

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

Ministers' Message

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Inside this issue:

Ministers' Message	1
Chaplain's Corner	2
Youth and Family Ministry	2
Social Action	3
Ongoing Classes and Study Groups	3
Adult Education/ Special Events	4
Special Events	4
Message from the Board	6
Directory	6
Calendar	7
Lessons and Soloists	8
1212 High Street Thrift & Gift Shop	8

Special points of interest:

- **Halloween Lies Mystery Party**
- **7-Week Series Falling Upward**
- **"Almost Octoberfest" Bingo Thank You's**

Our seven week fall series starts on October 20th this year and we are working with the book; *Falling Upward: A Spirituality For The Two Halves of Life* by Richard Rohr. Richard Rohr is a Catholic priest and member of the Franciscan order. He has become a highly regarded author and ecumenical teacher and a proponent of something he calls "alternative orthodoxy" which is another way saying that he values substance over form and experience over dogma and theory.

He is also the founder of the Center for Action and Contemplation in Albuquerque NM which has a compelling Vision: "Amidst a time of planetary change and disruption, we envision a recovery of our deep connection to each other and our world, led by Christian and other spiritual movements that are freeing leaders and communities to overcome dehumanizing systems of oppression and cooperate in the transforming work of Love."

The book is based on the concept of the two halves of life first popularized by Carl Jung, the Swiss psychologist. It also draws upon Jungian style archetypes based on ancient myths, particularly Homer's *Odyssey* written around 700 BC as well as Biblical mythology.

The author begins with the proposition that humankind is losing touch with our ancient mythology which addressed the important questions of the meaning of life and identifying the virtues and values to most effectively deal with both success and failure and also find ways to promote the greater good and reduce human suffering.

As we lose touch with ancient wisdom, we replace it with various "isms" which form our modern worldview; capitalism, communism,

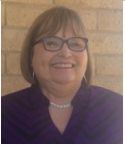
consumerism and so on. Ironically, those worldviews are themselves based on recent mythology and metaphor which forms the basis for the distinctively American worldview of self-determination, hard work, and achievement.

This worldview works well during the first half of life where we build a "strong container" or identity usually based on career and achievements but it neglects the needs of the second half of life which focus on the best way to finally fill that container. As the author notes; "Thomas Merton, the American monk, pointed out that we may spend our whole life climbing the ladder of success, only to find when we get to the top that our ladder is leaning against the wrong wall."

And so we can find ourselves standing atop the tall ladder of success after much hard work and determination only to be left with the question; "is this all there is to it?" Instead of being a lament, we can treat this question as a way to propel us on the journey of the second part of life.

The journey continues and if we go about it with intention, we discover the necessity and limitations of the strong container we built during part one and undertake the essential work of reshaping and expanding the old container instead of fearfully clinging to it.

Each Sunday during the series, there will be a discussion group at 11:30 AM following the service meeting in the youth education area. Each week will have a wardrobe color theme just for fun and community building. The book is available to order in the Spiritual Resource Center with free shipping to your home. We hope you can join us!



Chaplain's Corner

Natalie Kimball

Many people say that Fall is their favorite season. The days grow shorter, we get much needed relief from hot summer temperatures, we begin to anticipate and plan for the holidays and we prepare our homes and yards for the approaching winter. In addition to the physical changes we observe, Autumn also suggests some spiritual lessons and practices.

1. BALANCING DARKNESS WITH LIGHT:

On the autumn equinox, day and night are of equal length. This signals the need to balance light and darkness within us. Far too often, we fear the dark and adore only the light. Joyce Rupp, a Catholic writer and poet challenges us in [Little Pieces of Light](#), to befriend our inner darkness: "I gratefully acknowledge how darkness has become less of an enemy for me and more of a place of silent nurturance, where the slow, steady gestation needed for my soul's growth can occur. Not only is light a welcomed part of my life, but I am also developing a greater understanding of how much I need to befriend my inner darkness."

2. LETTING GO: As we watch leaves fluttering to the ground in the fall, we are reminded that nature's cycles are mirrored in our lives. Autumn is a time for letting go and releasing things that no longer serve us. All religious traditions pay tribute to such acts of relinquishment. In Unity, we teach the value of our power of release, and how the use of healthy denials can help us sweep away beliefs that hinder our spiritual growth. Fall is the right time to practice getting out of the way and letting Spirit take charge of our lives.

