

*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



*Revs. Mark & Karen Schindler  
Co-Ministers*

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### Special points of interest:

- **Creative Insight Circle**
- **Frontiers of Consciousness**
- **Easter Sunday Flower Ritual**

Most ministers these days who are graduated from an academically accredited non-evangelical seminary quickly learn that the clear consensus in contemporary Bible scholarship is that stories of the virgin birth, miracles, the resurrection, the ascension and the second coming are mythological rather than historical.

Unfortunately many of these ministers hide this information from their congregations out of a misguided fear of losing membership, income or their jobs. As a result, Christianity in the USA is stuck in a pre-modern understanding of Jesus based on outdated and discredited methods of Bible study and interpretation.

In Unity, we believe that people can handle the truth. As Bishop John Shelby Spong once said; "If one's faith has to be protected from truth, it has already died." There is nothing wrong with Biblical mythology. In fact, developing a mythological perspective opens new doors to greater understanding of the true significance of the life and teachings of Jesus. Take away the miracles and other flashy stuff and what is left? More than most people realize. In fact, it adds something of value to the meaning of the stories.

What was it about Jesus that caused people to mythologize aspects of his life? Why did they choose certain historical mythical images and stories over others? For several hundred years, early Christians understood the mythological intent. The archetypes and images were drawn from their own historical context and most people knew they were not

meant to be taken literally.

As more time passed and the stories traveled farther away from their cultural roots, the myths became literal, historical events. Unity has always been a part of reversing that trend and re-mythologizing the Bible. Unity regards the life and teachings of Jesus as examples of wisdom and compassion that are worth studying.

As Easter draws near, we are invited to reflect on the nature of his teachings and example. In starting the Unity movement, the Fillmores wanted to revitalize rather than trash traditional Christian teachings based on the exponential growth in human knowledge and understanding unfolding during their lifetimes.

Instead of betting the farm on future salvation and the afterlife, perhaps we are better served by taking seriously the somber admonition that accompanies the Catholic rite of distributing ashes on the first day of Lent; "Remember that you are dust and unto dust you shall return." Life is short and as far as we really know based on the evidence at hand, this is the only one we get.

During this Easter season we will continue the process started by our co-founders and explore the mythological and historical aspects of the gospels and reclaim the humanity of one of the most important people in history.

## Chaplain's Corner

"The divine intelligence that keeps the stars and planets in perfect balance is at work in us and all around us." These words pop out at me as I turn the pages of Unity magazine to an article entitled "Politics of the Heart."

Ben Neal's article in the 2017 December issue details a "Building Bridges" workshop in which people gathered from both sides of the political spectrum. He says breakthroughs happen when we truly listen to one another and healing happens when we are truly seen and heard.



Donna Vetromile

As I see it, the upside of our divisive political climate these days is that few are able to be apathetic or remain neutral. This dynamic fosters activity, presses us to formulate answers, and compels us to speak our minds. I see more of us paying better attention and jumping into more careful involvement.

Ben gives us 5 tips for when and how to engage in these types of difficult conversations:

- 1) Don't get caught in "us vs them." Don't be too quick to label others or lump them into any category.
- 2) Listen from the heart. Don't assume you already know what someone else thinks or feels. Be curious. Listen to understand; not to respond. Be willing to learn—to be changed and transformed.
- 3) Use "I" statements. Talk about how you feel and what you've seen and experienced, instead of making accusations toward others. (For example: "I feel frustrated about this" works better than "You always do this!")
- 4) Seek common values. We all share certain human experiences, emotions, and values even as we differ in how we express them. We all have the same universal needs—yet we use different strategies to get those needs met. Don't get stuck on the differences. Go deeper and find the underlying need or value. The

question, "Why is that important to you?" can be a useful one.

5) Know when to walk away. If a conversation escalates into verbal abuse or otherwise becomes stressful or frightening, it's okay to walk away. Set clear boundaries, and refuse to engage with anyone who keeps stepping across them.

