



August 2019



### Upcoming Events and Classes at Unity of Fox Valley

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

## Ministerial Musings

### Let's Get Sirius

Roll out those hazy lazy crazy days of summer! August, the only month in which there is no U.S. holiday, is here and with it the fullness of summer. Historically we get to experience the wonders of heat, humidity, drought, sudden thunderstorms and children going back to school. Often it has been the month in which our baseball teams have fallen out of contention. Surely there has to be a holiday in there somewhere that is worth celebrating.

It also is a month associated with the dog days of summer. This is a time of slowing down and even lethargy that can last for weeks. Many people think the “dog days” reference came from our furry little friends that wag their tails and just lie around in the heat, but not so. It actually is a reference that goes all the way back to the Greeks and Romans who named this period after the star, Sirius the Dog. The dog days, hot and humid and summer like as they can be, often followed the appearance of the Sirius star somewhere about this time in the summer. It signaled the time to just kick back and do a whole lot of nothing.

Maybe this is exactly the proper holiday to proclaim. We could celebrate the sanctity of the nothingness. We can honor the beauty and the peacefulness of the silence. As the bright star Sirius appears in the sky, we can grow more mindful of the bright star of the Christ Light rising within us. We can develop a new tradition that all of our actions on this day be separated by a healthy pause and a deep breath or two, all the while remembering

it's all God. You know – kind of like the Sabbath, but on steroids.

Of course, we will need a day in August and a catchy name. I say let's go with the second Sunday of the month. And though it sounds a bit paganist, we could call it Sirius Sunday. It might be tough for Hallmark to come up with cards around this, but that makes the whole concept even more appealing. And in case you're wondering, I'm very Sirius about this.



Rev. Mike

[revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)



## 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?

## Note from the Board

Hello from the Board!

By this time most of the bathroom upgrades will be done. We will be holding a fund raiser of some kind this year. Some of it will be to replace funds taken out of the reserves for operational expenses. Remember to use the Suggestion Box to give us any feedback. It is located on the bookshelves adjacent to the sanctuary. This is one way of letting us know how you think we are doing or how we can improve the ways things are done.

*The Board*

## Hospitality



In case you have not noticed, our hospitality service downstairs after the service has evolved into quite a wonderful experience. There is plenty to eat of different foods and desserts, almost all of which are the result of the generous loving efforts of volunteers. In addition, it has grown into a time of camaraderie, giving our church family members an opportunity to bond and share.

Please do come and join in the fun. **Please also note that the hospitality service begins after the service ends.** This is important as our children's program on occasion has been interrupted if people come downstairs for hospitality early. Your understanding of this is much appreciated.

## Youth Education for the Younger Crowd

For the month of August we will be reflecting on the **Power of Will**. The **disciple** for this month is **Matthew** and the **color is shimmering silver**. The youth will learn that once we, like David and Solomon in the Old Testament Biblical stories, reconnect ourselves to the ever loving presence of God and are willing to let go and let God be in charge of our lives, all amazing things are possible.

Our youth extend their deep gratitude to the church for paying for 20 children/teens as well as their sponsors to indulge on yummy ice cream from the [Batavia Creamery](#) on a hot summer July Sunday. Not only did everyone enjoy their walk and their delicious cool treat, they also had a fabulous time just being in the moment laughing and conversing in each other's company.

Several of our younger youth surely continued to enjoy each other's company as well as Sami Fletcher's, our dedicated, loving Angel Aide, at our **"A Day of Fun in the Sun" Saturday Vacation Bible School**. They all participated in a full-day of wonderful inspiring activities that certainly enhanced their spiritual, emotional, social and creative selves. They began their day by coloring their own Frisbees and making "Courage Bracelets" and from there they went outdoors for parachute fun. Once back inside, they joined Rose Maxson for singing and drum playing – their angelic voices and rhythmic beats definitely uplifted our hearts! Later, they enjoyed a scrumptious healthy lunch arranged by one of our mothers, Laura Scheiner. The meal had been preceded with a heart-felt mealtime

prayer recited by one of the youth. They happily continued on their afternoon with a Sand Jar craft led by our Craft Angel Ms. Char O'Keefe as well as with painting activities – all were a bit messy yet so much fun! We ended our day with a cool fruity treat; some indoor games; a short, reflective moment just to breathe, and lastly an energetic dance! What a day – so filled with the joyous laughter of children and adults alike. We are deeply grateful to Sami, Rose, Laura and Char for their dedicated support and for sharing their awesome talents.

