

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

Simple Pleasures to Brighten Your Day Rev. Cherie Larkin

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A great spiritual practice to make your day more pleasant is to look for and find the little, simple pleasures throughout your day. These are not big things or expensive things, but they are big in terms of their ability to shift your energy in a big way.

Here is how I like to start my day. Upon waking, I snuggle down in my bed and give thanks for a good night's rest, for a new morning, for the luxury and comfort of my bed, for the warmth of my bedding, for the sunlight entering my room.

Then I turn to my body and say good morning to my heart and ask it to be an expression of love throughout the day. I ask my mind to guide me with wisdom. By the time my feet hit the floor I am energized with love and appreciation. I am ready to look for more simple pleasures to brighten my day and the possibilities are endless.

Making your own list of simple pleasures (mental or written) is a great spiritual practice that ignites both happiness and prosperity because gratitude is a spiritual enzyme that magnifies all the good in your life.

*This is the day that the Lord has made; let us rejoice and be glad in it.
Psalm 118:24*

Here are some of my favorites, what will your list be?

- Avocado
- Hiking
- Thick crust chicken spinach pizza
- Raw veggies
- Bright-colored nail polish
- Popcorn
- The smell of gardenias
- A spritz of perfume
- Binge watching a favorite TV series
- A crisply ironed blouse
- Dancing to Motown music
- Reading a great biography
- Prayer
- A gentle breeze
- Bold coffee
- Yoga stretches
- High heels
- A warm bath with candles
- Seeing my savings balance grow

Special points of interest:

- **Save the Date**
- **Thank you!**

Chaplain's Article



Anne Roberts

“Unconscious Self-Sabotage”

As a student... beyond and even now, I am still very fascinated with studying the results of the power of words. I still do all I can to remain conscious of how I use my “I AM.” For me, “I AM” is the way I ask my Higher Self / Creative Energy within me for everything; except much of the time I do it in a complete state of unawareness. When I can’t; When I’m trying; If I want or I need; I make it impossible for me to succeed. Unconscious Self-Sabotage is thinking or speaking words whose negative and harmful meanings are unknown or misunderstood. And this unawareness does not stop the negativity caused by these words in one’s life. “Unconscious Self-Sabotage” came to me as the name of this poem as I wrote the lines. It took a few days of me rereading it to understand the message of this piece. The first thing I realized was I had never looked up the meaning of “want, need or try/trying” and thought I knew what they meant. But the truth is, I used them the way I heard them used by others. The dictionary meaning for “trying” is to subject oneself to strain, hardship or distress. The true meaning of “need” – a condition of lack, poverty, misfortune and obligation. “Want” means to fail, to be without, deficient, lack, destitution, deprived of and failure. “Can’t” was the easiest to understand because from an early age my parents would not allow us to say it. I was heartbroken and mentally devastated so much so, that I went to the library to find a dictionary that did not have the same meanings for “want, need and try,” but without success. All I could think was... I’ve been speaking these words all my life and have been calling forth failure, lack and distress. My first thoughts were about all the failed relationships I’d had; some business, but mostly personal. I thought about times when “want and need” seemed to sexually energize, but was the real reason those relationships ended. Knowing that these three words sabotaged my life, reinforced my understanding of the power of our words when energized with intent, desire and repetition. I decided to eliminate the words “want, need and try” from my vocabulary, never to express them again. I shared this discovery with my sister and my best friend. And the two of them helped me discover that none of us could hear ourselves actually say ‘the words’ when they were coming out of our mouths. So we decided to raise a finger whenever we heard each other saying them. Our fingers rose so many times it became hard to believe. I even accused my sister of mishearing me and she accused me of straight out lying. That’s just how often we were unconsciously calling on failure, lack and distress.

