culture. It can be celebrated with various amounts of religious observance or none at all. But what always comes shining through are the essential core values derived from pre-Christmas Christianity.

Jesus had this radical idea of something he called the kingdom of heaven, a way of living that would supplant the suffering and oppression caused by Roman imperialism and its Jewish collaborators. Those who would be part of this "kingdom" were those those who practiced the values that Jesus taught.

It started out as a community of equals with no barriers based on gender, ethnicity or class status. Love, kindness, generosity, service and non-violence rounded out the foundation for this new way of living. Christmas in any form serves to advance at least a few of these values so how could that ever be a bad thing? We call it Christmas spirit.

We transform our homes and public spaces with lights and decorations and practice giving more than at any other time of year. Once a year at Christmas we roll out the music, movies and TV shows that celebrate these values. The secular, cynical Grinch and Scrooge are transformed by an infusion of Christmas spirit. An exhausted and care worn George Bailey turns from despair when Christmas spirit shows him what a wonderful life he has.

The message of Christmas is that human beings are better than world events would lead us to believe. Why would we speak of peace on earth unless we thought such a thing were possible? Whether it's Merry Christmas or Happy Holidays, eat, drink and be merry and consider how you might be able to contribute to a world where people who don't have enough to eat or even know the meaning of being merry might be able to experience it. What would that look like?

Christmas is good medicine and there is no such thing as an overdose. This season, look for the good and ignore the complainers. Merry Christmas, Happy Holidays and a healthy and prosperous New Year to all.

Chaplain's Corner



Patty Davis

The Healing Power of Gratitude

It is easy especially given the times we live in to become discouraged about the future of humankind. We are bombarded almost daily with news about global warming, the contentiousness between various countries and lack of progress toward global peace, the divisiveness between our country's political parties as we grow closer to the 2020 election, to name a few issues. It may appear that things are getting worse rather than better despite whatever strides are made in the areas of medicine, science and technology.

How do we prevent ourselves from becoming mired in the struggle? One of the most powerful ways we can protect ourselves and gain a different perspective of hopefulness is to develop an attitude of gratitude. Actively practicing or expressing gratitude has been associated with greater wellbeing, better coping, and better sleep as author Rick Hanson points out in his book, "Just One Thing, Developing a Buddha Brain One Simple Practice at a Time". Hanson states that gratitude does not mean ignoring difficulties, losses, or injustice. It just means "also paying attention to the offerings that have come your way. Especially the little ones of everyday life." When we do this, we are resting our mind increasingly on good things moving toward us, on being supported, and on feelings of fullness. "Fuller and fuller, more and more fed by life instead of drained by it, you naturally feel like you have more of value inside yourself and more to offer to others."

There are a number of ways to incorporate a practice of gratitude in our daily lives. Hanson suggests that you bring to mind someone you naturally feel grateful toward, perhaps a friend, parent or grandparent, teacher, spiritual being, or pet; and that you look around and notice the gifts of the physical world (stars in the sky, the colors of the rainbow, etc.), of nature, of life, and of nurturance, helpfulness, good counsel, and love from other people. You could also express your gratitude by keeping a gratitude journal, stating 5 things you are grateful for at the end of each day, and including an affirmation of gratitude in your prayer practice.

Hanson states that as part of your practice, soak up the gifts coming to you, whatever they are. Let them become part of you, woven into your body, brain and being. As you inhale, as you relax, as you open, taken in the good that you've been given.

Expressing gratitude can be a significant tool of empowerment, enabling us to become more peaceful and to protect ourselves from becoming disillusioned or cynical. Gratitude is indeed a healing balm in these troubled times. May expressing gratitude become part of your daily practice and bring you healing.



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

Primary Purpose Narcotics Anonymous
 Wednesday, 7:30 p.m.
 Location: Manning Hall

Re-parenting, Recovery & Resilience—Adult Children of Alcoholics & Dysfunctional Families (ACA)
 Fridays 6:30 p.m.
 Location: Youth Room

Chaplain Prayer Circle
 Sunday, December 15th, 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 & Special Events



Rev. Rick Reich



“Spiritwind” is a study group for Spiritual Adventurers. The December topic is *The History of Christmas and Other Winter Holidays*. Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street. Love offerings accepted

**No Frontiers class in December.
Class will resume January 27th**



**Women’s “Creative Insight” Circle
December 21st, 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.



**The Gift of Myself
*How Do I Share It With the World?***

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: image Pathways Gathering Place
461 Main Street, Newcastle, CA 95658



**Christmas Potluck
December 22nd
After Sunday Celebration**

Break out your ugliest sweater and bring your favorite dish to share. Also, bring a white elephant to participate in a gift exchange. Adults bring adult gifts, children bring children’s gifts.

