

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

4 Ways to Enrich Your Thinking Rev Cherie Larkin

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

Inside this issue:

<i>Monthly Message</i>	1
<i>Sunday Service</i>	2
<i>Classes, Misc</i>	2
<i>Misc</i>	3
<i>Misc & Board</i>	4
<i>Calendar</i>	5
<i>Financial Picture</i>	6
<i>Board of Directors Message</i>	7
<i>1212 High Street Thrift & Gift Shop</i>	8

I recently read a blog post by Sandy Loder who offered ways to turn negative and repetitive thoughts into positive ones. He reminded me our minds are flooded with a constant stream of about 60,000 thoughts per day ranging from mundane daily tasks to deeper contemplations about life and the world around us. But what was truly surprising to me is that according to research, 75% of those 60,000 thoughts are negative and 95% are repetitive. That's 45,000 negative thoughts per day!

In Unity we understand that a constant barrage of negative thoughts significantly impacts our happiness and overall quality of life. And negative repetitive thoughts that become deeply ingrained in our minds can make it difficult to change our life and circumstances.

Fortunately, it is possible to break free to cultivate positive new thoughts. Here are some strategies Mr. Loder suggested for doing just that.

1. Engage in positive self-talk – The way we talk to ourselves has a significant impact on our lives. Look for and focus on positive self-talk. Remind yourself of your strengths and accomplishments and give yourself credit for both your efforts and successes.
2. Challenge your negative thoughts – Our negative thoughts are often based on our perceptions and beliefs about ourselves. By examining them

we can gain a more balanced perspective and reduce their power over us. Remember if you tell your mind something positive and keep repeating the positive, your mind will accept it.

3. Banish cynicism in your daily life – Is there negativity or cynicism in your daily life? What is it? Who is it? Do not let others project their fears, negativity, or anger onto you. Stay away from news, media, and conversations that suggest the world is about to end.
4. Practice prayer and mindfulness – Learn to observe your thoughts without getting caught up in them. I love the idea of sitting in silence and resting in the God's Presence without the use of words.

I invite you to cultivate a positivity that allows you to move forward in peace and happiness. 2 Timothy 1:6-7 sums it up, "For this reason I remind you to fan into flame the gift of God, which is in you... for God has not given us a spirit of fear, but of power, love and self-control."

Special points of interest:

- **Upcoming Events**
- **Thank you!**

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>

Sisters

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



With Rev. Rick Reich
Wednesdays 5:30-6:30 pm at Unity
 May ~ Women Philosophers

Gentle Movement and Meditation with Saige Davis

Unity of Auburn, 1212 High Street
Dates May 19, 26, June 2, 9, 2024
11:30 am – 1:00pm

Suggested Love Offering \$15 per class or 4 for \$50

Come explore and experience four varieties of meditation. Tune into your body for better awareness, balance, and relaxation. Learn to manage stress, feel more peace of mind, and experience inner joy. Each class includes an introduction and explanation of the meditative style, followed by a meditation practice. All experience levels of meditators welcome.

Week 1 Vipassana (Insight Meditation) - Explore how to cultivate your interior space using an anchor.

Week 2 Qi and Prana - Explore the flow of energy to deepen your meditation while drawing on the ancient studies of Qi and Prana.

Week 3 Guided Visualization - Explore the potential for healing with guided visualization.

Week 4 Movement Meditation - Experience movement meditation which will include a walking meditation.

Register at www.unityofauburn.com

Misc.

Unity of Auburn Upcoming Events

Meditation Classes With Saige Davis

May 19th, May 26th, June 2nd & June 9th

Sign Up @ <https://www.unityofauburn.com/>

Webinar #2 Prosperity Practices That Bring Results

May 28th, 4:00 pm

Sign Up @ <https://www.unityofauburn.com/>

Mystery Dinner

June 14th & 15th

Tickets Available Soon

Humor Sunday

July 14th

Variety Show

August 10th

Unity of Auburn May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	2	3	4
5 10:00 am Celebration Service	6 Office Open	7 Office Open	8 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	9	10	11
12 10:00 am <i>Mother's Day</i> Celebration Service	13 Office Open	14 Office Open	15 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	16	17	18
19 10:00 am Celebration Service 11:30 Week 1 Vipassana (Insight Meditation)	20 Office Open	21 Office Open	22 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	23	24	25
26 10:00 am Celebration Service 11:30 Week 2 Qi and Prana	27 Office Closed	28 Office Open 4:00 Webinar #2 Prosperity Practices That Bring Results	29 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	30	31	

Misc.



I love music, don't you? This month we give deep appreciation to each of our music angels who share the music of the heavens in support of our ministry.

