



February 2017



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,

Recently I viewed an exhibit by Robert Rauschenberg, a creative, ingenious, unusual, amusing, wry, modern artist. He constantly amazed and surprised me with his use of unusual mediums, subjects, and approaches. By one of his pieces there was the following quote:

“People have enough trouble without being intimidated by an artichoke.”

I laughed! But how true! I love artichokes and if you’ve ever been confronted with a whole artichoke – while it’s an interesting journey through leaves to get to the heart – it really does seem like an awful lot of work to get to the delicious center.



Now, I love artichokes and I happened to be in California during the annual artichoke festival. No matter what restaurant or what you ordered it contained artichokes. Yum! I thought I died and went to heaven.

Anyway, getting back to the point of this quote. . . When I want artichokes I buy a jar of artichoke hearts, indulge myself, and save my self a lot of time and effort. If only life could be simplified that way. Well, maybe it can!

This month may be a good time to ask ourselves where we can simplify our lives. Where can we let go of the effort and enjoy the “heart” of the thing? What demands can we release? What busy work can we delegate or do away with? How can we simplify and streamline so we have time to savor the “heart” instead of feeling overwhelmed with our “to dos?”

This month, look at the top five tasks on your “to do” list and creatively get rid of as many “leaves” as you can so that you’ll have time to enjoy the “heart” and not be intimidated with all those leaves.

I’ll be interested to hear your creative solutions. Please share.

Wishing you a delicious “unintimidated” February.

Love & blessings,
Rev Jan

The Quest



The Quest- A Journey of Spiritual Re-discovery

Join Rev Jan and Licensed Teachers Marge, Maria, and Mary in this spiritually empowering class that will open you up to rediscovering new aspects and insights into your spiritual self.

In the words of a student of the course -“This book is NOT religious but it IS spiritual. Doing the Quest with a group is a great way to dig deep into our lives and understand what is holding us back from living a more fulfilling, spiritual life that allows us to be all that we are meant to be. The Quest is a valuable tool for opening the door into a deeper

spiritual understanding. If your life is stuck and you don't feel like you are where you want to be, make a commitment to doing the 48 lessons. The results will be amazing.”

Sundays, after the Service, 11:30 – 1:00pm Love Offering Basis

Books Needed: “The Quest” and “Adventures on the Quest”

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

February 3rd, 7pm

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: romax52@aol.com

Youth Education for the Younger Crowd

The youth will be exploring the “*Power of Love*” throughout the month of February. The color **Pink** and the disciple John are associated with this Power. All classes will listen and delve into the Parables of Jesus that surely reflect that the Power of Love is inherent

in all of us through the Power of God. Furthermore, the Juniors and Uniteens will create a “**Pink**” Power Board filled with affirmations and Bible verses that truly enhance the deeper spiritual meaning of this “lovely” power.

For Valentine fun, we are delighted and appreciative that *Ms. Char O’Keefe*, our “Craft Angel” will be joining us on Sunday, February 12, in creating adorable Valentine puppets. Also, we will celebrate the holiday by sharing a snack of hot chocolate and individually decorated Valentine cookies.

Last, yet very important, for this month, is that the Youth will be participating in an *Intergenerational Service*:

A graphic for an intergenerational service. At the top, the title "Intergenerational Service" is written in bold black font. Below the title is a silhouette of a diverse group of people of various ages, including children, adults, and the elderly, standing against a background of radiating light rays in shades of green and blue. Below the image, the date and time "Sunday, February 26th, 10am" are displayed in bold black font. A paragraph of text follows, describing the service and the roles of the youth. At the bottom, contact information for Mary Nowroozi is provided.

Intergenerational Service

Sunday, February 26th, 10am

This service will be facilitated by Mary Nowroozi, LUT, along with the youth as well as some of the congregational members. Please give our youth a “high-five” as they offer their services as ushers, greeters, Daily Word readers and Love Offering collectors. To make this event extra special they will be presenting a short play titled “The Pearl of Great Price” and will sing one to two songs to reflect on the metaphysical message of the presentation.

