

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
Co-Ministers

Ministers' Message

Charles and Myrtle Fillmore, the co-founders of Unity were born during the month of August which is often designated, at our centers around the country, as Unity heritage month. This provides an opportunity to honor the pioneering work of the Fillmores without turning them into guru figures and to review and reflect upon some of our core teachings.

When people ask me what the most important teaching of Unity is, I tell them that it is not so much a particular teaching or idea that I value the most, rather, it is the freedom that we have to question and explore religion and spirituality.

Charles always made it clear that Unity has no statement of faith or set of dogmatic propositions that must be accepted without question. The Fillmores gave us a method instead of a message. For Charles, something was true if it passed the test of reason and logic and was then shown to have a practical application to everyday life.

This is a test that can be applied to any claim that is being made including those asserted in the name of Unity. It was intended to be an ongoing laboratory experiment. Both Charles and Myrtle had health challenges. Myrtle was diagnosed with tuberculosis and Charles used a brace on his right leg due to a dislocated hip when he was a child resulting in one leg being shorter than the other.

In 1885 there was no effective treatment for TB so Myrtle developed her own form of treatment based on meditation and affirmations. She also practiced a healthy lifestyle and good nutrition. We now know that untreated TB goes away in approximately 29% of cases and Myrtle succeeded in joining that group under the watchful eye of her husband Charles who was convinced that she was on to something important.

Charles applied the same techniques to his leg and was eventually able to stop using the brace, relying only on a lift in his right shoe. These may sound like small things in our own day when TB has been virtually eradicated and artificial hips are common place but there is still a valuable and practical lesson for us.

In the face of no viable medical options, the Fillmore's did not allow their physical challenges to stand in the way of living full and productive lives. Even with effective medical treatment, every physical illness has a mental component. What we learn in Unity is that the physical dimension of health is only part of the picture.

Medical intervention can be more effective if we focus on the one and only thing that we can reliably control: our own mind. As Marcus Aurelius observed back in the year 180 CE: *"You have the power to strip away many superfluous troubles located wholly in your judgment, and to possess a large room for yourself embracing in thought the whole cosmos, to consider everlasting time, to think of the rapid change in the parts of each thing, of how short it is from birth until dissolution, and how the void before birth and that after dissolution are equally infinite."*

Join us this month as we place the essential teachings of Unity into a larger context, both ancient and modern, which will demonstrate their practical value today. We will look at healing, prayer, ethics, prosperity and perhaps a few other topics that might take us into September. After all, our teachings are meant to be open to ongoing discovery and exploration.

Phone: 530-888-6489

Website: www.unityofauburn.com

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Special points of interest:

- **Bingo**
- **Unity World Day of Prayer**
- **Women's Creative Insight Circle**
- **Frontiers of Consciousness**

Chaplain's Corner

I became interested in becoming a Unity chaplain while serving as the Spiritual Leader of Clearlake Unity in 1995. A visit to Unity of Santa Rosa, where I observed their chaplain program under the direction of Rev. Lei Lanni Burt, prompted me to pursue chaplaincy at Clearlake Unity. However, my tenure in Clearlake was over before the program was implemented. At this point, I was guided to attend the Unity Licensed Teacher Week at Unity Village where Rev. Burt was teaching the Train the Trainer program.



Marra P. Swan
Chaplain

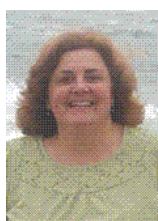
Arriving at Unity of Petaluma, with Burt's teachings, I embarked on organizing a chaplain program. Four women and one man volunteered for my first class. We began with a weekend retreat at Point Reyes—an inspiring and fun start. The next year we added another chaplain.

In 2003, I began leading a prayer group at Unity of Petaluma. Several years later, I was invited back to lead the group just one time—which I did. Also at Unity of Petaluma in 2003, I organized a 12 hour prayer vigil that involved prayer, spiritual readings, music and sacred dance for World Day of Prayer. In spite of its novelty (no other Unity Center was doing a 12 hour vigil) all the slots were filled and it was a very gratifying experience. However, those who were employed were not able to attend. So, to accommodate them, the next year I offered the vigil with the same

choices for participation—but in fifteen minute slots. A committee called each volunteer the day before the vigil with a reminder of the time of his or her slot. For two years this worked out very well.

Upon coming to Unity of Auburn in 2005, I became an active chaplain. As a trainer, I assisted informally whenever I could contribute in Chaplain Trainings over the years. In 2015, I volunteered to be a chairperson for our participation in World Day of Prayer. I organized a program that the chaplains presented in our sanctuary. I also organized the 12 hour prayer vigil (with 15 minute slots) and created a committee of callers for slot reminders. This came together very well that year and for two more years. Lynne, Therese and I presented about World Day of Prayer for our Sunday gathering in 2015, too.

