

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



Rev Cherie Larkin

## Monthly Message

### Release, Grow, and Renew in the Lenten Season

Ash Wednesday March 5th

Our Unity World Headquarters suggests that rather than think of the Lenten season as a time of sacrifice, we are encouraged to think about it as an opportunity to release what holds us back and to make space for growth and possibility.

We are invited to think of our lives as beautiful garden we tend... an inner, sacred place. Just as we tend a physical garden, we tend our inner garden – weeding out harmful habits and thoughts that crowd out new growth and abundance. The time leading up to Easter is the perfect chance to release, grow, and change.

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness. Galatian 5:22

Charles Fillmore, our co-founder, suggested that Lent is more about what we think than what we do. By opening to be guided to spiritual release, growth, and renewal we can look forward in faith to new possibilities ensuring our inner garden grows healthy and strong.

This Lenten season, choose one of these affirmative thoughts to sprinkle on the garden of your mind and watch the garden of your soul flourish!

Weed out:

I refrain from any discouraging self-talk.

I let go of resentment, guilt, or shame and move on.

I let go of the belief that I have to do it all by myself.

Sprinkle in:

I am blessed with good fortune.

I live from a heart full of gratitude.

I am a channel for the amazing works of spirit.

I open my heart to the grace of God.



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#### Special points of interest:

- Annual Meeting

## Chaplains



Article Written By Prior Chaplain

It's the month of Valentine's Day and love is in the air. It's time for hearts, flowers, and dare I say, copious amounts of chocolate. Is that what love is really all about? Unity defines Divine Love as the power to act from love in every circumstance, both good and difficult; to seek harmony in all situations and see beyond the appearance of separation. How can we understand the depth and range of feelings wrapped up in one word: LOVE?

The ancient Greeks in their pursuit of wisdom and self-understanding found seven types of Love

1. Eros (Erotic Love). Eros is the Greek god of love and fertility. Eros represents sexual passion and desire. It is a primal and powerful fire that burns out quickly.
2. "Philia" (Affectionate Love). Philia is also known as friendship or shared goodwill. The ancient Greeks valued philia above Eros because it was a love between equals - platonic love.
3. Storge (Familial Love). Storge pertains to the love between parents and their children; the "unconditional love" at the first sight of our newborn.
4. Philautia (Self Love). Philautia, unlike Narcissism, is self-love in its healthiest form. It shares the Buddhist tenant of self-compassion.
5. Ludus (Playful Love). Ludus is a playful or uncommitted love. The focus is on fun. Ludus relationships are casual and undemanding.
6. Pragma (Enduring Love). Pragma is a love that has matured and developed over time. We find Pragma in couples that have been together for a long time, or in friendships that have endured and have developed patience and tolerance.
7. Agape (Selfless Love). The highest and most radical type of love. A universal love; for strangers, nature or God. Some consider this love altruism. It is what the Buddhists describe as "metta" or "universal loving kindness".

Thanks to the ancient Greeks, we can learn, meditate and affirm all the types of love in our lives. Love truly is what the world needs now.

Namaste,

Becky Kligerman Savercool

## Sunday Service, Classes & Misc.

### Sunday Service

Sunday Service In Person is at 10:00 AM and Via YouTube Live Stream at 10:15 AM. Live stream link on our YouTube page <https://www.youtube.com/@UnityChurchofAuburnCalif-so7gm>

### Sisters

**Wednesdays, 3-5 pm, Manning Hall**

**Currently reading the book:** *The Life Impossible ~ Matt Haig*

**Everyone is welcome!**



With Rev. Rick Reich

**Wednesdays 5:30-6:30 pm at Unity**

February ~ The Gnostic Gospels

March ~ U.F.O.s: A Different Perspective

### IT'S BACK!

**Frontiers of Consciousness**

**4th Saturday Of Each Month, Next Meeting February 22, 2025**



In the Sunday Bulletins for the next two weeks you will see a form to renew your Membership. This form must be returned before February 19th to vote at the Annual Meeting on February 23<sup>rd</sup>. Thank you!

## Members

Misc.



*We want to take a moment to express our heartfelt gratitude for all the time, energy, and care you've dedicated to our thrift store. Your hard work and generosity make a world of difference, not just for the store but for our ministry and the entire community we serve.*

*You bring so much warmth and kindness to everything you do, and it doesn't go unnoticed. From sorting donations to organizing displays and assisting customers, your efforts create a welcoming environment where everyone feels valued.*

*Thank you for being such a vital part of our team. Your passion and commitment inspire us all, and we are truly grateful for your continued support.*

*With appreciation,*

*Rev. Cherie and the Board of Trustees*

Board of Directors



**Board of Trustees**

- Michael Lawson.....President
- Donal Smith.....Vice President
- Kathleen DeMontigny.....Treasurer
- Sally Smock.....Secretary
- Denise Anya.....Member

Staff

**Unity of Auburn Staff**

- Rev Cherie Larkin.....Minister
- Carrie Deterding.....Office Manager

# Unity of Auburn February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:00 am Celebration Service	3 Office Open	4 Office Open	5 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	6	7	8
9 10:00 am Celebration Service 1:00 Carol Drews Celebration of Life	10 Office Open	11 Office Open	12 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	13	14	15
16 10:00 am Celebration Service	17 Office Closed	18 Office Open	19 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	20	21	22 3:00-5:00 pm Frontiers
23 10:00 am Celebration Service	24 Office Open	25 Office Open	26 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	27	28	

## Unity of Auburn

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

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Email: [admin@unityofauburn.com](mailto:admin@unityofauburn.com)

Pray with Silent Unity: 816-969-2000

### Service Live on YouTube:

- <https://www.youtube.com/@UnityChurchofAuburnCalif-so7gm/streams>

## Lessons and Soloists

### February 2025 Talk Titles

February 2, 2025

Talk: Catch Your Rogue Thoughts

Music: Worship Team Singers

February 9, 2025

Talk: Universal Healing Principles

Music: Worship Team Singers

February 16, 2025

Talk: The Powerhouse of Healing Within You

Music: Worship Team Singers

February 23, 2025

Talk: Ultimate Healing

Music: Worship Team Singers



*Focus on what you want,  
but never forget to be grateful  
for what you already have.*



Unity of Auburn

**1212 High Street  
Thrift & Gift Shop**

**Donations:** Now taking donations.

*Monday, Tuesday, Wednesday, Thursday, Friday & Saturday  
from 10:00 a.m.-3:00 p.m. & Sunday from 11:30 a.m.-1:00 p.m.*

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