



Rev Cherie Larkin

Monthly Message

Freedom for You

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I am not bound by any person or circumstance. I am free with the freedom of Spirit.

Our July fourth holiday celebrates freedom. Rev. Dorothy Pierson once said to me, “Cherie, you will never be free *from* any experience until you are first free *in* that experience.”

Have you ever been bullied, betrayed, treated unjustly or been the brunt of someone’s anger, addiction, or ignorance? Have you ever made a mistake or hurt someone? When we refuse to forgive, we bind ourselves to people and events with chains stronger than steel. Yes, it’s appropriate to acknowledge hurts. But no matter how justified we believe we are in feeling angry, we are not free. In holding a grievance, we are keeping ourselves in a cycle of pain that affects our health, happiness, and well-being.

To set ourselves free, some hurts need only some imaginary scissors to snip away the hurt. Maybe you live with someone who drops their clothes on floor. You like things in order. As you pick things up, you think, “I work too. I don’t expect to come home and be a maid.” Irritation builds as you slam-dunk the dirty socks into the laundry basket secretly imagining you’ll dye your mates underwear bright red. With some prayer and forgiveness, snipping scissors can usually cut you free from these negative feelings.

A more serious concern may take bolt cutters. Maybe a parent criticized you for your entire life. An effective remedy is to use imaginary bolt cutters to tame your self-talk and stop the story. Don’t sever the relationship but sever the way you hold it in your mind and heart. Give up the self of you that has been abused, was betrayed, was once unpopular, grew up poor, was rejected, messed up, used to be thin, was wrongly accused, did not get the love.

Living life through the lens of what’s wrong strips you of peace and joy. And while your grief can seem justified, ultimately it costs too much. No grievance is worth the pain you must carry to keep it alive.

As you grow toward God, you come to know there is a Spirit in you that remains whole and intact no matter what circumstances you walk through. Your core essence is untouched by any hurt or harm. This July fourth step into the freedom of forgiveness!

Special points of interest:

- Humor Sunday
- Chair Yoga
- Thank You’s

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. All are welcome!



With Rev. Rick Reich

Wednesdays 5:30-6:30 pm at Unity

July ~ A Brief History of Ethics and Morals



Humor Sunday
July 14, 2024

Chair Yoga & Meditation with Saige Davis

Dates: July 14, 21, 28 & August 4, 2024 (Four Sundays)

Time: 11:45 am – 1:00pm

Come explore gentle movement to bring forth a deeper awareness in your body + mind. This series is sequenced to help you develop balance & stability for more ease and inner peace in you daily life.

Week 1 ~ Taking care of your legs for better balance.

Part 1: Lower Legs

Week 2 ~ Taking care of your legs for better balance.

Part 2: Upper Legs

Week 3 ~ Caring for your back. Part 1: Hips

Week 4 ~ Caring for your back. Part 2: Low back

Suggested Love Offering: \$50.00 for all sessions or \$15 per class. SIGN UP ONLINE

Misc.



Thank you to the following individuals for making our Seance in the Sanctuary successful!

Cast

Natalie Kimball, Dave Werkley, Kathleen DeMontigny, Rita Mason & Dennis Cain

M.C.

Mark Berry

Director

Steve Whittaker

Lights & Sound

Jesse Sanchez & Christopher Crites

Other Helpers

Pam Hart, Mike Mason, Goldie Waidtlow, Suzie Reynolds, Ruby Evers, Rick Reich, Ava Reich, Arlene Jamar, Donna Vetromile, Leanne Nelson, Gregory James, Cindy Parsons & Rev. Cherie

Unity of Auburn

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Open	2 Office Open	3 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	4	5	6
7 10:00 am Celebration Service	8 Office Open	9 Office Open	10 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	11	12	13
14 10:00 am Humor Sunday Celebration Service	15 OFFICE CLOSED	16 OFFICE CLOSED	17 OFFICE CLOSED 3:00 pm Sisters 5:30 pm Spiritwind	18	19	20
21 10:00 am Celebration Service	22 Office Open	23 Office Open	24 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	25	26	27
28 10:00 am Celebration Service	29 Office Closed	30 Office Open	31 Office Open 3:00 pm Sisters 5:30 pm Spiritwind			

Misc.



