



January 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,

Do you know what the top 10 New Year's resolutions were for 2018?

1. Stay fit and healthy
2. Lose weight
3. Enjoy life to the fullest
4. Spend less, save more
5. Spend more time with friends and family
6. Get organized
7. Learn something new/new hobby
8. Travel more
9. Read more
10. Not make any resolutions

Isn't it wonderful that we designate a day in the calendar for new beginnings, new consciousness, and new priorities?

Why don't we resolve to do these things on December 3rd or February 20th or June 1st? We can you know. Every new day is filled with possibility and potential. On any given day we can resolve to do things differently, to be healthier, kinder, spend more time with family, get organized, etc. just like we do on January 1st (but with much less fanfare.) Think about

it – 2019 holds 365 days.

This new year resolve each day to reaffirm that day's intention. Then, if we break our resolution on Wednesday we can begin anew on Thursday instead of giving up on our New Year's resolutions.

Keep it simple in 2019 – repeat your resolutions when you get up in the morning and then at night before you go to sleep. Ask yourself, “How’d I do?” No matter how you did that day, know that when you get up the next day it's a new day for new beginnings to restate your intentions.

If you can't come up with a resolution you can use this affirmation for every day of 2019.

*“This is a new day filled with promise, potential, and infinite possibilities. I will enjoy this day and do one act of kindness to share my many blessings with the world.”*

Happy New Year,  
Rev Jan

A very special thank you to everyone who played **Secret Santa** for our Casa Christmas children. These children are experiencing challenging circumstances that are even more stressful during the holidays.

Thank you for your lovely, giving hearts. I know there were many smiles on faces Christmas day as presents were opened.

Dear spiritual family you continually warm my heart.

Love and blessings,  
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?

## Therefore, Be It Resolved

As busy as the Christmas season has been, I have spent some time thinking about 2019. That includes what I want to affirm for me, and what I am called to do. Of course, this includes what meaningful resolutions I want to make.

My first resolution is this: I promise I will not break any of my resolutions for at least two weeks. This may sound odd, and maybe even amusing. I believe it also holds a bit of wisdom. The underlying motive of this resolution is to cut myself some slack, and give myself a break.

The gift of life is wonderful and I am truly grateful for it. But it also is a lot of work. We preach that that we should go about living from a spiritual perspective. This I truly believe, but the fact is that even with this approach there is a lot of work. Cleaning our heads of thoughts that no longer serve us; letting go of things we really want to hang on to; being mindful instead of habitual; trusting in Spirit and getting out of the way; taking things to prayer again and again and again – good Lord, it can make two hours a day at the gym seem like a Hawaiian vacation!

My real first resolution for the new year then is to celebrate my growth and not dwell on the times I may stumble. We may not realize it, but so often we are much harder on ourselves than even the world around us may be. Forgiveness of self can be much more difficult than letting go of even the biggest hurts we have experienced. We tend to forget how incredible we are, and what we are at our essence. All of the other stuff resides outside of the heart.

Give yourself a big huge hug, and have a very Happy New Year!

Rev. Mike

## Note from the Board

Happy New Year all at Unity of Fox Valley! We hope you all are having a great start to 2019! The Board will have our retreat this month. And all of us on the Board both old and new will be looking in to new ways to help Unity of fox valley grow and thrive this year. So here's to a great 2019!







## The Board

### Frosting on the Cake Fundraiser







*Frosting on the Cake Fundraiser*

**Top Priority:**






**Men's Upstairs Bathroom:**

			Vanity \$350	Faucet \$110			
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**Women's Upstairs Bathroom:**

			Vanity \$350	Faucet \$110			
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**Women's Downstairs Bathroom:**

2 Toilets \$250 ea.					Mirror \$50	
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**Men's Downstairs Bathroom:**


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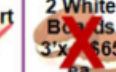

**Adult Ed Windows & Hallway:**

5 Windows \$650 ea.
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**Major Repairs & Upgrades:**

East Side Walk \$3,645		Sprinkler Repair \$4,750	Sanctuary Flooring \$10,500
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**General Wish List:**

100 Sanctuary Chairs \$35 ea.	Platform Can Lights \$1,200	2 Clocks \$60			Video Equipment \$1,800				
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Wow! Have you been watching our "Frosting on the Cake" Project Board?" I'm starting to see quite a few cupcakes. What does that mean? Cupcakes? Well every time someone "purchases" a particular item for beautification, Kathleen covers it with a picture of a cupcake. Isn't that fun?

