



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

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Special points of interest:

- **Sisters of the Good**
- **Thrift Store Hours**

Charles and Myrtle Fillmore, the co-founders of Unity were both born during the month of August which is often informally designated as Unity heritage month at our centers around the country. It provides an opportunity to honor the pioneering work of the Fillmore's without turning them into authoritarian guru figures and to review and reflect upon some of our core teachings.

This year August presents us with five Sundays which coincides with our five basic principles. The Fillmores did not create these principles; they are the work of their great granddaughter Connie, a Unity minister who was asked to attempt the daunting task of summarizing our teachings for an article appearing in Daily Word Magazine.

There were some in our movement who reacted negatively, fearing that we would end up with a creed or statement of faith. That did not happen. I find the five principles to be a remarkably accurate synopsis. Nobody is ever required to pledge allegiance to them or even accept them at face value. As always, we are invited to apply our critical thinking skills and question them.

As a result, different Unity centers have tweaked and edited the principles to be consistent with the experience of their own community and their understanding of what the Fillmore's and other authors were trying to teach. The lyrics may be slightly different but the song seems to remain the same.

Experience has shown that although the principles are not presented as a statement of faith, most people will not find a home in Unity if they object to the ideas contained therein.

Thus they can also serve as a useful tool for reflection and examining our worldview.

The principles as restated at Unity of Auburn are as follows:

1. God is the name that we give to the source and essence of all that is; there is no other enduring power.
2. If God is the name we give to the source and essence of all that is, then human beings may properly be called manifestations or expressions of God.
3. The way we think directly influences the way we experience the world.
4. Prayer is creative thinking that changes us - our consciousness - so that we can know and experience what it means to be an expression of God.
5. Knowing and understanding these principles is not enough; we must live them.

Each principle is an affirmative statement. However, each one addresses a basic question that humankind has wrestled with since the beginning: 1. The nature and necessity of gods; 2. What it means to be human; 3. What is consciousness; 4. How do we minimize stress and anxiety and maximize peace of mind, and 5. How should we live?

Unity doesn't claim to offer definitive answers to those questions. Instead we invite the world to join us as we wrestle, dance and play with them on the road to discovering how to co-create a more just, compassionate and peaceful world.

Chaplain's Corner



Becky Morgan

Healing the World from the Inside Out

I've been thinking a lot recently, as maybe you have too, about some of the disturbing things going on in our country and our world, and what I can do about them. It's easy to feel frustrated and powerless sometimes, asking, "What ability do I have to change things?" And yet, I also know that we possess more power than we realize, if we will only seek it within us. Eknath Easwaran said, "Whatever challenges confront us, whatever perils threaten to swallow us up, none of us need be despondent, for ... the source of all power, all wisdom, and all beauty is waiting to act through us." That infinite, creative Source – a vast well of energy and inspiration – lies within us always, waiting for us to turn within and tap into it – *to put our imagination into action.*

John O'Donahue reassures us, "Even in your own hidden life, you can become a powerful agent of transformation in a broken, darkened world." How? How can we be agents of transformation for the good?

Daisaku Ikeda explains: "Each human life partakes of the limitless life force of the cosmos. The same power that moves the universe exists within our lives. Each individual has immense potential, and **a great change in the inner dimension of one individual's life has the power to touch others' lives and transform society.** Everything begins with us." As we expand our inner knowing to imagine positive changes happening in the world, we will add the power of our minds to this process.

According to William James, "The greatest revolution of our generation is the discovery that **human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.**"

Transformation of all things is within our power. It all begins with the environment inside our minds: adjusting our attitudes to believe that we have the power to create good out of all that we see. In our actions: We look for the good. We expect the good. And then – from the inside out, we see our world begin to change: Becoming the good.