Every Sunday our musicians and worship team singers come together to serve and enrich our worship experience. They show up at 8:30 to rehearse and then they sing and play their hearts out to create an uplifting experience for everyone.

I believe their sharing is not a performance, but a "transformance." They let their God-given talent flow out from them to us to create an experience of God in our hearts. In return, we flow back to them our love and appreciation, and everyone involved is "transformed" in a circular exchange of love.

Take time to thank each one for creating such a faith-filled experience for all of us. May their talent continue to bless and enrich their lives in every way.

Rev Cherie and the Board of Trustees

Board of Directors



Board of Trustees

- Michael Lawson.....President
- Donal Smith.....Vice President
- Kathleen DeMontigny.....Treasurer
- Sally Smock.....Secretary
- Denise Anya.....Member

Staff

Unity of Auburn Staff

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

Our Financial Picture

INCOME AND EXPENSES MAR 2024

Income	
Love Offerings	\$ 5,882.25
Tenant Rent	\$ 1,192.00
Facility Rent	\$ 480.00
Adult Ed	\$ 186.05
Refreshments	\$ 32.00
Miscellaneous	\$ -
Thrift Store (Net)	\$ 3,915.34
Total Income	\$ 11,687.64
Expenses	
Building	\$ 3,185.73
Misc	\$ -
Ministry/Mission	\$ 561.20
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 7,102.86
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 119.01
Office Administration	\$ 411.27
Technology & Software	\$ 319.00
Total Expenses	\$ 14,412.74
Net Adjusted Income	\$ (2,725.10)

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



Kathleen DeMontigny

Greetings to all from the Unity of Auburn Board of Trustees. As always, Spring brings growth and so it is at our beloved spiritual home. Our board president, Patty Davis, has stepped down. / completed her term. We will do our best to live up to her inspiring standard. At the March Board Meeting a new slate of officers was elected:

President - Michael Lawson
 Vice President – Donal Smith
 Treasurer – Kathleen DeMontigny
 Secretary – Sally Dishman-Smock
 Membersat Large - Denise Anya

The board is hoping to add three new members to the board this year. Many hands make light work, and our church grows when we have full participation and plenty of new perspectives. Consider helping us grow by adding a few hours per week of your service to our mission. Your reward will be enhanced friendships and a blissful sense of purpose.

On the news front, Reverend Cherie has been busy in so many ways:

- She is negotiating with the Small Business Administration to have the loan we took out during Covid reduced or forgiven.
- She is recruiting a young person to be an attendant in the Youth Ed Room for our growing group of children who attend on Sundays.
- She has investigated local thrift shops to consider ways to increase our profits and pay our sales taxes.

Dave and Pam Werkley are busy planning a fun murder mystery dinner in June. If you've ever yearned to be on the stage, now is your chance to shine. I tried it once and I was hooked. This will be an audience participation event. Don't miss it!

Donal Smith is planning some fun wine paring dinners. He is a wine expert, so these dinners will be delicious, informative, and FUN.

I want to give a shout out to the folks who keep our church running:

- Carrie, our fabulous office manager. She is unparalleled in her skills, energy, and diligence. She is always ready with the answer and a smile. Stop by the office to let her know she is appreciated!
- Maggie, our thrift shop manager. Our beautiful shop has put us on the bargain hunters' A List. Thanks to all our thrift shop volunteers and donors, and to Jan and Dan Williams for their expert staging.
- Most of us never see Ricky, our custodian, but his work is evident every time we enter our church.
- All our donors, who with their generosity, make our mission possible. Consider becoming a Legacy Donor.

Your gift will help our church and our whole community become a better place to live and grow.

Happy Spring from you UOA Board!

Kathleen DeMontigny

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

May 2024 Talk Titles

May 5, 2024

Talk: Prosperity ~ Write it Down
Music: Dennis Cain

May 12, 2024 *Mother's Day Service*

Talk: Create Your Prosperity With Words
Music: Worship Team Singers

May 19, 2024

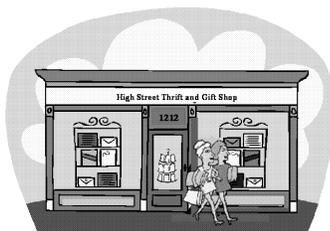
Talk: Imagine the Possibilities
Music: Worship Team Singers

May 26, 2024

Talk: A Divine Plan For Abundance
Music: Worship Team Singers



*Life is like riding a bicycle
To Keep Your Balance, You
You Must Keep Moving
— Albert Einstein*



Unity of Auburn

**1212 High Street
Thrift & Gift Shop**

Donations: Now taking donations.

*Monday, Tuesday, Wednesday, Thursday, Friday & Saturday
from 10:00 a.m.-3:00 p.m. & Sunday from 11:30 a.m.-1:00 p.m.*

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