

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

On January 21st we celebrated the life of Dr. Martin Luther King Jr. and his message of revolutionary change through nonviolence. In America during the 1960's, this may have seemed like a new and radical idea but the message of nonviolence and peaceful civil disobedience has been around for over 2000 years from the teachings of Jesus in the Middle East to Mahatma Gandhi in India. The success of the Civil Rights Movement in the United States and India's independence from Great Britain and are vital examples of the power of nonviolence in a world that still seems to insist that violence is the primary solution to our differences.

Sadly, the two great contemporary prophets of nonviolence met the same violent fate. On January 30, 1948, Gandhi was assassinated by a Hindu extremist who was outraged over Gandhi's tolerant attitude toward Muslims in India. Dr. King was assassinated on April 4, 1968 by a racist career criminal looking for a big score. These dates now mark the beginning and end of a "A Season For Nonviolence," a 64-day educational campaign co-founded in 1998 by Mahatma Gandhi's grandson Arun and his wife Sunanda (to commemorate the 50th anniversary of Gandhi's death and the 30th anniversary of Dr. King's death).

How do we practice nonviolence in a world where terrorism and war are very real? Do we succeed only when there is no physical violence in the world? That would seem to be an impossible measure of success, one that leads inevitably to cynicism.

One way to start is with our interpersonal relationships by developing and refining our communication skills. During our fall series last year we touched on a concept called Nonviolent Communication. At the time, I mentioned that we needed more than one Sunday to do justice to the topic and this



Revs. Mark & Karen Schindler
Co-Ministers

month seems suited to the task.

It's a concept that was invented by Marshall Rosenberg and is set forth in detail in his book *Nonviolent Communication: A Language of Life*. That was the title he chose for it. Later on, some of his students started calling it compassionate communication so you'll hear those terms used interchangeably.

This is the basic theory behind it: "Nonviolent communication begins by assuming that we are all compassionate by nature and that violent strategies—whether verbal or physical—are learned behaviors taught and supported by the prevailing culture. Nonviolent communication also assumes that we all share the same, basic human needs, and that each of our actions are a strategy to meet one or more of these needs."

The practices they recommend are very useful and effective for enhancing self awareness and sharpening our observational skills when we are communicating. Those skills are also useful in other areas of our lives.

Here are the four steps involved in the process: 1. Observe rather than evaluate; 2. Identify feelings instead of offering your thoughts; 3. Connect the feelings to the underlying need; 4. Make a request of the other person based on that need.

These may seem counterintuitive at first but that is mostly due to our conditioning which encourages us to judge, offer opinions, and make demands instead of communicating clearly and compassionately. Nonviolence must be more than simply refraining from violence. It requires some form of positive action and this practice is an excellent way to start.

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

Inside this issue:

| | |
|--|---|
| <i>Ministers' Message</i> | 1 |
| <i>Chaplain's Corner</i> | 2 |
| <i>Youth and Family Ministry</i> | 2 |
| <i>Social Action</i> | 3 |
| <i>Ongoing Classes and Study Groups</i> | 3 |
| <i>Adult Education</i> | 4 |
| <i>Special Events</i> | 5 |
| <i>Message from the Board</i> | 6 |
| <i>Directory</i> | 6 |
| <i>Calendar</i> | 7 |
| <i>Lessons and Soloists</i> | 8 |
| <i>1212 High Street Thrift & Gift Shop</i> | 8 |

Special points of interest:

- **Creative Insight Circle**
- **Directory**
- **Annual Membership Meeting**
- **Zephyr Cove Registration**

Chaplain's Corner

The recent flow of holiday celebrations, including Christmas and New Year's, are joyful and significant events in our lives.

Our most recent celebration in January was the Epiphany. I read in Unity's *Daily Word* publication for January 6th:



Mercedes Breaux

The story of the Epiphany in the Gospel of Matthew states the three Magi traveled from the East to Bethlehem. They were the first to recognize the newborn child as Divine Love in Expression. The celebration of the Epiphany brought to mind Unity's second and fifth principles—which speak to this Divinity:

Second Principle:

“As human beings, we have a spark of divinity within us, the Christ Spirit within. Our very essence is of God, and therefore we are also inherently good.”

Fifth Principle:

“Knowing and understanding the laws of life, also called Truth, is not enough. We must also live the truth we know.”

