

A welcoming spiritual community advancing a positive message that teaches people of all ages and faiths how to thrive in a changing world.



Revs. Mark & Karen

Ministers' Message

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Special points of interest:

- **Yoga Resumes**
- **New Member Orientation**
- **Bingo**
- **Zephyr Point Retreat**
- **Annual Membership Meeting**

The third season of the space history series "Cosmos" will premiere on the National Geographic Channel March 9 according to a press release from the network sent out in December 2019. This is the second season of the new and updated version of the classic TV series Cosmos.

Astrophysicist Neil deGrasse Tyson will once again be stepping into the role of the late great Carl Sagan in the original series and Sagan's Widow, Ann Druyan is one of the producers along with Seth McFarlane of Family Guy fame.

We have learned much about our universe in the years that have passed since the show first appeared on PBS in 1980 and yet the sum total of our knowledge is a mere drop in the cosmic bucket. For example, spiritually inclined fans of the original Cosmos were inspired to hear Dr. Sagan speak of our universe in ways similar to Hindu cosmology which speaks of a cyclical universe.

At the time, there was a viable theory suggesting that the universe would go from the big bang through billions of years of expansion until the force of gravity eventually reversed the process bringing everything back to a "big crunch" which would be followed by a big bang starting the whole thing over again.

All of that has changed. The consensus now is that our universe is on a one way journey of expansion being driven by a force that is still unknown to science. Some call this force dark energy or dark matter. Dr. Tyson would prefer that we not name it yet suggesting that we call it "Fred" since we really don't know what it is.

Carl Sagan once said; "I think if we ever reach the point where we think we thoroughly understand who we are and where we came from, we will have failed." He would not lament the waning popularity of the cyclical universe theory.

Against this combination of curiosity and humility, consider the hubris of those who claim to know with certainty the very mind and ideas of God. The Unity movement is not immune to this kind of dogma based thinking. Claims of Truth with a capital "T" and the existence of an ideal absolute realm and a less real or even unreal relative realm should be subject to the same rigorous and skeptical scrutiny that we require of other claims that are advanced as knowledge.

Instead of being so certain about the completeness and permanence of our answers, we might try something suggested in the book called The Accidental Universe by MIT physicist Alan Lightman. Quoting the German poet Rainer Maria Rilke, he says; "We should try to love the questions themselves, like locked rooms and like books that are written in a very foreign tongue."

This is great advice for all of us. With the second season of the new Cosmos, we get to see this love of questions in action with answers only as certain and permanent as the evidence allows. As our knowledge expands, so does our vision of the universe and our place in it. As the new season of Cosmos series unfolds, I suspect it will offer new questions that we can engage from a spiritual perspective. Stay tuned for more Sunday topics on the leading edge of science and spirituality!

Chaplain's Corner



It's the month of Valentine's Day and love is in the air. It's time for hearts, flowers, and dare I say, copious amounts of chocolate. Is that what love is really all about? Unity defines Divine Love as the power to act from love in every circumstance, both good and difficult; to seek harmony in all situations and see beyond the appearance of separation. How can we understand the depth and range of feelings wrapped up in one word: LOVE?

The ancient Greeks in their pursuit of wisdom and self-understanding found seven types of Love

1. Eros (Erotic Love). Eros is the Greek god of love and fertility. Eros represents sexual passion and desire. It is a primal and powerful fire that burns out quickly.
2. "Philia" (Affectionate Love). Philia is also known as friendship or shared goodwill. The ancient Greeks valued philia above Eros because it was a love between equals - platonic love.
3. Storge (Familial Love). Storge pertains to the love between parents and their children; the "unconditional love" at the first sight of our newborn.
4. Philautia (Self Love). Philautia, unlike Narcissism, is self-love in its healthiest form. It shares the Buddhist tenant of self-compassion.
5. Ludus (Playful Love). Ludus is a playful or uncommitted love. The focus is on fun. Ludus relationships are casual and undemanding.
6. Pragma (Enduring Love). Pragma is a love that has matured and developed over time. We find Pragma in couples that have been together for a long time, or in friendships that have endured and have developed patience and tolerance.
7. Agape (Selfless Love). The highest and most radical type of love. A universal love; for strangers, nature or God. Some consider this love altruism. It is what the Buddhists describe as "metta" or "universal loving kindness".

Thanks to the ancient Greeks, we can learn, meditate and affirm all the types of love in our lives. Love truly is what the world needs now.

Namaste,

Becky

Youth and Family Ministry

Unitots

Sundays, 10:00 a.m.

UniKids and UniTeens

Sundays, 10:00 a.m.

Location: Youth and Family



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

- Jonah Salk



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

Ongoing Classes and Study Groups

Noon Prayer

(Offered on an “as needed” basis)
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 will be back
March 2nd!**

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



*I am abundantly blessed
in all areas of my life.*

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

Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.
Location: Manning Hall

Chaplain Prayer Circle

Sunday, February 16th, 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. In February we will be doing a study titled, "The Alphabet Versus the Goddess" based on the book of the same title. Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn, 1212 High Street. Love offerings accepted.

Women’s “Creative Insight” Circle February 15th, 9:00 a.m. - 4:00 p.m.

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.

February Theme:
*Connecting With My Heart ...
Spreading Love To The World*



Eat lunch at a local eatery, bring an addition to our community salad, or bring your lunch.
RSVP to: Deborah at 916-652-7709.

