

A welcoming spiritual community advancing a positive message that teaches people of all ages and faiths how to thrive in a changing world.

Ministers' Message (with apologies to Charles Dickens)



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Special points of interest:

- **Festival of Lights**
- **Ugly Sweater Contest and Potluck**
- **Creative Insight Circle**
- **Candlelight Service**
- **Burning Bowl**
- **Peace Pole Dedication**

The ghosts were gone, the holidays were over and Ebenezer Scrooge wondered if he had done such a good thing after all. Bob Cratchit was now earning twice the going rate for timid clerks and burning enough coal to forge steel. But was he grateful, was he happy? Not by a long shot. Mrs. Cratchit had demanded a new house in a better neighborhood to reflect their new station in life so the Cratchits moved to the suburbs and Bob's commute doubled.

Tiny Tim, now cured by the best medical care money could buy, was no longer content to simply sit on his little stool by the fire and contemplate the deeper meaning of life and its blessings. Timothy, as he now insisted on being called, had grown ambitious and started his own multi level marketing program on how to get rich by flipping distressed Victorian real estate. In fact, he was the one who invented the slogan, "We Buy Ugly Houses."

Scrooge listened sympathetically as Bob complained bitterly about how money had undermined his family values and estranged his wife and children. "Humbug," Scrooge replied. "Money has nothing to do with it, you just haven't been asking the right questions. Money is neutral, neither good nor bad. It all depends on the consciousness that wields it."

You see, the spirits who visited Scrooge on Christmas Eve did more than just scare the snot out of him, they imparted wisdom and understanding. In fact, (and not many people know this) the ghost of Christmas present (always in the now moment) was a retired Unity minister.

Scrooge explained to Bob that the most important thing is to have a clear idea of what it is we really want in life. Scrooge said, "Instead of asking what it is you don't have that you think will make life better, take a look at what you already have that you would like to have more of and then ask for that."

Bob looked confused and he argued, "How do you expect me to be able to fix everything

that's wrong with my life if I don't focus on what is screwing it up in the first place?"

"Did Beethoven learn how to write magnificent symphonies by studying the kind of music that made people gag?" Scrooge replied. Then he sat back and watched as one of those little light bulbs appeared above Cratchit's head and started to glow.

"So what you are telling me," said Cratchit. "Is that we grow toward that which we study, right?"

"Exactly!" Scrooge replied. "Instead of complaining and telling me about all the problems with you and your family, tell me about a time when you were the most proud of something your family did or stood for in the world and then we'll really have something worth talking about. Better yet, go back home and ask everyone there that same question and just see what happens. And do it before you dot another *i*, Bob Cratchit!"

Bob took Scrooge's advice and before long Mrs. Cratchit was ready to put the house on the market and return to the old neighborhood where she started a community garden project. Timothy was Tim once again and went to work setting up a support network for parents of children who were born with the same condition he had overcome.

As for Bob Cratchit, he was better than his word. He continued to ask the right questions and focus on what was true and beautiful so that it was always said that he knew how to live well, if anyone alive possessed the knowledge. This season, when someone asks what it is we want for Christmas, think carefully and choose wisely so the same may be said of all of us. And so, as Tiny Tim observed, God bless us, every one!

Chaplain's Corner

A Gift We Can Give Ourselves

The holidays can be full of joy, laughter and sweet times. They can also hold physical and spiritual challenges. I find Rev. Linda Martella-Whitsett's Prayer Prescription, from her book *How to Pray Without Talking to God*, is a gift I give myself daily—especially when I am not feeling spiritual wholeness and harmony.



Elizabeth Rawson

Rev Linda's five daily practices encourage me to begin with Meditation. It can be in the quiet of my home or with a guided visualization to begin the practice of releasing my "monkey mind" towards gaining inner stillness. Education is choosing to read the Daily Word or spiritual selections on Divine Nature and Divine Identity. I use phrases to begin a page in my journal for reflection, leading to daily Introspection. My journal is my "PST," or Personal Soul Training, holding me to the intention, discipline and repetition of a spiritual practice.