Buddhist teacher Sharon Saltzberg, writes in [Lovingkindness](#) about one of the offshoots of letting go: "Generosity has such power because it is characterized by the inner quality of letting go or relinquishing. Being able to let go, to give up, to renounce, to give generously — these capacities

spring from the same source within us. When we practice generosity, we open to all of these liberating qualities simultaneously. They carry us to a profound knowing of freedom, and they also are the loving expression of that same state of freedom." Fall, then, is the perfect season to give generously of your time and talents to others.

3. ACKNOWLEDGING IMPERMANENCE:

Autumn reminds us of the impermanence of everything. We have experienced the budding of life in spring and the flowerings and abundance of summer. Now the leaves fall and bare branches remind us of the fleeting nature of all things. Jewish rabbi and writer [Harold Kushner](#) in [The Lord Is My Shepherd](#) suggests that when we contemplate fall's changes, we grow more appreciative of all the beauties that surround us: "The poet Wallace Stevens once wrote, 'Death is the mother of beauty.' What those words say to me is that we cherish the beauty of a sunrise, of a New England autumn, of a relationship, of a child's hug, precisely because those things will not be around forever and neither will we be around to enjoy them."

Fall also brings home to our consciousness death and the challenge to live every day to the fullest. In [Lessons Learned From the Path Less Traveled](#), Zero Dean tells us that "Living life to the fullest means continually reaching out for newer, richer, deeper, life-changing experiences. It means using those experiences as a means for personal growth and pushing the boundaries of yourself mentally, spiritually, and intellectually for the betterment of yourself and the world at large."

Let me close with a few lines from a poem by Percy Bysshe Shelly entitled "Ode to the West Wind":

O wild West Wind, thou breath of Autumn's being,
Thou, from whose unseen presence the leaves dead
Are driven, like ghosts from an enchanter fleeing,

Yellow, and black, and pale, and hectic red,
Pestilence-stricken multitudes: O thou,
Who chariotest to their dark wintry bed

The winged seeds, where they lie cold and low,
Each like a corpse within its grave, until
Thine azure sister of the Spring shall blow
Drive my dead thoughts over the universe
Like wither'd leaves to quicken a new birth!
And, by the incantation of this verse,

Scatter, as from an unextinguish'd hearth
Ashes and sparks, my words among mankind!
Be through my lips to unawaken'd earth

The trumpet of a prophecy! O Wind,
If Winter comes, can Spring be far behind

Youth and Family Ministry

Unitots

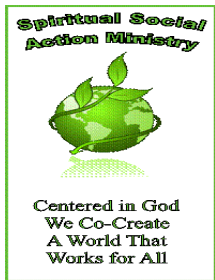
Sundays, 10:00 a.m.

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
 (Offered on an “as needed” basis)
 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.

**NO YOGA UNTIL
 “FURTHER NOTICE”**

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
Al-Ateen same time and place.

Women's Courage to Change Al-Anon Family Group
 (Women only)
 Tuesdays, 7:00 p.m.
 Location: Manning Hall

Re-parenting, Recovery & Resilience—Adult Children of Alcoholics & Dysfunctional Families (ACA)
 Tuesdays & Fridays 6:30 p.m.

Primary Purpose Narcotics Anonymous
 Wednesday, 7:30 p.m.
 Location: Manning Hall

Chaplain Prayer Circle
 Sunday, October 20th, 11:30 a.m.



Our prayer circle is 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

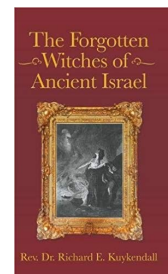


Rev. Rick Reich



“Spiritwind” is a study group for Spiritual Adventurers. The October topic is *The Forgotten Witches of Ancient Israel*. Based on Richard Reich’s book of the same name.

Spiritwind meets every Thursday at 6:00 p.m. (no class on October 31st) at Unity of Auburn on 1212 High Street. Love offerings accepted



Special Events

FRONTIERS OF CONSCIOUSNESS

Monday, October 28th, 6:00 p.m.