The following Sunday after our “Day of Fun”, the youth sang the jazzy upbeat song “I Am a Promise” that they had learned to the congregation. We so appreciate Rob Orland, our Music Director, for his always amazing piano accompaniment along with Rose and the Music Team.

Many blessings and many thanks to all  
Ms. Mary Nowroozi, LUT, CSE  
Youth Director  
[marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)



## A Course In Miracles



**Every Thursday, 7:30pm - 9:00pm**

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

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

The class will be facilitated by Warren Wakerlin: [wwakerlin@aol.com](mailto:wwakerlin@aol.com)

## Healing and Wholeness Service



## HEALING AND WHOLENESS SERVICE

**Friday, August 2nd, 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 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](mailto:singingalong77@gmail.com)

## Bhagavad Gita Class



**1st & 3rd Sundays, 11:45-1:15pm**

**Adult Ed Room, August 4th & 18th**

The Gita is the essence of the perennial wisdom of the Universe. It maps the stages of the mystical journey of our soul as we travel, each on our individual path to knowing we are all part of the interconnectness and oneness of the Creation. The class is based on the American teacher, Sat Shree's commentary on the Gita.

For more info., please contact Carl or Lucy Klemaier: [colonelklay@yahoo.com](mailto:colonelklay@yahoo.com)

## Music Ministry

### SUMMER PRACTICE

During the Summer, the Music Practice will be held on  
Tuesdays, 6:30-8pm.

If you have any questions, please contact our Music  
Director, Rob Orland: [simplesoul60@gmail.com](mailto:simplesoul60@gmail.com)



## Green Team

We continue to assist in collection of polystyrene which we take to Dart Container Corporation in North Aurora to be remade into bricks and sold to other companies for packages. It is a sense of continued recycling.



We are collecting increased amounts of No. 6 polystyrene to keep it out of landfills.

Several individuals have asked about seeing the process at Dart. We can arrange for a 45-minute review at 11 a.m. on a Friday in August or September of what is done at Dart. Please see Carter Crane to suggest a preferred date.

A hearty thank you to Unity of Fox Valley's Carl Kleimaier for his in-depth presentation of Deep Ecology at the Green Team event Sunday, July 28.

We will continue with Just Foods Initiative at **11:45 a.m. Sunday, Aug. 25** and follow up with a presentation by Conservation Foundation in September.



For more info, please contact Carter Crane: [cartercrane@thevoice.us](mailto:cartercrane@thevoice.us)

## Prayer Chaplains

### What is a Prayer Chaplain?

- A Prayer Chaplain acknowledges and calls on the presence of God
- A Prayer Chaplain lovingly listens
- A Prayer Chaplain prays from the heart
- A Prayer Chaplain holds in confidence what is shared



If you have ever thought about becoming a prayer chaplain, we invite you to embrace this opportunity to enrich your spirituality through service to our members. We welcome both women and men to walk this spiritual path.

The requirements for applicants are that you be a current Unity of Fox Valley member, demonstrate an understanding of Unity principles, have a willingness to pray with others, and have taken a prayer class. No former experience in praying with others is necessary.

If you are interested in joining our prayer ministry or have any questions, we invite you to contact Bobbi Severson [bsever4785@gmail.com](mailto:bsever4785@gmail.com) or Marie Manella [mleduc7@yahoo.com](mailto:mleduc7@yahoo.com).

Carl Klemaier and Rev. Mike invite any men who might be interested to talk with them to get an idea of what is involved. Their emails are [colonelklay@yahoo.com](mailto:colonelklay@yahoo.com) and [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org).

*"Rejoice always, pray continually, give thanks in all circumstances;  
for this is God's will for you in Christ Jesus." - 1 Thessalonians 5:16-18*

## Volunteer Ministry

Vacation is over, time to jump back into the activities of our Spiritual home!! I had a wonderful visit in the Pacific Northwest and missed the really really hot weather that you guys had!!

Volunteering comes in so many ways. I feel so blessed that we are a community that looks



after one another. Thank you to the ladies that gave Mickey a ride to church on the Sundays that I was gone!! I know she appreciated it very much!!

