

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

Doorways to God Consciousness

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The Lenten season is not a time for giving up something good. The Lenten season in Unity is a time for progressive unfoldment and growth in our own consciousness where we rise up to more of our God Potential. We fast from “negative” thoughts, habits, and behaviors that take away from living our best life.

One acronym (a good one) for Lent is: “Let’s Eliminate Negative Thinking. Is there some way of being that has been crucifying you (for years maybe)? Is now the time to rise above it?”

I’ve entitled our Easter series: *Doorways to God Consciousness*. Let the time leading up to Easter be one of spiritual rebirth and renewal. It includes the story of your soul’s overcoming as depicted in the journey from crucifixion to resurrection. This story didn’t happen only to Jesus; it didn’t happen just one time. It happens in each of us every time we rise up in consciousness and make an overcoming into new life.

Within you is the capacity to be stronger, healthier, more sure than you have ever been before. The day you make this invigorating discovery the resurrection of your life begins.

Join us for this series ***Doorways to God Consciousness***. We’ll look at the metaphysical symbolism of some of the actions Jesus took in the final week of his life when his ministry was fully developed and the inevitability of the way he was to go was in sharp focus. We’ll explore *what* he was doing and sharing, and *what* he was finalizing in his own consciousness in preparation for resurrection.

Join us as you consider something you want to rise above as you resurrect into a vibrant, joyful new life.

Special points of interest:

- Gentle Movement Meditation
- Daylight Savings Time Begins
- Unity Men’s Retreat

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 will no longer be offered. If you're interested in leading this class, please let Carrie know at 530-888-6489 "

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
March—Spring Holy Days
April— Creation Spirituality: A Theology

Gentle Movement and Meditation with Saige Davis

Unity of Auburn, 1212 High Street
Dates May 19, 26, June 2, 9, 2024
11:30 am – 1:00pm

Suggested Love Offering \$15 per class or 4 for \$50

Come explore and experience four varieties of meditation. Tune into your body for better awareness, balance, and relaxation. Learn to manage stress, feel more peace of mind, and experience inner joy. Each class includes an introduction and explanation of the meditative style, followed by a meditation practice. All experience levels of meditators welcome.

Week 1 Vipassana (Insight Meditation) - Explore how to cultivate your interior space using an anchor.

Week 2 Qi and Prana - Explore the flow of energy to deepen your meditation while drawing on the ancient studies of Qi and Prana.

Week 3 Guided Visualization - Explore the potential for healing with guided visualization.

Week 4 Movement Meditation - Experience movement meditation which will include a walking meditation.

Register at www.unityofauburn.com

Misc.

Don't forget to move your clocks forward one hour on March 10th!



**Unity Regional Men's Retreat
Lake Tahoe, Nevada May 17-19, 2024**

The Unity men's weekend is an opportunity to get away from the hustle and bustle of life and connect with spirit in a beautiful, natural setting. This year's theme is maintaining zeal and enthusiasm. Comments from previous year's participants: "The feeling of safety was immediately overwhelming and unexpected in a large group" "Great combination of spiritual exercise and humor." "The timing was smooth and unhurried" "The food was excellent, I had plenty of choices" Location: Zephyr Point retreat center www.zephyrpoint.org nestled amid the trees overlooking beautiful Lake Tahoe Fee: \$100 before April 18, 2024 \$150 after. Fee includes two nights shared lodging, workshops, activities, and meals. Financial concerns should not limit participation. If the cost is a problem, grants are available through the Men's Scholarship Fund. Please make inquiries with Ken Ficklin 530-782-9346. If you want to contribute to the Scholarship Fund, please include your tax deductible contribution with your registration. Schedule: The retreat starts at 5:30pm on Friday and ends after lunch on Sunday. A full schedule, directions, and what to bring will be sent to all registrants. Questions? Contact Rick Arnold at 775-720-3907 rick.nvo@gmail.com

Unity Men's Retreat May 17-19, 2024 Registration Form Space is limited email today! Please print, and use a separate registration form for each person. Early registration is strongly recommended as space is limited.

Mr. _____ Address _____
City _____ State _____ Zip _____ Phone _____
E-mail _____

Meals—would like: () Regular () Vegetarian () Other (Please explain i.e. diabetic, vegan, lactose or glucose intolerant) _____ Preferred roommate _____

Send this form email to kenficklin@yahoo.com and your check payable to Unity in Redding snail mail to: Unity church 2871 Churn Creek Rd. Redding, Ca. 96002-114

Misc.



Care and Concern ministry team

Doesn't it warm your heart with gladness when you receive a card or a call of encouragement at just the right moment? Isn't it nice to know that someone is thinking of you and praying for you? After a medical procedure when you need a helping hand and someone shows up with a hot delicious meal or walks your dog, doesn't it warm your body and your soul?