Facilitator: Rev. Mark

This month we will start a five part series on Big History. The Big History Project examines our past, explains our present, and imagines our future. It's a story about us. An idea that arose from a desire to go beyond specialized and self-contained fields of study to grasp history as a whole. The course is designed for anyone seeking answers to the big questions about the history of our Universe. The course was created by historian David Christian PhD and funded by Bill Gates who calls it "his favorite online course." Join us as we discover our place in the cosmos and the many billions of years it took for human consciousness to arise.

Women’s “Creative Insight” Circle

October 19th, 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.

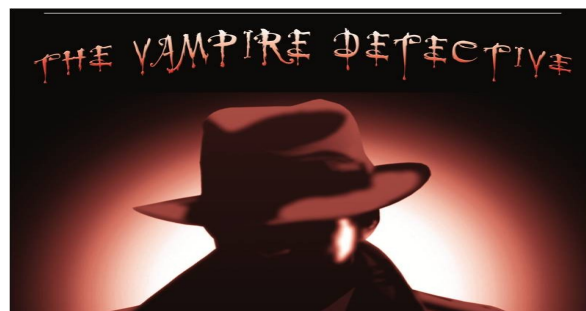
**Contrast in Black and White....
Embracing My Shadow-Self**

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

Halloween Lies Mystery Party

November 1, 2019



Halloween Lies is a murder mystery game for up to 30 guests and one or two hosts. Join us in a thrilling evening of scheming, intrigue and skullduggery.

You will be in the middle of the action and it will be up to you to wheel and deal with the other guests all of whom will be playing characters assigned well in advance.

The setting is a party celebrating the movie *The Vampire Detective* which just received numerous awards for horror movies called *The Skellies*. The party is held on Halloween, so any Halloween costume will have you in character.

The action begins as the guests learn that the star of the movie was killed in a car accident the night before. Or was it an accident? Can you achieve your goals, keep your secrets hidden and survive *Halloween Lies*? It's up to you.

Tickets are \$30. See Sharon Hardie to sign-up and participate.

Finger foods will be served. Beer and wine will be available for purchase.

Special Events

Unity of Auburn Seven Week Fall Series

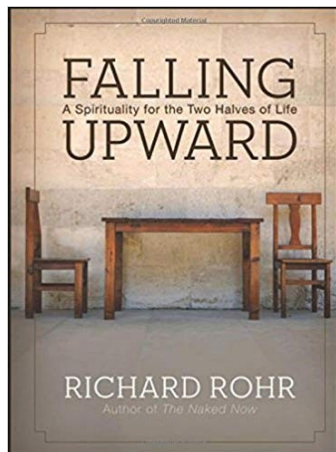
October 20th to December 1st

Based on the Book: *Falling Upward* by Richard Rohr

Our seven week fall series starts Sunday October 20, 2019. This year we are going to work with the book "Falling Upward: A Spirituality for the Two Halves of Life" by Richard Rohr. Here is a description from the publisher:

"A fresh way of thinking about spirituality that grows throughout life. In Falling Upward, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness."

Following the service there will be a discussion group at 11:30 AM meeting in the youth education area. Each week will have a wardrobe color theme just for fun and community building. The book is available to order in the Spiritual Resource Center with free shipping to your home. We hope you can join us!



Suggested Reading Schedule:

(We highly recommend doing the exercises in each chapter)

Week 1: October 20, 2019

Color: Yellow

Read: Introduction through Chapter 1

Week 2: October 27, 2019

Color: Orange

Read: Chapters 2 and 3

Week 3: November 3, 2019

Color: Purple

Read: Chapters 4 and 5

Week 4: November 10, 2019

Color: Blue

Read: Chapters 6 and 7

Week 5: November 17, 2019

Color: Pink

Read: Chapters 8 and 9

Week 6: November 24, 2019

Color: Green

Read: Chapters 10 and 11

Week 7: December 1, 2019

Color: Red

Read: Chapter 12

Message from our Board of Directors



Pat Lord

Welcome to October, ushering in the holiday season in which we celebrate gratitude and love (and sometimes a little Halloween scariness). It has been a good year. We seem well on our way to meeting the matching fund challenge, thanks to the generosity of our community. We look forward to fun fundraisers and new projects such as the Video project and the Mystery theatre. I am grateful to the Unity Board, Prosperity Team, Revs. Karen and Mark, all of our many volunteers and every one of you in the community for your contributions to making our church such a wonderful center of thriving and spiritual growth.

