



August 2018



Upcoming Events and Classes at Unity of Fox Valley

Sunday Service and Youth Education
Come join us at 10:00 am

Ministerial Musings

Dear Spiritual Family,

Someone recently gave me a delightful calendar filled with primitive art and quirky sayings and, of course, one of the sayings caught my eye.

“It’s not very far from bread and water to Tea and Toast.”

How delightful, how intriguing, how provocative! Bread and water – a universal symbol of lack, punishment, and suffering.

With a very little bit of imagination, with a very little bit of effort, and with a very little bit of time and money the ordinary

becomes special. If you can make that little “thought leap” from bread and water to tea and toast. . . why, you might even begin to dream of toast with raspberry preserves or toast with butter, sugar, and cinnamon – yum, yum. Then why not green tea, or herbal tea, or tea with honey?



I might just embroider this saying on a sampler as a reminder of how little energy, thought, and imagination can take us from the bland to the beautiful, from the drab to the delightful, from lacking to luscious.

This month look around you and notice those things or those areas that you perceive as bland, drab, or lacking and do a little thought leap, and little effort, and a few \$\$'s to make them beautiful, delightful, and luscious. Who knows, we could just end up changing our whole world one "thought leap" at a time.

Many happy thought leaps,
Rev Jan



A Little Something to Keep in Mind

We have always been a congregation of "Huggers." However, not everyone is as outgoing – some of us are a little more shy.

To those in the "Hugger" camp – please be mindful, to those in the "Shy" camp. If you are someone who isn't up to a hug, when you see a potential hugger bearing down on you – just hold out your hand for a shake.

Everyone is different and isn't that a wonderful thing?

Pearls of Wisdom

The late great Yogi Berra who was a great player and a wonderful manager was best known for his off the wall wisdom. These were reflected in his many expressions that never were rehearsed; they just got said. Some of the more classic ones include:

"It's déjà vu all over again." (A true classic!)

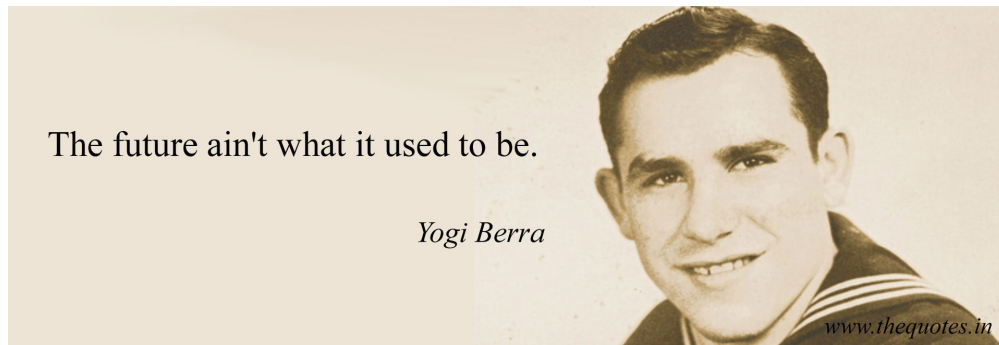
"Always go to other people's funerals, otherwise they won't come to yours."

"I'd give my right arm to be ambidextrous."

"You can observe a lot just by watching."

"Half the lies they tell about me aren't true."

Today I want to focus on yet another of Yogi's gems:



Of course, this is funny and brings a smile to your face, but at the same time it is truly profound.

Especially as we grow older, there is an ongoing tendency to be more nostalgic. Susan and I recently went into the city, and spent a lot of enjoyable time re-living what was. The memories surged within us, and yes, there was a certain longing for what used to be. This was for good reason. Whatever troubles, difficulties or woes we may have experienced, those days gone by we lived life fully. If only we could recapture them!

But as Yogi pointed out, we can't, and nor were we meant to. Our only control over the future is our ability to live in the now. And ironically it was living in the moment back then that made the days gone by so wonderful, and so alluring as we look back. We have this same choice before us today. In fact, technology, sometimes viewed as bad, provides us with even more options to expand our life opportunities in every moment. The future may not be in the past, but the future is now. So, follow Yogi's advice, "If you see a fork in the road, take it.

