

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

The month of January was named after Janus, the Roman god of gates, doors, beginnings and endings. In Roman mythology, Janus is depicted with two faces, one looking forward to a new beginning and one looking backwards to what has gone before. The New Year invites us to reflect on the turmoil of the year gone by and then breathe a sigh of relief as we look forward to better times ahead.

In January many people use resolutions to set an intention for the year. Nothing seems impossible. Weight loss, physical fitness, overcoming habits and addictions are common goals...for about one month. According to research, only 64% of those making resolutions keep them after one month. The number drops to 46% after 6 months.

We might conclude that perhaps it is better not to make any resolutions in the first place. Why set yourself up for failure? Well, those same statistics also show that people who make resolutions are 10 times more likely to realize their goals than people who do not. Better to try and fail than to never start at all.

One of the ways to help realize our goals is to make sure that our resolutions cover the entire spectrum of our life experience. This isn't as daunting as it sounds. One of the great gifts of human consciousness is that we get to experience life from multiple perspectives simultaneously.

We have the subjective and essentially intangible interior experience of our thoughts. At the same time, we are navigating the objective physical world and interacting with other individuals as well as the entire culture that we live in.

Unity excels at exploring the inner subjective realm and the states of consciousness that we experience there. But at times it seems that our teachings ignore and even denigrate the other

perspectives, in particular the objective world of the senses. A better approach is to value all of these perspectives.

New Year's resolutions that focus exclusively on transforming the body without also addressing the subjective realm of thought are likely to fail. The first thing we should consider is how to transform the thought process and then move into the outer to do the work that the physical body requires to be healthy.

It can take the form of a simple denial and affirmation: *The past has no power over the way that I choose to think today. From this point forth I use my inherent freedom, strength and creativity to live in a new way.* However, if we fail to take concrete action in the outer world of the senses, our inner work amounts to only wishful thinking.

We might also consider doing something beyond resolving to exercise, lose weight or overcome a vice. The body is important but so is the mind. How can we put our innate curiosity and intelligence to work in ways that might increase our gratitude and appreciation for this amazing universe we inhabit?

Unfortunately as I write this, our ability to visit museums and attend concerts is probably several months away which only means we have to be more creative. Perhaps this is an invitation to expand our ability to use technology to augment our exploration of the world and our human culture.

Online music and art classes, virtual tours of museums are all available at little to no cost. Watch a play or a concert on TV or sit down and start reading that classic book you've been putting off for whatever reason.

As human beings we are blessed to be able to explore the inner and outer realm of the self and to enjoy the wonders of nature and the creative gifts of others in our culture here at home and worldwide. When we find activities that touch on all of these perspectives, we are actually evolving in consciousness. Have a happy and prosperous New Year!

Phone: 530-888-6489

Website: www.unityofauburn.com

Inside this issue:

<i>Ministers' Message</i>	1
<i>Chaplain's Corner</i>	2
<i>Sunday Service, Ongoing Classes, Study Groups & Adult Ed</i>	3
<i>Email Prayers</i>	3
<i>Our Financial Picture</i>	4
<i>Message From The Board & Board of Directors & Staff</i>	5
<i>Lessons and Soloists</i>	6
<i>1212 High Street Thrift & Gift Shop</i>	6

Special points of interest:

- **Our Financial Picture**
- **Sisters of the Good**
- **Frontiers of Consciousness**
- **Thrift Store Hours**

Chaplain's Corner

2021 — Gratitude, Release and Envision
By Becky Kligerman—Savercool

Most of us are absolutely delighted that we've left 2020 behind. We have learned about self-isolation, how to deal with shortages (toilet paper comes to mind) and may have embraced our creative side producing amazing works of art in all its forms. We've become experts at mask usage and 6 feet distancing. We've learned how to smile more with our eyes. Could we ever have imagined this worldwide experience?

This history-making year will not be forgotten and I'm sure it will be a lively source of conversation for the rest of our lives. With abundant [gratitude](#), we [release](#) 2020.

We have not been given the "all-clear" and still carry unresolved issues into 2021. So, we find ourselves tip-toeing into this new year, peering around each corner cautiously, not sure what to expect. I invite beloved author Maya Angelou to pave our way with an excerpt from her poem "On The Pulse Of The Morning". She reminds us of our sacred union with all of humanity - and with all of creation. You may insert "new year" for her "new day", if you are inclined, as we [envision](#) what is to come.

The poem closes:

Here, on the pulse of this new day

You may have the grace to look up and out

And into your sister's eyes, and into

Your brother's face, your country

And say simply

Very simply

With hope -

Good morning."

Ongoing Classes, Study Groups and Adult Education

Sunday Service Change

We are back to Sunday Service Via Facebook Live Stream (NO in person services until further notice).

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>

Sisters of the Good

We are meeting on Zoom every Wednesday from 4:00pm to 6:00pm. You can join us with video or call in. If you are not on the email list and want to attend, email Rev. Karen at iwishupeas@aol.com and let her know.