The last part of Neal's article is subtitled "DON'T LET YOUR FIRE BURN OUT." I believe his five suggestions are worth so much in our turbulent times:

- 1) Get together with others. None of us can go it alone. We need support from family, friends, and community. Talk to your friends and neighbors about issues important to you. Let them know what you're doing about it. Seek out groups with similar concerns or start one yourself.
- 2) Start local. Each of us has only so much time and energy. Support grassroots efforts in your area (donations, fund raisers, or volunteering your time and talent). When you start close to home it's easier to see the results of your efforts. This helps you stay motivated and positive.
- 3) Commit to a spiritual practice. Prayer, meditation, yoga and other spiritual practices are great ways to release stress and stay centered. Take time to slow down. Five deep breaths can change your whole world.
- 4) Live a balanced life. Set aside time for rest and recreation, to be with the ones you love, and to do the things that feed your soul. Great ways to recharge your batteries are dancing, music, sports, and arts and crafts.
- 5) Remember the big picture: Never forget that there is only One Presence and One Power—and that is God. No matter how chaotic things might seem, know that Spirit is in the midst of it and all things are working together for the highest good.

I wish you a stellar April, as spring all around you blossoms and embodies new starts everywhere!

## Youth and Family Ministry

### Unitots

Sundays, 10:00 a.m.

### UniKids and UniTeens

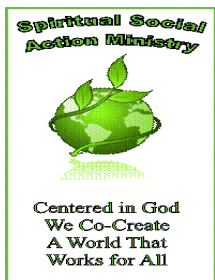
Sundays, 10:00 a.m.

Location: Youth and Family Ministry Wing



*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 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!

### Gentle Yoga

Mondays, 4:00 p.m.

Location: Manning Hall

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

### 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

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

#### Re-parenting, Recovery & Resilience—Adult Children of Alcoholics & Dysfunctional Families (ACA)

Tuesdays, 6:30 p.m.

Location: Youth Room

#### Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.

Location: Manning Hall

#### Chaplain Prayer Circle

Sunday, April 21st, 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.

For the month of April at Spiritwind we will be looking at four not-so-well-known world religions: Zoroastrianism, Shinto, Jainism and the Sikhs. Come and see what other faiths believe!

Spiritwind meets every Thursday at 6:00 p.m. at Unity of Auburn on 1212 High Street. *Love offering accepted.*

### Women’s “Creative Insight” Circle

April 20th, 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: Metamorphosis  
(Butterfly as Metaphor)  
... Transformation in Process***



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 22nd, 6:00 p.m.

*The Brain* (PBS Series)

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 continue with the PBS series *The Brain*. Dr. David Eagleman takes viewers on an extraordinary journey, exploring how the brain, locked in silence and darkness without direct access to the world, conjures the rich and beautiful world we all take for granted.

## Special Events

### Easter Sunday

April 21st

On Easter everyone at Unity of Auburn participates in a ritual using flowers to symbolically transform a sculpture of the world. This ritual captures the sense of transformation and renewal that is at the heart of the Easter story and our experiences of springtime.



Elizabeth Rawson, with the beautiful Easter display/symbol that she and her husband, Gerry, made last year.

### EMAIL PRAYERS FOR YOU ...

If you would like an email prayer from one of our Chaplains, please send your prayer request to:

[auburnchaplains@gmail.com](mailto:auburnchaplains@gmail.com)



Our Chaplains are available to join you in prayer if you are having a challenge or in gratitude and joy!

### Zephyr Point, Lake Tahoe

June 14th—16th, 2019

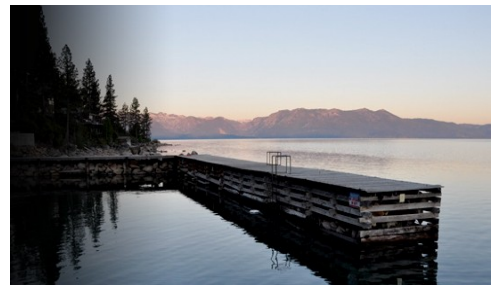
Let's join together as a community to explore all the activities at Zephyr Point or take time for yourself in silence and meditation. This is an opportunity to bond with our spiritual brothers and sisters.

Weekend Single Occupancy Rate: \$312 per person

Weekend Double Occupancy Rate: \$210 per person

There are day passes available, too.

