

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

Ready to Try Meditation? Rev. Cherie Larkin

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In such an active and dynamic world as ours it can be easy to feel stressed, anxious, and sometimes overwhelmed. We may react to situations with stress and tension; and when we push back or fight against unwanted circumstances, the effects prove the classic adage: “What I resist persists.”

Rather than resisting what is unwanted why not learn to use meditation as one of the tools for achieving peace of mind and body. We can go into our sacred inner sanctuary to regain full awareness of peace and unity. In doing so, agitation subsides, disturbing thoughts relax, emotions become calm, and we can feel the peace of Spirit’s blessing. Aaaahhh. . . doesn’t that sound wonderful?

There are many types of meditation. Four varieties will be introduced in our upcoming meditation class led by Saige Davis. See www.unityofauburn.com for details.

Mindfulness, presence, awareness, consciousness — whatever you want to call it — may be the answer to a content, happy, and fulfilling life. Meditation lets you become more aware and more purposeful about your actions. It teaches you how to respond, rather than react to situations. Meditation sounds simple. But it takes discipline to remain still in body and mind.

Both Psalm 1 and Psalm 119 call us to meditate on Scripture. Psalm 1 explains that when we meditate on God's

Word, we will be blessed with flourishing just like a tree flourishes if it is planted by continuously running water and nourished by a constant source of life. Psalm 119 reminds us to, “Seek God with all our heart.”

The particular benefits of daily meditation are well-documented, ranging from reduction in anxiousness and lower blood pressure to increased immunity and better sleep. Additional benefits include reduced stress, improved memory, better focus, mental clarity, and increased attention span. According to several studies, 20 minutes of meditation a day for 45-60 days can have measurable effects on the brain—from better focus and more productivity to less anxiety.

Dr. Carolyn Leaf in her book, *Switch on Your Brain Every Day*, shares, “Your state of mind is a real physical, electromagnetic, quantum, and chemical flow in the brain that switches groups of genes on or off in a positive or negative direction. Your brain responds to your mind by sending neurological signals in your body. Your thoughts and emotions are transformed into physiological and spiritual effects – everything is connected when it comes to the mind.”

Overall, the benefits of meditating are many and backed by science. Learning meditation can improve your health and your life, inside and out. Why not give it a try!

Special points of interest:

- **Safety Sunday**
- **Men's Retreat**
- **Thank You**

Chaplains



Natalie Kimball

What Easter Means to Me

For many years I found Easter to be very confusing. I celebrated both the coming Spring with all the symbols of renewal and new birth, but also reflected on how dreadfully Jesus suffered on the cross for my sins. Sins, which frankly, I didn't know I had committed. I knew that Adam should not have taken a bite of that apple – but I liked to think I would have been stronger and saved all of us a bunch of grief. It wasn't until I found Unity and it showed me how a metaphysical interpretation of the Bible can help me see this season in the context of my own life.

First, suffice it to say that I have taken many bites of that apple over the years, causing myself and those around me much suffering. When I drank too much, when I told big lies, when I chose vengeance over forgiveness, when I failed to show up for those that needed me – these were all examples of taking a bite of the forbidden fruit. Seen in this light, the apple is merely our baser human instincts, uninformed by our spiritual powers.

Reverend Cherie has done an amazing job of explaining the metaphysical meaning of the Easter Story in the last several weeks, showing how each of us goes through a similar process each time we choose to rise higher in consciousness and to be reborn in a way that redeems our original choice to take that bite. While the process may be painful when we are in the middle of the transformation, our move toward Christ Consciousness pays huge bonuses – perhaps even changing the world as Jesus Christ did.

So now that I have a better understanding of the process of passing and rebirth I can joyfully celebrate all of the season, truly seeing that spring and the Easter season are one. A jubilant celebration of life, rebirth and transformation. May you each enjoy this wonderful time of year with new eyes and renewed understanding.

Blessings and Love, Natalie

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
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 miss Safety Sunday, April 28th, 11:30 am



**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.



Did you notice?

Spring has sprung and the beautiful flowers in our parking lot add so much joy and color to our sacred space. Color, beauty, order, and cleanliness are the stand-out qualities of the volunteers we are honoring this month.

The attention to our landscaping, our parking lot, and all our building maintenance are in the very capable hands of Jerry Walker. Gregory James builds and tends the fire that highlights our annual Burning Bowl ceremony.

You may have noticed our Youth Ed room and nursery are beautifully organized and ready to receive our children by Keri Walker. She also assists Jerry outside and inside she helps to organize our thrift store inventory.

Behind the scenes there is also a great deal of “unseen” order and beauty taking place. Not a volunteer but a very important part of our ministry team is Ricky Fredericks who keeps our floors, counters, carpets, hallways, restrooms sparkling clean and welcoming.

Overall, we are truly blessed by these loving people.
Thank you for all you do and for being you!

Abundant Blessings,
Rev Cherie and the Board of Trustees

Board of Directors



Board of Trustees

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Staff

Unity of Auburn Staff

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

Unity of Auburn April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	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 Celebration Service	15 Office Open	16 Office Open	17 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	18	19	20
21 10:00 am Celebration Service 11:30 Your Prosperity Life Class	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 11:30 am Safety Sunday	29 Office Open	30 Office Open 4:00 Webinar #1 Prosperity Breakthrough				

Our Financial Picture

INCOME AND EXPENSES FEB 2024

Income	
Love Offerings	\$ 24,119.01
Tenant Rent	\$ 1,192.00
Facility Rent	\$ 365.00
Adult Ed	\$ 124.40
Refreshments	\$ 32.00
Miscellaneous	\$ -
Thrift Store (Net)	\$ 3,098.68
Total Income	\$ 28,931.09
Expenses	
Building	\$ 2,517.33
Misc	\$ -
Ministry/Mission	\$ 61.75
Mortgage	\$ 2,366.67
Payroll & Payroll Taxes	\$ 7,762.66
SBA Loan	\$ 347.00
Thrift Store Expenses	\$ 81.06
Office Administration	\$ 691.73
Technology & Software	\$ 240.00
Total Expenses	\$ 14,068.20
Net Adjusted Income	\$ 14,862.89

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

April 2024 Talk Titles

April 7, 2024

Talk: Build a Prosperous Mindset
Music: Worship Team Singers

April 14, 2024

Talk: Spiritual Forces That Generate Prosperity
Music: Denise Anya

April 21, 2024

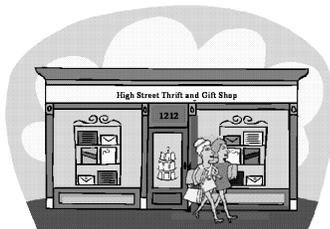
Talk: Desire ~ How it Works to Prosper You
Music: Worship Team Singers

April 28, 2024

Talk: Magnetize Yourself to Prosperity
Music: Worship Team Singers



Start each day with a positive thought and a grateful heart....



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