A personal experience of daily participation in

Unity's practices of meditation and prayer supported me in living my truth.

In recent months I was faced with a serious—but not life-threatening—health challenge. I found myself very anxious, with low energy, even a little depressed. Medications were not working, so I increased the time spent in daily practice of meditation and prayer. Focusing on lifting the veil—allowing things that caused me anxiety to flow—opened space for understanding and change. I became aware of and more grateful for family, friends, and the abundance in life all around me.

Gratitude turned to feeling safe and loved.

I celebrate this on-going process of growing and learning love of Spirit (God/Presence) and self-love. I am holding the space for all that nourishes and supports us as ever-evolving spiritual beings.

Mercedes Breaux
Prayer Chaplain

(*The Five Principles are published in the weekly Sunday bulletin.)

Youth and Family Ministry



There are two things we give our children. One is roots, the other is wings.”

- Jonah Salk

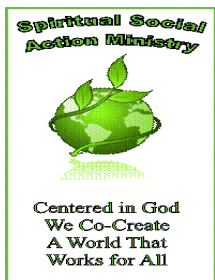
Unitots

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!

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

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.

Primary Purpose Narcotics Anonymous

Wednesday, 7:30 p.m.

Location: Manning Hall

Chaplain Prayer Circle

Sunday, February 17th, 11:30 a.m.



Our prayer circle returns to 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.

Our topic at Spiritwind for the month of February is: "Sufism: The Mystics of Islam." As it is the month of Valentine's Day, we will be focusing on the Sufis' writings on love. We will be considering the writings of Rumi, Hafiz, Al Ghazali and others.

Note: There will be no class on Thursday, February 21st.

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
Saturday, February 16th, 9:00 a.m. - 4:00 p.m.
\$25.00 for the day

Love is in The Air (Heart as Metaphor) ...
Opening to the Song of My Heart



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.

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

Want To Be in Our Directory?

If you would like to be in our directory, please fill out the form in this bulletin. If you are already in the directory, make any changes or write “SAME” on the form. Place the forms in the basket at the back of the sanctuary. Only those who are in the directory get a directory. Forms are due by **February 17th**. The directory will be printed by the beginning of March.



Annual Membership Meeting

Sunday, February 24th, 12:00 Noon

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



Special Events



FRONTIERS OF CONSCIOUSNESS

Monday, February 25th, 6:00 p.m.

Thinking, Fast and Slow

Facilitator: Rev. Mark

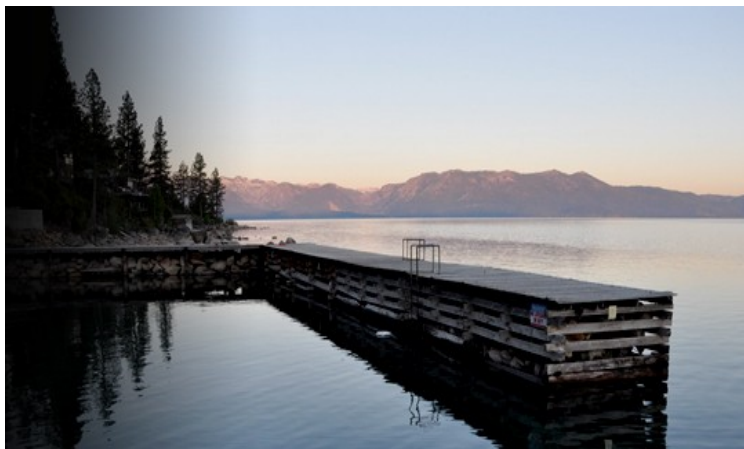
The field of consciousness studies has expanded rapidly in the last 20 years; however, we seem to be no closer to finding an answer to the question of exactly what consciousness is and how it came to exist. In this class we will study the ideas and theories of leading experts in this fascinating field 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 explore the work of Daniel Kahneman in his book, *Thinking, Fast and Slow*.



I let go of fear and embrace love.



**Unity of Auburn 2019 Retreat
ZEPHYR POINT.....Lake Tahoe**

SAVE THESE DATES:

June 14th-16th, 2019

**Registration Officially Opens in
February 24th, 2019**

More information is coming.