*Note: Rooms facing the water are on a first come, first pay basis.*



#### NOTE:

**The retreat is SOLD OUT. However, if you want to go, let us know and we can call to request a room. We will only get more rooms if Zephyr Point has them available.**

# Message from our Board of Directors



Mark Schindler

During our annual meeting at the end of February we welcomed two new members to the Board of Trustees: Dave Langley and Natalie Kimball. The Board of Trustees is charged with responsibility for setting policy; for making decisions regarding all property owned by Unity of Auburn; and for decisions about financial matters including budgeting, fund raising, and spending. Trustees serve for a three-year term and may serve two consecutive terms before having to step down and take a break.

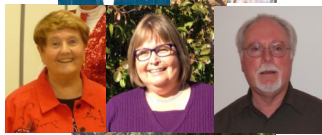
We are grateful for the service of Shelley Rutherford who completed two consecutive terms ending this year. We have also recently accepted, with regret, the resignation of Russ Purvis who is retiring from board service after completing a full term. Our bylaws state that the board may appoint a qualified member to fill a vacant position—who must then be elected at the next annual meeting. If anyone is interested in serving, please contact the office.

At the March board meeting, officers were selected. Pat Lord will serve in the position of president; Justene DaCosta, vice president; Sharon Hardie, Treasurer; and Natalie Kimball, Secretary. All of our board members bring valuable skills and ideas to this community and demonstrate their commitment on a daily basis. Look for a ministry team or special event and you will find board members actively involved—often on more than one.

The board has been responsible for developing and approving some of our key programs aimed at greater prosperity and long-term stability such as the Thrift Store and the prosperity team, which produced our semi-annual bingo fundraiser. Stay tuned this year as the board organizes a new team to develop a short promotional video for Unity of Auburn which will be professionally produced by board member Dave Langley. The first team meeting is scheduled for Sunday, April 28<sup>th</sup> at 11:30 p.m. If you are interested in helping with this project, please make plans to attend.

Unity of Auburn is very fortunate to have a dynamic, experienced and high-functioning board of trustees capable of carrying out its unique responsibilities with skill, flexibility, and creativity. We are grateful for your service!

## Board of Directors



### Board of Trustees

- Pat Lord.....President
- Justene Da Costa.....Vice President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary
- Bill Mahl.....Member
- Dave Langley.....Member
- Edna Sparkes.....Member

### Unity of Auburn Staff

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

## Staff

# Unity of Auburn April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Noon Prayer 4:00 pm Yoga	2 Noon Prayer	3 Noon Prayer 5:00 pm Sisters	4 Noon Prayer 6:00 pm Spiritwind	5 Office Closed	6
7 10:00 am Celebration Service 10:00 am Youth and Family Ministry	8 Noon Prayer 4:00 pm Yoga	9 Noon Prayer	10 Noon Prayer 5:00 pm Sisters	11 Noon Prayer 6:00 pm Spiritwind	12 Office Closed	13
14 10:00 am Celebration Service 10:00 am Youth and Family Ministry	15 Noon Prayer 4:00 pm Yoga	16 Noon Prayer	17 Noon Prayer 5:00 pm Sisters	18 Noon Prayer 6:00 pm Spiritwind	19 Office Closed	20 9:00 am Women's Creative Insight Circle
21 <b>EASTER</b> 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer	22 Noon Prayer 4:00 pm Yoga 6:00 pm Frontiers of Consciousness	23 Noon Prayer	24 Noon Prayer 5:00 pm Sisters	25 Noon Prayer 6:00 pm Spiritwind	26 Office Closed	27
28 10:00 am Celebration Service 10:00 am Youth and Family Ministry	29 Noon Prayer 4:00 pm Yoga	30 Noon Prayer				

## 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](mailto: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 7, 2019

Talk: Great Effort

Soloist: Dennis Cain

April 14, 2019

Talk: The Final Week

Soloist: Brenda Boston

April 21, 2019

Talk: Easter Consciousness

Jon Dufor

April 28, 2019

Talk: Jesus and Unity

Soloist: Beth Gillogly



**If you watch how nature deals with adversity, continually renewing itself, you can't help but learn.**

- Bernie Siegel, MD

**March Total:**

**\$1,515.00**



**February Total: \$1,480.00**

**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 Fri, & Sat—10:00 am-2:00 pm**

**Sometimes Open Sunday**

**(if we have volunteers)**

*We are in need of volunteers and donations!*

*Sign up at Unity Central*