"Fundamentally", as Jim Blake says, "Everything in the universe is made up of energy. Additionally, our thoughts and prayers are a form of energy and they contribute to the field around us. May we fill the field with a consciousness of peace." ... "This is how we will achieve a tipping point and the great shift: through the power of a 'small group of thoughtful committed citizens' with the courage, conviction, and faith that through a consistent peaceful, present-moment awareness and repeated acts of kindness we can shift the axis of consciousness on the planet. May it be so."

As we visualize the harmony and kindness we want to see in our world -- acting out this peacefulness and compassion in our own lives and with everyone we meet -- **each of us contributes to the energy of manifesting this new reality in our world.** You are changing the world for the better, just by how you are -- just by being you, every day: thinking good thoughts and living through intentional actions – expressing your highest Self, putting Spirit into practice.

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>

Sisters of the Good
We are meeting on Zoom every Wednesday at 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.

Frontiers of Consciousness

Class is being offered on Zoom on *August 24, 2020*. If you would like to attend, please send an email Rev. Mark at mark@unityofauburn.com

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

Board of Directors



Board of Trustees

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

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

Message from our Board of Directors

Dear Friends,

We are now mid-year of 2020. Your Board of Directors wants to update you on our financial picture at this point in our year.

First, we commend all of you for your committed support of our spiritual family through your consistent love offerings during these very difficult months. These have sustained us during this COVID-19 crisis and will continue to do so.

As I reported in my May 2020 newsletter article, the required closing of our facility severely affected our income sources. The Thrift Store had to be closed. All fund raisers had to be postponed or cancelled and the rent income from the Auburn community non-profit groups renting our facilities came to an abrupt halt.

Second, please know your Board had to immediately reprioritize all expenses. So, with difficult adjustments and choices and your generous love offerings, we have been able to “Keep Doors Open and Lights on” so to speak.

Thirdly, though COVID-19 has brought stress, anxiety, burdens, sickness and death it also opened an opportunity for Unity of Auburn to survive its ravages.

The government offered two loan options for small businesses and some non-profits, which included churches. After some research, the Board approved applying for the small business loan available to us and our application was approved. We’ve committed to a 30-year loan with the first payment due in June of 2021. It also included a \$6000 grant with no repayment requirements. This loan and grant will financially secure Unity of Auburn through 2020 regardless of when our facility can become fully operational. This loan will also take the burden out of funding a 2021 budget and will allow us to set up some much needed reserves.

For now, all of us at Unity of Auburn can take a deep breath as we continue to deal with what COVID-19 brings to our doorsteps. Your Board of Directors, on your behalf, has been able to make some very hard decisions that will secure the health of Unity of Auburn into the future.

Together.....the Ministers.....Board of Directors...and each one of us ...represent a powerful team that can continue to serve our Mission and Vision far into the future. Speaking for all of us.....we will be forever grateful for these many generous and prosperous gifts.



Gratefully,

Sharon Hardie

Board Treasurer

Unity of Auburn

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

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Join our Facebook pages:

Unity of Auburn

Unity of Auburn Events

Unity of Auburn-High Street Thrift and Gift

Lessons and Soloists

Talk Titles August 2020

August 2, 2020

Lesson: Gods and Goddesses

Music: Dennis Cain

August 9, 2020

Lesson: What Does it Mean to be Human?

Music: Diana Blais

August 16, 2020

Lesson: Consciousness

Music: Jon Dufour

August 23, 2020

Lesson: Thoughts and Prayers

Music: Diana Blais

August 30, 2020

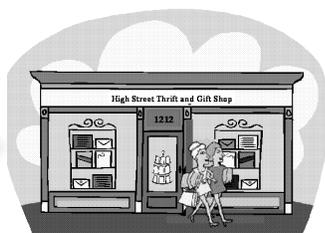
Lesson: How Do You Get to Carnegie Hall?

Music: TBA

A day without laughter is a
day wasted
— Charlie Chaplin



We plan to open 3 days
a week starting the
week of August 10th.



Unity of Auburn

1212 High Street
Thrift & Gift Shop

Donations: The Thrift Store is *now* accepting donations from Unity Members and will be open Tuesday—Thursday from 10-2 p.m.