

*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

## Ministers' Message

### Ministers Message April 2020

Phone: 530-888-6489

Website: [www.unityofauburn.com](http://www.unityofauburn.com)

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- **Special points of interest:**
- **All Events Postponed**

We are in the midst of a great reminder of what it means to live in a changing world and how rapidly and drastically things can change. We are working from home as much as possible but also checking on the building and ensuring that essential administrative functions are being carried out safely.

Our Sunday services will continue to be conducted in three formats; Facebook Live at 10 AM, audio recording of the meditation, special music and talk on our website on Monday morning and a YouTube video of the talk posted later in the week because of required formatting and editing.

Easter Sunday is coming up this month and rather than post an Easter themed message in this column, we are going to reprint something from the archives in the blog space on the home page of our website so we can use this space to share some important resources.

It is certainly no secret that bad news will always make the headlines. Human beings tend to have an instinctive need to look for the negative and there is plenty of that going around. While we don't want to ignore the negative stuff, we also want to counterbalance it with the good news. It's out there, it's just more difficult to find.

When it comes to our spiritual practice, there has been an outpouring of free resources. In addition to the services provided on our website and Facebook page, author and insight meditation teacher Jack Kornfield has guided meditations and videos he shares each day on his Facebook page which are very helpful for staying grounded and positive. <https://www.facebook.com/jkornfield>

Another author and insight meditation teacher, Sharon Salzberg has additional meditation resources as well as a link to a program offered by Jon Kabat Zinn. <https://www.facebook.com/SharonSalzberg/>

For a daily dose of good news, try Beautiful News Daily which adds one new story each day in visual format and you can go back through the archives to see all the good news that has been coming out over the past year. <https://informationisbeautiful.net/beautifulnews/>

More good news can be found at Good News Network which is updated daily. <https://www.goodnewsnetwork.org/>

Finally, there is a website called Reasons to be Cheerful which is the creation of David Byrne, a musician and songwriter best known for his work with Talking Heads. He posts in depth stories on a weekly basis along with essays and other inspirational pieces. Their motto is: "Don't despair, solutions are everywhere!" You can also sign up for email notifications. <https://www.goodnewsnetwork.org/>

We also don't want to neglect the arts. If you aren't doing it already, check out the website or Facebook of your favorite musicians. Most of them are doing free live stream concerts for the duration of the quarantine. One of my favorites is Bela Fleck and Abigail Washington who are doing a weekly concert on Fridays at 5 PM our time. They are world class musicians freely sharing their gifts with all of us to lift our spirits. Hope you like banjo music! They can be found at <https://www.facebook.com/belafleckbanjo/videos/2681607895497930/>

And last but not least, Sir Patrick Stewart of Star Trek fame who is also an award-winning Shakespearean actor is reading a sonnet a day from the works of Shakespeare. People who aren't fans of Shakespeare are commenting that he could be reading from the phone book and it would still make them smile. <https://www.facebook.com/patrickstewart/>

Stay healthy, stay positive, look for the good and above all, be kind!

## Chaplain's Corner



*Patti Davis*

### The Healing Power of Reframing

Unity sees Lent as an opportunity to release negative thoughts and emotions that prevent us from knowing our Divine Nature. Given the tumultuous times we live in, the onslaught of negative news in the media, and the recent outbreaks of the Coronavirus, this can be especially challenging. Since our thoughts affect how we experience an event or circumstance, we can be empowered to change our perspective through the use of practical spiritual tools. One such tool is reframing.

According to an internet article written by Mickey D., “A Practical Guide to Reframing Your Thoughts and Making Yourself Happier”, reframing involves just two steps: observing a negative thought, and then replacing it with a positive one. Mickey D. suggests a couple of ways to help you observe your negative thoughts.

Keep a thought journal. Anytime you have a negative thought, write it down in your journal. This immediately stops your negative thoughts in its tracks. It also allows you to analyze your negative thoughts and notice the most common problem areas or limiting beliefs you should work on. The second way is to try the rubber band technique. Wear a rubber band around your wrist. Anytime you have a negative thought, given the rubber band a snap. This also stops a negative thought in its tracks immediately.

Once you become aware of your negative thoughts, you can replace them with positive ones. Mickey D. suggests the following: When you have a negative thought, ask yourself: “What is the best way for me to accomplish this. When you are facing a challenge or fear, you can ask yourself this question to help you focus on the solution rather than the problem.

You can also ask yourself: “What can I learn from this?”

Another technique you can try is to challenge your assumptions. Try to figure out what the frame behind your thought is. Chances are you have a limiting belief that is encouraging you to think negatively about your situation. This limiting belief is based on assumptions you have made that probably are not true. Find reasons why they aren't true, and chip away at the beliefs causing the negative thoughts.

Reframing coupled with the use of denials and affirmations is a powerful way to transform your thinking, enabling you to awaken and raise your spiritual consciousness.

## *Ongoing Classes, Study Groups and Adult Education*

Due to the Governor's recommendation that everyone remain at home except for essential activities, we are live streaming our 10 AM Sunday service 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>

In addition, all Adult Education and Special Events are postponed until further notice. Please reference your Upcoming Events email for up to date information.

Take care.



