



February 2012

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

Phone: 530-888-6489  
 Website: www.unityofauburn.com

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In the February 2010 edition of this newsletter, I reviewed a book by Bishop John Shelby Spong entitled; *"Eternal Life: A New Vision; Beyond Religion, Beyond Theism, Beyond Heaven and Hell."* At the time, Bishop Spong was 79 and suggested that, despite the fact that he was fit and healthy, this might be his last book. I am pleased to say that he was wrong.

His new book is *"Reclaiming the Bible for a Non-Religious World."* His stated purpose in writing it is to; "...reclaim not the literal power, but the essential meaning of the Bible in and for the non-religious world we inhabit." His intention is that the book be used by study groups in the hope that those who engage it will have the sense of completing a major university course on the Bible. Sounds good to me!

Bishop Spong has been a popular author in the spiritual but not religious movement that has become fashionable in recent years.

Unfortunately, many people who consider themselves spiritual but not religious do not have a clear definition of what that means to them. This book can help clarify that distinction.

According to Bishop Spong, religion is not about truth, it is about security which explains why religions try to offer easy, authoritarian answers to complex problems and assure people that they need not think for themselves. Rather, religion insists that all they need to do is to profess the creed, perform the rituals and be assured that they are superior to others who have not done so and will be guaranteed the ultimate security in the form of an afterlife reserved for their kind.

On the other hand spirituality invites us to "embrace insecurity and dismiss security as a vice." This is true of any form of spirituality, Christian, Buddhist, Jewish or otherwise. His



Revs. Mark and Karen Schindler  
Co-Ministers

idea of spirituality is that intangible *something* which gives people the courage to live in an insecure and ever changing world knowing we are not alone and that we have the strength to embrace the radical insecurity of life.

This is the perspective from which Bishop Spong interprets the Bible; a collection of stories about how human consciousness has been moving along a path leading from the false security brought about by blind belief, obedience and victimization to the liberating power of personal responsibility and compassion. In the process we give up the pathological need for security and discover the positive aspects of doubt, questioning and the creative potential of chaos.

The path charted in the Bible does not move in a straight line. Instead, it weaves, gets stuck and at times backtracks. The problem for humankind is that security is seductive; magical thinking and superstition are more exciting than reality.

The Bible is a cautionary tale recounting the pitfalls and roadblocks along our evolutionary journey. It also captures the breakthroughs and shifts that led to real progress and growth. A good sense of history is invaluable in charting a way forward and Bishop Spong's new book will help make the Bible relevant to an increasingly spiritual but not religious world.

### Special points of interest:

- **Movie Night: I AM**
- **Annual Meeting**
- **West Central Region Board and Key Leader Event in Vacaville**

## Chaplain's Corner



Donna Vetromile  
Chaplain

Here we are in the month of February...Valentine decorations...ads for romantic dinners and getaways...the month we celebrate love.

One friend of mine likes to say, "No matter what the question, love is the answer." When it comes down to it, love is the strongest power on earth. It is the only thing we can take with us when we die, I have been told. In the (2011) November/December issue of Unity magazine, Temple Hayes has written a short article about self expression, and speaking. What an expression of love it can be when we come forth with smiles and positive words & ideas while speaking to folks. What a way to let our light shine and to be the love of God expressing. "Be the message. Let positivity shine through your thoughts, your words and your actions." Temple says this is the essence of her message (as a professional speaking coach for the past 15 years) to leaders of multilevel marketing companies, ministers and teachers. She mentions the importance of

speaking ones truth and that it is a pivotal tool we have to affect others both personally and professionally. "Storytelling is still the most popular form of communication in our society. I am sure you could think of at least 25 stories from others that have changed your life for the better..." she reminds us. Which would be your favorite if you had to choose? Temple has written a book (How to speak Unity) in which she explains that we are each the message in the way in which we express our appreciation of life. "Life always mirrors the enthusiasm and commitment you bring to it."

She ends with, "Love your life, love yourself, love your message and you will speak with confidence and power."

In my mind, it was an act of love writing that helpful and inspiring article...thank you Temple! I hope, like me, that you will be moved to spread even more love and warmth this month. God bless us all as we continue on our spiritual journeys!

## Spiritual Social Action



As part of our Spiritual Social Action Ministry, Unity of Auburn supports the Auburn Interfaith Food Closet which is a volunteer organization providing emergency food supplies to individuals and families once every 30 days. We are listed as a member and Dave Werkley and Joyce Smith represent the church on the Food Closet Board of Directors. You can support the Food Closet with donations of food and money. Also consider volunteering to distribute food to those in need. Many who attend Unity of Auburn have done so. Please talk to Dave or Joyce if you have any questions.

This month, the challenge is on! An anonymous donor has generously offered to match dollar for dollar any monetary contribution to the Food Closet during January and February plus match each food donation at \$.50 each. This is an opportunity to essentially double the power of donations. Unity of Auburn is a collection point for the food closet. Your food items can be brought to the designated area in Manning Hall where there is also information about how to make a cash contribution.

During 2011, the Food Closet served an average of 1,017 families (2,015 individuals) per month. This is a much needed service in this community and your support is making a difference!

