

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



Rev Cherie Larkin

Monthly Message

Phone: 530-888-6489
Website: www.unityofauburn.com

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Too good **NOT** to be true!

We are merging into a spiritual universe. The natural order of evolution has brought us to a place where there is a quickening of the spirit, a keener perception of the mind, a deeper introspection of the soul, and the veil between Spirit and matter is thinning. This great awakening is making possible a new consciousness of intimacy between the mind and Spirit.

The physical sciences are also catching up to this realization confirming daily what we instinctively knew all along: What you are thinking and feeling becomes a physical reality in your brain, body, and life. Science is proving for us that ***“God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2Tim, 1:7.***

Dr. Caroline Leaf shares, “This understanding gives us an extraordinary ability to determine, achieve, and maintain optimal levels of intelligence, mental health, peace, and happiness as well as the prevention of disease in body and mind. We can, through conscious effort, gain control of our thoughts and feelings, and in doing so, change the programming and chemistry of our brain.”

The great news is that we are already wired for love. All our mental circuitry is wired only for the positive, and we have a natural optimism bias wired into us. Our default mode is designed to make good choices. So, our bad choices were wired in by our conscious thinking, and therefore can be wired out.

Our New Year series ***“Too good NOT to be true!”*** will show you how to wire out the negative so you renew your life in the love and miracles you were originally

You won’t get rid of that anxiety or depression, follow that essential preventative healthcare, strive to that intellectual level you know you are capable of, follow that dream, eat that organic food, be that great parent or husband or wife, get that promotion, or make other changes to create a high-quality life – unless you first choose to use your mind more deliberately and powerfully in cooperation with Spirit.

Each week beginning January 9^h, we will explore one of the 5-steps Dr. Caroline Leaf outlines in her book, ***Switch On Your Brain, The Key to PEAK HAPPINESS, THINKING, and HEALTH.*** Using her 21-day detox plan, each Sunday’s message will lead you out of feelings of mediocrity, apathy, even boredom, and propel you into a world of pure possibilities (which Jesus referred to as the Kingdom). There you will be empowered to create amazing miracles for your life in 2022. What miracle are you ready to experience? Join us for our Sunday messages and bring it into reality!

Special points of interest:

- Gold Country Wildlife Thank you
- Thrift Store Donations

Chaplain's Corner



Donna Vetromile

Winter greetings!

Here we are in a whole new year. The perfect time to instigate a change or two and make a positive difference in our lives.

My writing group this week had the prompt "Fear is a reaction. Courage is a decision."

My response at first was that fear happens TO us, whereas courage is a choice we make, and begin to work on, to better our lives, to live them more consciously. To work toward a goal. Fear often comes crawling out of a newscast toward me. Cold realization of man's inhumanity to fellow man feels chilling. As Unity students, we can recognize the divine in every person. We learn to have compassion for even the miscreants who make headlines with their poor choices or deplorable behavior.

But we can also choose to take positive action...to think of something that could help the situation, for example, promoting more services for people with mental illness. We can use the catalyst to brainstorm or create a group to brainstorm help for the misguided.

We all need connection, and as we find satisfying interaction and connection, we can begin to feel better. This can be the start of real healing.

I have found that my meditation and prayer time can bring my best ideas forward. I challenge you to introduce questions or topics and see what your "small still voice" reveals to you. It may be the perfect way to find your next right path and to connect with your courage.

Namaste...the divine in me honors the divine in you...

Donna



Sunday Service, Classes, Counseling

Sunday Service

Sunday Service In Person and Via Facebook Live Stream.

Every Sunday we will be meeting in person and via Facebook Live for our 10 AM service. Due to the California Department of Public Health (CDPH) and Placer County requiring masks to be worn in all indoor public settings, irrespective of vaccine status, Unity of Auburn is requesting all those in attendance wear masks during service for the next four weeks (December 15, 2021 through January 15, 2022). Live stream link 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 GOOD will return on January 19th

The group has voted for the book *From Cowgirl to Congress, Journey of a Suffragist on the Front Lines* by the local author, Mila Johansen. This book presents the life of Jesse Haver Butler who rose from life on a Colorado ranch to become lobbyist for the 19th Amendment which granted voting rights to the women of the United States. The book is available through Amazon – paper \$17.95 new, \$9.99 used. Kindle Unlimited free. The book can be ordered through Unity of Auburn by contacting Carrie at admin@unityofauburn.com.

The January 19th meeting location is to be determined based on Covid restrictions.

Frontiers of Consciousness

This class is being offered in person and on Zoom *January 24, 2022*. The topic will be Brain Plasticity. If you would like to attend, please send an email to Jacob Walker at Jacob.walker@gmail.com.

Unity of Auburn needs a volunteer to administer our Facebook Live Stream and run the audio-video equipment on Sundays. If you have been looking for a new way to support your ministry, this could be just for you! It is a great job for co-coordinators, so if you and a friend, or friends, would like to split the duties that's also a good option. Please talk to Dave Langley if you are interested. This is one of our most important volunteer positions, so please give it some strong consideration. No prior knowledge of training is necessary. We will be happy to train you on the job.



Misc



The Gold Country Wildlife Rescue recently sent a thank you to Unity of Auburn for our \$300 donation. Thanks to your participation in our Bingo Event and your Love Offerings we were able to make this donation and help our community.

“This generous gift from your congregation ensures that we will continue to have the food, medical supplies, and resources to care for the injured, orphaned, and sick wildlife brought to our Wildlife Intake Center each day.”