Did you hear that?????

Our sound technicians are instrumental to our Sunday service and the various events we host at Unity of Auburn. “Our guys” are often the first ones in the building on Sunday morning preparing to make everything run smoothly and on time.

Ensuring our microphones are on, power point is pointing, video and graphics are edited and displaying, and the service is recording for YouTube,+++ plus so much more; takes skill and dedication.

Thank you, gentlemen! We are truly blessed by your reliable, capable, and loving service. And, next time you pass by the sound booth give them a smile and a high-five!

Rev Cherie and the Board of Trustees

Board of Directors



Board of Trustees

- Michael Lawson.....President
- Donal Smith.....Vice President
- Kathleen DeMontigny.....Treasurer

Staff

Unity of Auburn Staff

- Rev Cherie Larkin.....Minister
- Carrie Deterding.....Office Manager

Our Financial Picture

INCOME AND EXPENSES MAY 2024

Income	
Love Offerings	\$ 6,577.00
Tenant Rent	\$ 1,192.00
Facility Rent	\$ 260.00
Adult Ed	\$ 745.00
Refreshments	\$ 34.00
Mystery Dinner	\$ 895.00
Thrift Store (Net)	\$ 2,470.16
Total Income	\$ 12,173.16
Expenses	
Building	\$ 2,622.08
Misc	\$ -
Ministry/Mission	\$ 175.00
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 7,134.47
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 97.08
Office Administration	\$ 777.78
Technology & Software	\$ 340.00
Total Expenses	\$ 13,860.08
Net Adjusted Income	\$ (1,686.92)

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



Michael Lawson

Spending Time This summer has started typically busy for me. I always expect this season to start slow and be filled with lazy days and vast tracts of unassigned time. It might be that I am still 12 years old, waiting for school to be over and the season of exploring the American River, riding my bike all over the neighborhood, and building incredible creations in my back yard.

But time has moved on and instead of catching frogs and tadpoles I am doing all of the adult things in life and feeling a need to return to my life of yesterday. Sometimes I remember my last days in Y.O.U. and how I felt as I transitioned into college and away from the utopia that is Youth of Unity. I made it my policy to always treat every situation with a little bit of Y.O.U. code of conduct. This way can fade over the years however, and sometimes we need to return to the fountain for more inspiration and reminders. When I am spending time with someone or in a situation that makes me wish I was somewhere else, I remind myself to be in the moment and appreciate what my life journey is presenting to me.

Several years ago while teaching Sunday school, I came across a children's book "The Three Questions" by Jon J. Muth, (based on a story by Leo Tolstoy). In the story a boy travels around asking three profound questions which are ultimately answered by Leo the tortoise (probably why I have a colossal pet tortoise living in my yard). The answers are as follows,

"There is only one important time, and that time is now. The most important one is always the one you are with. And the most important thing is to do good for the one who is standing at your side."

Wow! Sometimes messages come when you are not expecting them! I always remember these instructions, like keeping your boat on a compass heading, especially when I am impatient or wanting things to be different. Living in the moment is my paramount objective. This doesn't mean I don't guard my time doing things that transport me to being in the land of creation and child like discovery. But when I am having fun I can be fully open to the experience because I have prepared myself in each moment before for being in the moment now and appreciating all those around me who are also on their journey.

I hope all who read this don't feel like they also need a tortoise to receive this wisdom. My tortoise is nothing like Leo in the story. He really just wants me to give him lettuce or squash .

Unity of Auburn

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

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Pray with Silent Unity: 816-969-2000

Service Live on YouTube:

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

Lessons and Soloists

July 2024 Talk Titles

July 7, 2024

Talk: Best Things First

Music: Worship Team Singers

July 14, 2024

Talk: Humor Sunday

Music: Worship Team Singers

July 21, 2024

Talk: Elijah ~ A New Thought About Those Guys in the Old Testament

Music: Worship Team Singers

July 28, 2024

Talk: Elisha ~ A New Thought About Those Guys in the Old Testament

Music: Worship Team Singers



*“Land of the FREE.
Home of the BRAVE.”*



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