

*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 Schindler  
Co-Ministers

## Ministers' Message

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### Special points of interest:

- **A California Tea**
- **Zephyr Retreat**
- **Creative Insight**
- **Frontiers of Consciousness**

I have been following the work of Steven Pinker for over 10 years now. He is a Canadian American psychologist and Harvard professor who was named one of Time's 100 most influential people in the world in 2004.

His 2011 book *The Better Angels of Our Nature: Why Violence Has Declined* was a major best seller. In it he outlined the scientific explanation for the decline in violence. The human mind has been fitted by evolution with a complex set of emotions, drives, and systems for reasoning, learning, and communicating.

Human nature may embrace motives that lead to aggression; however, it also embraces motives like empathy, self-control, and reason, which, under the right circumstances, can outweigh aggressive impulses. These are essential aspects of consciousness — familiar topics in our monthly class *The Frontiers of Consciousness* — demonstrating the true nature and power of human consciousness as a force for good.

Last February Steven released a new book called *Enlightenment Now: The Case for Reason, Science, Humanism, and Progress*. Therein, he provides solid evidence to support the claim that the intellectual revolution that began during the enlightenment has led to real and measurable human progress. Oddly enough, some people don't want to hear this. Steven explains it like this:

"I'm regularly confronted with an example of something that has gone wrong... as a refutation of progress — as if progress meant that everything gets better for everyone everywhere always. That wouldn't be progress; that would be magic. Progress consists of solving problems, and problems are inevitable.."

By every account, people are living longer, healthier, freer, and happier lives. The kind of enlightenment he is referring to is quite different from what we are used to hearing about in pop fad spirituality. Steven Pinker is focusing on the values advanced during the historical revolution in human thought which happened during the 18<sup>th</sup> century:

"What is enlightenment? In a 1784 essay with that question as its title, Immanuel Kant answered that it consists of 'humankind's emergence from its self-incurred immaturity,' its 'lazy and cowardly' submission to the 'dogmas and formulas' of religious or political authority. Enlightenment's motto, he proclaimed, is 'Dare to understand!' and its foundational demand is freedom of thought and speech." *Enlightenment Now* (p. 7)

Freedom from the dogmas and formulas of religious authority has always been a primary objective in the Unity movement but I have yet to see any of our centers promoting enlightenment values as a way of accomplishing that objective. This is a spiritual pursuit in the best sense of that word.

Whereas science excels at measuring and understanding the tangible side of reality, philosophy and its misunderstood sibling spirituality excel at dealing with the intangible but real ideas and values that can enhance human flourishing.

Our mission at Unity of Auburn is to advance a positive message that helps humankind to thrive in a changing world. We need to vastly expand the sources from which we draw our positive message to include the work of people like Steven Pinker and others and we will do so starting this month.

## Chaplain's Corner

When I was in my early 30s, a dear friend of mine, whom I had known since high school, made her transition. The minister who officiated at my friend's celebration of life service offered us a pearl of wisdom that has stuck with me all of these years. He stated that the best way we could honor my friend's memory was by embodying one or more of those spiritual characteristics she emulated during her lifetime.

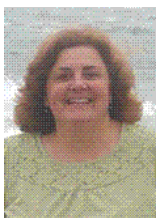


Patty Davis  
Chaplain

As most of you know by now, our Toni Wilson made her transition on April 2. Toni touched the lives of so many members of our spiritual community and made a number of significant contributions to Unity of Auburn. She organized and facilitated the Master Mind prayer group, coordinated and took part in decorating the cross with flowers at our Easter Services, organized book sales and craft fairs, and was an usher at our celebration services — just to name a few of her precious gifts to our congregation. It was, however, Toni's wholeheartedness that had the most profound effect on our spiritual community.

For those of you who did not know Toni, I can tell you that it was almost impossible not to feel lifted in her presence. Toni had a smile that just sparkled, especially when she laughed, and she could find humor in almost any situation. Toni was a great listener and mastered the art of being fully present with others. I loved her ability to make people feel comfortable around her and her capacity to be, always, her authentic self. Toni was not shy about sharing her truth with you. Yet, of all of Toni's special qualities, what I most admired about her were her strength, power and courage. She consistently demonstrated her capacity to move past any obstacle, whether facing a health or emotional challenge. She did so while maintaining a hopeful and positive attitude. Her faith indeed moved mountains.