We are looking forward to a memorable, inspiring service.

For more info, please contact Mary Nowroozi: marynowroozi@comcast.net

Many blessings,
Mary Nowroozi, LUT, CSE
marynowroozi@comcast.net

Bear Brigade

Bear Brigade

**Sunday,
February 5th**



During the month of January, please bring in cuddly stuffed teddy bears and other creatures. We will hug them and fill them with love during our Sunday services throughout the whole month. They will be delivered to Mutual Ground, Inc. in Aurora.

Let the Bear Brigade Begin!

For more info., please contact Beth Johnson
bethmjohnson@comcast.net

Cabin Fever Pancake Breakfast



Cabin Fever

PANCAKE BREAKFAST

Saturday, February 11th,

Hosted by: **9-11:30am**
Kathleen Malick & family

*Come and enjoy an
all you can eat breakfast*

We will be serving pancakes (including Gluten Free!),
pork sausages, coffee & tea

Please RSVP at the Sign Up Table
in the Fellowship Hall Love Offering Basis

Please contact Kathleen in the Church Office for more info
or to RSVP: churchoffice@unityoffoxvalley.org

Game Night

MONTHLY
G A M E N I G H T

Friday, February 17th, 7:00 pm

Let's have some fun together! We have Rummikub, Quirkle, Oh Hell, Scrabble, & of course, Dominoes. We also encourage you to bring your own favorite games and share them with us. Children are welcome with a responsible Adult. Light refreshments will be provided, but we won't mind if you bring a snack to share!

For more info., please contact Mickey Cowles: mickeyc115@sbcglobal.net

Super Saturday School

Saturday, February 18th, 3-4:30 pm

We will be offering a Saturday School for any youth to attend on the same days and time as Women's Wisdom Circle which is held on the following 3rd Saturdays of the month:



This program will provide an opportunity for moms to participate in the Circle while their youth are exploring an exciting, spiritual program that will consist of Bible stories, crafts and games.

A sign-up sheet is available downstairs in the Youth Ed area, and a love offering donation is greatly appreciated in both programs.

For more info, please contact Mary Nowroozi: marynowroozi@comcast.net

Women's Wisdom Circle

Saturday, February 18th, 3-4:30 pm

We are calling a circle and invite you to join with us in a self discovery process. The circle, or council, is an ancient form of meeting that has gathered human beings into respectful conversation for thousands of years. The circle has served as the foundation for many cultures. What transforms a meeting into a circle is the willingness of people to shift from informal socializing or opinionated discussion into a receptive attitude of thoughtful speaking and deep listening and to embody and

practice the structures outlined.



**WOMEN'S
WISDOM
CIRCLE™**

Please contact Mary Nowroozi with any questions or for more
info.: marynowroozi@comcast.net

Hesed House Volunteer Opportunity

*There is a volunteer opportunity
to be involved in helping*

HESED HOUSE

To feed the hungry ...clothe the naked ... shelter
the homeless. To give people the chance to hope again.
A not-for-profit coalition of religious ministries
serving the very poor in the Fox Valley area.



Located at 659 South River Street in Aurora.
On **Mon., February 20th & Fri., February 24th,**
Unity of Fox Valley is committed to serve
in the Soup Kitchen at Hessed House
from **9:30AM until 1:00PM.**

6-7 volunteers are needed each date!

This is a wonderful way for families
to volunteer together.

For more info., please contact Beth Johnson: bethmjohnson@comcast.net

Green Team

Following Unity of Fox Valley member Rick McKay's January 27 report on his visit to Greensburg, Kansas and the town's rebuilding from a tornado with Green infrastructure, The Unity Green Team will show a movie, **Sunday, February 26 at 11:45 a.m.,** Before the Flood.