All the gatherings around the holidays can easily distract me! I try to choose good

company with meaningful interactions, and avoid the settings that do not promote my feelings of well-being. Actually getting out into that Divine Nature for a walk is moving Inspiration, a living prayer that supports and is an Affirmation of my wholeness. I am much more open to feelings of gratitude when I am tuned up and tuned in to what Rev. Linda calls a spiritual practice plan.

By taking a little time for joy each and every day, we help ourselves feel lighter and focused. Joy isn't a once a year caroling event; it's our spiritual nature.

We can also decide to nurture ourselves, even in little ways, especially in busy times. We can make a commitment to take our spiritual Prayer Prescription. For me, this means when we are willing to look at familiar situations through the eyes of thankfulness, we will find a renewed sense of appreciation for the many blessings that surround us.

May joy and gratitude be gifts you receive and share throughout the holidays.

Youth and Family Ministry

Unitots

Sundays, 10:00 a.m.

UniKids and UniTeens

Sundays, 10:00 a.m.

Location: Youth and Family Ministry Wing

We are looking for people who might serve in our Youth and Family Ministry as teachers and helpers in both Youth Ed and the nursery.

A background check is required.

Please contact Rev. Karen at: iwishupeas@aol.com



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!

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.

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, December 23rd at 11:30 a.m.

For this month, our prayer circle will be on the fourth 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



Spiritwind

Rev. Rick Reich

“Spiritwind” is a study group for Spiritual Adventurers. For the month of December at Spiritwind we will be looking at Christmas in its religious and secular expressions together with their traditions. On Thursday the 20th we will be doing a Winter Solstice ritual and then on the last Thursday of the year we will also be looking at the relationship between God and Santa Claus.

Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street. Love offering accepted.

Festival of Lights Parade

December 2nd

NIGHT OF ENCHANTMENT



We are in the parade again this year! If you'd like to help decorate the float, come at 10:00 a.m. on Saturday. We are also in need of cookies, brownies or other sweets to share with the community. Come before 5:30 p.m. to set up chairs in the front of our building. The parade goes right past the front of our building. Bring your family and friends. By participating in this event, we are spreading our Unity teachings to the larger community.

Women's "Creative Insight" Circle

Saturday, December 15th, 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.

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

'tis the season... TO ROCK UGLY SWEATERS



Christmas Potluck

December 16th

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 23rd, 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

No Frontiers class in December.

Will resume on January 28, 2019



New Year's Eve Service
Sunday, December 30th, 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 31st.

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 2018. It's always interesting to see what manifested from the letter.



Peace Pole Rededication

Sunday, December 30th 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.



WISHING YOU



HAPPY HOLIDAYS!

Message from our Board of Directors



Shelley Ruthetford

Christmas Greetings to All,

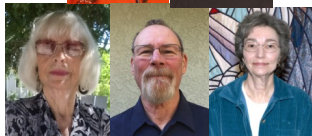
We are once again in the midst of the holiday season, no doubt busy (perhaps overwhelmed) with gatherings, shopping, planning special meals, etc. It is a time to celebrate the Christian background of our Unity church and be grateful that we have the principles of Unity going forward.

Let's use some of this time to be thankful for the ongoing prosperity of our church, grateful that we have come through another year financially and that we have such a thriving community of good friends and fellowship.

So however each of you choose to celebrate this holiday season (or perhaps in multiple cultural ways) have a wonderful special December 2018.



Board of Directors



Board of Trustees

- Shelley Ruthetford.....President
- Justene Da Costa.....Vice President
- Sharon Hardie.....Treasurer
- Russ Purvis.....Member
- Edna Sparkes.....Member
- Bill Mahl.....Member
- Pat Lord.....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 2018

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

December 2, 2018

Lesson: Beyond Hope

Soloist: Dennis Cain

December 9, 2018

Lesson: Wolves and Lambs

Soloist: Brenda Boston

December 16, 2018

Lesson: Swords and Plowshares

Soloist: Jon Dufour

December 23, 2018

Lesson: The Return of the Light

Soloist: Beth Gillogly

December 30, 2018

Lesson: Ringing In The New

Soloist: TBA



There is beauty in everything,
Even in silence and darkness.

- Helen Keller

November Total:

\$853.00



October Total: \$1,222.70

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