

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

As Thanksgiving approaches we are coming to the conclusion of our seven week fall series working with the book *Resilient: How to Grow an Unshakeable Core of Calm, Strength and Happiness*. Chapter 5 is devoted to the practice of gratitude which I would nominate for inclusion as one of our 12 powers in Unity.

What is the difference between thankfulness and gratefulness? According to Brother David Steindl-Rast, it is a matter of substance rather than mere form. Brother David is a Benedictine Monk who was born in Austria and now lives in the United States. As co-founder of A Network For Grateful Living (www.gratefulness.org) gratefulness is his ministry and his message.

Brother David says the common perception of being thankful is the expression of appreciation for something that we deem to be beneficial. This is certainly a healthy state of consciousness but what about the things we deem to be detrimental? Does thankfulness dispel the “lurking fear that something harmful may come our way instead?”

Brother David believes that gratitude reveals “our courageous trust that life itself – kind or harsh, happy or sad – is good, if only we receive it as gift... The moment we trust in this truth, we are at peace. A person at peace will serve as an agent of peace in the world.” Courageous trust is the key because it makes gratitude the antidote to fear.

Fear can lead to anxiety, greed and anger which in turn lead to things like war, poverty and illness. We fear change, the unknown, the different and the other. Sometimes these forms of fear arise

naturally, other times they are manipulated and cultivated by others to advance their own ends. Either way, there is an ample supply; hence the great need for the antidote of gratitude and the courageous trust it produces.

I'm not suggesting that we change the name of Thanksgiving Day to gratefulness day or anything like that. Giving thanks is a very good thing but when we enrich the idea of thankfulness by adding to it the deeper meaning of gratefulness, great things can happen. The renowned Roman philosopher and orator Cicero made the case for gratitude as the 13th power when he said: “Gratitude is not only the greatest of all the virtues, but the parent of all the others.”

In the forward to Brother David's book *Gratefulness, The Heart of Prayer*, Henri Nouwen wrote: “In the midst of a world in which fear, apprehension and suspicion make us live stingy, narrow and small lives, Brother David stretches out his arms, smiles and says: “Love wholeheartedly, be surprised, give thanks and praise—then you will discover the fullness of your life.”

Brother David tells us that spontaneous, deep gratitude is an experience of joy—a special kind of joy that flows from the simple awareness that whatever we happen to be experiencing in the moment is the result of this freely given gift that we call life. Whether we give credit to God, Spirit or random chance, it is no small thing to be born human and in this realization we find the root of true gratefulness.

Phone: 530-888-6489

Website: www.unityofauburn.com

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Special points of interest:

- Daylight Savings Ends
- Thanksgiving Potluck
- Thanksgiving Eve Service
- Christmas Tree Trimming

Chaplain's Corner



Adjusting Your Energy Speed Dial



Patty Davis

Oprah Winfrey apparently had a sign at Harpo Studios stating, “You are responsible for the energy you bring into a room.” This came to mind when someone I am close to asked me during a recent discussion to “Dial it down.” I immediately became aware that my tone of voice during the discussion was intense, that I was speaking too fast, and that my energy level was on high volume. I stopped, thanked my friend for her honesty and did, in fact, dial down my energy level by becoming calm and more present.


Afterwards, when I contemplated the above quote, I realized that it was not enough to become aware of my energy level in the midst of my interaction with another person or persons. I had to take responsibility for my energy by consciously setting or adjusting my energy speed dial in advance and monitoring it before it got out of control.

Have you met or known someone who, when they first entered a room, seemed to calm everyone around them just by their very presence? Chances are this individual has a keen understanding of the influence their energy level has on others and consciously strives to infuse the room with it.

We can develop the same capacity to adjust and monitor our energy speed dial through prayer. We can use prayer to change our consciousness (one of our five Unity principals) and, in turn, our energy level. Before a meeting, we can go into the stillness for a brief period, connect with our breath, affirm our Divine Power of Peacefulness, and claim our inherent ability to think, speak, and act from a place of serenity. We could affirm and claim our Power of Divine Order and wait to speak once we regain our balance or composure if a discussion becomes difficult or heated. We could also affirm our Divine Power of Power and Divine Life and use our calm energy to affect a group dynamic in a positive way.

What other practices can you think of that would enable you to more effectively monitor and adjust your energy level?

Youth and Family Ministry



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

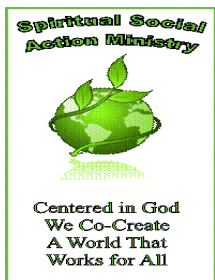
Unitots

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!

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, November 18th 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. For the month of November at Spiritwind we will be doing a number of things. First, on November 1st, we are going to look at All Saint's Day and All Soul's Day. Then, on Election Day, we're going to look at some "Politically Correct Parables." On November 15th we will explore "The True Origin of Thanksgiving" and share what we are thankful for. There will be NO class on Thanksgiving. We will finish up the month with our fifth Thursday, looking at a book titled *The Alexandria Link* and the true plight of the Palestinians.

