

*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

Phone: 530-888-6489  
Website: [www.unityofauburn.com](http://www.unityofauburn.com)

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- **Special points of interest:**
- **All Events Postponed**

The month of May offers two significant events which occur on the first two Sundays; Pluralism Sunday and of course Mother's Day. Mother's Day is on the second Sunday which I would like to see expanded to include not just our biological mothers but all women who can serve as role models or sources of inspiration.

Although everyone has a biological mother, not everyone knows their mother and for many who do, it was not a happy relationship. In an effort to co-create a world that works for all, let us transform Mother's Day into something meaningful for everyone including those who don't have the same happy memories about their mothers that most of us have.

This isn't just some misguided attempt at political correctness. Inclusivity is an important and often overlooked aspect of Mother's Day. While humankind has always valued the biological and societal contributions of women in the role of mother, we have been reluctant to honor their intellectual contributions or even accord them equal status in our culture.

We can do better which is why at Unity of Auburn Mother's Day is not just an occasion to honor the fact of motherhood, it is an opportunity to identify and celebrate women throughout history who inspire us and might serve as mother figures and role models for all. Join us this Mother's Day to find out who those women might be for 2020.

That leaves the first Sunday of May which has been celebrated as Pluralism Sunday since 2007. It was started by the Center For Progressive Christianity which has been in existence since 1994. The center was created by an Episcopal priest at St. Mark's in Washington D.C.

This is a quote from the welcoming statement on their website: "By calling ourselves progressive Christians, we mean we are

Christians who affirm that the teachings of Jesus provide but one of many ways to experience the Sacredness and Oneness of life, and that we can draw from diverse sources of wisdom in our spiritual journey."

The idea of pluralism Sunday is to encourage those diverse sources of wisdom to try to get along or at the very least to coexist like it says on that popular bumper sticker. The United States was intentionally set up as a place where religious pluralism could thrive.

For all the bad news we hear about religious strife around the world, the truth is that there are far more people practicing their diverse chosen faiths peacefully and compassionately. They have somehow managed to evolve beyond the kind of tribalism and suspicion that is causing all the trouble. Evolution tends to take us in that direction but it's a slow process.

And until we get there, we must deal with this human notion that different is dangerous. That is where the trouble starts, and it can show up in some interesting places. The easiest place to see it is when people insist on lumping all members of a religion into a single box and then putting a label on it.

All Muslims are terrorists, or all Christians are hateful bigots. Jews want to take over all the banks and Mormons are somehow going to conquer us all by being so friendly and nice. Certainly, you can pinpoint specific ideas and beliefs held by certain individuals in those groups that should be examined and perhaps criticized but stereo typing is a form of intolerance.

On the first Sunday of May we celebrate Religious pluralism and explore how to move beyond passive tolerance to a level of understanding and acceptance that will make this a world where all its diverse citizens can thrive together.

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## *Chaplain's Corner*

Each of us can face times of high stress, anxiety, loss, and grief. During a health crisis, economic downturn, and more, we experience these stresses together. Right now, the whole world is under siege with sheltering-in-place throughout the COVID -19 virus.

We have choices we can make on how we can personally grow in spiritual strength in this challenging time. I know for myself I have had days of peace, ease and comfort in my connection to Spirit through meditation, reading Unity Magazine to discover insights into **spiritual** principles, and as Chaplain, sharing prayers within our community. There have also been days when I wasn't sure if it was "this day or that day" in the rainy-day confines of being consistently at home. Those days held inertia, unwillingness, even sadness.

In Unity's series on *14 Questions to Improve Your Outlook*, Rev. Patricia T. Bass offers that one of Unity's fundamental teachings is the Law of Mind Action. It says that we are cocreating our world with God through our thoughts. As the saying goes, "Thoughts held in mind, produce after their kind." What kind of thoughts are you holding in this moment? Are they the kind of thoughts you want to use to cocreate your world? Once you are ready, there is a powerful question for you to ask yourself, "How can I see this differently?" This is the moment of choice: listening to our inner wisdom and shifting our mindset from blame on the external to empowerment within.

