

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

Monthly Message

Letting Go for Lent: A Journey of Reflection and Renewal



Rev Cherie Larkin

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Inside this issue:

<i>Monthly Message</i>	1
<i>Sunday Service</i>	2
<i>Classes, Misc</i>	2
<i>Calendar</i>	3
<i>Misc & Board</i>	4
<i>Board of Directors Message</i>	5
<i>1212 High Street Thrift & Gift Shop</i>	6

Lent, a season of reflection, fasting, and spiritual growth, offers us an opportunity to draw closer to God and rediscover the path of grace. Traditionally, it's a time when we prepare ourselves for Easter by making intentional sacrifices, fasting, and simplifying our lives. But what if this year, instead of simply giving something up, we focus on the deeper practice of letting go?

Letting go isn't just about abstaining from chocolate or social media; it's about releasing the things that hold us back from living freely in God's love. It's about shedding the weight of our attachments—whether they be material, emotional, or even spiritual—that keep us from fully embracing the present moment with God.

The act of letting go can come in many forms. For some, it might be about letting go of grudges or unforgiveness that have taken root in our hearts. For others, it might mean letting go of anxiety over the future, trusting that God's plan is greater than any worry we may carry. And for some, it could be as simple as decluttering physical spaces—releasing the excess that distracts us from our true purpose.

This Lent, take time to reflect on what it is that you're holding onto. Ask yourself: What are the things or habits that are keeping me from being fully present to God's love and grace? Whether it's a relationship that needs healing, a fear that needs confronting, or an unhealthy pattern of thinking, Lent gives us an invitation to lay these things down. Jesus himself models this profound letting go as he surrenders his will to the Father, saying, "Not my will, but yours be done" (Luke 22:42).

As we approach Easter, let's not only fast from physical indulgences, but also embrace a spiritual discipline of release. In letting go, we make room for God to fill our hearts with peace, purpose, and the presence of Spirit. Through this process of surrender, we open ourselves up to a new season of renewal and transformation—one where we can truly experience the fullness of the resurrection.

Special points of interest:

- **Daylight Savings Begins**

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
Sisters is meeting every Wednesday from 3-5 pm
in Manning Hall.

Our Next Book: *THE WOMEN* by Kristin Hannah

All are welcome!



With Rev. Rick Reich
Wednesdays 5:30-6:30 pm at Unity
Mar ~ U.F.O.s: A Different Perspective
Apr ~ A History of War

Frontiers of Consciousness

Saturday, March 22nd From 3-4 pm!

Gentle Movement and Meditation
with Saige Davis

Unity of Auburn, 1212 High Street

Dates: March 16, 30, April 13, 27, May 4, 18, 2025

11:40 am – 1:00pm

Suggested Love Offering \$15 per class or 4 for \$50

Sign Up @ unityofauburn.com

Daylight Saving Time

Begins

March 9, 2025!



Unity of Auburn March 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 Daylight Savings Time Begins	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 11:40 am Gentle Movement & Meditation	17 Office Open St. Patrick's Day	18 Office Open	19 Office Open 3:00 pm Sisters 5:30 pm Spiritwind	20	21	22 3-4 Frontiers of Consciousness
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	29
30 10:00 am Celebration Service , 11:40 am Gentle Movement & Meditation	31 Office Open					

Misc.



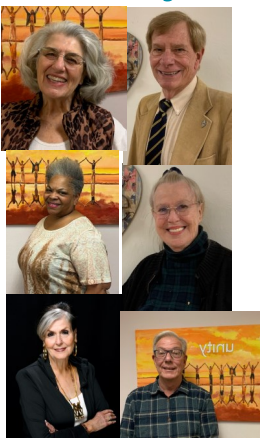
Thank You, Audio Visual Team Volunteers!

We want to extend our deepest gratitude to our incredible Audio Visual Team volunteers for your dedication, hard work, and expertise. Your efforts behind the scenes ensure that every event, worship service, and presentation runs smoothly, allowing us to connect, inspire, and engage with excellence. From setting up equipment to managing sound, lighting, and visuals, your commitment does not go unnoticed. Your willingness to serve with excellence makes a tremendous impact, and we truly couldn't do it without you. Thank you for using your talents to create meaningful experiences for everyone. We appreciate you!

Warm regards,

Rev. Cherie Larkin and the Board of Trustees

Board of Directors



Board of Trustees

- Vacant.....President
Donal Smith.....Vice President
Kathleen DeMontigny.....Treasurer
Sally Smock.....Secretary
Denise Anya.....Member
Delores Bothello.....Member
Jim Drews.....Member
Dave Werkley.....Member

Staff

Unity of Auburn Staff

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

Board of Directors



Kathleen DeMontigny

Thriving in a Changing World

Dear friends, buckle your seatbelts! We are in for an action-packed year ahead – a year of big changes. I look forward to working with the newly constituted Board of Trustees as we find a new and improved home for our beloved church. Our new board members will bring valuable skills and experience to our endeavors.

I am a practical sort of person. I am in my element when there is a goal that requires planning and work. “Thrive in a Changing World” is a message that resonates with me. Implied in that message are the thoughts that change is a constant element of life and that thriving is possible in all circumstances.

The world is changing as it always does. A new world order is being proposed. Our church is more than a building to me. I have a favorite quote attributed to Viktor Frankl:

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

We stand in the face of great changes. I am looking to Unity to help me keep my footing in the face of these changes. I embraced Unity principles because they help me live a purposeful and meaningful life. Unity principles have given me the necessary tools for building a loving and supportive family and community. These are principles worth holding on to as we build a new home for Unity of Auburn. We are in the space of power – the power to build an even better spiritual home.

Your board of trustees is currently considering many options. We ask for your patience, support – and your participation – in the process ahead. Please come forward with your questions and concerns. Your input will guide us in the creation of a loving community which will help us all “Thrive in a Changing World.”

Blessings,

Kathleen DeMontigny, Treasurer

Unity of Auburn

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

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Email: admin@unityofauburn.com

Pray with Silent Unity: 816-969-2000

Service Live on YouTube:

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

Lessons and Soloists

March 2025 Talk Titles

March 2, 2025

Talk: Lent—A Season of Renewal

Music: Worship Team Singers

March 9, 2025

Talk: Doorways to God Consciousness 1 ~Release

Music: Worship Team Singers

March 16, 2025

Talk: Doorways to God Consciousness 2 ~ Awakening

Music: Worship Team Singers

March 23, 2025

Talk: Doorways to God Consciousness 3 ~ Holy Communion

Music: Worship Team Singers

March 30, 2025

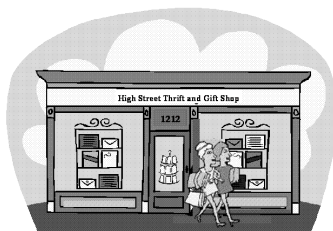
Talk: Doorways to God Consciousness 4 ~
Surrender, Not My Will But Thine

Music: Worship Team Singers



*Blossom by blossom
the spring begins.....*

— *Algernon Charles Swinburne*



Unity of Auburn

**1212 High Street
Thrift & Gift Shop**

Donations: Now taking donations.

Monday & Thursday from 10:00 a.m. -5:00 p.m.,

Tuesday, Wednesday, Friday & Saturday from 10:00 a.m.-3:00 p.m.

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