Location: image Pathways Gathering Place
461 Main Street, Newcastle, CA 95658

FRONTIERS OF CONSCIOUSNESS Monday, February 24th, 6:00 p.m. Facilitator: Rev. Mark



The Big History Project examines our past, explains our present, and imagines our future. It's a story about us. An idea that arose from a desire to go beyond specialized and self-contained fields of study to grasp history as a whole. The course is designed for anyone seeking answers to the big questions about the history of our Universe. The course was created by historian David Christian PhD and funded by Bill Gates who calls it "his favorite online course." Join us as we discover our place in the cosmos and the many billions of years it took for human consciousness to arise.

Special Events



If you would like to learn about becoming a member of Unity of Auburn, please attend our meeting on February 2nd, 11:30 a.m.

**Do you need a tax donation letter?
Call or email Carrie at
530-888-6489/admin@unityofauburn.com**



Would you like to be in the Unity Directory or do you have changes?

Please submit your information using the form included in the bulletin. Completed forms can be placed in the basket in Manning Hall. Forms are due by February 17th. **Only those in the directory will receive a copy.**



Bingo Donations Needed

Bingo is coming soon!
Friday, March 13, 2020

The Bingo Committee would love and appreciate your donations for our March Bingo Event!

Game Prizes: We are collecting gift cards; restaurant, movie theatre, etc...(\$10-\$20 range) to award game winners.

Raffle Baskets: Theme baskets are great! Suggestions include— Games/Game Night, Spa/Self Care, Wine/Chocolate Lovers, Spring/Gardening

Please see Dawn Pace, Suzi Reynolds, Sharon Hardie with any questions.

Registration Opens Sunday, February 23rd!

**Unity of Auburn 2020 Retreat
ZEPHYR POINT, Lake Tahoe**

**SAVE THESE DATES:
June 12th-14th, 2020**

Get your registration form from Sharon Hardie in the Manning Hall



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. The retreat planners and facilitators look forward to serving you!

Message from our Board of Directors

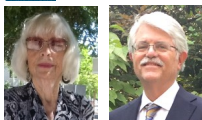
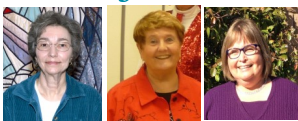
Annual Membership Meeting

Sunday, February 23, 12:00 Noon

Please join us for our annual business meeting. At this time, we elect new board members, hear reports and updates, honor those of our spiritual community who have passed on, renew our commitment to Unity of Auburn and share ideas for what is ahead.



Board of Directors



Board of Trustees

- Pat Lord.....President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary
- Bill Mahl.....Member
- Dave Langley.....Member
- Edna Sparkes.....Member
- Patty Davis.....Member

Unity of Auburn Staff

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

Staff

Unity of Auburn February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 am Claim Your Crone-Hood!
2 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am New Member Orientation	3 Noon Prayer	4 Noon Prayer	5 Noon Prayer 4:00 pm Sisters of Good	6 Noon Prayer 6:00 pm Spiritwind	7 Office Closed	8
9 10:00 am Celebration Service 10:00 am Youth and Family Ministry	10 Noon Prayer	11 Noon Prayer	12 Noon Prayer 4:00 pm Sisters of Good	13 Noon Prayer 6:00 pm Spiritwind	14 Office Closed	15 10:00 am Women's Creative Insight Circle
16 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer Circle	17 Noon Prayer	18 Noon Prayer	19 Noon Prayer 4:00 pm Sisters of Good	20 Noon Prayer 6:00 pm Spiritwind	21 Office Closed	22
23 10:00 am Celebration Service 10:00 am Youth and Family Ministry	24 Noon Prayer 6:00 pm Frontiers of Consciousness	25 Noon Prayer	26 Noon Prayer 4:00 pm Sisters of Good	27 Noon Prayer 6:00 pm Spiritwind	28 Office Closed	29

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

Talk Titles February 2020

February 2, 2020

Lesson: Empathy and Apathy

Soloist: Dennis Cain

February 9, 2020

Lesson: Building Kind Systems

Soloist: Brenda Boston

February 16, 2020

Lesson: Empathy, Art and Imagination

Soloist: Jon Dufour

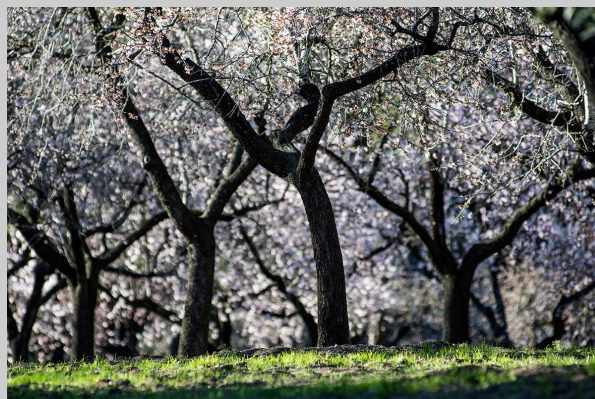
February 23, 2020

Lesson: The Future of Empathy

Soloist: Diana Blais

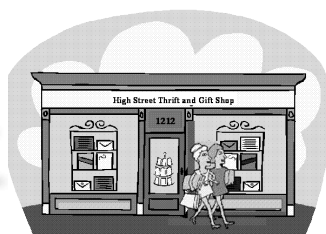
"Be the change that you wish to see in the world."

— Mahatma Gandhi



January Total:

\$1,371.50



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

Open Friday 10:00 am-2:00 pm

No Longer Open on Saturday

Sometimes Open Sunday

(if we have volunteers)

We are in need of volunteers and donations!

Sign up at Unity Central