



Rev. Cherie Larkin

Monthly Message

Inner Peace at Christmas

Angie Olson shared in a Unity publication that now that her children are grown, her numerous family Christmas traditions have dwindled. While initially it made her sad, the past few years she has reveled in an opportunity for more downtime. She's elected to give up the frenetic pace of shopping, baking, wrapping, and cooking and used the holiday season as an opportunity to "reset" herself spiritually and emotionally.

While she still puts her Christmas tree up, her reset involves taking time to simply be, allowing Spirit more sway within her, sleeping in more, watching Christmas movies, reading inspirational material, spending relaxed time with family. And frankly she reports, it feels magical.

The solitude of winter makes Christmas the perfect time to slow down and reset. This season I invite you to take time for yourself every single day even if you are still beyond busy with your family. Find time to:

- Light a candle
- Calm your mind
- Breathe deeply

- Envision how you want your day to go
- Smile and imagine something that brings you joy
- Express gratitude freely

These small acts are often all we need to find an inner peace that reawakens the Christ consciousness born anew in each of us.

*Now may the Lord of peace himself give you peace at all times in all ways The Lord be with all of you. 2
Thessalonians 3:16*

May you and your loved ones have a beautiful Christmas holiday.

Merry Christmas!

Rev. Cherie



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Special points of interest:

- **Candlelight Service**
- **Christmas Day Service**
- **Burning Bowl**

Chaplain's Corner



Becky Morgan

From Stressing to Blessing

The holiday season brings many joys – and for many, a few challenges as well. The good news, though, is that even when things are stressful, the stress can actually be good for you.

Stress? Good for you? Yes! Kelly McGonigal (a psychologist whose TED talk we watched in the Frontiers of Consciousness study group) cites research showing that stress may, in fact, be bad only for people who believe it is bad for them. If, however, people believe that stress isn't harmful, then it doesn't cause them harm – and it can even have beneficial effects.

McGonigal says that the researchers in this study concluded that many thousands of Americans die prematurely, “not from stress, but from the belief that stress is bad for you.”

As students of Unity, we recognize the power of our thoughts and persistently held beliefs – and these findings give just one example of that power. If we can reframe the unpleasant feelings that many people associate with stress – and recognize some of the benefits inherent in our body's natural stress response – we will be able not only to improve our health, but to maximize our joy, as well.

As McGonigal says, “When you change your mind about stress, you can change your body's response to stress.”

I'm reminded of a quote by Sathya Sai Baba: “Do not keep deliberating whether something is good for you or not. Everything is good. Whatever happens, consider it to be good for you. When you develop such an attitude, everything will then turn out to be good for you.”

Jesus said something similar, in Matthew 9:29: “According to your faith, let it be done to you.”

In other words, what you believe is what will be true for you. Even stress can have a good side – according to the power of your beliefs.

So, if you experience any stress this holiday season, take heart. You have the power to see the good, even in the challenges you face. You also have the power to be the good – and transform your challenges into blessings.

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Becky Morgan

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 December 26, 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



*Misc.....***Candlelight Service****December 18, 2022, 10 am**

**Christmas Service
and
Cooking Exchange
December 25, 2022, 10 am**



Please bring 2 individually wrapped cookies (These can include gluten free, nut free, sugar free, please label) to be placed on our alter of sweetness

**Burning Bowl & Dress Up New Year's Day Brunch (Potluck)
January 1, 2023, 10 am**

The new year is a wonderful time to choose what we carry into the future and what we are better off without.

As we let go, we create room for new opportunities and experiences. And with a clean slate, we open ourselves to the love, wisdom, and abundance surrounding us.

Taking part in the Unity Burning Bowl Ceremony is simple:

1. Clear your mind and become still.
2. Let your inner voice suggest what you could let go.
3. Write down what you choose to release.
4. Place your paper in our burning bowl and release your concern to the flames!



Unity of Auburn December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 10:00 am Celebration Service	5 Office Open	6 Office Open	7 Office Open 1-3pm Sisters	8	9	10
11 10:00 am Celebration Service	12 Office Open	13 Office Open	14 Office Open 1-3pm Sisters	15	16	17
18 10:00 am Candlelight Service	19 Office Open	20 Office Open	21 Office Open 1-3pm Sisters	22	23	24
25 10:00 am Christmas Service & Cookie Exchange	26 Office Open 6:00 pm Frontiers of Consciousness	27 Office Open	28 Office Open 1-3pm Sisters	29	30	31

Dear Friends,

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

Store Hours: Mon-Sat 10-3



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



Patty Davis

Our first Unity of Auburn townhall meeting was held on Sunday, November 13, 2022, and it was a success! I am deeply grateful to all of you who were in attendance and who participated in the Question & Answer session (the Q & A was longer than the Board's program!) The questions you raised generated some thoughtful discussions about the future of Unity of Auburn, how we can best serve the local community and spread the Unity message, and how to attract children and families into our spiritual community.

I am also grateful to those of you who approached individual Board members following the meeting about volunteering on our various teams. We appreciate your service and support and know that Unity of Auburn will continue to prosper as a result of your time, efforts, and the sharing of your gifts and talents!

The Board is planning to hold Townhall meetings on a quarterly basis, and we will let you know in advance when the next one is scheduled. We would encourage as many of you as possible to attend the meetings, and you don't have to be a member of Unity of Auburn to participate (although we would love to have you join our spiritual community as a member!) Also, please let us know if there are any particular topics or issues you would like us to address or add to the agenda.

Thank you for making our first Townhall meeting such a success!

With much appreciation and many blessings –

Board President Patty Davis

Our Financial Picture

INCOME AND EXPENSES OCT. 2022

Income			
Love Offerings	\$	5,490.76	
Rent	\$	1,448.90	
Adult Ed	\$	159.00	
BINGO	\$	947.00	net income (estimate)
Yard Sale	\$	1,143.58	
Miscellaneous	\$	62.00	
Thrift Store (Net)	\$	2,682.56	
Total Income	\$	11,933.80	
Expenses			
Building	\$	3,817.00	
Adult Ed./Fundraising	\$	-	netted above
Ministry/Mission	\$	625.00	
Mortgage	\$	2,366.67	
Payroll & Payroll Taxes	\$	6,258.17	
Office Administration	\$	803.86	
Total Expenses	\$	13,870.70	
Net Adjusted Income	\$	(1,936.90)	

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

December Talk Titles

December 4, 2022

Talk: Advent ~ Hope and Faith

Soloist: Dennis Cain

December 11, 2022

Talk: Advent ~ Love

Soloist: Michael Lawson

December 18, 2022, Candlelight Service

Talk: Advent ~ Joy

Soloist: Melissa Olsen

December 25, 2022, Christmas Service

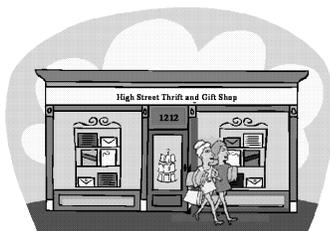
Talk: Advent ~ Hope and Faith

Soloist: Denise Anya



Giving not getting, brings to full bloom the Christmas spirit.

— Thomas S. Monson



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