



February 2019



**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,

You know how I love to collect quotes and I want to share one by Michael Bridges that really resonated with me and I hope with you also.

"When our eyes see our hands doing the work of our hearts,
the circle of Creation is completed inside us,
the doors of our souls fly open
and love steps forth to heal everything in sight."

We resolve that 2019 will be the year for abundant, empowered, fulfilled lives. As we enter this new year with its promise of fresh starts, the potential of dreams fulfilled, and knowing we possess unlimited creativity this quote holds the seeds of promise for our soul's growth.

The question we need to ask ourselves to start our journey of creativity and fulfillment is. .
. Are we doing the work of our hearts? Wayne Dyer tells us that doing what we love is the cornerstone of having abundance in our life.

It's so important to remember that our present circumstances don't determine where we can go; they merely determine where we start. No matter whom we've been or what our present circumstances . . . a different, empowered, abundant, fulfilled life is waiting for us.

The circle of divine creation started with our birth now it's up to us to complete what has been planted inside us.

Happy creating,
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?

Stupid Cupid

Way back in the 50's Neil Sedaka wrote a song that was popularized by singer, Connie Frances. The name of the song is Stupid Cupid. The lyrics of the song are pretty simple as were most tunes back then. The message is simple as well – “Cupid, leave me alone.” The implied message is, “I don't want to be in love.”

What the song really implies is that feeling wonderful is inconvenient. It is inconvenient because being in love means I am not in control. Anybody who ever has been in love, particularly in puppy love, probably can relate. Loving somebody intensely can make you feel like you have lost control because all you can think about is the person you love. It really can be consuming.

But that is precisely what love is supposed to do. It is supposed to bring us to the realization that we are not in control. That is because we never were in control. We were just operating under the illusion that we were in control. And most of us have spent a lot of time and energy creating that illusion; even more maintaining it. It can be quite exhausting for sure, and it is all for the purpose of hiding and protecting our vulnerability.

Love strips that all away. It leaves us feeling exposed. But it also liberates us from that whole control thing. It allows us to be ourselves even to the point of doing those silly love type things like telling someone how much we care about him or her, and not insisting that those feelings need to be reciprocated. And yes, part of the deal definitely is an element of risk.

What we have personified in Cupid really is an innate spiritual drive. Those arrows we feel from time to time are callings to let go of being in control, and to exercise our real power – the power to love. Feel free to manifest it anyway you want. You may do so with candy hearts, flowers, Valentine cards, hugs, kisses or maybe just by being there for somebody. Love! It is why we are here. Go Cupid!

Rev. Mike

Note from the Board

Hi all from the Board! The Board had a great 2019 retreat! We are still working on the plan for this year. The **Frosting on the Cake fundraiser** is going well and we will be working on starting the process of the upgrades soon. An addition was made to replace the dish washer since ours is problematic/not running well. So this will be added to the upgrades. We also had a good start to the [Volunteer Fair](#) at church, but you can still contribute to any volunteer ministry any time during 2019 year!. Please contact Bobbi Severson if you can help: bsever4785@gmail.com . Thanks and lets have a great February !

The Board

Frosting on the Cake Fundraiser



Frosting on the Cake Fundraiser



***A huge thank you for your very generous support for our
2018-19 Frosting on the Cake Fundraiser.***

We continue the beautification and upgrading of our spiritual home that has been an ongoing focus for the last many years. I met with our building team two weeks ago and we planned, brainstormed, and shared resources as we made a timetable for completion.

As you know there is a lot of preplanning and co-ordination for things like electrical, plumbing, and tradesmen. We welcome any volunteers for things like tear-out, painting, and heavy lifting. We'll keep you informed as we begin each project. We'll be starting with the upstairs bathrooms – outdoor projects will begin once we can thaw out (brrrrr) and dig out.

Looking forward to a more beautiful and modernized us.

With love and a grateful heart,
Rev Jan

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 February, the youth will be exploring the "Power of Love". The color **Pink** and the disciple John are associated with this Power. The Juniors will create a "**Pink**" Power Board filled with affirmations and Bible verses that enhance the deeper spiritual meaning of this "lovely" power and along with the Children's Church will present it to the congregation on Sunday, Feb. 3. Also, during this Month of Love, all classes will delve into the metaphysical interpretation of the following Beatitudes from Jesus' Sermon on the Mount as depicted in Matthew 5: "Blessed are the pure in heart; for they shall see God" and "Blessed are the peacemakers; for they shall be called children of God".

Furthermore, as spring will be approaching soon, we are planning several activities, some of which are a Bowling Outing, a Teen Lock-In and a Family Movie Night as well as a volunteer service project for Feed My Starving Children (all dates will be determined soon). One event that is already set on the calendar is an [Intergenerational Service](#) to be lead by the youth on Sunday, April 7. We envision this service to be truly heartwarming, memorable and inspiring.

Happy Valentine's Day!

May Valentine's Day and every day throughout the year be filled with much love and many blessings for all!