Candlelight Service



Sunday, December 22nd, 10:00 am

This year, our Christmas Eve Service will be celebrated during our regular 10:00 am service. Celebrate this time of year with an hour of song and story. Watch the light spread throughout our sanctuary during our beautiful candlelight service.

Special Events , Cont.

New Year's Service

Sunday, December 29h, 10:00 am

Our New Year's Eve Burning Bowl Service will be included in our regular Sunday Celebration at 10:00 am on December 29th.

The Burning Bowl Service is a time to relinquish anything that burdens your mind. We will be writing a letter to ourselves about those things we wish to occur in the coming year. We will put them in a self-addressed and they will be sent back to you around Thanksgiving in 2020. It's always interesting to see what manifested from the letter.



White Stone Ceremony

Sunday, January 5th, 10:00 a.m.

During the time of the Roman Empire, when a prisoner was released from prison, he was given a white stone. This was a symbol that he had a fresh start, a clean slate. When you had a white stone you left your old stories behind you and started a new one.

Unity Churches often celebrate the first Sunday of the New Year with a White Stone Ceremony. The ceremony is a brief meditation where you allow your higher self to give you a name for the new year. This name represents what you wish to heal and accomplish throughout the year.



Peace Pole Rededication

Sunday, December 29th

at Noon (after service)

Location: 350 Nevada Street, Auburn

Join us at the Peace Pole, near the Library Amphitheater. This is a brief service of reaffirming our vision of peace for the world.



Message from our Board of Directors



Edna Sparkes

A Merry Christmas to you all!

As a small child in England, Christmas meant the birth of Jesus Christ. My family would celebrate his birth by giving gifts to each other, and families would get together.

I truly thought that Father Christmas came down our chimney. I reminded my parents not to put any more coal on the fire on Christmas Eve. I was a true believer! Looking back with adult eyes, Santa would never fit down our narrow chimney.

Christmas is a beautiful time of the year. ... My home in England had lovely snow. I loved to see the stores decorated and homes lit up with lights. Jesus looked down to see bright lights around the world celebrating his message of peace and unity.

Christmas is a time for giving. I will double my Unity donation for December.

I wish you all a Happy Christmas Season and a peaceful and prosperous New Year!

Love and Blessings,

Edna



Board of Directors



Board of Trustees

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 am Celebration Service 10:00 am Youth and Family Ministry	2 Noon Prayer	3 Noon Prayer	4 Noon Prayer	5 Noon Prayer 6:00 pm Spiritwind	6 Office Closed	7
8 10:00 am Celebration Service 10:00 am Youth and Family Ministry	9 Noon Prayer	10 Noon Prayer	11 Noon Prayer 5:00 pm Sisters of Good	12 Noon Prayer 6:00 pm Spiritwind	13 Office Closed	14
15 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer Circle	16 Noon Prayer	17 Noon Prayer	18 Noon Prayer	19 Noon Prayer 6:00 pm Spiritwind	20 Office Closed	21 10:00 am Women's Creative Insight Circle The Gift of Myself
22 10:00 am Candlelight Service 10:00 am Youth and Family Ministry Christmas Potluck (after service)	23 Noon Prayer	24 Noon Prayer	25 Office Closed Christmas	26 Noon Prayer 6:00 pm Spiritwind	27 Office Closed	28
29 10:00 am New Year's Service 10:00 am Youth and Family Ministry 12:00 pm Peace Pole Rededication	30 Noon Prayer	31 Noon Prayer				

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

December 1, 2019

Lesson: New Problems and New Directions

Soloist: Dennis Cain

December 8, 2019

Lesson: Humankind Is Our Business

Soloist: Brenda Boston

December 15, 2019

Lesson: Tidings of Great Joy

Soloist: Jon Dufour

December 22, 2019

Candle Lighting Service

Soloist: Special Musical Guests TBA

December 29, 2019

Burning Bowl Service

Soloist: Clint Ritchie



Wishing you peace and joy this holiday season and throughout the coming year.

November Total:
\$1,149.50



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