2018 is my 16th year as a chaplain. I was on Emeritus status for 2011 and 2012 while I overcame some health challenges. In recent years I have liked to read the Daily Word in our sanctuary, holding sacred space for our Sunday gatherings, and praying with our spiritual community by phone or in person. I am grateful for having had the opportunity to serve as a chaplain. My guidance now is to become a Chaplain Emeritus beginning September 1. I'll be available to substitute chaplain if needed. And, oh, yes, two highlights have been my roles in the terrific chaplain performances for our Variety Show!



Mary Lou Banahan
Youth and Family Leader

Youth and Family Ministry

Dear Friends,

August! Yikes that means we will be back at school in the next couple of weeks. Hopefully, that also means we will be enjoying fall weather soon?

I have been enjoying our younger attendees these past few months. We have had family members attend youth service while they visit grandparents, great aunts, and great grandparents. We have even had youth come back for a visit after moving away. These have been good opportunities to re-connect with some and create new friendships with others.

Soon, it will be time to ease back into our routines and I look forward to seeing our teens again. It will be good to have different age groups this fall to develop the leadership roles our teens need while teaching our youth Unity principles.

Blessings,

Mary Lou Banahan

Youth and Family Leader

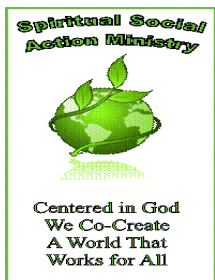
Unitots

Sundays, 10:00 a.m.

UniKids and UniTeens

Sundays, 10:00 a.m.

Location: Youth and Family Ministry Wing



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

Monday through Thursdays, 12:00 Noon—12:30 p.m.

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!

THERE WILL BE NO YOGA CLASSES IN

AUGUST. Yoga will resume on Monday, September 10th at 4:00 p.m. Join us then with your sticky mat or, if you don't have one, we have a couple of extras.

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

Women's Courage to Change Al-Anon Family Group

(Women only; childcare available)

Tuesdays, 7:00 p.m.

Location: Manning Hall

Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.

Location: Manning Hall

Chaplain Prayer Circle

Sunday, August 19th at 11:30 a.m.

Our prayer circle is now on 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



Rev. Rick Reich



“Spiritwind” is a study group for **Spiritual Adventurers**. This month at Spiritwind we will be watching a video series titled *The Power of the Universe* by mathematical cosmologist, Brian Swimme. Swimme, who has worked with Matthew Fox for years and taught at the school where I did my doctoral studies, shares the story of the universe with a spiritual perspective that is inspiring! He was also co-author of *The Universe Story* with Thomas Berry. Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street. *Love offering accepted.*

Women’s “Creative Insight” Circle Saturday, August 18th, 9:00 a.m. - 4:00 p.m.

Pearls of Wisdom ... Listening to My Inner Voice



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.

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



Frontiers of Consciousness Monday August 27th, 6:00 PM

Why Buddhism is True
Facilitator: Rev. Mark

The field of consciousness studies has expanded rapidly in the last 20 years; however, we seem to be no closer to finding an answer to the question of exactly what consciousness is and how it came to exist. In this class we will study the ideas and theories of leading experts in this fascinating field by watching video presentations followed by discussion.

We will continue to meet every fourth Monday until we have solved the “hard problem of consciousness.” Actually, we will probably run out of material to discuss before that happens but who knows where this might lead?

In August we will continue with a series of talks given by Robert Wright, author of the new book *Why Buddhism Is True*. He explores the links between Buddhist philosophy and what we have learned about human consciousness through neuroscience and evolutionary psychology. The Buddha's diagnosis of the human condition and his prescription find strong support from those disciplines.

Special Events



**UNITY WORLD
DAY OF PRAYER**
September 13, 2018

Celebrate Unity's 25th Annual World Day of Prayer

Unity of Auburn joins Silent Unity, Unity Centers and thousands of people around the world on Thursday, September 13, to celebrate the 25th annual World Day of Prayer. Times of great change challenge us to find our center in the midst of seeming chaos. The spiritual practice of finding peace right where you are, in the midst of any situation, has been the prescription of master teachers through the ages.

Unity is echoing this centuries-old practice during World Day of Prayer 2018, calling for "The Courage to Heal." We're engaging people all over the world with renewed spiritual energy to *Pray Healing ... Be Healing ... Do Healing.*

There are a number of ways you can participate in this year's activities:

1. Take part in our prayer vigil by signing up for a block of time to pray at home or work on September 13th. Look for sign-up sheets at Unity Central later this month.
2. Use the special prayer request forms to list names and intentions you wish to be held in prayer during the 24-hour prayer vigil at Silent Unity. Prayer forms will be available in the Sunday bulletin and at Unity Central. Place your forms in the World Day of Prayer-themed prayer box at Unity Central by Sunday, September 9th so we can mail them to Silent Unity in time for the vigil.
4. Find a Prayer Partner to pray with on Thursday, September 13th. This could be the beginning of a weekly practice together.
5. Follow World Day of Prayer at www.worlddayofprayer.org. Many events, beginning with the opening ceremony at 7 p.m. on September 12th, will be live streamed. Invite family and friends to view the website, too. You can also listen to and comment on live talks by Unity ministers and guest speakers every Thursday at 11:00 a.m. Central time on the Unity Facebook page.
6. Be inspired by World Day of Prayer to pray with a chaplain after service on Sunday, or talk to one of our chaplains about scheduling time for prayer.