Blessings,

Ms. Mary, LUT, CSE

Prayer Chaplains

In October, we were happy to welcome Lucy and Carl Klemaier as prayer chaplain candidates. They have completed their classroom training and are now being mentored through January. Please be assured that if you are asked to allow them to pray with you or have them listen in with their mentors, that they will hold all in confidence as do our prayer chaplains. We appreciate your welcome to Lucy and Carl and your support of our prayer ministry.



Our [Prayer Chaplain Dedication](#) will be on **Sunday, February 3rd, at the 10:00 a.m.** service.

Prayer Chaplains listen in confidence, hold sacred space, and pray with our members both at Sunday service and during their monthly prayer calls. If you have any questions, or if we may be of assistance, please call the office or email us at churchoffice@unityoffoxvalley.org

Super Chili Bowl

SUPER CHILI BOWL

**SUNDAY,
FEBRUARY 3RD,
AFTER THE SERVICE**

Please join us!

Yes, there will be gluten free
and vegetarian options. We look
forward to a Super Chili Bowl
Sunday with you all.

For more info or any questions,
please contact Wanda Faye:
geminiangoddess2000@yahoo.com



Men's Ministry



Tuesday, February 5th & 19th, 7:00pm

The Men's Group meets the first and third Tuesday of each month,
September through May at church. All men are invited to join!

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!

Bear Brigade

Bear Brigade

**January 6th
to February 10th**



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

All stuffed bears are due to the church by Sunday, February 10th. They will be delivered to Mutual Ground in Aurora that week.

Book Sale



**Sundays, March 3rd & 10th
after the Service**

*Tables will be out for you to sort your
own books. Please place your items
in the appropriate category!*

*Please start bringing in your books,
tapes, CDs etc. on February 17th*

For more information, please contact
Carl & Lucy Klemmaier: colonelklay@yahoo.com

Volunteer Opportunity

Soup Kitchen

Volunteer Opportunity

Monday, February 18
& Friday, February 22
10:00am to 1:00pm

659 South River
Street in Aurora

6-7 volunteers are needed for each date!

***This is a wonderful way
for families to volunteer together.***

*To feed the hungry ...clothe the naked ...shelter the homeless.
To give people the chance to hope again.*

HESED HOUSE is a not-for-profit coalition of religious ministries
serving the very poor in the Fox Valley area.

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



Volunteer Ministry



Here comes another month closer to Spring!! I write
that as we await one of the coldest days in history



coming up this week. I am not a big fan of Winter, in fact, I have really been working on staying positive about it, so instead of complaining, I will be grateful for a warm home and the ability to even shovel snow if I

have to.

We had our [Volunteer Fair](#) the last two Sundays in January. I wasn't there on the last Sunday, so I am at a slight disadvantage of how the signups went on this last Sunday. I know that we have so many of you that will pitch in after an event and help cleanup and put things back in order, and we are very very grateful for every single one of you!! But the reason that we ask you to sign up for the various ministries is that it allows us to plan for events that we might want to host and for projects that we might need to undertake. Without you, we would not be able to have the wonderful potlucks, the awesome music events, the camaraderie over coffee (and practically a full meal) after each service, the beauty of our spiritual home both inside and out, and the many other ways that you serve us. So please, if you haven't committed to an opportunity to serve, please consider doing so by e-mailing me or calling the office!

VOLUNTEER OPPORTUNITY FOR FEBRUARY: Don't forget to sign up for the [Hesed House](#) opportunity February 18th and 22nd. We would like at least 6 people per day. We do this only twice throughout the year and it is a wonderful way of supporting the community!!

[BEAR BRIGADE](#): The bears and other critters continue to sneak into our sanctuary for hugs and love! They will be delivered to Mutual Grounds later this month!! Thank you for supporting this fun way of giving to our community!!

[BOOK SALE](#) coming up in March, start sorting those books, blessing them and seeing them finding a new home!! We will start collecting February 17th.

Spread love, extend peace, and have a wonderful "heart" month!! Thank you for all that you do!!! Oh and stay warm!!!!

Bobbi Severson, bsever4785@gmail.com

Green Team

The February meeting, the fourth **Sunday, February 24**, will be a presentation by Carolyn Burnham of the Batavia Environment Commission on How to be Better Stewards of the Earth. We will begin at **11:45 a.m.** following the service and the food and conversation.



The Green Team's event Sunday, Jan. 27 on climate change was an interesting and well-attended afternoon. The Climate Change Lobby in Aurora, led by Ken and Kathy Mazingo and Brian Chase, provided valuable information on reaching our federal representatives, senators and congressmen to support useful legislation.

We continue to accept polystyrene, or styrofoam, downstairs to take to Dart Container as part of our recycling process. Food foam and packing foam, the triangle No. 6, are acceptable. Please, no packing peanuts or any other recycling products. We can and must make a difference.

Think Green in 2019!