We are still looking for a [Marketing Chair](#) and [Outreach Coordinator](#). Neither of these duties take a

lot of time, just the love of talking to people and promoting our Spiritual community!! Feel free to contact me for more info!!

Don't forget the beautiful [Healing Service](#) on **August 2nd**. Take an hour out of your summer schedule and attend this meditative and song filled service!! You will be glad you did!!

Mark your calendars for these September activities:

[Women's Fall Retreat](#) on **Sept 7th** and [Annual Church Picnic](#) at Fabyan Forest Preserve on **Sept 8th!!!**

Have a wonderful month. Let's hope it is a little cooler!!

Bobbi Severson

[bsever4785@gmail.com](mailto:bsever4785@gmail.com)

## 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](mailto:barbarajdurocher@gmail.com)

## Women's Retreat





**Saturday, September 7, 2019  
8:30 am-5:30 pm at Unity of Fox Valley**

A Women's Retreat for Unity women and friends...

***"Who Have You Come to Be?"  
A Mind, Body and Spirit Celebration***

**Early Bird Rate until August 4th: \$50.00  
After August 4th: \$60.00**

Please make checks out to 'Unity of Fox Valley' and write 'Women's Retreat' in the memo.

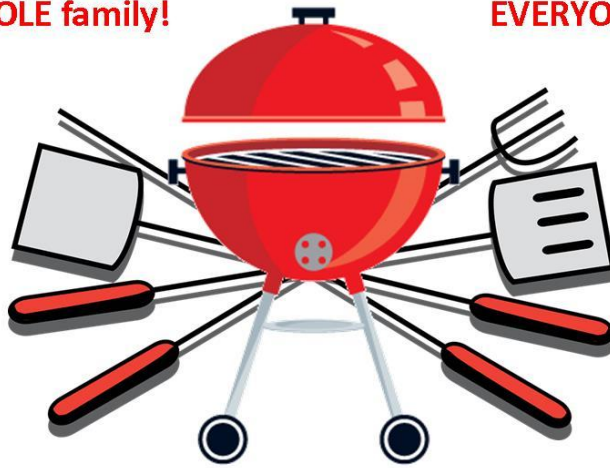
**To download the Women's Retreat Brochure that gives info on the entire day  
including workshops, as well as the Registration Form, click [here](#).**

Please contact Laura Schreiner: [lauraschreiner@hotmail.com](mailto:lauraschreiner@hotmail.com)  
or Diane Crompton 630-254-6788 [dianelcrompton@gmail.com](mailto:dianelcrompton@gmail.com) for more information.

**Annual Picnic**

For the **WHOLE** family!

