

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



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Special points of interest:

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

This year our seven week fall series will feature a new book by renowned meditation teacher Sharon Salzberg; *Real Change: Mindfulness to Heal Ourselves and Our World*. Sharon is one of the pioneers who, along with Joseph Goldstein and Jack Kornfield, introduced America to a form of Buddhist meditation known as Vipassana which translates as Insight Meditation.

In my opinion, 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 which is the practice that I was trained in. 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.

Most people are motivated to learn a practice like meditation because they want something to change. They want more of something or less of something in their lives, probably a combination of the two. And here is where we need to be aware of the difference between transformational and translational spirituality.

Real change is transformational which brings about a shift of our fundamental identity from one way of thinking to another, from old brain to modern brain if you will. Unfortunately, many people end up settling for translational change which is about feeling better, making life work better without having to make any fundamental changes in consciousness. A lot of self help books work that way but we need more than that, we want real change.

There is nothing wrong with feeling good,

those books have their place. The analogy I like to use is pain relief. Translational spirituality is pain relief. Ideally pain relief should be temporary. We want to transform the root cause of the pain, heal it so we don't need the temporary relief. But for some folks the pain is chronic.

So we don't say that pain relief is bad or that translational spirituality is bad. They serve an important purpose but we always want to keep our focus on the additional step of transformation and work toward that. And as we do that, we continue to learn to stay in balance. We don't want to get lost in a state of self absorbed navel gazing which is why in the book *Real Change*, the author provides real life examples of how transformational change can bring about greater good in the world.

As Sharon Salzberg observes in chapter one of the book: "Mindfulness and even lovingkindness meditation practices are commonly thought of as personal and inward-focused, but they can very much be social practices as well. When we get in touch with our own pain or the pain of others, meditation is not just a salve; it can provide the impetus to work for change. The engagement that results can be an openhearted demonstration of what we care about most deeply." Salzberg, Sharon. *Real Change* (pp. 1-2).

The events of the world right now are revealing the places where we need to focus our attention with the intention of bringing about transformational change. Together we will explore different ideas and practices to support that effort during our fall series.

Chaplain's Corner



Natalie Kimball

I don't know about you, but I can't wait for my life to get back to normal - whatever "normal" is. The dictionary defines it as "usual, typical or expected". And since I don't have any idea what typical or expected is going to be in a post-pandemic world, I think it's safe to say that whatever it is, it's going to be a "new normal". And each time we go through a transformation, be it spiritual, mental or physical, don't we come out of it with a "new" normal? I see Autumn as the perfect metaphor for this process of defining our new normal. It is a time when trees and bushes shed their leaves in preparation for new growth in the coming spring. Similarly, we shed the ideas and beliefs that no longer serve us as we prepare for a new and more enlightened sense of self.

This shedding process always works best for me when I commit to keep my heart and mind open to all possibilities. Through prayer and meditation, I affirm that I have the wisdom and strength to identify and release old habits, beliefs or thoughts that are impairing my growth as a fully realized spiritual human. This process makes way for new, fresh and invigorating ideas that ensure a smooth and effortless transition into my "new normal".

This prayer can be used (and changed) as you see fit to help you on your journey:

I release the burdens that I have been carrying

Burdens that Spirit never intended me to carry

I cast my fears, worries and care upon the wind

I release anxious thoughts and turn within for guidance

I calm my troubled heart, quiet my restless spirit and still my impatient mind

I let go of the grip on things I have been hanging on to, releasing them with open hands and heart

I am comforted and assured in knowing that right thoughts and answers are flowing and ever present

I am so grateful that my faith sustains, preserves and guides me

I affirm the peace that "passes all understanding" and am comforted to know that all will be accomplished in the right time and in the right way.

And so it is

Ongoing Classes, Study Groups and Adult Education

Sunday Services

We are back to in person attendance for our 10:00 a.m. service based on the new CDC and Placer guidelines. Face masks are required and available if you do not have one and we ask that you maintain a distance of six feet from anyone not in your family group. For the time being, we will not be having fellowship until we are certain we can do it safely. We look forward to seeing everyone again!

We are still live streaming our 10:00 a.m. 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

This Class is being offered in person AND on Zoom on *October 26, 2020*. 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!

COVID and Unity of Auburn Finances



We are exactly 183 days from COVID restrictions being put in place and Unity of Auburn being required to suspend all activities. That included our Sunday services; however, Mark, Karen and team were very creative and our Sunday services were up and live on Facebook soon after. Our income sources were hit hard with the only income available to us after the restrictions being tenant rental income and your generous Love Offerings. Tenant rental income has been compromised in these past months. Reserve funds as of March 2020 were immediately put into service and helped support our loss of income from the now restricted income sources through the first months of the COVID experience.

We do not expect the COVID restrictions to be lifted before January 2021 and possibly months into 2021. The budget was immediately revised as of 7/1/2020. Our barebones monthly expenses are \$11,650. The SBA loan we received was closely scrutinized by the Board with the goal that every dollar would be obligated to cover... 1. Income not received for the months remaining in 2020... 2. Income not expected to be received in 2021 thus guaranteeing lights on and doors open through 2021 if COVID restrictions remain... 3. Funds, if needed, to take care of major roof and HVAC repairs if such repairs presented themselves.

As you can see your Board has been diligent in the management of the finances of Unity of Auburn. The success of remaining viable through COVID-19 lies in the hands of all of us. As you can see your Love Offerings play a major role in this success. We thank you for supporting Unity of Auburn through these 183 days. We **encourage** you to remain that **vital** link to Unity Of Auburn remaining **viable** regardless of COVID-19's challenges. **Together we can do it!**

Your Treasurer,

Sharon Hardie

Message from our Board of Directors



One of my favorite quotes is, “Don’t wait for the storm to pass . . . Learn to dance in the rain”. Although we have not had much rain lately, we certainly have been experiencing some brutal storms – the COVID-19 pandemic, the devastating fires across the western states and the resulting smoke, social unrest from long-standing racism, the effects of climate change, and the continuing political divisiveness, which may only get worse this November. Dancing in the midst of a raging storm may seem like a daunting and almost foolish task, but from my perspective, it may be one of the most courageous, bold, and contagious things that we can do.

Giving ourselves permission to not only experience joy, but to demonstrate it openly to others despite the storms does not mean that we are in denial about the challenges and issues we are all facing or that we are blind to the suffering of others. It signifies our desire to remain open to what we love and enjoy most about life and to allow those things to carry us through to the other side with our capacity to feel awe and wonder intact. I have seen firsthand more times than I can count the impact expressing joy has had on others. People often want to join in on what you’re doing even if it means taking them out of their comfort zone. It can bring hope and encouragement to others who are experiencing sadness or grief as it can remind them of those times when they too felt that uplifting of the heart.

May you learn to dance in the rain and if this is already your practice, may you know that you have the power to diminish the effects of the storm.

Blessings,
Patty Davis

Board of Directors



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Unity of Auburn Staff

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- 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!

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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 October 2020

October 4, 2020

Talk: Real Change
Music: Dennis Cain

October 11, 2020

Talk: From Anger to Courage
Music: Jon Dufour

October 18, 2020

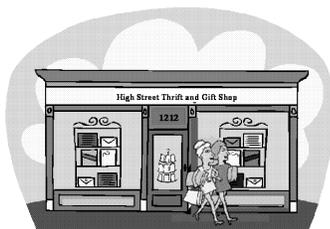
Talk: Grief and Grit
Music: Jon Dufour

October 25, 2020

Talk: Authentic Happiness
Music: Diana Blais



*With the new day comes
new strength and new
thoughts.....*



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