Unity Bingo

Almost October Fest

A FUN FUNDRAISER!



Friday

September 21, 2018

Doors open at 5:00 pm

Games start at 6pm

1212 High Street

Auburn, CA

\$25 pre-sale/\$30 at the door

Includes 10 sheets of Bingo Cards

One free Door Prize Ticket!

Event Prizes!

Bratwursts (regular and vegetarian),

Beer, Wine, Water

(sold separately)

Tea and Coffee Provided

*** Tickets Go On Sale August 1st.**

Get your tickets at 1212 High Street

Thrift and Gift Shop,

Monday-Thursday

10:00am—4:00pm or call

530-888-6489

Message from our Board of Directors

Recently, we lost one of the instructors at our gym—our meditation instructor. He was a young man of 25 years who always had a big smile on his face and a welcoming hug or handshake. He seemed to be an old soul, very spiritual and attuned with the universe. He also enjoyed composing original music. He appeared to be enjoying life and not troubled. Tragically, to the shock of his friends and family, he ended his own life.

This impacted us very deeply. I realized that appearances can't be counted on for the whole truth. In polite society, people tend to mask their inner selves when they are around others. So, when we think we know someone, we may know only a shadow of him or her. Which begs the question: How can we know if someone is troubled, but is not reaching out for help?



Bill Mahl

We are blessed at Unity to have many resources available to us in times of need. Our ministers and chaplains are always available to listen and to give comfort and inspiration. The practice of mindfulness and meditation are also powerful tools to help with life's challenges and to help control our thoughts. Our weekly meditation at Sunday service, prayer circle or individual prayer are also important benefits cultivated at Unity. I am grateful for prayerful moments that restore and refresh my body and soul.

Bill Mahl

Board of Directors



Board of Trustees

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- Justene Da Costa.....Vice President
- Sharon Hardie.....Treasurer
- Brennan Toohey.....Secretary
- Russ Purvis.....Member
- Edna Sparkes.....Member
- Bill Mahl.....Member
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- Karen and Mark Schindler.....Co-Ministers
- Lynn Liddell.....Licensed Unity Teacher
- Marra P. Swan.....Licensed Unity Teacher
- Mary Lou Banahan.....Youth and Family Leader
- Ken Kligerman, AFM.....Keyboard/Piano

Staff

Unity of Auburn August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Noon Prayer 6:30 pm A Course in Miracles	2 Noon Prayer 6:00 pm Spiritwind	3 Office Closed	4
5 10:00 am Celebration Service 10:00 am Youth and Family Ministry	6 Noon Prayer	7 Noon Prayer	8 Noon Prayer 6:30 pm A Course in Miracles	9 Noon Prayer 6:00 pm Spiritwind	10 Office Closed	11
12 10:00 am Celebration Service 10:00 am Youth and Family Ministry	13 Noon Prayer	14 Noon Prayer	15 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	16 Noon Prayer 6:00 pm Spiritwind	17 Office Closed	18 9:00 am Women's Creative Insight Circle
19 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Prayer Circle	20 Noon Prayer	21 Noon Prayer	22 Noon Prayer 6:30 pm A Course in Miracles	23 Noon Prayer 6:00 pm Spiritwind	24 Office Closed	25
26 10:00 am Celebration Service 10:00 am Youth and Family Ministry	27 Noon Prayer 6:00 pm Frontiers of Consciousness	28 Noon Prayer	29 Noon Prayer 6:30 pm A Course in Miracles	30 Noon Prayer 6:00 pm Spiritwind	31 Office Closed	

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

August 5, 2018

Talk: The Essence of Unity

Soloist: Elizabeth Gillogly

August 12, 2018

Talk: Health and Healing

Soloist: Brenda Boston

August 19, 2018

Talk: Truth, Goodness and Beauty

Soloist: Billy Bensing

August 26, 2018

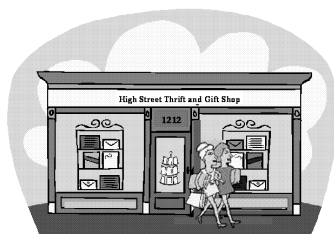
Talk: Live Long and Prosper

Soloist: Dennis Cain



Breathe the sweetness
that hovers in August.

- Denise Lovetov



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

Sometimes Open Fri, Sat & Sun

11:00 a.m. - 1:00 p.m.

(if we have volunteers)

We are in need of volunteers and donations!

Sign up at Unity Central