In the documentary film which made its debut on National Geographic television October 30, 2016, Leonardo DiCaprio and co-creator and director Fisher Stevens, show their three-year journey to examine climate change. They visit various regions of the globe, demonstrate how the world's climate is incredibly interconnected, and show what could happen if climate-change deniers have their way.

Green Team events will be either the fourth Friday or the fourth Sunday, January through April and July through October, with a booth at the WellBatavia Festival, Saturday, June 3rd.

Important events help us understand and should motivate us to be participants in helping to save Mother Earth and recognize that our children and grandchildren depend on wise decisions now.

Going Green in 2017! It is essential to do something, because doing nothing may not be an option.

Volunteer Ministry

A BIG BIG THANK YOU to everyone that helped "undecorate" and rearrange the sanctuary for some much needed wall repair. Many hands made light work and we were finished in no time!



I just also have to say how blessed and fortunate we are to have our men's group and all of our men that just step up and get the job done. I know they are doing many things around here that we aren't even aware of. Truly our unsung heroes! THANK YOU SO MUCH GUYS!!

BRING ON THE BEARS. . . If you haven't already brought a new little furry figure to be filled with love and then sent on to Mutual Ground, there is still a little time left. It is just another way we send that love energy out into our community.

We did have to postpone our Volunteer Fair until March, but please be thinking about ways you might want to become involved. We have many ministries that can use your time and talent and we are grateful for whatever you can do.

Happy Valentines Day to everyone!! Even though it has been a mild Winter so far, I am ready for Spring!!

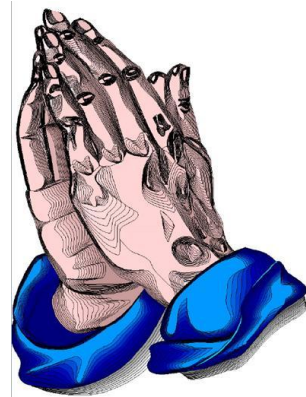
Love and Blessings!

Bobbi Severson, bsever4785@gmail.com

Prayer Chaplain Training

To serve as a Prayer Chaplain is a service opportunity for those members who are truly looking to take the next step in their spiritual growth, and are willing to make a higher level of commitment to that growth.

No prior experience in prayer or praying with others is required to serve as a Prayer Chaplain. It is required that one be an active Unity of Fox Valley member and that you desire to deepen your Spiritual path through prayer and service and are willing to reach out to others in prayer.



It is recommended that candidates have attended a new member class, a Prayer class, and demonstrate an understanding of Unity principles. At time of application, an Interview will be scheduled.

Our next training will be March 10-11 and March 24-25. If you are interested, please contact Marge Orchard at [\(847\)-912-4457](tel:847-912-4457) or at my email: margeorchard@gmail.com

"For it is in giving that we receive." (Prayer of Francis of Assisi)

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!

Lemon

Properties: Lemon may help with the treatment of cancer and depression. It also can act like an anti-fungal, antiseptic, antioxidant, antiviral, and an astringent. Lemon is refreshing, invigorating and can be used as a tonic.

OIL
OF **THE MONTH**

Body System Affected: Digestive, Immune and Respiratory Systems.

Application: Diffuse, apply to Vita Flex Points and/or directly on the area of concern.

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

Ok - It is official! I signed up for the [Naperville Half Marathon](#) on October 22nd this year. My training doesn't officially start till the beginning of May but with me being scared out of my mind that I will come in dead last, I have already started! If all goes well, I might be ready by the end of June! Woah that is early - we shall see how it goes.



Wish me luck as I train through the summer heat.

My family & I hope to see you all at the [Cabin Fever Pancake Breakfast!](#)

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.

Many 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.
- [Women's Wisdom Circle](#) - 3rd Saturday of every month from 3:00-4:30pm in the Adult Ed Classroom.
- [Unity Green Team CommUnity Event](#) - 4th Friday, January through April; August 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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