

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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Co-Ministers

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Special points of interest:

- Daylight Savings Time Begins
- Bingo
- Zephyr Point Registration
- Email Prayers

This year the Easter season begins with Ash Wednesday on March 5th, also known as the first day of Lent. As our co-founder Charles Fillmore noted in his book *Keep a True Lent* the season and practices of Lent have no Biblical origin but were purely a creation of the early Catholic Church. The word Lent is simply an ancient Teutonic word that means "the spring season" and, since Easter is celebrated in the spring, the word became synonymous with a time of preparation leading up to Easter Sunday. As Advent is to Christmas, so Lent is to Easter.

Despite these manmade origins, Charles Fillmore thought that the observance of Lent had a sound spiritual foundation. Traditionally Lent is viewed as a time of fasting and abstinence based on the idea that these deprivations would bring about a mild form of discomfort that would help Christians to identify with the suffering of Jesus.

As a Catholic Seminarian in High School, I saw this often turned into an ego-driven battle to see who could out do the others by giving up the most awesome thing like TV, candy, soda or even—perish the thought—coffee. But shouldn't the goal of any sound spiritual practice be aimed at liberation from suffering? Most people seem to have enough suffering in their lives without having to look for ways to add more.

A lot of things that bring about suffering and emotional pain in our lives are the result of a belief in the reality of false ideas caused by a thought process operating at a low level of spiritual intelligence. In Unity, true fasting means to abstain from this kind of habitual limited thinking and, in this abstention, we transform the idea of fasting from a cause of suffering to a practice that brings about freedom from suffering.

In her foreword to "Keep a True Lent" Georgianna Tree West saw this form of fasting as a means to world peace: "We all want to be of some influence in establishing world peace. To do so we must learn to obey Paul's exhortation "Let us therefore follow after the things which make for peace." Each one of us must be concerned with improving his own life. We must learn to deny our selfish impulses and be obedient to impulses of brotherly love. When we withdraw our attention, interest, and support from the false and the unworthy, this is true fasting. When we give that same attention, interest, and support to the enduring good, we are feasting on the things of the Spirit, and this is true prayer."

In starting the Unity movement, the Fillmores wanted to revitalize rather than trash traditional Christian teachings based on the exponential growth in human knowledge and understanding unfolding during their lifetimes. Instead of betting the farm on future salvation and the afterlife, perhaps we are better served by taking seriously the somber admonition that accompanies the Catholic rite of distributing ashes on the first day of Lent; "Remember that you are dust and unto dust you shall return."

Or as Buddhists chant in the Zendo during the Evening Gatha, "time swiftly passes by and opportunity is lost; each of should strive to awaken..." In other words: What are we going to do with this one opportunity for life we have been given? Join us on Sundays this Easter season as we explore some of the ways we might engage this question in the spirit of Keep a True Lent.

Chaplain's Corner

March is Women's History Month. We have already seen a number of women announce that they will seek their party's nomination for the Presidency. Perhaps the most amazing thing about this is that no one is amazed. We, as a society, no longer believe that women are incapable of holding the highest office in the land. This is an excellent example of the evolution of consciousness occurring in each of us and in our collective consciousness.



Natalie Kimball

Historically, women were discounted as potential leaders because of their distinctly feminine traits and qualities. These feminine qualities (often referred to as the "Divine Feminine") include nurturing, love, understanding, compassion, insight, intuition, creativity, forgiveness, healing and wisdom.

The traits of the "Divine Masculine" include logic, action, reason, strength and power. Historically, these traits have been ascribed as most important to effective leadership—an ascription which led, inevitably, to the belief that women were not capable of holding positions of power.

In truth, everyone carries both feminine and masculine wisdom and tools. In finding balance in the expression of these qualities, we come into the realization of our highest and truest selves.

Imagine the power-boosting impact of combining wisdom with logic, compassion with action, and intuition with reason. Each quality, whether masculine or feminine, is supercharged when balanced.

So how does this understanding help in everyday life? One way is to explore these aspects when we are feeling out of sorts. Being upset, angry or sad is often a sign that something is out of balance. Take the idea of balance into your meditative process. Seek inner guidance on whether you want to quicken (increase) a masculine or feminine quality to find peace. If you are afraid to move forward, you may wish to increase your masculine trait of action. If you are feeling angry, you may want to increase your feminine traits of compassion and love. Living a life in balance can provide harmony and peace.

Youth and Family Ministry



There are two things we give our children. One is roots, the other is wings."

- Jonah Salk

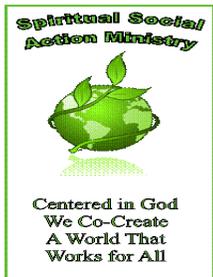
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Sundays, 10:00 a.m.