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, November 17th, 9:00 a.m. - 4:00 p.m.



This Month’s Theme:
**My Grateful Heart ...
Embracing My Blessings**

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



Thanksgiving Potluck

November 18th After the Sunday Service

Bring a dish to share as we celebrate Thanksgiving as well as the completion of the Seven Weeks Series. We will express gratitude for all that we have and all that we have yet to receive.

Thanksgiving Eve Service

Wednesday, November 21st, 7:00—8:00 p.m.

Take time to pause before the holiday rush begins and honor this very special day dedicated to gratitude. Join us as we celebrate our blessings and practice an attitude of gratitude with story and song.

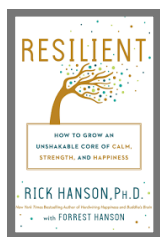
Christmas Tree Trimming

Saturday, November 24th, 9:00 a.m.

We have lots of beautiful Christmas decorations. We just need your help to put them up. Join us for fellowship, snacks, jingle bells and holiday music. All are welcome to help us decorate for the holidays.



Special Events



Unity of Auburn Seven Week Fall Series Continues October 7th to November 18th

Based on the Book: *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness* by Rick Hanson

From the same author who wrote *Buddha's Brain*, *Resilient* draws upon the latest research in the fields of psychology and neuroscience. Our seven-week series will begin Sunday, October 7th, after the service. Each week will have a wardrobe color theme (just for fun) and community building. The series will conclude with our Thanksgiving potluck on November 18th. We hope you can join us.

- Books may be purchased from the SRC with free shipping to your home.
- If you order on your own, please remember to use Amazon Smile to make your purchase and choose Unity of Auburn as the beneficiary.

Each Sunday a discussion group will meet at 11:30 am in the Youth Ed area.

Suggested Reading Schedule:

(We highly recommend doing the exercises in each chapter)

Week 1: October 7, 2018

Color: Orange

Read: Introduction through Chapter 1

Week 2: October 14, 2018

Color: Pink

Read: Chapters 2 and 3

Week 3: October 21, 2018

Color: Purple

Read: Chapters 4 and 5

Week 4: October 28, 2018

Color: Green

Read: Chapters 6 and 7

Week 5: November 4, 2018

Color: Yellow

Read: Chapters 8 and 9

Week 6: November 11, 2018

Color: Taupe/Tan

Read: Chapters 10 and 11

Week 7: November 18, 2018

Color: Salmon/Coral

Read: Chapter 12

Frontiers of Consciousness

Monday, November 26, 6:00 p.m.



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 November 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.

Message from our Board of Directors

An Act of Kindness

A month ago, in the 100-degree heat, I decided to go shopping at Kmart where I bought two small chairs for my deck.

A Kmart employee—a young man—then accompanied me outside to put them in my truck. To my surprise, however, they didn't fit. Next, he tried to put them in the front seat of my car but was unable to.

It was terribly hot. So the young man suggested I call someone to pick them up and, with this, promptly left. I wasn't going to give up and tried, myself, to wrestle the chairs into the front seat.

At this point, a small lady came out of Kmart and asked me if she could help. She put her parcels into her car, which was parked next to mine, and then came to assist. She told me to open the passenger window of the car so we could try to fit the chairs in that way—allowing their legs to stick out.

“If this doesn’t work, “ she said. “I’ll put them in my car and follow you home.”

It did work and I was so happy!

I looked at her then. Her face was red due to the heat, but she had a beautiful smile. Like an angel.

As she moved to leave, I asked if she would like a hug.

“Well,” she said. “I thought you’d never ask.”

She gave me a long, wonderful hug and then got into her car. I thought about her all day—how kind she was to help in such heat. If someone needs help, whatever the weather, I will be there and pass on her loving hug.



Edna Sparkes

Board of Directors



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- Marra P. Swan.....Licensed Unity Teacher
- Mary Lou Banahan.....Youth and Family Leader
- Ken Kligerman, AFM.....Keyboard/Piano

Staff

Unity of Auburn November 2018

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

November 4, 2018

Seven Week Fall Series: Week 5

Color: Yellow

Lesson: Resilient: Motivation and Intimacy

Soloist: Diana Blais

November 11, 2018

Seven Week Fall Series: Week 6

Color: Taupe/Tan

Lesson: Resilient: Courage and Aspiration

Soloist: Brenda Boston

November 18, 2018

Seven Week Fall Series: Week 7

Color: Salmon/Coral

Lesson: Resilient: Generosity

Soloist: Beth Gillogly

November 25, 2018

Lesson: Choosing a Reason For The Season

Soloist: Dennis Cain



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

-JFK

October Total:

\$1,222.70



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

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