



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

Unity of Auburn Humor Sunday Come to Church and Laugh a Lot!

August 13, 2023, 10:00am

***Joy is the most infallible sign of the presence of God.
Meister Eckhart***

On Sunday, August 13th Unity of Auburn will celebrate Humor Sunday. The moments of happiness we enjoy take us by surprise. It is not that we seize them, but that they seize us! Humor is a prelude to faith and joy is the beginning of prayer.

This month we celebrate life by sharing our joy with one another. Laughing together, singing together, praying together, we lighten our load as we lift up each other to higher places of mental and emotional happiness.

In the words of the One who came that we might have life abundantly: *May my joy be in you that your joy may be complete.*
John 15:11

Lighten up and listen to more than just the accumulated information of your intellect. Let go of what you think you know and broaden your outlook. Happiness is a decision. You can choose to start enjoying your life right now. Certainly, there are times in all of

our lives when bad things happen, or things do not turn out as we had hoped, but that's when we must decide that we're going to be happy in spite of our circumstances.

In an issue of *Time Magazine* devoted to The Science of Happiness researchers explored the effects of joy and laughter on our mental and physical states. One of the articles: "Does God Want Us to Be Happy?" reached this decision: However, we define happiness, we will likely conclude that it is what God (or the Universe) wants for us.

Joy frees our thoughts from any sense of anxiety or strain; it lightens our physical body and mood and, hopefully, melts our cares away if only for a little while.

Join us for Humor Sunday, August 13th at 10:00am as we celebrate the presence of God as joy. Everyone is welcome!

You will go out in joy and be led forth in peace; and the mountains and hills will burst into song before you... and all the trees of the field will clap their hands. Isaiah 55:12



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

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Special points of interest:

- Unity Ambassador
- Thank Yous

Chaplain's Article



Anne Roberts

“ANSWERING THE CALL”

by Anne Roberts, Unity of Auburn - August 2023

When I was asked to think about becoming a Chaplain, I didn't hesitate to give thanks, as well as, say yes. I was overjoyed... when included in the ask was to help in the training of other new Chaplains. More than 40 years ago, I was introduced to Unity through a friend who owned a library full of Unity books by Charles and Myrtle Filmore, Catherine Ponder, Eric Butterworth, Emily Cady and more. She would allow me to take up to a dozen books, read and practice for a year before I could move on. We did this for several years. I took the information in like a sponge and as soon as I had an understanding of some of the Principles, I began practicing immediately. Prayer and meditation had become a permanent part of my everyday routine. After a few years I moved away and was led to a Science of Mind Church. It sounded a lot like Unity to me so I stayed around long enough to become a Science of Mind Practitioner. My other reason for joy and no hesitation, was that a year or two after moving to Los Angeles, I checked into the requirements to become a Chaplain with the police department. I was okay with the six month training, but had no church affiliation, which was a requirement that I was not willing to fulfill at that time. Instead I took advantage of my love of writing. I wrote pamphlets on loving the self, the power of words, on forgiveness, the power of thought and listening and gave them out to whomever would accept them. Then I started a newsletter for women on the same topics. As my audience grew, I began doing workshops twice a month on the powers of beliefs, love, listening and words in the Los Angeles and Long Beach areas. My last reason for no hesitancy was because Chaplain and Practitioner have very close to... or even the same duties and responsibilities. After many years, becoming a Chaplain has now returned to my life at a time when I am truly ready and willing to serve. This is a call that is now being answered. Amen!



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>

Frontiers of Consciousness

" This class is being offered in person and on Zoom August 28, 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!



- ◆ August 4, 5, 6 & 13 — Chaplain Training (See Website For Times)
- ◆ August 6 — Install New Members
- ◆ August 13 — Humor Sunday

Who/What is a Unity Ambassador?

- | | |
|--------------------------------|--------------------------|
| * Handout Daily Word Blessings | * Donate a Dessert |
| * Prayer Partner | * Thrift Store Volunteer |
| * Invite Your Friends | * Support Fundraisers |
| * Make Phone Calls | * Auto Tithes |
| * Post Rental Space | * Fillmore Legacy Donor |
| * Sponsor Door Prizes | |

If you're interested in any of the above, please contact Carrie at 530-888-6489

Misc.



I'm digging Unity!

Sadly this year two of our trees in the parking lot had to be removed due to them uprooting the parking lot.

Thanks to the Men of Unity the two trees were removed.

One of these men also volunteers to keep our grounds beautiful and our building maintained. Jerry Walker goes over and above to help the Unity staff with the building and grounds. Next time you see Jerry, thank him for all he does.

Thank you for all you do Jerry and the Men of Unity, we appreciate all of you!