Over the years we have been diligently repairing, upgrading, sorting out, and beautifying our spiritual home. Roof, gutters, kitchen, youth area, furnaces & AC's, handicap ramp, new landscaping and planter boxes, windows, lighting, new electrical, wall repairs and a

fresh paint job have made our spiritual home a safe, beautiful, welcoming place. We couldn't have done what we did without your precious, generous gifts and support.

I know your Board and your Revs are looking forward to a plethora of cupcakes on our project board so, as we go into the new year, we're equipped to bring even more safety and beauty to this special spiritual home.

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

The youth had an absolutely memorable, heartwarming Christmas Pageant this past December. It was titled *The Nativity Story ~ Unity Style*, and it truly reflected on how the Unity metaphysical interpretation of each of the characters is actually the story of our own each individual spiritual journey. Not only was this presentation focused on the unfolding of the birth of Jesus and our spiritual enfoldment, but it also included prophetic Old Testament scripture from Isaiah. I am so immensely proud of the youths' performance with their well-rehearsed role-playing, enthusiastic singing, and, for some, beautifully playing a few carols on their violins/viola. We had the following awesome additional adult performers as well that I'm deeply grateful to: *Rose Maxson* singing with *Aria King* (teen) "What Child is This?", and *Kelly Wells* and *Bobbi Severson* as majestic "Wise Queens"! I also deeply appreciate *Rob Orland* and the *Music Team* for their fabulous musical accompaniment; for *Warren Wakerlin* and *Rick McKay* for maintaining the sound/power point; for the *parents'* encouragement, support and roles as stage crew; and lastly, but not

least, for *Rev. Jan Little*, *Rev. Mike Korpan* and *Kathleen Malick*, our Office Manager, for their support. As so often said, “It takes a village to raise a child”, which is so true in that it took all of us as our own little “Unity of Fox Valley Village” to raise this performance as one the best!

Speaking of the best, to begin to make 2019 as one of the best years ahead, our youth will participate in their annual, small yet safe, [Burning Bowl Ceremony](#) on **Sunday, January 6<sup>th</sup>**. This is a ritual time where we let go, yet appreciate, that which is no longer needed in our lives and then by welcoming the coming year with a fresh, new outlook. For the rest of the month, we will delve into the *Power of Faith* represented by the color Dark Blue and the disciple Peter. To enhance our understanding of this power, we will explore some of our favorite parables – the House Built on Rock and the Mustard Seed.

*Happy Prosperous and Healthy New Year!*

Blessings,

Ms. Mary, LUT, CSE

## 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](mailto: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, January 4th, 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)

**Burning Bowl**



# *Burning Bowl Service*

**Sunday, January 6th, 10am**

*The Burning Bowl and White Stone Service has become a tradition for members of the congregation opting for spiritual reflection as a way to let go of the old and whatever baggage has been holding them back.*

**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](mailto:bethmjohnson@comcast.net)



*Alexa, take down  
the Christmas decorations  
(it was worth a shot)*



## CHRISTMAS UN-DECORATING



**Sunday, January 6th, after the Service**

*Please stay after the Burning Bowl Service and help us  
UN-Decorate the church from it's Christmas Decor!*

**More hands make quick work!**

Oil of the Month



## *Oil of the Month*

**Sunday, January 13th, 11:45-12:15pm**

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.

*The Oil of the Month for January is White Angelica. Find out how to use this oil blend to enhance optimism and deflect negative energy around you. White Angelica is a favorite, with distinctive 10 oils, including Ylang Ylang, Melissa and Rose. Hope to see you there!*

For more information, please contact Barbara DuRocher: [barbarajdurocher@gmail.com](mailto:barbarajdurocher@gmail.com)  
or Nancy Gouch: [nancygouch@att.net](mailto:nancygouch@att.net)

## Men's Ministry



**Tuesday, January 15th, 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!

## Volunteer Fair

UNITY OF  FOX VALLEY

# VOLUNTEER FAIR

Sundays,  
**January 20th & 27th**  
After the Service

*We will be having our  
Volunteer sign up!*

We will have tables set up in the Lower Level Dining Area.

