

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

Our fall series has concluded and now our attention turns to the holidays beginning with Thanksgiving. One of the core concepts in the development of the Unity movement is the 12 powers which was the way Charles Fillmore talked about our primary human virtues. I have always thought it was an arbitrary number chosen to coincide with a metaphorical interpretation of the number 12 as spiritual fulfillment or completion. So why not add a 13th power? I suggest gratitude.

According to Brother David Steindl-Rast, the difference between thankfulness and gratefulness is a matter of substance rather than mere form. Brother David is a Benedictine Monk who was born in Austria and now lives in the United States. As co-founder of A Network For Grateful Living (www.gratefulness.org) gratefulness is his ministry and his message.

Brother David says the common perception of being thankful is the expression of appreciation for something that we deem to be beneficial. This is certainly a healthy state of consciousness but what about the things we deem to be detrimental, does thankfulness dispel the "lurking fear that something harmful may come our way instead"?

Brother David believes that gratitude reveals "our courageous trust that life itself – kind or harsh, happy or sad – is good, if only we receive it as gift... The moment we trust in this truth, we are at peace. A person at peace will serve as an agent of peace in the world." Courageous trust is the key because it makes gratitude the antidote to fear.

Although greed and anger exist as separate emotions, fear is often the catalyst bringing about the things in the world that can destroy both inner and outer peace. Fear bred anxiety, greed and anger in turn lead to things like war, poverty and illness. We fear change, the unknown, the different and the other. Sometimes these forms of fear arise naturally, other times they are manipulated and cultivated by others to advance their own ends. Either way, there is an ample supply; hence the great need for the antidote of gratitude and the courageous trust it produces.

I'm not suggesting that we change the name of Thanksgiving Day to gratefulness day or anything like that. It works just fine the way it is but when we enrich the idea of thankfulness by adding to it the deeper meaning of gratefulness, great things can happen. The renowned Roman philosopher and orator Cicero makes the case for gratitude as the 13th power when he once said: "Gratitude is not only the greatest of all the virtues, but the parent of all the others."

Our co-founder, Charles Fillmore tells us that "It has been found by experience that a person increases his blessings by being grateful for what he has." Brother David tells us that spontaneous, deep gratitude is an experience of joy, a special kind of joy that flows from the simple awareness that whatever we happen to be experiencing in the moment is the result of this freely given gift that we call life. Whether we give credit to God, Principle or random chance, it is no small thing to be born human and in this realization we find the root of true gratefulness.

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- **Frontiers of Consciousness**
- **Thrift Store Hours**

Chaplain's Corner



Patty Davis

Take it to Prayer

When I became a Unity of Auburn prayer chaplain, I signed a commitment that I would, among other things, maintain a regular practice of prayer and meditation. In becoming a chaplain, I was mentored by gifted practitioners who shared their time and talents with me so that I could better serve my spiritual community. We practiced writing denials and affirmations as part of our initial prayer process. The over 80 hours of training in the past 4 years have helped me develop a regular prayer practice. However, I recently became aware of a truth about prayer that I need to share with you.

While preparing my part of the talk for our chaplain service on the World Day of Prayer, I began experiencing “writer’s block”. I had several ideas that I wanted to express, but I just could not get them out of my head and onto the computer screen. I started and stopped a number of times as my frustration level grew. The words simply would not flow. And then, I had a thought: What if I stopped and said a prayer (this is ironic given the fact that I was working on my piece for the World Day of Prayer). I sat back in my chair, focused on my breath, allowed myself to relax, then followed the other steps of my chaplain prayer process (affirming one presence/one power, meditation/silence, denials and affirmations, gratitude). I began thinking of denials and affirmations focused on the powers within me that I could use to compose the piece. Prayer enabled me to get my mind still, to open my heart, and to trust that the right words would come. And the words did come.

I realized that it is not enough to pray when everything is going well and expressions of joy and gratitude come easily. I need to use prayer as my **first step** whenever I encounter a challenge or problem. Whether I am alone or in a difficult discussion with others, I can say, “I need to take this to prayer.” Prayer will guide me to my truth, and my truth will free me to consciously use my spiritual powers in a way that inspires, uplifts, and serves another from my authentic self.

May prayer be your first response when faced with a challenge. It will enable you to access the gifts within you, empowering you to approach any situation with grace, strength, wisdom and faith.

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 *November 23, 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!

Message from our Board of Directors

Where is God?

By Natalie Kimball

When times are challenging, I often find myself wanting to blame someone or something because I feel so powerless. In the past, I would blame God. How could God let this pandemic kill so many? How could God allow the social injustice that has plagued this country for four centuries still not be resolved? Why doesn't God show us how to heal our wounded country? Some will say that God gave us free will and therefore does not interfere with the day to day tragedies in our lives. Rev. Mark tells me that I should rethink my concept of God altogether and that if I release the idea of God as an entity with sway over outcomes, it will empower me to accept the things I cannot change and change the things I can. Neither theory completely fills the bill for me. Having spent the better part of 20 years in recovery, I have come to rely on God as an entity, a higher power, that keeps me sober when my own willpower fails. More than that, God brings me peace and comfort. I feel like I NEED God to be an entity. So, which is correct? Frankly, I don't know. Just as it did with Charles and Myrtle Fillmore, my understanding of God and Spirit has evolved significantly over the years. I have been with Unity long enough to know that God is not a vengeful or benevolent power who chooses our suffering on a whim. And yet, without some sense of awe and wonder about this miraculous universe and a willingness to release control to this miracle, my life often feels like its spinning out of control. What Mark teaches satisfies me at the intellectual level because it challenges me to eschew magical thinking as dangerous (which it is – just ask my shrink!). However, my need for a force to rely on is still important – so important that I don't think I can release it completely. So, where I am today? Somewhere in the middle. I appreciate and embrace the danger that comes from making "God" an entity because it may serve to take away my true power and keep me from the important critical thinking that leads to real solutions. I have come to realize that the peace, comfort and "willpower" that I get from what I call "God" is, in fact, me expressing my highest self. And I think that God is the energy that each of us emits when we express our highest selves. And I think this entity is greater than the sum of its parts. The gift of the Unity movement is that it allows us to explore these ideas without fear of re- crimination or excommunication. For me, that is the true gift. The ability to be a little uncertain, the ability to express my uncertainties and fears and the ability to share these ideas openly. So, the first on the list of things I am thankful for this year is Unity. And so it is!

Board of Directors



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Unity of Auburn

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

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Unity of Auburn

Unity of Auburn Events

Unity of Auburn-High Street Thrift and Gift

Lessons and Soloists

Talk Titles November 2020

November 1, 2020

Talk: Us and Them

Music: Dennis Cain

November 8, 2020

Talk: What Aren't We Seeing?

Music: Kellie Garmire

November 15, 2020

Talk: Exquisite Balance

Music: Jon Dufour

November 22, 2020

Talk: Thanksgiving And Interesting Times

Music: Diana Blais

November 29, 2020

Talk: Darkness to Light

Music: TBA



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

-JFK



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