Help support for our Thrift Store. We're looking for donations of books, puzzles, purses, CDs, small appliances, woman's clothing and gently used or new items. Clean out for the New Year. We'll be open on Sunday's after service or Monday-Saturday 10-3 to take your donations!

I rise in consciousness to help create a world that works for all.....



Are you interested in being a Board Member?

We are seeking Board Members. This is a spiritually active group of people who care deeply for Unity of Auburn. They meet at least monthly to ensure the ministry is taken care of and that we remain financially healthy

If you've been wondering how you could donate your time for the good of our spiritual community, we ask that you contact Jim Drews (530) 613-1507 for a Board Member application.



Board of Directors



Board of Trustees

- Patty Davis.....President
- Dave Langley.....Vice President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary
- Kathleen Demontigny.....Member
- Bill Hamre.....Member

Staff

Unity of Auburn Staff

- Rev Cherie Larkin.....Minister
- Carrie Deterding.....Office Manager
- Mary Lou Banahan.....Youth and Family Leader

Unity of Auburn January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:00 am Burning Bowl Service	3 Office Open	4 Office Open	5 Office Open	6	7	8
9 10:00 am Too Good <u>NOT</u> To Be True! New Year Kickoff Series Celebration Service	10 Office Open	11 Office Open	12 Office Open	13 Office Open	14	15
16 10:00 am Switch Off To Switch On Celebration Service	17 Office Open	18 Office Open	19 Office Open 5:00 pm Sisters	20	21	22
23 10:00 am Create Matter With Your Mind Celebration Service	24 Office Open 6:00 pm Frontiers of Consciousness	25 Office Open	26 Office Open 5:00 pm Sisters	27 Office Open	28	29
30 10:00 am Celebration Service	31					

Our Financial Picture

UNITY OF AUBURN FINANCES		
JANUARY-NOVEMBER 2021		
INCOME AND EXPENSES	JAN-NOV 2021	NOVEMBER2021
Love Offerings	59,018.39	5,688.26
Rent	16,488.90	1,832.90.
Adult Ed./Fundraising	4,595.62	263.58
Youth Education	0	0
Miscellaneous (\$9,000 SBA Grants & AV Funds)	13,161.68	467.33
Thrift Store Net Income	12,654.61	1,570.16
TOTAL INCOME	\$105,919.20	\$ 9,822.23
Building	16,603.19	3,009.75
Adult Ed./Fundraising	(Netted in Income)	
Ministry/Mission	52,092.39	917.63
Mortgage	26,198.04	2,381.64
Office Administration	19,498.38	3,027.53
Sunday Music	4,850.00	700.00
Tax/Insurance	9,966.04	587.96
Unity Organization Offering	0	0
Youth Education	0	0
TOTAL EXPENSES	\$129,208.04	\$10,624.51
NET ADJUSTED INCOME	\$23,288.84>	< 802.28>

We are especially grateful to everyone who responded to our request to make offerings via PayPal, mail in, credit card and bank transfer.

Your generosity is inspiring!

And we again affirm that there are no obstacles, only opportunities as we continue to manifest the abundance that will allow us to continue our mission and make our vision a reality.

Board of Directors



Dave Langley

Hello Unity of Auburn,

Like so many of you, the UOA board is beginning the new year with change. Of course the biggest change is our welcoming of our new Senior Minister, Reverend Cherie Larkin. As you might guess, at this time most of the boards' efforts and energies are aimed at helping our new minister settle into our community and providing all the tools she needs to be the UOA spiritual leader. The transition is going extremely well. Reverend Cherie is hitting the ground running with energy, ideas, and effective action. I'm sure you're all seeing the wonderful changes occurring at UOA as she settles in as our spiritual leader.

In addition to welcoming Reverend Cherie, we are also using this time to make much needed updates to equipment, facilities, and procedures. You're all aware of the A/V equipment upgrades now underway. Thanks to all of you we have met our full matching fund and therefore have \$10,000 to work with for these vital upgrades. We are slowly but steadily upgrading A/V computers, cameras, and microphones to greatly improve our audio video experience and online presence.

Another item that comes up this time every year is budgeting. Later this month the full board will be planning out the UOA budget forecast for this entire year. This planning will include the needed attention for facilities and equipment.

Finally, remember to attend our UOA membership meeting after the service on Sunday, February 27th. At this meeting we have our annual review of activities and finances of UOA, as well as essential functions such as elections of board members, etc. See you all there.

As always a BIG THANKS to all of you in our UOA community for your continued help and support.

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

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

January 2022 Talk Titles

January 2, 2022 —
Talk: Happy New Year! Burning Bowl Ceremony!
Soloist: Dennis Cain

January 9, 2022
Talk: Too good NOT to be true! New Year Kickoff Series
Soloist: Kellie Garmire

January 16, 2022
Talk: Switch Off to Switch On
Soloist: Denise Anya

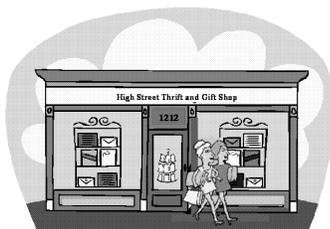
January 23, 2022
Talk: Create Matter With Your Mind
Soloist: Kellie Garmire

January 30, 2022
Talk: Too good NOT to be true! Step 4 Revisit
Soloist: Dennis Cain



"January is the month for dreaming."

- Jean Hersey.



Unity of Auburn

**1212 High Street
Thrift & Gift Shop**

Donations: Now taking donations.

*Monday, Tuesday, Wednesday, Thursday & Saturday
from 10:00a.m.-3:00p.m.*

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