Two years after deciding to eliminate ‘the words’ was I able to actually hear myself saying them out loud. Almost five years later after learning to be silent, and really learning to listen to others, I was finally able to catch ‘the words’ and change them before they came out of me. That gave me much joy. I was pleased with myself to read the 23rd Psalm as, “The Lord is my guide, I shall not “fail” and understand it better. I believe Unconscious Self-Sabotage has gone beyond epidemic. The constant and continuous bombardment through television, telephone, social media and repetition of ‘the words,’ keeps them embedded in our consciousness and our unconsciousness throughout our lifetime; almost like an intended sabotage of the human soul. Everyone I have explained ‘the words’ and their meanings to... responds strangely. Each person starts out by understanding and agreeing with me. Then something shifts in their brain, and all of a sudden they can not stop saying “want, need or trying” no matter what the conversation becomes about. The mind appears to get stuck like a scratched record. They become unable to hear themselves or stop themselves from saying these words. It became quite distressing watching people become unconscious... losing conscious control of their words and thoughts for varying amounts of time. That experience was like watching that Twilight Zone episode where three words put people in a deep sleep that grew deeper with every activity that was “wanted or needed.” I stopped sharing whatever I understood regarding Unconscious Self-Sabotage until I successfully eliminated “want, need and trying” from my vocabulary. I discovered I could not eliminate them; they are seriously embedded. However, I can choose to be ever conscious of not using them. I realize I can only choose not to speak or think them. For more than 20 years, I have been satisfied with my success of conscious choice. It is my desire that we understand that our words have power even when we don’t know what they mean.

Sunday Service, Classes & Misc.

Sunday Service

Sunday Service In Person is at 10:00 AM and Via Facebook Live Stream at 10:15 AM.
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 July 24, 2023 at 5:00 pm. If you would like to attend, please send an email to Jacob Walker at Jacob.walker@gmail.com.

Sisters

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



- ◆ July 10 & 17th, 5-7 pm — New Member Orientation
- ◆ July 23rd After Service — Town Hall
- ◆ July 30th After Service — Chaplain Orientation

Misc.

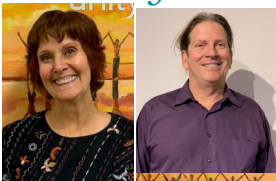
Heartfelt  THANKS
TO OUR VOLUNTEERS!

Have you hugged your thrift store volunteer lately? Our wonder-filled volunteers serve with hearts full of love and joy as they serve our customers. Over and over people remark not only, how beautiful everything is displayed, but what a great and friendly place it is to shop. A consciousness of love and service streams directly from our wonderful volunteers. It attracts the best customers, the best donations, as well as an abundant flow of prosperity for our ministry.

The month of May was one of our highest sales volumes ever! Keep in mind a portion of our profits are shared with the Auburn Interfaith Food Closet, so all sales help feed families in the great Auburn area. Thank you & congratulations to all!

With love, Rev. Cherie, and the Board of Trustees

Board of Directors



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Unity of Auburn Staff

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- Carrie Deterding.....Office Manager

Unity of Auburn July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:00 am Celebration Service	3 Office Open	4 Office Closed Independence Day	5 Office Open 3:00 pm Sisters	6	7	8
9 10:00 am Celebration Service	10 Office Open 5:00 to 7:00 pm New Member Orientation	11 Office Open	12 Office Open 3:00 pm Sisters	13	14	15
16 10:00 am Celebration Service	17 Office Open 5:00 to 7:00 pm New Member Orientation	18 Office Open	19 Office Open 3:00 pm Sisters	20	21	22
23 10:00 am Celebration Service Town Hall Meeting	24 Office Open 5:00 pm Frontiers of Consciousness	25 Office Open	26 Office Open 3:00 pm Sisters	27	28	29
30 10:00 am Celebration Service & Chaplain Orient	31 Office Open					

