

*A welcoming spiritual community advancing a positive message that teaches people of all ages and faiths how to thrive in a changing world.*

## Ministers' Message



Revs. Mark & Karen Schindler

Phone: 530-888-6489

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

### Inside this issue:

<i>Ministers' Message</i>	1
<i>Chaplain's Corner</i>	2
<i>Facebook Live Service</i>	3
<i>Ongoing Classes, Study Groups &amp; Adult Ed</i>	3
<i>Board of Directors &amp; Staff</i>	3
<i>Message from the Board</i>	4
<i>Lessons and Soloists</i>	5
<i>1212 High Street Thrift</i>	5

October is almost upon us which means that it is time once again for our annual seven week fall series. The book we have chosen for this year is *Real Change: Mindfulness to Heal Ourselves and the World* by Sharon Salzberg. In 1974, Sharon, along with Jack Kornfield and Joseph Goldstein founded the Insight Meditation Society in Barre Massachusetts and in 1985 they opened a center called Spirit Rock in Woodacre California.

Insight meditation is the most approachable form of Buddhist meditation in the west because it dispenses with the religious and cultural trappings that still surround other Buddhist practices such as Zen. Sitting cross legged on the floor and burning incense has some arguable practical value but is mostly a cultural affectation that is not essential to the practice.

Insight meditation is a path of deepening self awareness and an expanded, more detailed awareness of the world and people around us. In addition to the core meditation practice, Insight also emphasizes metta or loving kindness practices.

This is Sharon's eleventh book and is being released just as the world is indeed in the midst of real change. The book teaches us that meditation is not a replacement for taking action, but rather a way to practice generosity with ourselves and summon the courage to break through boundaries, reconnect to a movement that's bigger than ourselves, and have the energy to stay active.

Consulting with experts in a variety of fields, Sharon collects and shares their wisdom and offers the best practical advice to foster transformation in both ourselves and in society. *Real Change* guides us to embody the fundamental principles of mindfulness practice toward greater clarity and confidence so that we can create a better world which is what our vision in Unity is all about.

Unity co-founder Charles Fillmore understood the value of meditation back in the 1890's but had to make up his own home grown form of meditation that he simply called "The Silence" based on his understanding of eastern practices from the limited resources available at the time. He didn't have the benefit of teachers like Sharon Salzberg and others who learned this ancient practice in India where it originated and then brought it back and adapted for our western culture.

*Real Change* is about coping with the inevitable change that is thrust upon us and learning how to bring about positive change without falling prey to the stress and suffering brought about when we are driven by attachment or aversion to a particular outcome.

Our seven week series will start on October 4 and end on November 15. At this time it is uncertain whether we will be open for in person attendance but either way we will meet after the service for a discussion group in person and via Zoom. To join our virtual discussion group, just sent an email to [mark@unityofauburn.com](mailto:mark@unityofauburn.com) and ask for an invitation

### Special points of interest:

- **Sisters of the Good**
- **World Day of Prayer**
- **Thrift Store Hours**

## Chaplain's Corner



Elizabeth Rawson

Unity World-Wide will participate in World Day of Prayer September 9 -10. The 2020 theme is “**From Fear to Faith.**” As we unite heart and mind with people from around the globe, we affirm:

*Standing in Truth, I move from fear to faith.*

Life doesn't always go as planned; the outcome isn't what we expected. These months of 2020 have held so many challenges in so many arenas, I can say for myself, my fears have been elevated.

Fear—“Painful emotion marked by alarm; dread; disquiet” (Webster).

Fear is nothing but a thought, yet it can dominate our lives. Fear is a paralyzer of mental action; it weakens both mind and body. Fear throws dust in our eyes and hides the spiritual forces that are always with us. You may also be experiencing grief, anger or loss in the midst of 2020. I noticed my sense of loss in missing out on family time together, time with friends, time in community service programs that had been canceled; my fears often showed up as anger.

Returning to Rev. Linda Martella-Whitsett’s book *How to Pray without Talking to God*, I am reminded that no matter how doubtful or fearful we may feel, fear is faith turned inside out. Fear is taking in others’ words, focusing on worry, making our fear real and thus giving it power over us.

Rev Linda continues “*The principles and practices I chose to participate in through Unity can be easy to uphold during times of stability and easy to abandon when feeling overwhelmed by shifting conditions. I was back in my old patterns that I didn’t really believe that I am the Divine within and am able to walk through these times in confidence*” (p.26-27) “*When we view ourselves as ‘only human’, we pray from a consciousness of powerlessness. When we realize our Divine Identity, we pray from our Divine Consciousness*”. (p. 13)

Gerald Jampolsky, MD, writes “fear is an invitation to peace” in his *Teach Only Peace*. He states “our thoughts are like stones on the path we travel. There is not a single thought that does not take us somewhere. We must not leave our mind in conflict and fear if we wish to walk toward peace.” (p. 50)

These teachers help me to again trust the Spirit within to free me from agitation or irritation, to quiet my anxieties and bring new peacefulness to my soul.

On our World Day of prayer, we set aside 24 hours to affirm the truth of our Christ consciousness. We give ourselves time to feel connected in the Divine Presence as peace, love, and understanding throughout and surrounding the world and all who dwell on it.

Spiritual practices for living without fear in quietness and confidence- no matter what is happening around us can be step by step, moment by moment. Remember, again, to build that faith and belief with these very words, saying them boldly and firmly: *I trust the Spirit within.*

## 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](mailto:iwishupeas@aol.com).

### Frontiers of Consciousness

Class is being offered on Zoom on *September 28, 2020*. If you would like to attend, please send an email to Rev. Mark at [mark@unityofauburn.com](mailto: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](mailto: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



Dave Langley

Hello UOA folks,

To say the least, this is a very challenging time. The pandemic spreads into all aspects of our lives from shopping to visiting friends and family. Just as many of you have had to do, the board and ministers have had to adjust to the current situation with many adaptations including live streaming Sunday services, and board meetings via zoom.

Church operations are ongoing, but with new procedures. This adjustment has been very difficult, emotionally and logistically, and only happens with the work and dedication of many UOA people.

This current challenge is one of those times when, more than ever, I'm grateful for our spiritual community and the wonderful technology that allows us to stay connected, albeit in a different way.

Our spiritual community helps me keep perspective and find comfort in the support from and for others through a difficult time. *You* remind me of the importance of staying connected and having this community.

Thank You

## 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

September 6, 2020

Talk: World Day of Prayer: From Fear to Faith  
By our Unity Chaplains

Music: Dennis Cain

September 13, 202

Talk: I Behold the Christ in You

Music: Diana Blais

September 20, 2020

Talk: Does Everything Happen For a Reason?

Music: Jon Dufour

September 27, 2020

Talk: Nobody Wants a Wake Up Call

Music: Diana Blais

“Always end the day with a positive thought. No matter how hard things were, tomorrow’s a fresh opportunity to make it better.”

— Harry Dean Stanton



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.

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