**Unity of Auburn 2020 Retreat  
 ZEPHYR POINT, Lake Tahoe  
 June 12-14, 2020**

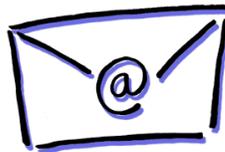
**NOTE:**

**The retreat is SOLD OUT. However, if you want to go, let us know and we can call to request a room. We will only get more rooms if Zephyr Point has them available.**

***EMAIL PRAYERS FOR YOU ...***

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

**[auburnchaplains@gmail.com](mailto:auburnchaplains@gmail.com)**



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

## *Special Events*



### **“LUCK OF THE IRISH “ FUNDRAISER TEAM**

MARCH 13, 2020

#### **SPONSORED BY THE PROSPERITY TEAM:**

**Sharon Hardie  
Mark Schindler  
Dawn Pace  
Suzi Reynolds  
Kathleen Demontigny  
Mercedes Breaux**

**Shelley Rutherford  
Karen Schindler  
James Drews  
Patty Davis  
Edna Sparks  
Natalie Kimball**

#### **ON-SITE VOLUNTEERS:**

**Ruby Ever/Setup  
Tee Devine/Ticket Sales  
Mark Barry/MC & Caller**

#### **RAFFLE BASKET ... GAME PRIZES INCLUDING MANY GIFT CARDS:**

**Delores Bothello  
Edna Sparks  
Dawn Pace  
Ann Sherby  
Leanne Nelson**

**Elizabeth/Gary Rawson  
Jim Drews  
Mercedes Breaux  
Patty Davis**

We know there were additional gift card and basket item donors we've lost track of in the shuffle and we apologize for that oversight. Everyone who attended were very happy with our Game Prize and Raffle Basket options.

# Message from our Board of Directors



Sharon Hardie

## COVID 19 Financial Update 042020

Message from our treasurer on behalf of the Board of Trustees:

As spring unfolds in all of its glory the coronavirus is unfolding with all of its challenges and Unity of Auburn is not immune to these challenges.

Your Board of Trustees had adopted the for 2020 realizing some adjustments to funding of 2020's expenses would require transferring restricted funds to the general fund for expenses to be met. This budget was developed in February before COVID-19.

Now, COVID-19 has created circumstances that are not in our control. Unity of Auburn must comply with State and Federal recommendations for gathering sizes and circumstances. We are now operating in a "Virtual World". For many of us that seems overwhelming, but it also creates a financial crisis we must deal with.

65% of our monthly income comes from all of our group activities. These activities include Sunday Service where 65% of offerings for the month are received. The Gift and Thrift Store is closed so we have lost 10% of our monthly income. Rents now will be only 50% or less of expected income since the community organizations using our facilities must cancel their own meetings thus affecting Unity of Auburn income. All our fundraising activities are cancelled so that is a loss of another 35% of our monthly income.

Your Board of Directors met on March 17th to do its due diligence in determining only "Essential" monthly expenses. These "Essential" expenses are those under a signed, legally obligated contract; a signed lease; required by law or essential to the simple existence of Unity of Auburn. The identified "Essential" expenses are 78% of our budgeted monthly expenses. Our reserve funds cannot sustain us. And, at the end of February our offerings were already \$4,000 under the needed \$8,900 a month to keep doors open and lights on.

Our country is in an economic crisis and our world in a health crisis. Both these circumstances are now creating a financial challenge for Unity of Auburn. Affirmations and prayers plus your proactive financial choices can sustain us.

Your Board asks you to change your contribution process. Your regular contributions can be made through PayPal which is linked to our website. You can mail your contributions to Unity at 1212 High Street, Auburn, Ca 95603. You can call the office at 530-888-6489 and setup automatic monthly/weekly withdrawals from your checking account or a credit against a credit card. The financial future of Unity of Auburn is in the hands and choices of each of us.

We can't express strongly enough the effects COVID-19 may have on the future of Unity of Auburn. Our mission to teach people how to thrive in a changing world certainly hits home. We are convinced that each of us can meet this challenge together. Your donations, love offerings and gifts are the life line of Unity of Auburn and we are so grateful for your support in the past and confident that your continued support will enable us to come through as a thriving, not just surviving, spiritual community.

"I open myself to the Divine flow of goodness, ideas, and substance."

## Board of Directors



### Board of Trustees

- Pat Lord.....President
- Patty Davis.....Vice President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary
- Dave Langley.....Member
- Shelley Rutherford.....Member

### 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

## Staff

## 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](mailto: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

### Talk Titles April 2020

April 5, 2020

Music: Dennis Cain

Lesson: Deliver Us From Delusion

April 12, 2020

Music: Diana Blais

Lesson: Hope, Spring and Renewal

April 19, 2020

Music: Diana Blais and Jon Dufour

Lesson: Reasons To Be Cheerful

April 26, 2020

Music: TBA

Lesson: Mastering Our Thoughts and Instincts

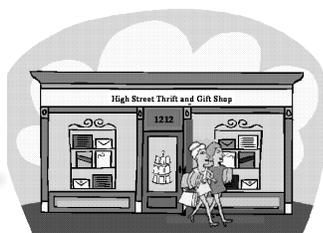
*"Where flowers bloom so does hope"*

*-Lady Bird Johnson*



March Total:

\$1,371.00



*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*