Our Financial Picture

INCOME AND EXPENSES MAY 2023

Income	
Love Offerings	\$ 7,349.29
Tenant Rent	\$ 772.65
Facility Rent	\$ 330.00
Adult Ed	\$ 137.40
Refreshments	\$ 47.00
Fundraising	\$ 692.00
Misc. Income	\$ -
Thrift Store	\$ 3,192.54
Total Income	\$ 12,520.88
Expenses	
Building	\$ 4,299.00
Tithes	\$ -
Ministry/Mission	\$ 1,328.12
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 6,946.84
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 369.89
Office Administration	\$ 1,091.96
Technology & Software	\$ 557.99
Total Expenses	\$ 17,307.47
Net Adjusted Income	\$ (4,786.59)

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



Sally Smock

GOD ALWAYS SENDS A THANK YOU NOTE

In my youth, when I was learning how to write, my Mother encouraged me to write (as best I could) a thank you note whenever I received a gift or a special kindness. Looking back over my life, I've come to realize that God is the "ball" in the paddle-ball journey of life. A small hand paddle with a ball connected by a rubber strand, would go in any direction I would send it, but it always came back. Little did I know at the time it was a spiritual lesson.

One day, I asked my Mother why she felt it was so important to sit down and write a thank you note (when I had so many other important things to do at five years old). She said, "When you say thank you, you open a magic portal of Grace. You may not see it or realize it at the time but God never forgets gratitude."

A few Saturdays ago, I drove to the Davis Farmers' Market to shop for fruit and veggies for the week. I go infrequently but I always enjoy the vendors, the music and the goodies. My cash almost gone, I stopped to pick up some colorful Swiss chard on my way to the car, leaving me with one dollar. As I started to walk away, a little boy, about seven, walked up and asked the vendor how much an orange was. She said "the orange is a dollar." He then looked at the carrots and asked the price of a carrot. She said, "they're sold in a bunch for \$3.50." He said, "I'll take the orange" and attempted to fish in his pocket for a dollar. I opened my wallet to my last dollar and said, "this dollar has a purpose, and that purpose is for the orange you have in your hand" as I handed the money to the vendor. Suddenly, his arms were wrapped around my waist and he looked up and said, "thank you," and was gone. The exchange happened so fast, I wondered if I had encountered an Angel.

I needed a dozen eggs and knew I could pay with a credit card, but as I approached my egg lady, she looked up and said, "Oh, I was hoping to see you today because I have something for you." She reached down under the table and pulled out a dozen eggs and said, I gathered all my double yolkers for you. I just had a feeling you'd be here today." We've been close friends for many years and I don't even know her name...nor she mine...but it's never mattered for the love is there.

On my way home, I realized I'd received a "Thank you" note from God, in the form of a dozen multi-colored double yolkers. Thank you, God.



Unity of Auburn

Offering practical, spiritual teachings that empower abundant and meaningful living!

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Auburn, CA 95603

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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

July 2023 Talk Titles

July 2, 2023

Talk: David and Goliath ~ Courage to Take Action

Soloist: Dennis Cain

July 9, 2023

Talk: Moses ~ Escape From Fear

Soloists: Denise Anya

July 16, 2023

Talk: Joseph (Son of Jacob) ~ Look to the Good Only

Soloist: Melissa Olsen

July 23, 2023

Talk: Joseph (Father of Jesus) ~ Understanding Spiritual Insight

Soloist: Michael Lawson

July 30, 2023

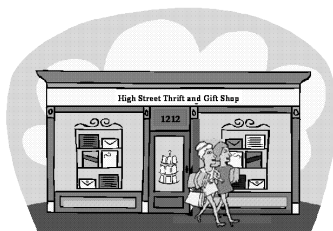
Talk: Healing With Your Father

Soloist: Anne Roberts



"With the new day comes new strength and new thoughts"

—Eleanor Roosevelt



Unity of Auburn

**1212 High Street
Thrift & Gift Shop**

Donations: Now taking donations.

Monday, Tuesday, Wednesday, Thursday, Friday & Saturday

from 10:00a.m.-3:00p.m.

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