



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

Ministers' Message

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Each week we start our Sunday gathering by reminding ourselves of our mission statement: *Unity of Auburn is a welcoming spiritual community advancing a positive message that teaches people of all ages and faiths how to thrive in a changing world.* Another word for change is transition and one of the best tools I have ever found to help people learn how to thrive in a changing world is the book *Finding Yourself In Transition* by Rev. Robert Brumet.

First published in 1995, *Finding Yourself In Transition* is already a Unity classic and is finding an audience in the world beyond Unity. Robert Brumet is a Unity Minister and served as the chair of the department of pastoral studies at Unity Institute at Unity Village while Karen and I attended. His greatest gift as an author is his ability to weave together Unity principles with Buddhist wisdom and modern psychology.

The cover notes identify the problem and the solution: "Our culture offers little help in coping with and overcoming the enormous personal, social and economic changes that are occurring around us and within our lives. *Finding Yourself In Transition* explores the spiritual opportunities inherent in life's changes and helps us discover how to use them as a gateway to greater personal and spiritual growth."

For the past year we have witnessed how COVID 19 had forced us to significantly change the way we live but the truth is that we are always in the midst of transition. Even when we are not facing traumatic changes such as a global

we are always dealing with things like the aging process, changes in family dynamics like the empty nest syndrome and dozens of other examples of more subtle change.

Something as seemingly permanent as a worldview or belief system can be threatened by changing attitudes and values in the world around us. There are many who tremble and seethe as they observe marriage equality and legalized marijuana being approved by more states.

More recently we have witnessed the results of the demographic shift that will make white Europeans a minority ethnic group in America by 2043. The recent resurgence of white supremacy is a symptom of that change as the majority faces a loss of power that was once familiar and comforting. They too are in transition but may not realize it yet.

The very process of change itself, however uncomfortable, can be our perfect teacher if we are willing to see it from a different perspective. On Sundays in March and April (with a break for palm Sunday and Easter) we will talk about the ideas found in *Finding Yourself In Transition*. The book is not required but is highly recommended both as a guide to our series and as a permanent part of every Unity students' reference library.

This year we are looking forward to positive change as vaccine availability will enable us to come together once again in social settings. Our goal is to improve the experience of even positive change by a more intentional approach and learn to appreciate it at a new level.

Special points of interest:

- **Donate to Auburn Interfaith Food Closet**
- **Board Members Wanted**
- **Thrift Store Hours & Donations**
- **Board Treasurer Report**

Chaplain's Corner

Chaplain Co-Coordinator
Elizabeth Rawson

Our Unity women share in a Sistas' book group. Rev Karen and Cindie Wilding recently lead a Zoom retreat for us on the Beginner's Mind: in the study of Zen Buddhism this is having an attitude of openness, eagerness and lack of preconceptions just as a beginner would.

Coming together, many expressed sadness with our inability to be with family for holidays, difficulty finding this year's intentions, struggling with continuing challenges of COVID 19 as the "new normal", that our cup can feel over-full with stress when our days can feel empty.

Karen offered ways to explore mindful focus; being open to experiencing the day, letting go of all we each have been carrying over this past year; allowing newness to come in, not staying attached to outcome. Karen lead us through a meditation.

Among other practices, Cindy had us stand together (on Zoom!!) to literally plant our feet in the moment, "4 on the floor", conscious of front, back, each side of our feet as the base and stability of our balance, paying attention as we gently moved up our torso to even stretching our jaw in simple movements, in conscious awareness of how our bodies work to support us.

The new insights were a refreshing expansion of habits and routines I can too easily get stuck in. The way of the beginner's mind IS to begin again, to empty out that cup, go back to the first step that let's go of expectation, allows space for curiosity and the awe and "ahhh" of wonder. The fun practice of not just that my body will still DO those stretches, AND find the space to relax my mind, too. What is first? When I get worked up about the unknowns of the future, I can come back to what is essential. Sitting in that first step again, finding out I DON'T have it all figured out. And in this first moment, I am OK.

Going into "I don't know" = letting go. It means growing spiritually, truly being present. With myself. With what's happening. With what I can't control. When I can sit in the beginner's mind, there is room in the stillness for connection to Divine Source, allowing Spirit to guide my next step, one step and one moment at a [time](#). Our day of learning together was a gift in again knowing we are not alone as part of our Spiritual community.

Social Action

***Share the
Blessings
of Easter***



**Auburn Interfaith Food Closet
VIRTUAL EASTER
FOOD DRIVE**

Celebrate the Easter Season by helping us provide nutritious food to those who need a helping hand.

**To DONATE to our VIRTUAL EASTER FOOD DRIVE, go online to:
www.auburnfoodcloset.org**

Thank You for Your Generosity!



Auburn Interfaith Food Closet
PO Box 132, Auburn, CA 95604
www.auburnfoodcloset.org (530) 885-1921

Ongoing Classes, Study Groups and Adult Education

Sunday Service

We are back to in person Sunday Services and Via Facebook Live Stream. For our in person service we ask that you wear a mask and sit 6 feet from those not in your family. Thank you for helping us to stay open!

Live stream link 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>

Sisters of the Good

We are meeting on Zoom every Wednesday from 4:00pm to 6:00pm. You can join us with video or call in. If you are not on the email list and want to attend, email Rev. Karen at iwishupeas@aol.com and let her know.

The next book we are reading is “*The Midnight Library*” by Matt Haig. The description: Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better?

The costs are \$13.42 paper; \$10.99 kindle. If you want me to order it for you with free shipping to your home, call 916-580-9592 or email me ASAP. We will start the discussion on Wednesday, March 17th at 4:00pm.