Rev. Mike

Youth Education for the Younger Crowd

The youth in all of our Sunday School classes will be reflecting on the **Power of Will** for the month of August. The disciple for this month is Matthew and the color is shimmering silver. The youth will learn that once we, like David in the Old Testament story of David and Goliath, reconnect ourselves to the loving presence of God and are willing to let go and let God be in charge of our lives, all wonderful and inspiring things are possible.



Unity of Fox Valley
Youth Ed

**BUILDING
OUR HOUSE
OF FAITH**

VACATION BIBLE SCHOOL

It is also wonderful and inspiring for all youth to explore their spirituality by participating in our [Vacation Bible School](#). This year's theme is "Building Our House of Faith". The program starts **July 31** and runs till **August 3**, from 9:30 am till noon, with

a heartwarming, memorable **performance** held during Sunday Service **on August 5** at 10 am, so please know that we still have a few openings! We encourage the congregation to please consider not only their own children, but to consider any grandchildren, nieces, nephews and/or young friends to join us.

Youth of all ages (four years to high school age) are encouraged to attend. Through our program, they will enhance their faith through Bible-based role play, songs, dance, games and crafts. Healthy snacks will be provided, and the program is free! Registration forms are available downstairs in the Youth Ed area or can be available through email by contacting Mary at marynowroozi@comcast.net

We are looking forward to an exciting, inspirational and memorable experience for all the youth and teachers, not only at our upcoming Vacation Bible School, but also at our ongoing weekly Sunday lessons.

Many thanks and many blessings,
Ms. Mary, LUT

Music Ministry

Summer Schedule

[Music Team](#) practice has been changed to **Tuesdays from 6:30-8pm** for the summer.

For more info, please contact
Rob Orland: simplesoul60@gmail.com



A Course In Miracles



Every Thursday, 7:30pm to 9:00pm, at Fox Valley Unity Church.

The emphasis for this session will be the Workbook from A Course in Miracles

The class will be facilitated by Warren Wakerlin (Wwakerlin@aol.com)

Everyone is welcome - you may join in at any time!

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

Please join us on Friday, August 3rd, 7:00 pm

Please join us in our once-a-month service filled with music, chant, prayer, and hands on healing conducted by members of our music team and our prayer chaplain team.

If you've ever wanted a time and place where you could just be open and surrendered to the healing power of Spirit this will be a wonderful opportunity to be surrounded in love, prayer, and peace.

First Friday of every month!

For more info., please contact Rose Maxson: singingalong77@gmail.com

Oil A Day Class



Sunday, August 12th, 11:45-12:15pm
2nd Sunday of the month - Adult Ed Room

We will be picking an oil a month and have a brief 30 minute class as to where the oil comes from, how it is diffused, the properties it contains, what it can be used for and how to apply/diffuse it.

Our oil of the month for August is Purification. Come join us to explore all the wonderful ways this oil blend can support you!

Walks ins are always welcome but signing up will help make sure there are enough materials for everyone. If your schedule frees up at the last minute we still would love to have you.

For more information, please contact Barbara DuRocher barbarajdurocher@gmail.com
or Nancy Gouch nancygouch@att.net

The Story of A Course In Miracles



Sunday, August 12th, 11:45-1:15pm

[A Course In Miracles](#) is a self-study program of spiritual psycho-therapy. Come to watch the documentary and learn more about how and why A Course of Miracles came to be.

FREE EVENT!

For more information, please contact Warren Wakerlin: wwakerlin@aol.com
or Joey Nelson: tyloredurden@aol.com

Green Team

The [Green Team](#) will continue its events schedule at **11:45 a.m. Sunday, Aug. 26**, the fourth Sunday of the month, with a



presentation by William Koehl of Geneva on our social carbon footprint, why it is so big and what we can do about it. His advocacy theme is Project SnowFall. The most important thing we can do to fight climate change is to be engaged with our elected representatives.