UniKids and UniTeens

Sundays, 10:00 a.m.

Location: Youth and Family Ministry Wing



Social Action

The Spiritual Social Action Team at Unity of Auburn is an umbrella organization encompassing all of our outreach events and activities that work together to make a positive difference in the world and support our vision which is to co-create a world that works for all. We ask members to support the Interfaith Food Closet. They will take extras from your garden. Drop them off at 12972 Earhart Avenue, Suite 301 (behind Pacific Power) Auburn, CA 95602 or call 530-885-1921.

Ongoing Classes and Study Groups

Noon Prayer

Monday through Thursdays, 12:00 Noon—12:30 p.m.

Location: Upstairs in Church Office

During Noon prayer we experience various types of meditation: guided, mindful, or in the silence. We also hold the high watch for those who have placed their names and needs in our prayer chest and anyone you may be praying with. If you can't attend, pray with us wherever you are!

Gentle Yoga

Mondays, 4:00 p.m.

Location: Manning Hall

“Yoga is good for everything!” Join us with your sticky mat or, if you don't have one, we have a couple of extras.

A Course in Miracles

Wednesdays, 6:30 p.m.

Location: Youth and Family Ministry room

The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite.

Open to all. A love offering will be accepted. Facilitated by Ruth Ackerman.

12 Step Meetings at Unity of Auburn

Gold Rush Al-Anon Family Group

Mondays, 7:30 p.m.

Location: Manning Hall

Al-Ateen same time and place.

Women's Courage to Change Al-Anon Family Group

(Women only)

Tuesdays, 7:00 p.m.

Location: Manning Hall

Re-parenting, Recovery & Resilience—Adult Children of Alcoholics & Dysfunctional Families (ACA)

Tuesdays, 6:30 p.m.

Location: Youth Room

Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.

Location: Manning Hall

Chaplain Prayer Circle

Sunday, March 17th, 11:30 a.m.



Our prayer circle is the third Sunday of the month. The chaplains will guide us in a 5-10 minute prayer practice focusing on using our Divine strengths to transform our desires and intentions into physical manifestation. We will stand witness for one another as we commit to take positive action.

Adult Education



Rev. Rick Reich



“Spiritwind” is a study group for Spiritual Adventurers.

Our topic at Spiritwind for the month of March is: "How Then Shall We Live? Existentialism."

In these classes we will look at how select religious teachers and philosophers from the 19th and 20th centuries have dealt with the meaning of life.

Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street. *Love offering accepted.*



Daylight Savings Begins on Sunday, March 10th.

Turn your clocks ahead before bed on Saturday, March 9th.



BINGO!

**Friday, March 15th. Doors open at 5:00 p.m.
Games start at 6:00 p.m.**



A percent of the proceeds will go to the Boys and Girls Club of America.

Price of admission includes one raffle ticket and ten bingo cards. A delicious Irish Stew dinner will be served for an additional price. Additional raffle tickets will be sold to win one or more of our stellar prizes!

\$25 pre-sale/\$35 at the door

Includes 10 Bingo Cards and 1 Raffle Ticket for One of Our Stellar Gifts.

Door Prize! Event Prizes! Many Prizes from Local Merchants!

Coffee & Tea Included.

Irish Stew (vegan & regular), Beer & Wine (sold separately).

Women’s “Creative Insight” Circle
Saturday, March 16th, 9:00 a.m. - 4:00 p.m.
\$25.00 for the day

Finding the Pot of Gold ... Embracing Prosperity and Abundance



Connect with other women for a day of sharing. Take some time for yourself to creatively play and explore in a safe, loving, fun and reflective environment. Let the creative woman who lives inside bring you insight and greater inner-awareness.

Bring an addition to our community salad or bring your lunch. RSVP to: Deborah at 916-652-7709.

Location: imagePathways Gathering Place
 461 Main Street, Newcastle, CA 95658

Special Events



FRONTIERS OF CONSCIOUSNESS

Monday, March 25th, 6:00 p.m.

Consciousness and Artificial Intelligence

Facilitator: Rev. Mark

The field of consciousness studies has expanded rapidly in the last 20 years; however, we seem to be no closer to finding an answer to the question of exactly what consciousness is and how it came to exist. In this class we will study the ideas and theories of leading experts in this fascinating field by watching video presentations followed by discussion.

We will continue to meet every fourth Monday until we have solved the “hard problem of consciousness.” Actually, we will probably run out of material to discuss before that happens but who knows where this might lead?

