

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:

- **Variety Show**
- **Zephyr Retreat**
- **Creative Insight**
- **Frontiers of Consciousness**

Each year as Easter comes around, we are invited to consider what those stories mean for us today. Here are a few possibilities:

After Good Friday the followers of Jesus went into hiding, terrified, defeated, demoralized. As the years went by, they slowly started to realize that none of the things Jesus had predicted were coming true. If anything, the situation had only gotten worse.

The Romans had sacked Jerusalem and destroyed the temple. Israel was no more. This must have been when they realized that if there was going to be anything like the kingdom of heaven on earth Jesus had talked about, they were going to have to create it themselves. They were going to have to embody the things that Jesus had been talking about especially in the Sermon on the Mount.

They would have to become poor in spirit or not obsessed with wealth, power and possessions. They would have to become merciful; become peacemakers, champions of justice, forgiving and humble. That's how it all started — with people who decided that the way you live and treat each other is more important than what you believe. This is the essence of what we call spiritual practice.

Whatever had really happened to Jesus after the crucifixion, there was one thing we can say for sure: The tomb was empty. All four gospels agree on that. The tomb was empty. The human named Jesus may have been dead but his ideas and teachings were just as alive as ever so don't look for them in a place reserved for dead things.

You have to bring those ideas out into the light and breathe life into them by

consciously practicing them. In Unity we call that Christ consciousness and it is more than a state of being or consciousness, it is a process and practice. It is probably one of the most difficult things in the world to pull off for the long haul as demonstrated by what happened in the early Christian communities.

When the Roman Empire finally embraced Christianity, the temptation to make a power grab became irresistible. Instead of coming together in supportive communities that celebrated love, they started arguing over ideology and what was the proper or orthodox way to be a follower of Jesus.

The institution became the dominant force. Form became more important than substance; the persecuted soon became the persecutor. Crusades, inquisitions, witch hunts, Calvinism — all of these things rushed in to fill the space where Christ consciousness once was.

It was as if they stuffed the Christ consciousness back in the tomb. That consciousness based on the beatitudes and other ethical teachings of Jesus was put back in the tomb to await the next generation that was willing to bring it back into the light, yet another resurrection.

Every generation gets an invitation and an opportunity to do that which might explain why these stories persist. This is why we still observe and celebrate the Easter season in Unity. The world needs our help to empty out the tomb again and bring that consciousness back into the light so it becomes a living experience instead of a dead memory.

Chaplain's Corner

Easter brings us again to the Unity teaching: There is something within us that was here before we were born and remains after seeming death — a Divine part of us that can never be endangered or destroyed and is our True Nature.



Elizabeth Ranson

Chaplain
Coordinator

Charles Fillmore noted that Easter Day, the day of resurrection, “is the awakening and raising to spiritual consciousness of every individual.” When we live from that awareness, the Source in Spirit that dwells in Jesus does indeed dwell in us. We can believe what He says: We are the Light, and the Christ is within us.

As a Chaplain at Unity of Auburn, I find these teachings supportive in my spiritual practice now. In a different approach from my childhood understanding of Jesus, I can look at Easter as a celebration; an old way being crucified so something new can be resurrected. This is not a once-in-a-lifetime event only for Jesus. When someone experiences a divorce, the death of a partner, loss of a job, or a shift in external circumstances, an old identity dies so a new one can be born.

To help us with this process, we start with the realization that Jesus prayed all the time. He often stole away from the masses to keep his communion with Spirit high. He did this as a way of life and not just in an emergency. As a result, when the big moments came, he was “prayed up.” We can choose to stay “prayed up” by taking time for sitting in the Silence, actively using the 5 steps for prayer, putting our intentions in our Unity Prayer Box, and requesting a Chaplain to share a prayer.

The Easter story is a reminder that no matter what seems to happen to us, it does not have the final word. Each situation is calling for the highest and best within us to shine as never before. We can look beyond immediate challenges and recognize that there is a Divine plan unfolding. In the quiet of our hearts, we connect to the Divine within each of us. There, we find an opening to Spirit and a strengthening of Will. We have the opportunity to choose resurrection in that moment.

Youth and Family Ministry



Mary Lou Banahan

Youth and Family Leader

Unitots

Sundays, 10:00 a.m.

UniKids and UniTeens

Sundays, 10:00 a.m.

Location: Youth and Family Ministry Wing

Dear Friends,

Spring break is over and now students are counting the days until summer break. I am grateful that they continue to meet here at church to maintain these lifelong friendships. Occasionally, additional friends will join us or new families will attend. This reminds me to be flexible and go with the flow of life.

This past month I have enjoyed our youth in different ways. A few weeks have been spent with the teens in small groups or with everyone together. One Sunday I met three young boys (7-9 years old) and we had a lesson on Kindness. They attend a school in the area that is also teaching mindfulness and calming strategies to help with the stresses of life. Personally, this is a strategy that has enhanced my life. I hope that it is helping to lay a foundation for our future to be a more peaceful place.

Blessings,

Mary Lou Banahan



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!

Yoga With Friends

Mondays, 4:00 p.m.

Bring water and a sticky mat or feel free to use a chair for gentle yoga.

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

Women's Courage to Change Al-Anon Family Group

(Women only; childcare available)

Tuesdays, 7:00 p.m.

Location: Manning Hall

Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.

Location: Manning Hall

Chaplain Prayer Circle

Sunday, April 22, at 11:30 a.m.

Our prayer circle is now on 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. For the month of April at Spiritwind we will be doing a series titled, “SCIENTIFIC REASONING,” presented by Jacob Walker. Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street.

We meet every *Thursday at 6:00 p.m.*

Love offering accepted.