The Green Team enjoyed the July presentation Sunday, July 22 with a movie, "Unacceptable Levels, a 2013 film about how toxic chemicals have invaded our lives. We had a nice turnout and discussed first-step solutions.

We continue to accept polystyrene downstairs adjacent to the Green Team food table.

Think Green in 2018!

Volunteer Ministry



So what do we have coming up these next few months??? Lot's of fun stuff!!

Don't forget to mark your calendars for the [MEGON MCDONOUGH CONCERT](#) on **September 22nd**. A few ladies have stepped up to help sell tickets in

August & September and I am grateful for your help. We could still use a few more Sundays in September covered, so let me know if you can help out!!

[ANNUAL PICNIC](#) planning is underway and we thank Deb McQuaid and JoAnn Vanthournout for organizing this fun outing!! And of course, the Men's Group for their wonderful grilling abilities! Mark your calendars, PICNIC date is **September 9th**, sign up if you can help in anyway!!

Don't forget the [HEALING SERVICE](#) on **August 4th**. If you have yet to experience one of these services, please give yourself that break and come wrap yourself in the warmth of song, meditation, and prayer. You won't be sorry!! We really want to thank Rose, Kim, Tom, Jeanette, and the Prayer Chaplains for the love and healing energy that they share with us each month. We are truly blessed!!!

We are in the planning stages for the annual [CROP WALK](#) **October 13th**. We are in need of a CHAIR for this event. PLEASE let me know if you can help out on this important yearly outreach event and I will give you more details.

Blessings everyone and enjoy your summer!!

Bobbi Severson, bsever4785@gmail.com

Prayer Chaplains

Did you know that when our prayer chaplains pray with you, they listen and hold everything said in confidence? Your chaplain places your requests in the sacred space of limitless possibilities of God's love, that place we often are unable to see our ourselves.



Namaste!

Young Living



Did you know that when you purchase Young Living products Unity of Fox Valley benefits in more ways than just the cost of the item purchased? Young Living products are the highest quality and have many health benefits.

We have a good selection of Young Living Products available for sale. From agave nectar to an array of toiletries and cleaning products! We also have Essential Oils available for calm & healing.

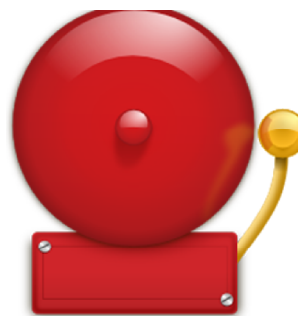
Do you need us to order anything?

Place your order in the Fellowship Hall by the 15th of each month!

For more information, please contact Barbara DuRocher barbarajdurocher@gmail.com

Outreach Ministry

School bells will be ringing later this month and we have an opportunity to volunteer for the Batavia school children. At times during the calendar year, there are half day sessions for teacher institutes, etc. and the children are let out early. Many children cannot go home because there is no one there.



The churches of Batavia are working together to provide activities for the children when that happens. The needs are for volunteers to help prepare/serve/clean up lunches or snacks, to organize activities for the children, and to be present to lead activities. Activities can range from games at the gym, board games, crafts, sing alongs, etc.

The children enjoy being with high school students or adults. You can volunteer one time or more than once. If this would interest you, please contact Beth Johnson at bethmjohnson@comcast.net

World Day of Prayer

Unity Celebrates the 25th Annual World Day of Prayer



Please join us at Unity of Fox Valley as we celebrate Unity World Day of Prayer. It returns Silent Unity and friends to the foundation of Unity prayer: celebrating and affirming the true spiritual nature of healing. Echoing this year's Unity monthly themes, World Day of Prayer carries the title "Courage to Heal"

There are several ways to participate in the 2018 World Day of Prayer service.

You are invited to join the Prayer Chaplains on:

**Wednesday evening, September 12, at 7 p.m. or
Thursday morning, September 13, at 10:00 a.m.**

Bring your family and friends and have the “Courage to Heal”

For more info., please contact Marge Orchard:

marorchard@wideopenwest.com

Save the Date

Sunday Ticket Sales start on August 18th!

