

## Monthly Message

Beloved friends,

Here is a prayer for the release of excess weight to restore optimal health and fitness to your body. I invite you to read this out loud to your body once a day and to expect wondrous results.

### ***Prayer for Release of Excess Weight***

I love and bless my body!

Through the miraculous power of the Christ Spirit within me, aligning with Infinite Intelligence, I direct my physical body will begin this very moment to release any excess weight and body fat. I see it gently dissolving off my body like a slab of butter in a windowsill on a hot day. I agree right now to stop storing excess weight and body fat and see it energetically released from me and transferred to someone who will be blessed by gaining it. I bid it a fond farewell and feel refreshed. I love and bless my body!

Through the miraculous power of the Christ Spirit within me, I direct that with this release, my body will attain and maintain a condition of perfect health with plenty of energy and joy. I further will that infinite intelligence will govern and direct every action and function of my organs. My muscles become toned and strong. My skin is radiant and beautiful. At the same time, the Christ Spirit will direct my weight release be proportional in that I shall slim down only in areas where my body needs to slim down to



Rev Cherie Larkin

return to perfect wholeness. I love and bless my body!

Through the miraculous power of the Christ Spirit within me, I will that perfect balance is brought to my appetite, taste buds, and desire for food and drink. I let go of habits that no longer support my best health. I make wise choices as I desire only the most nutritious foods and, only in amounts my body can use intelligently for the attainment and maintenance of perfect health. I eat when my body requires nourishment. I bless my food for maximum assimilation savoring each wonderful meal feeling fully satisfied. I feel enormous relief that I Am finally on track for exceptional life, health, and fitness. I Am happily amazed at how easily my appetite regulates itself to support my strongest health. I love and bless my body!

Through the miraculous power of the Christ Spirit within me, I trim down with ease at a pace that keeps me in optimum health. I happily return to the shape where my body is beautifully proportioned. When I reach my optimum weight, strength, and fitness, Spirit will direct this release of excess weight and body fat be discontinued. Every organ, action, system, and function in my body shall be filled with energy, vitality and strength and continue in complete and perfect health. I love and bless my body!

Phone: 530-888-6489

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

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### Special points of interest:

- **Daylight Saving Time Ends**

## *Sunday Service, Classes & Misc.*

### **Sunday Service**

*Sunday Service In Person is at 10:00 AM and Via YouTube Live Stream at 10:15 AM. Live stream link on our YouTube page <https://www.youtube.com/@UnityChurchofAuburnCalif-so7gm>*

### **Sisters**

**Sisters is meeting every Wednesday from 3-5 pm  
in Manning Hall.**

**Potluck November 13th  
All are welcome!**



With Rev. Rick Reich  
Wednesdays 5:30-6:30 pm at Unity

Nov. ~ If The Only Prayer You Prayed Was Thank You  
December ~ The Proto-Evangelium of James

**Daylight Saving Time Ends on November 3, 2024!**

**Fall Back One Hour**



*Misc.*



## **Unity of Auburn Upcoming Events**

**November 10th — Honor Veterans**

**November 24th — Thanksgiving Celebration Service**

**December 1st — Celebration of Remembrance**

**December 22nd— Candlelight Christmas Service**

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

# Unity of Auburn

## November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10:00 am Celebration Service	4 Office Open	5 Office Open	6 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	7	8	9
10 10:00 am Veteran's Day Celebration Service	11 Veteran's Day Office Open	12 Office Open	13 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	14	15	16
17 10:00 am Celebration Service	18 Office Open	19 Office Open	20 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	21	22	23
24 10:00 am Thanksgiving Celebration Service & Potluck	25 Office Open	26 Office Open	27 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	28 Thanksgiving Day	29	30

Misc.