Rev Karen has gifted us with timely, wonderful meditations in the virtual services presented the past 3 Sundays. You can listen online from our Unity of Auburn website. Unity Headquarters at Unity.org offers audio meditations, resources through Tools for Difficult times and articles by your favorite Unity authors.

Resources are one of my best ways to see an opening in my limited thinking. Reaching out to others is another: making a call, picking up groceries for an elderly neighbor, supporting our own Unity of Auburn while we can't share our services and programs. All of these help me in being conscious that *Today I choose a fresh perspective. I see possibility instead of limitation. I see hope instead of despair. I choose thoughts that build a better world.*

*Chaplain Elizabeth Rawson*

## Ongoing Classes, Study Groups and Adult Education

Due to the Governor's recommendation that everyone remain at home except for essential activities, we are live streaming our 10 AM Sunday service on our Facebook Page <https://www.facebook.com/Unity-of-Auburn-114140051995464/>

If you do not have a Facebook account, you will need one to watch the service. This link will tell you how to create a Facebook account:  
<https://www.facebook.com/help/188157731232424?helpref=topq>

In addition, all Adult Education and Special Events are postponed until further notice. Please reference your Upcoming Events email for up to date information.

Take care.



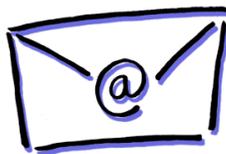
**Unity of Auburn 2020 Retreat  
ZEPHYR POINT, Lake Tahoe  
June 12-14, 2020**

**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.**

### 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!

# Message from our Board of Directors



Patti Davis

The COVID-19 pandemic has resulted in suffering and heartache to so many people with the deaths of loved ones, the closing of businesses and the loss of jobs, financial hardships, sadness and loneliness from social distancing, and fear and uncertainty about the future. But, it has also served to show us how interconnected we all are across the globe, how dependent we are on our essential workers who make sure we are supplied with food and other necessities, how courageous and selfless our medical practitioners are who care for patients in hospitals where personal protective equipment is scarce and where they are continuously exposed to the risk of contracting the virus, and how quickly our air quality can be restored in heavily populated areas with less cars on the road. It has also shown us how well we can serve one another through our individual acts of generosity, support, and kindness and how contagious that can be, how creative and ingenious we can be when we trust our intuition and imagination, how social media can be used effectively to uplift and share our gifts with one another, and how the ordinary days we lived before COVID-19 where, in reality, a precious gift that we have taken for granted.

When the pandemic is over, and it will be at some point, how will we live? What will the new “normal” be like? Will we forget what we have learned about ourselves and one another through this time and who we can become when faced with seemingly insurmountable challenges? We are fairly certain things will be different after COVID-19, but will we take the opportunity to ensure that those differences will make life better for everyone? We get to decide.

## Board of Directors



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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](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 2020 Talk Titles

May 3, 2020

Lesson: Celebrating Religious Pluralism

Music: Dennis Cain

May 10, 2020—Mother's Day

Lesson: Celebrating Mothers and Female Role Models

Music: Jon Dufour

May 17, 2020

Lesson: Out of Control and Loving It

Music: Jon Dufour

May 24, 2020

Lesson: Is Virtue Still Valuable?

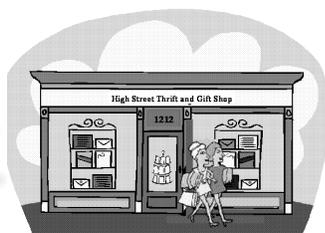
Music: Diana Blais

May 31, 2020

Lesson: It's Ok to be Happy

Music: TBA

*Start everyday with new hope, leave bad memories behind and have faith for a better tomorrow.*



**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*