## Adult Education



### Unity Study Group

Sundays, 10:10 a.m.

Location: Teen Room

Facilitator: Lynn Liddell,  
Licensed Unity Teacher

We are studying the book “The Seat of the Soul” by Gar Zukav. You can order a book from the Spiritual Resource Center. All are welcome.

## Youth and Family Ministry



Mary Lou Banahan

### Unitots

Sundays, 9:00 a.m. and  
11:00 a.m.

### UniKids and UniTeens

Sundays, 11:00 a.m.

Location: Youth and Family  
Ministry Wing

The youth curriculum has gotten off to a good start with a focus on the Path to God. We have discussed the different places we go in life, different people we meet, and the different things we do and God is always there. We will continue to build on this theme as we develop a good understanding that we can always see the Divine in everything.

The YOU'ers are also working on defining their spiritual path. We continue to see a group of teens supporting each other, providing a warm and welcoming place for friends and new acquaintances.

We are also open to anyone interested in contributing their time and talents in Youth Ministry. If you are available to spend a Sunday periodically or on a consistent basis following a pre-planned lesson please contact me on Sunday or through my email at [marylou@UnityofAuburn.com](mailto:marylou@UnityofAuburn.com).

Blessings,

Mary Lou Banahan

## Get Connected



Unity.FM is Unity's unique online, spiritual, radio network that serves a global audience. The programs on Unity.FM are a powerful voice in providing the consciousness, clarity and common vision necessary to create transformation in the world today. We call it “The Voice of an Awakening World.”

Listeners can tune in around the clock and hear provocative, uplifting and inspiring programs on topics ranging from what Jesus really taught to how to maintain a spiritual practice with your partner or spouse. There are more than 25 programs that offer new episodes each week. The programs are hosted by Unity ministers, licensed teachers and other leaders from within and around the Unity movement. Unity.FM program guests include today's hottest and most insightful spiritual leaders from around the world including names like Eckhart Tolle, Deepak Chopra, Lynne Twist and Greg Braden to name just a few. There's an online book club, an online prayer and meditation program and a program devoted to positive uplifting music.

## Ongoing Classes and Study Groups

### Sisters of the Good: *A Spiritual Journey for Women*

Wednesdays, 1:30-3:30 p.m.

Spiritual Resource Center

Group Facilitated

We have three weeks left reading the book, *Awakening Joy* by James Baraz and Shoshana Alexander. Stay tuned for our next book, it will be posted in the Sunday bulletin. If you would like to join the group, please call Rev. Karen at 530-888-6489 ext. 12.

### Noon Prayer

Monday through Thursdays, 12:00 Noon—12:30 p.m.

Location: Upstairs in Church Office

During Noon prayer we read the Daily Word and spend time 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!

### Master Mind Prayer Circle

Sunday, February 19

6:00 p.m.

Location: Teen Room

Facilitator: Toni Wilson

Open to all, this is an experience of healing and empowering prayer that utilizes the special "Master Mind" prayers.

### 12 Step Meetings at Unity of Auburn

#### Gold Rush Al-Anon Family Group

Mondays, 7:30 p.m.

#### Women's Courage to Change Al-Anon Family Group (Women only)

Tuesdays, 7:00 p.m.

#### Primary Purpose Narcotics Anonymous

Wednesdays, 7:30 p.m.

## Annual Retreat



### Annual Unity of Auburn Retreat

June 22-24

### Registration Begins

**Sunday, March 4**

Zephyr Point Conference Center

Saturday Program

**enJOY Your Life**

**with**

**Rev. Joe Sloan**

## *Special Events*

### **Movie Night**

#### **I AM**

Friday, February 17, 6:30 p.m.

Location: Sanctuary

Hollywood filmmaker Tom Shadyac (Ace Ventura, Pet Detective, Bruce Almighty, and Patch Adams) thought he had it all until a serious brain injury turned his world upside down. This extraordinary documentary chronicles his journey of awakening as he travels around the world asking leading teachers and thinkers, "What can we do about it?" In turn, Tom asks us to consider the truth of who we are -- and how we can operate at our very best.

### **Annual Membership Meeting**

Sunday, February 26, 12:30 p.m.

Location: Sanctuary

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

## **THE WEST CENTRAL REGION BOARD & KEY LEADER EVENT**

### **Building Effective Ministry Leaders: Finding Your Style Through Calm and Storm**

**When: February 24 - 25, 2012**

**Where: Unity of the Valley Spiritual Center - Vacaville**

**Time: Friday Night 7:00 pm - 9:00 pm**

**Saturday 9:00 am - 4:00 pm**

Whether it's your personal life or your Unity Ministry, each has a style unique unto itself. Your style is not an aspect of yourself you should try to change. Rather, learning to successfully manage your style is much more likely than changing your style. Discover how you can accept your style preferences, and thereby learn to skillfully manage yourself and your Ministry teams.

*Cost is \$65 which includes all materials, snacks and lunch on Saturday. For registration information, call the office at 530-888-6489.*

# Message from the Board



Jay Forkas  
Vice President

## Manifesting a Happy & Spacious New Year... in a rapidly changing world

I sit in my tech-shop/office and I find myself surrounded by shelves and cabinets of “junk”...