*Ushers,*

*Thank you for volunteering your time for our community.*  
*We really appreciate what you do for all of us!*  
*May all the blessings come your way.*  
*Thank you!*

*Rev. Cherie and the Board of Trustees*

Board of Directors



Board of Trustees	
Michael Lawson.....	President
Donal Smith.....	Vice President
Kathleen DeMontigny.....	Treasurer
Sally Smock.....	Secretary
Denise Anya.....	Member

Staff

Unity of Auburn Staff	
Rev Cherie Larkin.....	Minister
Carrie Deterding.....	Office Manager

## *Our Financial Picture*

### **August 2024 Profit and Loss**

<b>Income</b>	
Love Offerings	\$ 5,793.00
Tenant Rent	\$ 1,198.00
Facility Rent	\$ 1,243.00
Adult Ed	\$ 28.00
Refreshments	\$ 70.00
Fund Raising	\$ 580.00
Thrift Store (Net)	\$ 2,617.72
<b>Total Income</b>	<b>\$ 11,529.72</b>
<b>Expenses</b>	
Building	\$ 2,865.28
Misc	\$ -
Ministry/Mission	\$ 720.55
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 7,789.43
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 33.08
Office Administration	\$ 448.05
Technology & Software	\$ 280.00
<b>Total Expenses</b>	<b>\$ 14,850.06</b>
<b>Net Adjusted Income</b>	<b>\$ (3,320.34)</b>

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.

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## *Board of Directors*



Kathleen DeMontigny

Greetings from the Unity of Auburn Board of Trustees,

Dear Friends,

At last, the earth has switched gears. The days are shorter, and the weather has cooled down enough to spend time outside. The trees are starting to dress in their holiday colors. This is my favorite time of year. I have been harvesting fruit from my garden. At this time of year, I feel my parents beside me as I harvest and can my fruit. My parents were industrious and talented people. Each apple and pomegranate comes to me with their names inscribed. My trees are starts from their garden. I am filled with gratitude for all they taught me.

I would like to thank all the people who made the “Autumn Days Tea” a successful fund raiser. I think everyone who attended had a lovely afternoon with friends and new acquaintances. The Tea Committee is planning for a Mothers’ Day Tea in mid-2025, so get your hats ready, ladies!

The board is working to define our avatar – the person we want to recruit to grow our church. This will help us target our marketing to the people in our community who would get the most from being in our congregation. We have made good progress in this effort. We are also investigating security measures for our building and working on ways to improve our finances.

You may have noticed that the blue screen is gone from our sanctuary. (THANK YOU, Dave Werkley and Dave Langley!) By the time you read this, we will have a new screen to enhance our Sunday Services. ATTENTION Legacy Donors: we need your help to finance this emergency project. Please send your donations to the AV Fund to the Unity of Auburn Office or contact Carrie at 530 888-6489. You can also put you Legacy Donations in the Sunday Offering. Please label your donation as a gift to the AV Fund. Our goal is to raise \$2000.00.

Several of our members have made their transitions or have lost loved ones this year. We remember our loved ones with joy and send comfort to those who are grieving.

The holiday season is here. I’m looking forward to our Thanksgiving Potluck! Dust off your recipe books and LET’S CELEBRATE TOGETHER!

## 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: 816-969-2000

### Service Live on YouTube:

- <https://www.youtube.com/@UnityChurchofAuburnCalif-so7gm/streams>

## Lessons and Soloists

### November 2024 Talk Titles

November 3, 2024

Talk: God Bless America—Please

Guest Speaker: Rev. Joe Sloan

Music: Worship Team Singers

November 10, 2024 ~ Honor Veterans

Talk: TBD

Music: Worship Team Singers

November 17, 2024

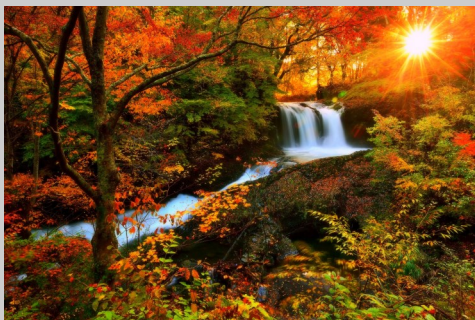
Talk: TBD

Music: Worship Team Singers

November 24, 2024 ~ Thanksgiving Service & Potluck

Talk: TBD

Music: Denise Anya



*“Life starts all over again when it gets crisp in the fall.”*

— F. Scott Fitzgerald



Unity of Auburn

**1212 High Street  
Thrift & Gift Shop**

***Donations:*** Now taking donations.

*Monday, Tuesday, Wednesday, Thursday, Friday & Saturday  
from 10:00 a.m.-3:00 p.m. & Sunday from 11:30 a.m.-1:00 p.m.*

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