This month we will explore Consciousness and Artificial Intelligence.

EMAIL PRAYERS FOR YOU ...

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!

Zephyr Point, Lake Tahoe

June 14th—16th, 2019

Let's join together as a community to explore all the activities at Zephyr Point or take time for yourself in silence and meditation. This is an opportunity to bond with our spiritual brothers and sisters.

Registration in the Spiritual Resource Center

Latest Registration is June 2nd, 2019

After that, there will be an additional registration fee per person of \$15

Weekend Single Occupancy Rate: \$312 per person

Weekend Double Occupancy Rate: \$210 per person

There are day passes available, too.

Note: Rooms facing the water are on a first come, first pay basis.



Message from our Board of Directors



Bill Mahl

With all the uncertainty in the world these days we all need a way to escape the pressure and stress in our fast-paced world. I have found that meditation has helped me relieve the commotion of every day life.

I have been practicing yoga for several years now and have found that yoga and meditation work together. With yoga and meditation your breath is very important. It calms you and helps you focus on your practice.

Another alternative/experimental healing practice I have tried is sound healing. The practice involves sounds made by various musical instruments—from drums, didgeridoos, guitars, chimes and crystal bowls tuned to the frequency of the universe. The sessions last about 1.5 hours and I can attest the sounds are felt throughout the whole body.

There are numerous practices to help us with stress in our lives. Just finding the time in our day has to be the commitment.



Board of Directors



Board of Trustees

- Justene Da Costa
- Sharon Hardie
- Russ Purvis
- Edna Sparkes
- Bill Mahl
- Pat Lord
- Dave Langley
- Natalie Kimball

Unity of Auburn Staff

- Karen and Mark Schindler.....Co-Ministers
- Marra P. Swan.....Licensed Unity Teacher
- Mary Lou Banahan.....Youth and Family Leader
- Ken Kligerman, AFM.....Keyboard/Piano

Staff

Unity of Auburn March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Closed	2
3 10:00 am Celebration Service 10:00 am Youth and Family Ministry	4 Noon Prayer 4:00 pm Yoga	5 Noon Prayer	6 Noon Prayer 5:00 pm Sisters	7 Noon Prayer 6:00 pm Spiritwind	8 Office Closed	9 Set Clocks Fwd at Bedtime
10 Daylight Savings Time 10:00 am Celebration Service 10:00 am Youth and Family Ministry	11 Noon Prayer 4:00 pm Yoga	12 Noon Prayer	13 Noon Prayer 5:00 pm Sisters	14 Noon Prayer 6:00 pm Spiritwind	15 Office Closed BINGO 5:00 pm Doors Open 6:00 pm Games Start	16 9:00 am Women's Creative Insight Circle
17 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer Circle	18 Noon Prayer 4:00 pm Yoga	19 Noon Prayer	20 Noon Prayer 5:00 pm Sisters	21 Noon Prayer 6:00 pm Spiritwind	22 Office Closed	23
24 10:00 am Celebration Service 10:00 am Youth and Family Ministry	25 Noon Prayer 4:00 pm Yoga	26 Noon Prayer	27 Noon Prayer 5:00 pm Sisters	28 Noon Prayer 6:00 pm Spiritwind	29 Office Closed	30
31 Board Installation 10:00 am Celebration Service 10:00 am Youth and Family Ministry	6:00 pm Frontiers of Consciousness					

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

March 3, 2019

Talk: A Unity Take on Lent

Soloist: Dennis Cain

March 10, 2019

Talk: The Affirmative Word

Soloist: Brenda Boston

March 17, 2019

Talk: Nothing Personal

Jon Dufor

March 24, 2019

Talk: Your Guess Is As Bad As Mine

Soloist: Beth Gillogly

March 31, 2019

Talk: Great Effort

Soloist: Diana Blais

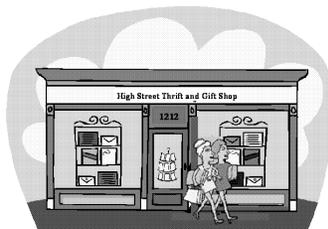


**It is Spring again. The earth is like
a child that knows poems by heart.**

- Rilke

February Total:

\$1,480.00



January Total: \$1,461.00

To donate: Bring good quality clean items when the shop is open.

Reduce ... Recycle ... Reuse

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

Unity of Auburn
**1212 High Street
Thrift & Gift Shop**

Hours Open:

Monday—Thursday 10:00am-4:00pm

Sometimes Open Fri, Sat & Sun

11:00 a.m. - 1:00 p.m.

(if we have volunteers)

We are in need of volunteers and donations!

Sign up at Unity Central