Outreach Ministry



**Half Day
School Program**

Noon to 3:30PM

**Volunteers
needed!**

Thursdays, February 28th & April 19th, Noon-3:30pm

Throughout the school year there are dates on which local school children are let out after half a day.

In some cases parents of those children are working and unable to be home early. Volunteers are needed to assist in attending to those children for a couple of hours.

If you think you would like to work with those children doing crafts or other activities, please sign up! To be eligible you need to be high school age or older, and willing to undergo a background check.

Please contact Beth Johnson, Outreach Chair, for more info or to sign up:

bethmjohnson@comcast.net 630-336- 6159

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

The Friday, 2/1 Service is CANCELLED!

Please join us next month on Friday, March 1st, 7:00 pm

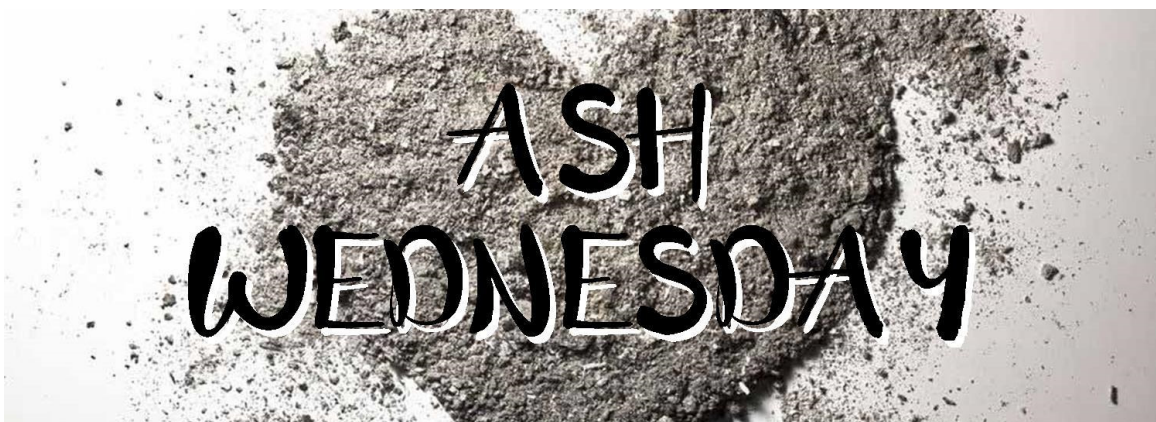
Please join us in our once-a-month service filled with music, chant, prayer, and hands on healing conducted by members of our music team and our prayer chaplain team.

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

Ash Wednesday



Wednesday, March 6th, 7:00pm

Lent officially begins on Ash Wednesday, March 6th. Please mark your calendars. On this date Unity of Fox Valley will hold a special meditation service at 7:00 PM. The service will be officiated by Rev Mike.

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.

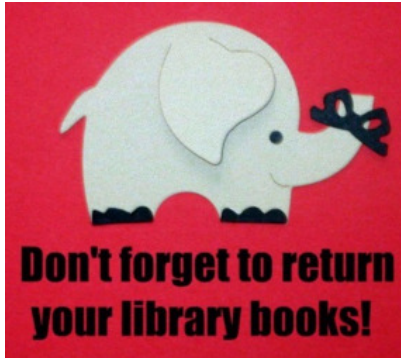
We have a good selection of Young Living Products available for sale. From agave nectar to an array of toiletries and cleaning products! We also have Essential Oils available for calm & healing.

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

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

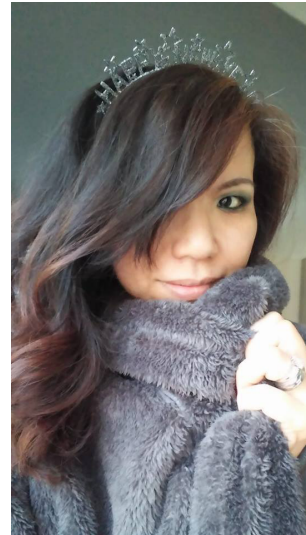
<http://smile.amazon.com/ch/36-2889899>

News from the Church Office

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

Did you have a wonderful New Year?! January flew by for me so i better get going!

I have planned for at least two more Half Marathons this year. If you would like to run two wonderful local ones, click [here](#) and [here](#). You have plenty of time to train for them just work on your endurance now. Click [here](#) for the training program I will be using this year. My training will start the 1st week of April if you would like to follow along. Oh, for those of you that think you can't do it, I use to think that too...



For a new twist, my daughter Ava is choosing all the books I read this year. I don't have lots of time to read with work, my training schedule, volunteer work, hobbies and family, but I do get through a few books each year. So far I have followed the life of a vet working in a [circus](#) and now I'm in [WWII](#) with a lock smith, his daughter and two orphans. Both excellent and I'm enjoying the books she has given me.

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

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fax: 630.879.1728 www.unityoffoxvalley.org

prayer line: 630.879.1129

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