For those of you who have known Toni for a long time, I can only imagine the sadness and loss you may be feeling. What I would offer you as you move through your pain is this: May you honor Toni by choosing and embodying one or more of those spiritual characteristics you believe she embodied in her lifetime. This is a gift that you can give yourself, Toni, her friends and family, and her family here at Unity of Auburn.



Mary Lou Banahan  
Youth and Family Leader

## Youth and Family Ministry

Hello Friends,

Well the teens are excited as summer is coming — more sleep, more free time, and more time with friends. In the meantime, there are a few more weeks of classes and then finals. This is a time for the teens to do their best then know that they are all good. Such great lessons we learn in life and are reinforced in Unity.

Our nursery has also been blessed with some new things to play with, thanks to the Chaplains and their participation in the Unity Variety Show! How fun for them to play with the train and peace headbands. What creativity and talent we have.

Blessings,

Mary Lou Banahan

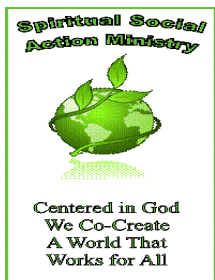
### Unitots

Sundays, 10:00 a.m.

### UniKids and UniTeens

Sundays, 10:00 a.m.

Location: Youth and  
Family Ministry Wing



## 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, May 20, 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 May at Spiritwind we will be doing a series titled, “American Religions.” In this series we will be looking at religious groups that had their beginnings in America during the late 1700s through the 1800s. **Some** of those we will be considering are the Mormons, Spiritualism, Seventh-day Adventists, Jehovah’s Witnesses, Christian Science, and Unity. 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 May 19th, 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.

**May Theme: Color ... Color ... Everywhere!**  
**Try Coloring Outside the Lines**



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

**No Class in May due to Memorial Day**

Next class Monday June 25<sup>th</sup> 6:00 PM

#### 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?

In June 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

**Ladies ...**

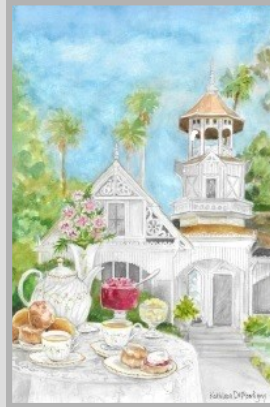
**On May 26th, it's time for tea.  
Time to chat, and wear a hat,  
and chew the fat, most literally.**

**We'll drink tea, California style, with pinkies up.  
We'll enjoy fashions from High Street as we sup,  
with tea basket raffles and light music, too.  
I wouldn't miss it, and neither should you.**

**Twenty-five dollars per person for this tea time fun,  
with something special for everyone.  
There'll be vegan fair and traditional treats.  
We hope to fill all 60 seats.**

**Invite your dear friends to this elegant soiree.  
It will be an enjoyable day!**

**See the hat ladies for tickets to this elegant affair.  
Mark your calendar and please be there!**



### **The 2018 Unity Tea**

#### **A California Tea**

Ladies are invited to wear hats

**Fashion Show . Raffles . Hat Contest**

**May 26, 2 to 5 p.m., \$25.00**

**1212 High Street, Auburn CA**

**Tickets On Sale in Manning Hall**

## **Zephyr Point, Lake Tahoe**

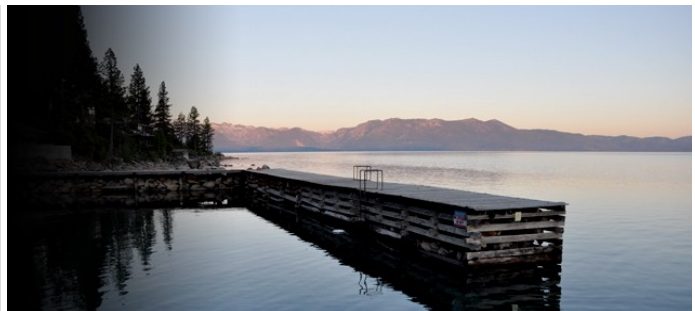
**June 15-17, 2018**

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

As we get older, keeping active — physically, mentally, nutritionally and spiritually — is very important. Before I retired, I was neither exercising much nor eating healthfully. I had gained 50 to 60 pounds and was not motivated to do much. After retirement we started walking and eating better. I lost weight and felt better, but this was not enough.



