

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

Inside this issue:

Monthly Message	1
Chaplains	2
Sunday Service	3
Classes, Misc	3
Misc & Board	4
Calendar	5
Financial Picture	6
1212 High Street Thrift & Gift Shop	7

The Lenten Season

Unity reminds us the Lenten season is truly a gift. It is a special time to reflect on where we are in life so that we can prepare for a glorious transformation on Easter.

Some people feel stuck in patterns that do not serve them; others fall into negative thinking but aren't sure how to shift it. Lent begins with Ash Wednesday, which is February 14th, Valentine's Day this year. It offers us 40 days before Easter to step into the transformative resurrecting energy of Spirit.

Metaphysically the number four and multiples of four: four, forty, four hundred represent the time it takes for something to come to completion. You'll remember the Israelites wandered in the desert for 40 years before reaching the Promised Land. Noah built an arc and it rained for forty days and nights before he reached dry land. Jesus fasted for forty days and nights before beginning his life-transforming ministry. Each of these time periods is symbolic of the time it takes for things to move into divine completion.

Why not use the 40 days of Lent to practice Unity's spiritual practice of denial and affirmation? Deny something troubling you for the next 40 days and affirm the joy you want to see resurrected within you. Prepare your mind and heart for spiritual renewal. Find a quiet place, focus your thoughts on God within, and clear and open your mind to divine inspiration. Commit to being open and receptive to God's living spirit of truth within you. Let God help you gently let go of fear, worry, and doubt so you go forward with more peace and joy in your heart.

Lent is the perfect time to make space for more good in your life. You have the power to transform your life by the power of your thoughts and the love in your heart. At Unity of Auburn, we are always here for you. Our ministry cherishes the opportunity to uplift you and bless you.

Blessings of Lenten transformation,
Rev. Cherie



Special points of interest:

- Annual Membership Meeting
- Usher Thank You

Chaplains



Anne Roberts

“AFFIRMING HEALTH - Seeing the Color Red”

I am always looking for affirmations, meditations, books and/or classes that promote new and different methods, ideas on healing I can apply to myself. Early last December, I was led to purchase “Healing Visualizations – Creating Health through Imagery,” a book by Gerald Epstein, M.D.

Getting pneumonia for Christmas inspired me to start reading my new book right away. I did read the basic rules for imagery before going right to respiratory illnesses. All exercises start as sitting with back straight, but not rigid; feet uncrossed and flat on floor, with hands palms up, resting on your lap. Next tell yourself to become quiet and to relax. After a moment, in your mind, state your intention. So far, I’ve only had one intention: wholeness-wellbeing-perfect health.

Breathing is the starting point where we begin to turn inward. Breathe rhythmically ‘out’ *through the mouth first...* then, ‘in’ through the nose. Your exhalations through the mouth should be longer and slower than your inhalations. I had to take a few minutes to teach myself to breathe like that. As I read on, the author says that by breathing out longer than breathing in ... we stimulate our major quieting nerve in the body ... the Vagus nerve. Breathing always starts with intention, and an out-breath.

The exercise I am sharing is called, “The Red Suit.” The intention for this exercise is General Wellbeing / Maintaining General Health. And we all know that red is the color of energy, passion, physical activity, strength, courage, creativity and healing.

Close your eyes. *Breathe out.* Then, in... three times. Now state your intention. See yourself putting on a red jogging suit and red running shoes. See yourself going out of your home/living space and walking to the park. Enter the park and begin to run around it clockwise, becoming aware of everything you see. Become aware of what you sense and feel; of the wind passing by you. Become aware of your stride and your breathing. Notice the trees, grass, the park and sky. Complete the run by coming back to the point at which you started. Walk out of the park and walk or jog back to your home. Take off your jogging clothes/shoes, shower, dry off, and see yourself put on the clothes you are going to wear for that day. Then, open your eyes.