This is the role of our Care and Concern ministry team. When a special request comes to our ministry these beloved servants are notified to help provide care. Help includes cards and calls of encouragement, help with travel to medical appointments, providing a meal, etc. All services are designed to be short-term bright spots to help you return to your best self.

Our Care and Concern team serves to let you know Unity of Auburn cares for you. We deeply appreciate each one who serves, and we keep them enfolded in our hearts with oceans of love and blessings! Thank You!

Rev Cherie and the Board of Trustees

Board of Directors



Board of Trustees

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Unity of Auburn Staff

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

Unity of Auburn

March 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	7	8	9
10 10:00 am Celebration Service	11 Office Open	12 Office Open	13 Office Open 3:00 pm Sisters	14	15	16
17 10:00 am Celebration Service	18 Office Open	19 Office Open	20 Office Open 3:00 pm Sisters	21	22	23
24 10:00 am Celebration Service	25 Office Open	26 Office Open	27 Office Open 3:00 pm Sisters	28	29	30
31 10:00 am Easter Celebration Service						

Our Financial Picture

INCOME AND EXPENSES JAN 2024

Income	
Love Offerings	\$ 7,451.20
Tenant Rent	\$ 1,192.00
Facility Rent	\$ 785.00
Adult Ed	\$ 1,934.15
Refreshments	\$ 66.00
Miscellaneous	\$ -
Thrift Store (Net)	\$ 3,011.66
Total Income	\$ 14,440.01
Expenses	
Building	\$ 3,485.92
Misc	\$ -
Ministry/Mission	\$ 1,840.61
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 6,708.14
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 130.39
Office Administration	\$ 830.12
Technology & Software	\$ 398.00
Total Expenses	\$ 16,106.85
Net Adjusted Income	\$ (1,666.84)

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



Denise Anya

“SINGING... INTO SPIRITUAL WELLNESS”

I am so grateful to Spirit for my gifts and talents! I am very blessed and recognize that I have many talents I enjoy... and my heart passion is singing! Singing is the melodious act of creating musical sounds with the voice, with or without accompaniment by musical instruments. Music is an amazing form of self-expression and communication with our own unique instrument... our singing voice. Therefore, I claim “I AM” a singer-vocalist musician!

Scientists have identified a range of benefits singing has on our mental and physical health. It involves facial expressions and the use of the entire body, which also includes breathing; and that helps to deliver more blood oxygen to our brains, improving mental clarity, alertness, concentration and muscle movements to help produce a vocal sound. And because of this kind of workout, an hour of singing... standing up, burns calories. And the longer one sings while standing up, the number of calories burned... increases! Singing is proven to release endorphins and oxytocin, which is known to improve overall well-being. You may have heard that singing helps to reduce stress levels, alleviate anxiety and promote optimal mental health. The singing mental health link isn't just a placebo effect.

Choirs and singing ensembles are becoming increasingly popular in music therapy and mental health treatments. Three days before my first weekly music venue residency, my younger daughter made her transition from life. I was utterly devastated, highly stressed, and disconnected, as I had no idea how I could move forward... and sing? Reminded that I was under contract and the show must go on, I cried and grieved and sang to myself, “Come Ye Disconsolate” over and over and over, again. Amazingly, my heart felt some comfort. Also during that time, I sang in a bi-weekly jazz ensemble of about 45 people. I recall going to class so very sad, but somehow always leaving with an uplifted heart. The musical tones were helping me to heal. Every utterance that came up and out of me, helped me spiritually; changed my mood; made it possible for me to avoid a total mental breakdown. Every song had its own message that encouraged me to live, thrive and be well. I do know beyond doubt, over time, my own vocal sounds changed my brain chemistry, greatly improved my mental wellbeing, and healed my heart...all by singing! I literally sang myself into Spiritual Wellness, and so can you!

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

March 2024 Talk Titles

March 3, 2024

Talk: Doorways to God Consciousness ~ Surrender

Music: Worship Team Singers

March 10, 2024

Talk: Doorways to God Consciousness ~ Not My Will But Thine

Music: Worship Team Singers

March 17, 2024 ~ Guest Speaker Rev Joe Sloan

Talk: A Day to Be Irish

Music: Worship Team Singers

March 24, 2024

Talk: Doorways to God Consciousness ~ Palm Sunday Assimilation

Music: Worship Team Singers

March 31, 2024 ~ Easter

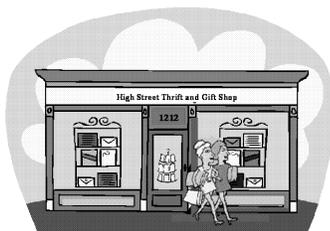
Talk: Doorways to God Consciousness ~ Easter Sunday Resurrection

Music: Worship Team Singers



*"Springtime is the land
awakening. The March winds
are the morning yawn."*

---Lewis Grizzard



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