Frontiers of Consciousness

This class is being offered on Zoom only *March 22, 2021*. If you would like to attend, please send an email to Rev. Mark at mark@unityofauburn.com.

E-mail Prayer



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

Auburnchaplains@gmail.com

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

Board Members Wanted



Board Members Wanted

Things sure have been different in 2020 and into 2021! However, in the midst of the pandemic, your board of trustees has remained dedicated to serving you and have learned how to have board

meetings via zoom. We lost two board members in 2020, Shelley Rutherford and Pat Lord. Shelley moved to Florida and Pat was ready to release her position for other activities. We love and appreciate both of them and wish them well!

Now, there are two openings for new board members. The board is a healthy group of people who care deeply for Unity of Auburn. They meet every month and at other times to ensure the building is taken care of and the finances remain solvent.

If you've been wondering how you could donate your time for the good of our spiritual community, we ask that you contact Revs. Mark (mark@unityofauburn.com) or Karen (iwishupeas@aol.com). They can provide you with more information on the exact duties of the board.

Board of Directors



Board of Trustees

- Patty Davis.....President
- Dave Langley.....Vice President
- Sharon Hardie.....Treasurer
- Natalie Kimball.....Secretary

Staff

Unity of Auburn Staff

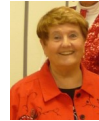
- Karen and Mark Schindler.....Co-Ministers
- Carrie Deterding.....Administrative Assistant
- Mary Lou Banahan.....Youth and Family Leader
- Ken Kligerman, AFM.....Keyboard/Piano

Our Financial Picture

UNITY OF AUBURN FINANCES		
JANUARY 2021		
INCOME AND EXPENSES	JANUARY 2021	JANUARY 2021
Love Offerings	2,798.99	2,798.99
Rent	1,202.90	1,202.90
Adult Ed./Fundraising	150.00	150.00
Youth Education	0	0
Miscellaneous	.85	.85
Thrift Store Net Income	375.12	375.12
TOTAL INCOME	\$4,527.86	\$4,527.86
Building	1,173.02	1,173.02
Adult Ed./Fundraising	(Netted in Income)	
Ministry/Mission	6,420.00	6,420.00
Mortgage	2,381.64	2,381.64
Office Administration	978.51	978.51
Sunday Music	300.00	300.00
Tax/Insurance	2,560.17	2,560.17
Unity Organization Offering	0	0
Youth Education	0	0
TOTAL EXPENSES	\$13,830.48	\$13,830.48
NET ADJUSTED INCOME	<\$9,302.62>	< \$ 9,302.62>

SBA Loan balances 2020 income deficit....Funds portion of 2021 budget...Funds Roof/HVAC contingency set-aside

Message from our Board of Directors



Sharon Hardie

Wow! What a demanding and challenging year. One of its challenges was to maintain some kind of financial stability as the year unfolded. We began 2020 with a balanced budget of \$173,859. Our cash position on 1/1/2020 was \$11,275. Our 2020 Budget Buffer Fund was \$2,183. Our reserve funds totaled \$21,957.

March 15th changed our world. Our doors closed. Zoom and live streaming became our new best friends. Our budgeted income sources were immediately put in a “holding posture”. The Thrift Store’s doors closed. All fundraisers cancelled. Our rent income jeopardized.

In April SBA, Small Business Association, made available, because of covid-19, loans for small businesses and non-profits which included churches. After researching the qualifications, we submitted our application. On June 12th the \$81,100 loan was funded and deposited in our account along with a \$6,000 grant. Our loan is a 30 year loan at 2.75 interest rate with the first payment due June 2021.

July 1st the Board reconvened the budget committee and completed a Covid-19 revised 2020 budget. Essential expenses were identified. Expected income for the remainder of the year was recomputed and from there the new balanced budget emerged.

Our total expenses for 2020 totaled \$152,897. Cash in all accounts 12/31/2020 was \$90,592.44. Most of these dollars are designated in specific reserve funds in hopes of securing a financial future for Unity of Auburn.

Our liability on 12/31/2020 on the building loan was \$308,228. This is a 5%, 30 year loan that was renegotiated in 2008. Our new SBA loan remains at \$81,100 plus interest accrued with the first payment due June 2021.

Covid-19 continues to challenge our gallant efforts to support a fundable and balanced budget for 2021. Our balanced budget as of 1/1/2021 is \$173,667. Our reserve funds were reorganized to accomplish this balanced budget. Essential expenses remain the priority. We are in the process of submitting a second SBA grant application in hopes of qualifying for an additional \$4,000 grant. Let’s keep fingers crossed and prayers spirited.

Even though 2020 was persistent in its financial challenge, we kept the ravages of Covid-19 at bay. Together ..the Ministers.....the Board of Directors...and each one of us represent a powerful team that can continue to serve our mission and vision far into the future. Speaking for all of us....we will be forever grateful for these many generous and prosperous gifts.

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

Talk Titles March 2021

March 7, 2021

Talk: The Historical Jesus

Music: Dennis Cain

March 14, 2021

Talk: Finding Yourself

Music: Kellie Garmire

March 21, 2021

Talk: The Stages of Change

Music: TBA

March 28, 2021

Talk: The Best Laid Plans

Music: Kellie Garmire



“Come the Spring with *all its splendor*
all its birds
and *all its blossoms*.

All its flowers and leaves and grasses.”

— Goodfellow

Open 3 days a week!



Unity of Auburn

**1212 High Street
Thrift & Gift Shop**

Donations: *Now* taking donations.

Tuesday, Wednesday & Thursday from 10:00a.m.-2 p.m.

Check us out on Facebook : Unity of Auburn -
High Street Thrift and Gift