**EVERYONE** is invited!



JOIN US FOR OUR ANNUAL

# **SUNDAY SERVICE & CHURCH PICNIC**

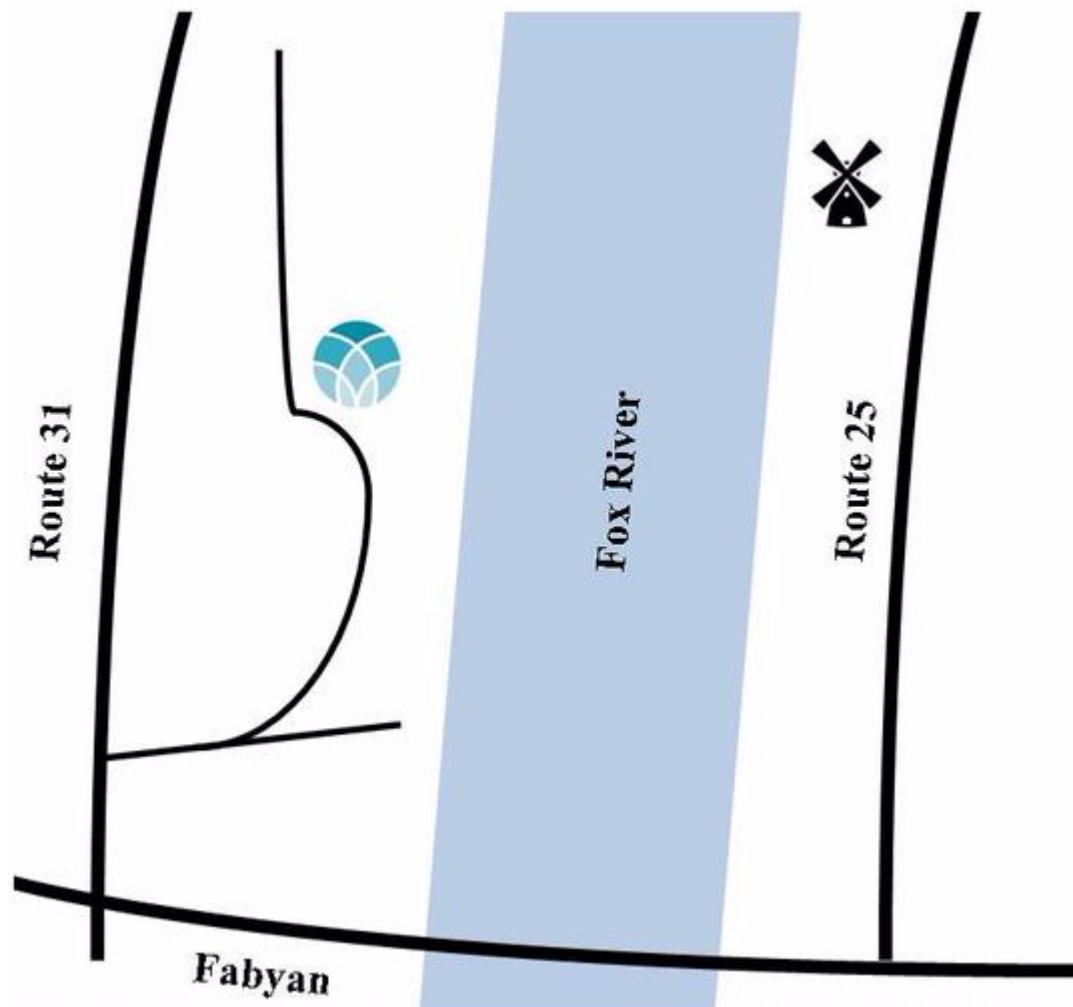
**SUNDAY, SEPTEMBER 8TH, 10AM**

***Bring a Dish to Share!***  
***Fabyan Forest Preserve - West***

This is just North of Fabyan Parkway on Route 31.  
At the shelter. Look for Unity of Fox Valley signs.

*For more info., please contact Deb McQuaid, Chair: [debmcquaid@aol.com](mailto:debmcquaid@aol.com)*

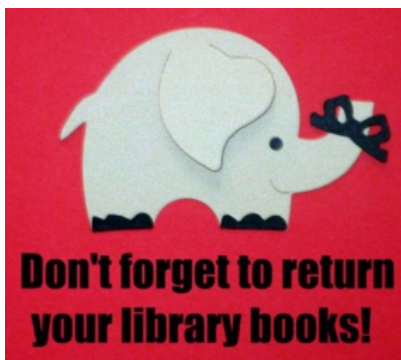
For more info., please contact Deb McQuaid, Chair: [debmcquaid@aol.com](mailto:debmcquaid@aol.com)



Library

Looking Ahead

**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!



- 9/1 & 15: [Gita Class](#)
- 9/2: Office Closed - Labor Day
- 9/6: [Healing & Wholeness Service](#)
- 9/7: [Women's Retreat](#)
- 9/8: [Annual Picnic](#)
- 9/11 & 12: [World Day of Prayer](#)

- 9/17: [Men's Group](#)
- 9/22: [Green Team](#)

## 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](#) next time you need something  
& help raise money for Unity of Fox Valley!

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

**Donate items from our Charity List  
Shop Now**

**charity lists**  
**amazon**smile

Occasionally, we need to restock our supplies. You can help!

**Just click on the [here](#) to see what we need!**

## News from the Church Office

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

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I turned 48 this past month. Aging has never scared me and I have never been embarrassed or secretive of my age. But with each passing day, I know that life is getting shorter and making the most of at least most days is important to me. So maybe I can no longer run\*. Maybe things I use to do are a tiny bit harder today than last year. That is ok. Just put on your red lipstick and deadlift what you can.

\*Update: Doctors orders are to go ahead and run! Proceed slowly with low mileage. I ran a few times already and longer than I thought. Blessings abound!

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*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.
- [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](mailto:churchoffice@unityoffoxvalley.org)

fax: 630.879.1728 [www.unityoffoxvalley.org](http://www.unityoffoxvalley.org)

prayer line: 630.879.1129

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**Robly**