Or you can purchase your tickets online now by clicking [here](#).



presents nationally known
singer-songwriter

Megan McDonough

**Saturday,
September 22nd, 7pm**

\$20/adult 12 & under Free w/adult

Anyone who attended Catholic School in the 50's & 60's will tell you the nuns start recruiting you at a very early age. Convinced it would go on my permanent record if I didn't raise my hand. I answered "yes" when asked if I wanted to be a nun. Then I saw the Beatles and all bets were off!

Please join us for an evening of original music and story telling about the following the call to become a singer songwriter and actor instead of "taking the veil"!



Unity of Fox Valley
230 Webster Street, Batavia, IL
www.unityoffoxvalley.org
churchoffice@unityoffoxvalley.org 630 879 1115

Library



**Please remember to return your
library books!**



If you have books out from the Library and you have had them for awhile, please remember to return them!

AmazonSmile

AmazonSmile is a simple and automatic way for you to support Unity of Fox Valley every time you shop, at no cost to you.

AmazonSmile will donate a percentage of the purchase price of eligible products to Unity of Fox Valley!



Just click on the link below and make a purchase!

Use this link over & over all year round!

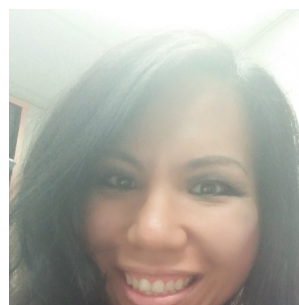
Please click on this [link](http://smile.amazon.com/ch/36-2889899) next time you need something & help raise money for Unity of Fox Valley!

<http://smile.amazon.com/ch/36-2889899>

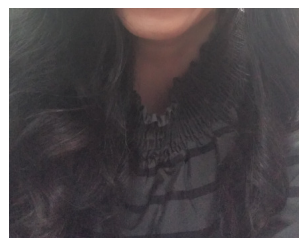
News from the Church Office

A section in the Newsletter to fill you in on some of the fun doings of our Business Manager, Kathleen Malick.

47! I'm 47! I celebrated my birthday this past July and I'm blessed in soooo many ways! I had such a great birthday weekend where I enjoyed a [tall ship ride](#), going out to eat twice - [Japanese](#) and [Ethiopian](#) cuisines! Not to mention the general spoiling from my husband - tee hee!



But gluttony is OVER and I am back on track because I'm always determined to be as physically independent as possible for as long as possible. Just because we get older doesn't mean you stop trying to improve or maintain your physical well-being. So wish me luck as I embark on my next. 12 week lifting program and adding in the extra cardio my heart needs!



*Please remember that it is never too late to eat right, get up and get moving! Love yourself by **treating your body right. It's the only one you have!***

Blessings!

[Kathleen Malick](#)

Follow us on FACEBOOK!



Connect with us on Social Media by liking our Facebook page! There you will find updates on our events and general news.

<https://www.facebook.com/unityoffoxvalley>

On Going Activities

- [A Course in Miracles](#) - 7:30-9:00 pm every Thursday evening, Unity of Fox Valley facilitates A Course in Miracles discussion group. This is an ongoing class rain or shine. Each week a new topic is discussed. Everyone is welcome at any time and the class is always open to new attendees.
- [Alcoholics Anonymous](#) meeting. Tuesdays at 6:00pm.
- [Men's Group Meeting](#) - the first and third Tuesday of each month at 7:00pm, September through May.
- [Overeaters Anonymous](#) meeting. Sundays at 5:00pm.
- [Women's Group](#) - Stay tuned for upcoming events.
- [Unity Green Team CommUnity Event](#) - 4th Friday or 4th Sunday, January through April and July through October.

Contact Information

phone: 630.879.1115 churchoffice@unityoffoxvalley.org

fax: 630.879.1728 www.unityoffoxvalley.org

prayer line: 630.879.1129

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