We have chosen the novel “*Have You Seen Luis Valez?*” by Catherine Ryan Hyde. We will start discussing it on January 13th. However, we will meet on **January 6th** to check in. If you need the book, email Rev. Karen.

This is only the second novel we have had in the sister’s group and I think there will be lots of good conversation generated by this book.

Frontiers of Consciousness

This class is being offered on Zoom only *January 25, 2021*. If you would like to attend, please send an email to Rev. Mark at mark@unityofauburn.com

E-mail Prayer



If you would like an email prayer from one of our Chaplains, please send your prayer request to:

Auburnchaplains@gmail.com

Our Chaplains are available to join you in prayer if you are having a challenge or in gratitude and joy!

Our Financial Picture

UNITY OF AUBURN FINANCES		
JANUARY-NOVEMBER 2020		
COVID REVISED BUDGET 7/1/2020		
INCOME AND EXPENSES	JAN-NOVEMBER 2020	NOVEMBER 2020
Love Offerings (Under revised budget to date <\$9,128>	80,709.45	<\$799> 7,368.00
Rent (Under revised budget to date <\$2,591>	18,796.90	<\$741> 1,202.90
Adult Ed./Fundraising (On target with revised budget)	2,982.42	30.00
Youth Education (On target with revised budget)	25.00	0
Miscellaneous (Includes SB Grant) (On target)	6,532.90	28.56
Thrift Store Net Income(On target revised budget)	6,609.32	898.37
TOTAL INCOME	\$115,655.99	\$ 9,527.83
Building	14,596.88	1,320.10
Adult Ed./Fundraising	(Netted in Income)	
Ministry/Mission	69,471.85	6,342.46
Mortgage	26,198.04	2,381.64
Office Administration	13,029.43	1,146.80
Sunday Music	6,550.00	500.00
Tax/Insurance	8,228.28	441.17
Unity Organization Offering	0	0
Youth Education	500.00	0
TOTAL EXPENSES	\$138,574.48	\$12,132.17
NET ADJUSTED INCOME	<\$22,918.49>	< \$ 2,604.34>

SBA Loan balances 2020 income deficit...Funds portion of 2021 budget...Funds Roof/HVAC contingency set-aside

Message from our Board of Directors



Natalie Kimball

By now many of us have released our fears and concerns using the burning bowl ceremony and set our intentions for the new year. These time-honored Unity traditions give us rituals that are so important in our spiritual journey. We have heard a lot of bad jokes about what an awful year 2020 was. But I found 2020 to be full of blessings. Maybe not in the way I would have preferred them to come, but blessings, nonetheless. Some of my personal blessings included being hired to consult for a major bank that helped me secure a better retirement, having the wherewithal to shelter in place, which made me feel safe and protected and learning to use Zoom, which resulted in me having a weekly call with my three sisters – making us much closer than we have ever been. I think the world had some blessing too, including learning what the word “essential” really means, finding we can conduct business without creating as much pollution and finding new opportunities to show empathy and compassion.

The path forward still feels pretty rocky and, from a human perspective, the hill is still rising. I have no doubt we must continue our work on solving the problems of 2020 and be prepared to face what will feel like new challenges in 2021. But our powers of faith, zeal and resilience (life) are all assets we can call on to move us forward on the journey. This is true in our personal lives and in the life of Unity of Auburn. The Board feels so blessed that we have survived financially despite evidence early in the year that this might not happen. We are blessed with a congregation that stepped up financially when the chips were really down. And we know that a path forward, perhaps a little rocky and uphill, will allow us to continue our mission of helping ourselves and others to thrive in a changing world. So, I invite each of you to again take a minute to count your many blessings from 2020 and to expect many more in 2021. I offer this prayer for a Happy New Year!

*God of my understanding
I release all fear of moving in a new direction and acknowledge it can feel hard.
I affirm my strength, wisdom, and confidence.
I know they empower me as I step out in faith.
Amen*

Board



Board of Trustees

- Patty Davis.....President
- Dave Langley.....Vice President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary

Staff

Unity of Auburn Staff

- Karen and Mark Schindler.....Co-Ministers
- Carrie Deterding.....Administrative Assistant
- Mary Lou Banahan.....Youth and Family Leader
- Ken Kligerman, AFM.....Keyboard/Piano

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

January 3, 2021
Talk: A Clean Slate (White Stone Ceremony)
Music: Dennis Cain

January 10, 2021
Talk: The Frontiers of Consciousness
Music: Kellie Garmire

January 17, 2021
Talk: The Power of Changing Your Mind
Music: Jon Dufor

January 24, 2021
Talk: Maintaining a Fresh Perspective
Music: Diana Blais

January 31, 2021
Talk: Reincarnation and the Afterlife
Music: TBA



Praying that you and your family have a happy and healthy New Year!



Unity of Auburn

**1212 High Street
Thrift & Gift Shop**

Donations: *No* donations at this time.

Tuesday—Thursday from 10-2 p.m.

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