Message from our Board of Directors



Justene Da Costa

In the spring of 2013, as Unity’s budget was very tight, we needed a way to bring in steady income. The space where the thrift store is now had been empty for awhile and we needed the \$800 per month we'd previously rented it for. Fortunately, Margaret Main told us about a successful thrift shop she and her husband, Marty, started in Arizona and, furthermore, offered to help us start one here.

Upon approval by Mark and Karen, many people jumped on board, such as Lee and Nancy Mills, Justene DaCosta, and Edna Sparkes, among others. Jay Forkas, Brennan Toohey, and Gerry Rawson put up shelves and carried furniture upstairs to use as display pieces. Justene went to a used fixture warehouse and bought clothes racks, hanger sets, etc. Congregants brought in lots of donations and we opened on May 13, 2013, with lots of wonderful volunteers, most of them still with us:

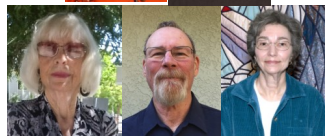
- | | |
|-------------------------------|-----------------|
| Justene - Manager | Donna Ruth |
| Carolyn Bertoni | Lana Jackson |
| Stephanie Langley - Scheduler | Edna Sparkes |
| Margaret Main | Goldie Waidtlow |
| Bonnie Newman | Ellen Weddigen |
| Gail James | Donna Vetromile |

We strived to have the cleanest, best-organized, best-priced thrift store in town—eventually transforming it into a boutique, garnering many compliments from customers. Delores and Jerry Bothello gave us the glass wall display and the standing glass shelves. Greg James brought in round glass display pieces. We tweaked the store a lot, always improving, and reached our \$800 per month goal by the end of the first year.

Along the way, we picked up more volunteers: Sandra Cretney, Carol Drews, Natalie Kimball, Maggie McCown, and Nita Purvis. We have been in business for five years now and, through 2018, have been clearing an average of \$1,200 per month. We credit this to our great staff, wonderful donations, and repeat customers.

In January 2019 Justene retired from her position as Manager and passed the torch into the good hands of Diana Blais, Bonnie Newman, and Dawn Pace. She knows the thrift store will continue to prosper and grow.

Board of Directors



Board of Trustees

- Shelley Rutherford.....President
- Justene Da Costa.....Vice President
- Sharon Hardie.....Treasurer
- Russ Purvis.....Member
- Edna Sparkes.....Member
- Bill Mahl.....Member
- Pat Lord.....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 February 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|-------------------|--------------------------------------|---|---------------------|---|
| | | | | | 1 Office Closed | 2 |
| 3 10:00 am Celebration Service 10:00 am Youth and Family Ministry | 4 Noon Prayer 4:00 pm Yoga | 5 Noon Prayer | 6 Noon Prayer 5:00 pm Sisters | 7 Noon Prayer 6:00 pm Spiritwind | 8 Office Closed | 9 |
| 10 10:00 am Celebration Service 10:00 am Youth and Family Ministry | 11 Noon Prayer 4:00 pm Yoga | 12 Noon Prayer | 13 Noon Prayer 5:00 pm Sisters | 14 Noon Prayer 6:00 pm Spiritwind | 15 Office Closed | 16 9:00 am Women's Creative Insight Circle |
| 17 10:00 am Celebration Service 10:00 am Youth and Family Ministry 11:30 am Chaplain Prayer Circle Directory Forms Due | 18 OFFICE CLOSED President's Day 4:00 pm Yoga | 19 Noon Prayer | 20 Noon Prayer 5:00 pm Sisters | 21 Noon Prayer 6:00 pm Spiritwind | 22 Office Closed | 23 10:00 am |
| 24 10:00 am Celebration Service 10:00 am Youth and Family Ministry 12:00 pm Annual Membership Meeting Zephyr Point Reg Opens | 25 Noon Prayer 4:00 pm Yoga 6:00 pm Frontiers of Consciousness | 26 Noon Prayer | 27 Noon Prayer 5:00 pm Sisters | 28 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

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

February 3, 2019

Soloist: Dennis Cain

Lesson: Wise Speech

February 10, 2019

Soloist: Brenda Boston

Lesson: Nonviolent Communication

February 17, 2019

Soloist: Jon Dufour

Lesson: Compassionate Communication

February 24, 2019

Soloist: Beth Gillogly

Lesson: Clear Communication



Courage, Dear Heart

- C.S. Lewis

February Total:

\$1,461.00



January Total: \$1,106.50

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

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