I do this one every morning. It’s amazing how good and refreshed I feel after an imaginary jog. The visualization grows as it is repeated. For instance, sometimes I visualize wearing a red hat or scarf, red socks; I see other joggers; sometimes I wait at a street light. You can do this exercise as often as you like to re-energize or to start your day.

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>

Frontiers of Consciousness

" This class is being offered in person and on Zoom February 26, 2024 at 5:00 pm. If you would like to attend, please send an email to Jacob Walker at Jacob.walker@gmail.com. "

Sisters

Sisters is meeting every Wednesday from 3-5 pm in Manning Hall. All are welcome!



With Rev. Rick Reich

Wednesdays 6-7 pm at Unity

January	Understanding The Book of Revelation
February	Love and Holidays
March	Spring Holy Days
April	Creation Spirituality: A Theology
May	Women Philosophers
June	The Hidden Spirituality of Men

Unity's

ANNUAL MEMBERSHIP MEETING

February 25, 2024

Misc.



Hello, Good Morning, Welcome, So happy to see you!

Whether you are walking through the doors at Unity for the first time or have been attending services for years, every Sunday our team of Ushers is on-hand to greet you with a cheerful smile, warm handshake, and encouraging words.

Keeping our sanctuary beautiful, our worship services running in order, and supporting our special services like Candlelight and Burning Bowl, they stand ready to create an environment of love and peace where so you can connect with your Spirit and be blessed. Heartfelt thanks to all our ushers!

With love, Rev. Cherie, and the Board of Trustees

Board of Directors



Board of Trustees

- Patty Davis.....President
- Michael Lawson.....Vice President
- Vacant.....Treasurer
- Kathleen Demontigny.....Secretary
- Donal Smith.....Member
- Sally Smock.....Member
- Denise Anya.....Member

Staff

Unity of Auburn Staff

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

Unity of Auburn February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 10:00 am Celebration Service Fifty Days to a Better Life	5 Office Open	6 Office Open	7 Office Open 3:00 pm Sisters	8	9	10
11 10:00 am Celebration Service New Member Installation Fifty Days to a Better Life	12 Office Open	13 Office Open	14 Office Open 3:00 pm Sisters	15	16	17
18 10:00 am Celebration Service Fifty Days to a Better Life	19 Office Open Presidents Day 5:00 pm Frontiers of Consciousness	20 Office Open	21 Office Open 3:00 pm Sisters	22	23	24
25 10:00 am Celebration Service Annual Membership Mtg	26 Office Open	27 Office Open	28 Office Open 3:00 pm Sisters	29		

Our Financial Picture

Unity of Auburn December 2023 Income and Expenses

Love Offerings	\$ 13,904.37
Tenant Rent	\$ 1,966.00
Facility Rent	\$ 500.00
Adult Ed	\$ 278.00
Refreshments	\$ 56.00
Fundraising	\$ 145.00
Misc. Income	\$ -
Thrift Store	\$ 3,472.97
Total Income	\$ 20,322.34
Expenses	
Building	\$ 4,827.46
Tithes	\$ -
Ministry/Mission	\$ 41.42
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 6,665.99
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 98.02
Office Administration	\$ 554.21
Technology & Software	\$ 507.69
Total Expenses	\$ 15,408.46
Net Adjusted Income	\$ 4,913.88

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.

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: 816-969-2000

Service Live on YouTube:

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

Lessons and Soloists

February 2024 Talk Titles

February 4, 2024

Talk: Parable of the Barren Fig Tree and the Law of Delay
Music: Worship Team Singers

February 11, 2024

Talk: The Expansion of Love
Music: Worship Team Singers

February 18, 2024

Talk: Doorways to God Consciousness ~ Release
Music: Worship Team Singers

February 25, 2024

Talk: Doorways to God Consciousness ~ Awakening
Music: Worship Team Singers



“Let the love you give come back and find a place in you.”

— Harpreet M. Dayal



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