“Almost Oktoberfest” September 20, 2019 Bingo Support Team

SPONSORED BY THE PROSPERITY TEAM

Sharon Hardie	Shelley Rutherford	Dawn Pace	Mercedes Breaux
Mark Schindler	Karen Schindler	James Drews	Suzi Reynolds
Marie Phillips	Kathleen Demontigny	Natalie Kimball	Edna Sparkes

ON-SITE VOLUNTEERS: Tee Devine & Mark Berry
RAFFLE BASKET SETUP: Diana Blais & Bonnie Neumann

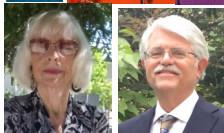
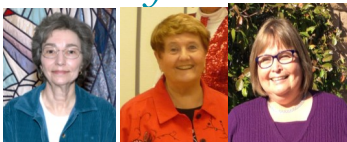


RAFFLE BASKET AND GAME PRIZE DONERS:

Ruby Evers	Marra P. Swan	Donna Ruth	Elizabeth/Gerry Rawson
Donna Wood	Jim Drews	Ava Reich	Natalie Kimball
Carolyn Bertoni	Ann Sherby	Nancy’s Café	

If there were additional support people and raffle basket donors not listed above we honor and appreciate you and thank you from the bottom of our hearts.

Board of Directors



Board of Trustees

Pat Lord.....	President
Sharon Hardie.....	Treasurer
Natalie Kimball.....	Secretary
Bill Mahl.....	Member
Dave Langley.....	Member
Edna Sparkes.....	Member
Patty Davis.....	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 October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Noon Prayer	2 Noon Prayer 5:00 pm Sisters of Good	3 Noon Prayer 6:00 pm Spiritwind	4 Office Closed 10-11:30 am Sermon on the Mount	5
6 10:00 am Celebration Service 10:00 am Youth and Family Ministry	7 Noon Prayer	8 Noon Prayer	9 Noon Prayer 5:00 pm Sisters of Good	10 Noon Prayer 6:00 pm Spiritwind	11 Office Closed 10-11:30 am Sermon on the Mount	12
13 10:00 am Celebration Service 10:00 am Youth and Family Ministry	14 Noon Prayer Columbus Day Observed	15 Noon Prayer	16 Noon Prayer 5:00 pm Sisters of Good	17 Noon Prayer 6:00 pm Spiritwind	18 Office Closed 10-11:30 am Sermon on the Mount	19 10:00 am Women's Creative Insight Circle Contrast in Black and White
20 10:00 am Celebration Service Seven Week Series: Yellow 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer	21 Noon Prayer	22 Noon Prayer	23 Noon Prayer 5:00 pm Sisters of Good	24 Noon Prayer 6:00 pm Spiritwind	25 Office Closed 10-11:30 am Sermon on the Mount	26
27 10:00 am Celebration Service Seven Week Series: Orange 10:00 am Youth and Family Ministry	28 Noon Prayer 6:00 pm Frontiers of Consciousness	29 Noon Prayer	30 Noon Prayer 5:00 pm Sisters of Good	31 Halloween Noon Prayer NO Spiritwind		

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

October 6, 2019

Lesson: Learning What You Already Know
(Guest Speaker Pixie Dufour)

Soloist: Dennis Cain

October 13, 2019

Lesson: Things That Go Bump in The Night
(Guest Speaker Rev. Margie Brach)

Soloist: Brenda Boston

October 20, 2019

Lesson: Falling Upward
(Seven Week Fall Series Begins: Color Yellow)

Soloist: Jon Dufour

October 27, 2019

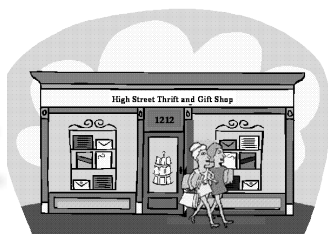
Lesson: The Two Halves of Life
(Seven Week Fall Series: Color Orange)

Soloist: Beth Gillogly



In the entire circle of the year there are no days so delightful as those of a fine October.

September Total:
\$1,824.50



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

Open Friday 10:00 am-2:00 pm

No Longer Open on Saturday

Sometimes Open Sunday

(if we have volunteers)

We are in need of volunteers and donations!

Sign up at Unity Central