Please stop by and see what interests you  
and sign up. Even if you are currently on a team,  
we would like you to sign up again.

*We are so blessed by our many volunteers  
and want you to know just how grateful  
we are for your time and talent!*

For more info., please contact Bobbi Severson: [bsever4785@gmail.com](mailto:bsever4785@gmail.com)

## Volunteer Ministry

MARK YOUR CALENDAR FOR THESE IMPORTANT SUNDAYS IN **JANUARY, THE 20TH & 27TH**. We will once again have our signup sheets for all of our many important ministries that, not only supports our Ministers, but is uniquely, UNITY OF FOX VALLEY. We are so very blessed with the number of volunteers from our Church Family that give so much of their time and talent. Please take a minute to browse our tables at the [Volunteer](#)



Fair, to see what teams speak to your talents and to your hearts!!

Thanks again to everyone that helped decorate and make our Spiritual home beautiful for our Christmas season!! We were done in no time at all and then

feasted on wonderful chili, salads, and of course, dessert!! Thank you to all of our Chili preparers, to those that brought the trimmings, and to Liz & Mary Ann for the prep and presentation!! We are so blessed!!!

What goes up, must come down!! So please stick around on **JANUARY 6th** for the Un-Decorating Party!! Many hands make light work!!!

Thanks again and again for a very successful volunteer year!! You rocked it!!!

Many blessings in the New Year!!

Bobbi Severson, [bsever4785@gmail.com](mailto:bsever4785@gmail.com)

## Green Team

The return of the Green Team will be the fourth Sunday in January 2019. The Sunday, Jan. 27 event will be the first of eight in events in the New Year. We will meet at **11:45 p.m.** following the service and fellowship and food. Our topic will be confirmed at a later time. All events are essential and important, although not earth-shattering, necessarily. We advance one important step at a time. We were hosts to eight nice events in 2018.



We continue to do our jobs with collecting increased amounts of polystyrene downstairs that we take to Dart Container in North Aurora for recycling. The bins at Dart usually are full every weekend and Dart empties the bins every morning during the week. Keep up the good work. The Unity of Fox Valley bin downstairs has a label for styrofoam which does not include packing peanuts, but, rather food containers and packing foam.

Here are a few tips from Karen Hunter Kowalski which help us go green and are beneficial at all times:

- Save energy by purchasing a timer for your Christmas lights; when you need new lights please purchase LED, which are available in most stores.

- Give a holiday gift to our environment by making a conscious choice to live a sustainable life all year.
- At New Year's opt for pots and pans or drums rather than noisemakers which end up being thrown away.
- Continue to recycle plastic bags at many grocery stores, rather than throwing them away which may end up in the Pacific Ocean.

## 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](mailto:churchoffice@unityoffoxvalley.org)

## 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 for more info or to sign up:

[bethmjohnson@comcast.net](mailto:bethmjohnson@comcast.net) 630-336- 6159

## **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

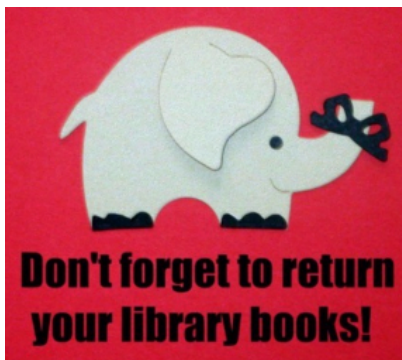
Essential Oils available for calm & healing.

***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)

## 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 Office Manager, Kathleen Malick.*

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Did you have a great 2018?! I sure did!

I didn't check off every item off my check list but that is ok! Somethings falls back while you have to address other things. I have lots of things on my 2019 list but always pursuing what I love... and somethings I hate. What could possibly fall in that category for me? Well... signed up for another Half Marathon so I will be deep in that training. Want to know the funnier part? I haven't run in months! But sometimes you just have to double bun your hair, pull up my Big Girl Panties and go through the pain to bask in the victory! And let me tell you, the victory is so sweet!!



I hope 2019 will be blessed for you as much as 2018 was blessed for 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

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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