Bill Mahl

After moving to Placer County, Teri and I joined a gym and started to work out more, taking different classes that were offered. One class that we really feel essential for older people is yoga. I was not very flexible before yoga. Furthermore, balance has been hard for me due to spinal stenosis causing my feet to be partially numb for 25-plus years. Yoga has improved my flexibility, balance and inner self-awareness.

Another important change we made in our lives was becoming vegans. I know this is not for everyone, but just replacing some of your diet with plant based foods will do your body good. Since I became vegan my blood work is great! I was pre-diabetic before changing diets. Now I am in the normal values.

The last, and probably most important, factor when getting older is keeping your mind active. Keep your mind open to new ideas, learn new things, take classes, volunteer, keep up with events happening in the world that will affect you and those you care about. Finally, take time for yourself. Meditation helps you find yourself and calm you inner soul.

It is good to follow a three-pronged approach: body, mind, and spirit.

## Board of Directors



### Board of Trustees

- Shelley Rutherford.....President
- Justene Da Costa.....Vice President
- Sharon Hardie.....Treasurer
- Brennan Toohy.....Secretary
- Russ Purvis.....Member
- Edna Sparkes.....Member
- Bill Mahl.....Member
- Pat Lord.....Member

## Staff

### Unity of Auburn Staff

- Karen and Mark Schindler.....Co-Ministers
- 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 May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Noon Prayer	2 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	3 Noon Prayer 6:00 pm Spiritwind	4 Office Closed	5
6 10:00 am Celebration Service 10:00 am Youth and Family Ministry	7 Noon Prayer Yoga 4 pm	8 Noon Prayer	9 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	10 Noon Prayer 6:00 pm Spiritwind	11 Office Closed	12
13 <b>MOTHERS DAY</b> 10:00 am Celebration Service 10:00 am Youth and Family Ministry	14 Noon Prayer Yoga 4 pm	15 Noon Prayer	16 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	17 Noon Prayer 6:00 pm Spiritwind	18 Office Closed	19 9:00 am Creative Insight Circle
20 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer Circle	21 Noon Prayer Yoga 4 pm	22 Noon Prayer	23 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	24 Noon Prayer 6:00 pm Spiritwind	25 Office Closed	26 2:00 pm A California Tea
27 10:00 am Celebration Service 10:00 am Youth and Family Ministry	28 <b>MEMORIAL DAY</b> Office Closed	29 Noon Prayer	30 Noon Prayer 5:00 pm Sisters 6:30 pm A Course in Miracles	31 Noon Prayer 6:00 pm Spiritwind		

## 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

May 6, 2018

Talk: *Our Changing Religious Landscape*

Soloist: Larry Sikorski

May 13, 2018

Talk: *Things Your Mother Never Told You*

Soloist: Brenda Boston

May 20, 2018

Talk: *Is Human Progress a Myth?*

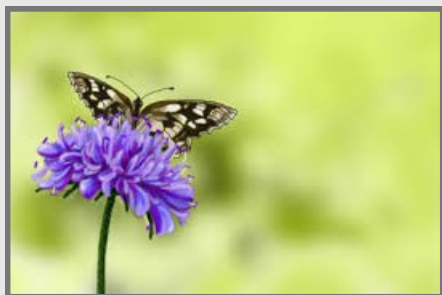
Soloist: Billy Bensing

May 27, 2018

Talk: *How Things Are Getting Better*

Soloist: Dennis Cain

*Note: You can watch our talks on Youtube...go to [unityofauburn.com](http://unityofauburn.com), click on "Sunday Lessons on Youtube."*



You are as welcome  
as the month of May.

- c. Maklin



**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*