Once “State of the Art”, much of this stuff has quietly become “electronic waste”.

My last 3 cell phones, “2 older pocket PCs, stacks of computer parts and stereo gear...

It is amazing and unsettling at the same time. When did this stuff become useless?

It seems yesterday’s “hot item” is today’s dinosaur.

Whenever it happened... it is clearly time for the New Year’s “Clean Sweep”.

This is my annual “letting go process” and it’s all about creating a space for new things.

I struggle to get started... but find myself

surprised by the sense of freedom it brings.

Right now, I am taking a break and writing this article as a way of spurring myself on.

I still see things I don’t need... and recognize in them many stale intentions I will never revisit.

How will this process reshape and refine my focus for the coming year?

I am excited to find out... My first step is creating space for it..

Is there some part of your life that seems cluttered?

If your clutter vanished today what would you begin creating in its place?

I invite you open a space for creativity and be spaciousness in your New Year.

Be well my friends...

Jay Forkas

# Board of Trustees



## Board of Trustees

- Betty Maxie..... President
- Jay Forkas.....Vice President
- Gary Van Wingen.....Secretary
- Sharon Hardie.....Treasurer
- Jane Chapman Ames.....Member
- Pat Lord.....Member
- James Ackerman.....Member
- Lee Mills.....Member

# Staff

## Unity of Auburn Staff

- Karen and Mark Schindler.....Co-Ministers
- Lynn Liddell.....Licensed Unity Teacher
- Marra P. Swan.....Licensed Unity Teacher
- Ken Kligerman, AFM.....Keyboard/Piano
- Margie Spalding.....Church Administrative Assistant

# Unity of Auburn February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Childcare (Infants through 4 years) available at both Sunday services. All other Youth learning activities at 11:00 a.m. Spiritual Resource Center after both services</p>						
<p>5 9:00 am Celebration Service 10:10 am Adult Education 11:00 am Celebration Service</p>	<p>6 Noon Prayer 7:30 pm Gold Rush Al-anon</p>	<p>7 Noon Prayer 7:00 pm Women's Courage to Change Al-anon</p>	<p>1 Noon Prayer 7:30 pm Narcotics Anonymous 1:30 pm Sisters of the Good</p>	<p>2 Noon Prayer</p>	<p>3 Church Office Closed</p>	<p>4</p>
<p>12 9:00 am Celebration Service 10:10 am Adult Education 11:00 am Celebration Service</p>	<p>13 Noon Prayer 7:30 pm Gold Rush Al-anon</p>	<p>14 Noon Prayer 7:00 pm Women's Courage to Change Al-anon</p>	<p>8 Noon Prayer 7:30 pm Narcotics Anonymous 1:30 pm Sisters of the Good</p>	<p>9 Noon Prayer</p>	<p>10 Church Office Closed</p>	<p>11</p>
<p>19 9:00 am Celebration Service 10:10 am Adult Education 11:00 am Celebration Service 6:30 pm Master Mind Prayer Circle</p>	<p>20 PRESIDENT'S DAY Church Office Closed 7:30 pm Gold Rush Al-anon</p>	<p>21 Noon Prayer 7:00 pm Women's Courage to Change Al-anon</p>	<p>15 Noon Prayer 7:30 pm Narcotics Anonymous 1:30 pm Sisters of the Good</p>	<p>16 Noon Prayer</p>	<p>17 Church Office Closed 6:30 pm Movie Night: 1 AM</p>	<p>18</p>
<p>26 9:00 am Celebration Service 10:10 am Adult Education 11:00 am Celebration Service 12:30 pm Annual Meeting</p>	<p>27 Noon Prayer 7:30 pm Gold Rush Al-anon</p>	<p>28 Noon Prayer 7:00 pm Women's Courage to Change Al-anon</p>	<p>22 Noon Prayer 7:30 pm Narcotics Anonymous 1:30 pm Sisters of the Good</p>	<p>23 Noon Prayer</p>	<p>24 Church Office Closed West Central Region Board &amp; Key Leader Event in Vacaville</p>	<p>25 West Central Region Board &amp; Key Leader Event in Vacaville (continued)</p>

## Unity of Auburn

Offering practical, spiritual teachings that empower abundant and meaningful living!

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Pray with Silent Unity: 800-669-7729

Website: [www.unityofauburn.com](http://www.unityofauburn.com)

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We're on the Web!

[www.unityofauburn.com](http://www.unityofauburn.com)

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## February Lessons

February 5, 2012

Awakening Joy: The Joy of Letting Go

Soloist: Dennis Cain

February 12, 2012

Awakening Joy: Loving Heart, Joyful Heart

Soloist: Brenda Boston

February 19, 2012

Awakening Joy: The Joy of Simply Being

Soloist: Bensing and Garmire

February 26, 2012

Practical Principles

Soloist: Jon Dufor

TO SOMEONE SPECIAL:

RETURN SERVICE REQUESTED!

Unity of Auburn  
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