Board of Directors



Board of Trustees

- Patty Davis.....President
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Unity of Auburn Staff

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

Unity of Auburn August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Office Open	2 Office Open 3:00 pm Sisters	3	4 5-9 pm, Chaplain Training, Teen Room	5 10-2 pm, Chaplain Training, Teen Room
6 10:00 am Celebration Service Install New Members 11:15—2 pm Chaplain Training, Teen Room	7 Office Open	8 Office Open	9 Office Open 3:00 pm Sisters	10	11	12
13 10:00 am Humor Sunday Service 11:15—2 pm, Chaplain Training, Teen Room	14 Office Open	15 Office Open	16 Office Open 3:00 pm Sisters	17	18	19
20 10:00 am Celebration Service	21 Office Open	22 Office Open	23 Office Open 3:00 pm Sisters	24	25	26
27 10:00 am Celebration Service	28 Office Open 5:00 pm Frontiers of Consciousness	29 Office Open	30 Office Open 3:00 pm Sisters	31		

Our Financial Picture

INCOME AND EXPENSES JUNE 2023

Income	
Love Offerings	\$ 6,012.05
Tenant Rent	\$ 692.00
Facility Rent	\$ 675.00
Adult Ed	\$ 81.95
Refreshments	\$ 41.30
Fundraising	\$ -
Misc. Income	\$ -
Thrift Store	\$ 2,826.73
Total Income	\$ 10,329.03
Expenses	
Building	\$ 2,827.20
Tithes	\$ -
Ministry/Mission	\$ 1,175.00
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 6,875.74
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 203.40
Office Administration	\$ 310.42
Technology & Software	\$ 200.00
Total Expenses	\$ 14,305.43
Net Adjusted Income	\$ (3,976.40)

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



Patty Davis

T.H.I.N.K. Your Way to Love

One of the most impactful spiritual practices I have ever used – and have by no means mastered – is the “T.H.I.N.K.” method of communication.

T.H.I.N.K. is an acronym for the following questions you can ask yourself before communicating your thoughts and feelings to someone else, especially thoughts or feelings which could result in conflict or unnecessary hurt. You go can through these questions like a checklist to help you get in touch with your emotions and why you feel compelled to communicate your thoughts in the first place. What is your intention in sharing your truth with another? These questions can also help you keep your ego in check before you speak or empower you to have a difficult but necessary conversation with someone.

T. – Is what I intend to communicate **true**?

H. – Is it **helpful**?

I. – Is it **inspiring**?

N. – Is it **necessary**?

K. – **Is it kind**?

True: I find it’s always the best practice to check your facts (to the extent you can) before sharing information with another. It’s also wise to speak from your heart and to know and accept your own truth before communicating it to someone else. If you feel conflicted about what you want to say, this could be an indication that you need more time to explore your feelings and to get clarity around them. Prayer can help you get there. Lastly, it is important to keep in mind that your truth is not necessarily the other person’s truth.

Helpful: Will what you intend to communicate with another serve them or foster healing between you? Are you overstepping your bounds, offering advice when it wasn’t asked for or warranted, or trying to fix the other person? Do you have issues around asking for or receiving help yourself?

Inspiring: Will what you share with another inspire them in some way or encourage them to explore their own truth, thoughts and feelings or to take action to improve their situation if needed?

Necessary: Is it truly necessary to speak your truth even though it could potentially cause conflict or another to experience pain? Will speaking your truth harm or heal your relationship? Is there another way to explore or work through what you’re feeling or thinking without sharing your truth with another directly?

Kind: Would sharing your thoughts or feelings with another be a true act of kindness? Would it be kinder to keep your thoughts or feelings to yourself or would keeping silent cause you pain? If you feel you need to speak your truth, can you do so with loving kindness and compassion?

May practicing the T.H.I.N.K. method enable you to become wiser, stronger, braver and more confident in your communication skills and to know and honor your own thoughts and feelings.

With many blessings and much love,

Patty Davis, President of the Board of Trustees of Unity of Auburn

Unity of Auburn

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

1212 High Street
Auburn, CA 95603

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Email: admin@unityofauburn.com

Pray with Silent Unity: 816-969-2000

Join our Facebook pages:

- Unity of Auburn
- Unity of Auburn Events
- Unity of Auburn-High Street Thrift and Gift

Lessons and Soloists

August 2023 Talk Titles

August 6, 2023

Talk: How to Pray For Healing and Restoration

Soloist: Denise Anya

August 13, 2023

Talk: Humor Sunday—Come to church and laugh a lot!

Soloist: Michael Lawson

August 20, 2023

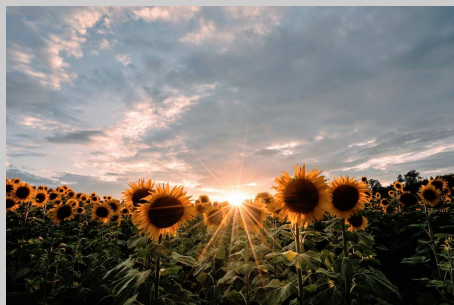
Talk: Essential Charles Fillmore

Soloist: Denise Anya

August 27, 2023

Talk: Essential Myrtle Fillmore

Soloist: Melissa Olsen



*Always look at the
brighter side of life,
just like the sunflower
which looks upon the
sun not the dark clouds.*



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