Women’s “Creative Insight” Circle April 21st, 9:00 a.m. - 4:00 p.m.

Cost: \$25.00

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.

*April Theme: New Beginnings ...
Spring is in the air*



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



Frontiers of Consciousness Monday, April 23, 2018

Why Buddhism is True

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 continue with a series of talks given by Robert Wright, author of the new book *Why Buddhism Is True*. He explores the links between Buddhist philosophy and what we have learned about human consciousness through neuroscience and evolutionary psychology. The Buddha's diagnosis of the human condition and his prescription find strong support from those disciplines.

Special Events

Unity of Auburn Proudly Presents



Friday, April 13, 7:00 p.m. AND Sunday, April 15, 1:00 p.m.

Singing . Dancing . Comedy . Skits . Music . Poetry . Juggling Unusual Objects

Love Offerings Gratefully Accepted.

Zephyr Point, Lake Tahoe

June 15-17, 2018

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 Begins February 25, 2018

Latest Registration is June 2, 2018

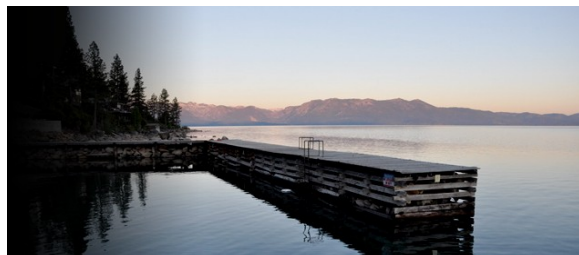
After that, there will be an additional registration fee per person of \$15

Weekend Single Occupancy Rate: \$305 per person

Weekend Double Occupancy Rate: \$205 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

March is the month of spring, my favorite time of the year, but we kind of got left out in the weather department. We will have to wait until April for spring-like weather. This season is like the sunrise to me; very spiritual with new beginnings after the cold and rainy winter. We are fortunate here in northern California to have mild winters and early springs.

Our April weather is much like the weather that Deborah and I, with our daughter and granddaughter, experienced while we in Ireland in the fall of 2016. There, we were able to meet a cousin whom I did not know existed.



Brennan Toohy

Within 30 minutes of driving into Nenagh, County Tipperary (the home of my 5th great-grand parents, Patrick and Bridget Toohey) I was walking into John and Angela Toohey’s home. John gave us a very warm welcome. He looked at my family tree and said we had to be cousins because there were so many family names that were also on his tree. He directed us to the place where Patrick and Bridget were married in 1792, over 225 years ago. There, where the church once stood, is now a cemetery in the ruins of the old sanctuary.

We also made the eight-kilometer trip to Toomevara, County Tipperary, were Bridget Meara grew up (my 5th Great Grandmother). We met the Postmaster, Kevin O’Meara, (The “O” signifies the “Son of Meara”) and he gave us a whole new bank of information about the area and his personal heritage — another great connection.

In about 1839, some 48 years after they married, three generations of Toohey’s (5th – 3rd great grandparents) migrated to Ontario, Canada. Fortunately, they missed the Great Potato Famine as they migrated south and eventually settled in Storm Lake, Iowa. Someday I will visit Storm Lake to reconnect with my family and dig the dirt that they dug as farmers there before the American Civil War.

As a kid who knew his father only from afar and had little connection with him, I fantasized about the beauty and romance of Ireland. My fantasies came true and I hope yours do, too, if not completely then in some small way.

Blessings this Spring. Wishing you the best this year and forever.

Directors



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- Shelley Rutherford.....President
- Justene Da Costa.....Vice President
- Sharon Hardie.....Treasurer
- Brennan Toohy.....Secretary
- Russ Purvis.....Member
- Edna Sparkes.....Member
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Unity of Auburn Staff

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- Lynn Liddell.....Licensed Unity Teacher
- Marra P. Swan.....Licensed Unity Teacher
- Mary Lou Banahan.....Youth and Family Leader
- Ken Kligerman, AFM.....Keyboard/Piano
- Mary Lou Banahan.....Youth and Family Ministry Leader

Unity of Auburn April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 EASTER 10:00 am Celebration Service 10:00 am Youth and Family Ministry	2 Noon Prayer Yoga 4 pm	3 Noon Prayer	4 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	5 Noon Prayer 6:00 pm Spiritwind	6 Office Closed	7
8 10:00 am Celebration Service 10:00 am Youth and Family Ministry	9 Noon Prayer Yoga 4 pm	10 Noon Prayer	11 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	12 Noon Prayer 6:00 pm Spiritwind	13 Office Closed 7:00 pm Variety Show	14
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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

April 1, 2018

Talk: *Deliver Us From Delusion pt 2*

Soloist: Beth Gillogly

April 8, 2018

Talk: *Darkness Cannot Drive Out Darkness*

Soloist: Brenda Boston

April 15, 2018

Talk: *Christ and Consciousness*

Soloist: Billy Bensing

April 22, 2018

Talk: *After The Resurrection: Connecting with The Divine Feminine*

Guest Speaker: Rev. Bob Brach

Soloist: Dennis Cain

April 29, 2018

Talk: *The Future of Christianity*

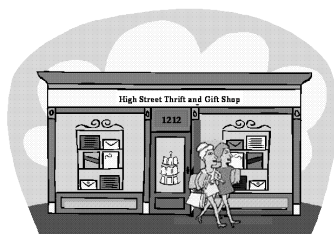
Soloist: Jon Dufour

Note: You can watch our talks on Youtube...go to unityofauburn.com, click on "Sunday Lessons on Youtube."



No matter how long the winter,
spring is sure to follow.

- Proverb



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