



January 2020



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

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

Ministerial Musings

Everybody Take a Deep Breath

We have moved through Advent and the Christmas season. We celebrate the New Year. Happy 2020 everybody! Together these two things offer a basic spiritual step forward. To the extent we really get into them with open minds and hearts, they combine into a very profound spiritual prayer.

During the Christmas season, we focus on the birth of the Christ. In Unity, we dare to extend this reality to include ourselves. Metaphysically, we are the stable in which the Christ is birthed. Metaphysically, we are the manger that holds the Christ. What a powerful message!

The royalty of the King does not stem from riches, but instead tends to become manifest in even the humblest circumstances. We deny that we are lacking or unsuitable to give birth to the Christ consciousness that the world so desperately seeks. We affirm the presence of the Christ and that here we are to prove it.

From this the New Year flows in sync. It makes perfect sense to set aside some time to make some new resolutions. Filled with our awakened knowing of the Christ within, we step forward and affirm positive change in order to make things better for ourselves and all those around us. These may take many forms from losing a few pounds to quitting smoking to deliberate acts of trying to feed the hungry. Whatever promises we may make to others or to ourselves are denials that we are victims and affirmations that in Christ all things are possible.

So, with a deep healthy breath, we get to work.

Rev. Mike

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?

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

We will begin 2020 with our youths' participation in their annual [Burning Bowl Ceremony](#) on **Sunday, January 5th**. This is a time where we will release, yet still appreciate, that which is no longer needed in our lives and then welcome in the New Year with a fresh, new perspective on all possibilities to enhance our spirituality.

Our Juniors always look forward to exploring a Power per month, and the first power for the first month of year – January - is the ***Power of Faith***. It is represented by the color ***Dark Blue*** and the disciple *Peter*. Furthermore, to heighten their understanding of this power, they will explore two of our favorite parables – the House Built on Rock and the Mustard Seed.

Also, all age groups will continue to build on their faith for this year by delving into the Five Unity Principles. For this month, they will begin by learning the history of Unity and then by exploring the First Principle through questioning their current beliefs about God and discovering ways to experience the goodness of God everywhere.

Lastly, like many of our adult congregants, our YOU will be studying the motivating book [The Four Agreements](#) by Don Miguel Ruiz. This is an opportune time for their parents to join a book study group too, so that they and their teen can share their understanding of developing a new purposeful sense of self.

Have a Healthy, Happy, and Prosperous New Year!

Many blessings,
Mary Nowroozi, LUT, CSE
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

Healing and Wholeness Service



**HEALING AND WHOLENESS
SERVICE**

Friday, January 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 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

Burning Bowl

Burning Bowl Service

Sunday, January 5th, 10am



**The Burning Bowl
and White Stone Service**
has been a tradition for our
congregation seeking spiritual
direction as a way of letting go
that which is no longer needed
so that we are open and receptive
to experience new, enriching spiritual
opportunities for the New Year!

Men's Group



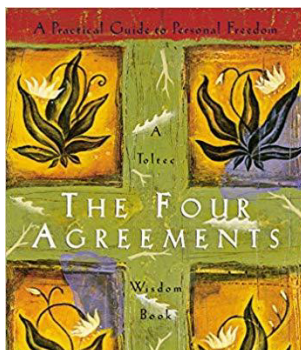
Tuesday, January 7th & 21st, 7:00pm

The Men's Group meets at the Church. This group explores spirituality and religion in diverse and exciting ways. Newcomers are ALWAYS welcome!

The Four Agreements



How about joining an In-Home Book Study Group this winter?



We encourage the congregation to sign-up for a five-week
In-Home Book Study starting the week of

January 12 to February 9.

**The Four Agreements
A Practical Guide to Personal Freedom**



A Toltec Wisdom Book by Don Miguel Ruiz

“The Four Agreements are a tool for transformation, leading you to stop judging, mainly yourself, and to start practicing another way of life. They lead you to stop the guilt, the shame, and the self-rejection...and replace them with new agreements that facilitate the expression of your love.” DMR

Our YOU will also be exploring this book study too, so this an opportune time for their parents to join as well so both can share their understanding in cultivating a new, purposeful sense of self!

We will conclude this book study with a chance for three to four congregants including any teen to individually share his/her experience with the book during our service time on Sunday, Feb. 23. Further details will be explained at the Book Studies.

Register at the Sign Up Table!

A limited amount of books will be available for sale during Sign Up for \$8 each.

Or you can also purchase them directly from Amazon [here](#).

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

Oil of the Month



Oil of the Month

Sunday, January 12, 11:45-12:30pm

Conference 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” will focus on easy Thieves household product replacements to help you clean up in 2020! Everyone will love the clean and feel so good while you support good health and environmental stewardship. You’ll be surprised how the chemical-laden products in your home contribute to trouble for everyone and everything, and the simple, effective and money saving products you can use for an appreciable difference! **All Thieves products will be 10% off in January!** The Thieves Starter and Essential Rewards kits are available for best savings.

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

Bhagavad Gita Class



Sunday, January 19th, 11:45-1:15pm

Adult Ed Room

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

The Sermon on the Mount



Saturdays, January 18th - February 15, 2020, 9-11am

Join this 5 week study of the life transforming principles taught in *The Sermon on the Mount*. In his most popular work, Emmet Fox shows how to: Understand the true nature of divine wisdom; tap into the power of prayer; develop a completely integrated and fully expressed personality; transform negative attitudes into life-affirming beliefs; and claim our divine right to the full abundance of life.

Required Book: The Sermon on the Mount: The Key to Success in Life
(available on [Amazon.com](https://www.amazon.com))

Facilitator: Deb McQuaid 630-842-0115 debmcquaid@aol.com

Green Team

The Green Team will resume its activities in January 2020. We will meet the fourth Sunday of each month January through April and July through October.



We can recycle Christmas lights and many other items if we take time to do a little research. Communities offer recycling services that we must utilize.

We will have a speaker in our **Sunday, Jan. 26** event.

A representative from CUB (Citizens Utility Board) will develop a presentation, bring us up to date on relevant and important information, and answer questions.

We continue to take polystyrene to Dart Container in North Aurora. Thank you for remembering to bring in your food container and packing polystyrene items.

We continue to make a difference, with your assistance.

For more info, please contact Carter Crane: cartercrane@thevoice.us

Volunteer Ministry



We looked so beautiful for all of our Holiday festivities in December! Thanks to everyone that helped decorate and feed us. And also a special THANK YOU to Diane Crompton for your first year in charge of the platform and supervising the decorating. You did a great job!!!

I would like to add a special THANK YOU to Kathleen, for her wonderful additions of handmade wooden trees, centerpieces downstairs, and the special decorations throughout our church home!! I loved it all and they enhanced the beauty of us!! We reap the rewards of her talent and time and we are blessed!!

What goes up must come down!! Please join us on **Sunday, January 5th** for the fun part of [undecorating](#)!! Many hands will get the job done in no time!!

So, we begin a New Year. . . .I know we will have many volunteer opportunities. We are so blessed by all of you for your talents and time that you give your church community!! It can't be done without you!!

I am looking to streamline some of volunteer teams in 2020 and come up with a new and innovative way for us to sign up for these teams.. Stay tuned!!

My prayer for you is a year filled with abundant blessings and all that brings you joy!!

Bobbi Severson

bsever4785@gmail.com

'Soup'er Bowl Sunday



Please contact Wanda Faye Holmes for more info: geminiangoddess2000@yahoo.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?

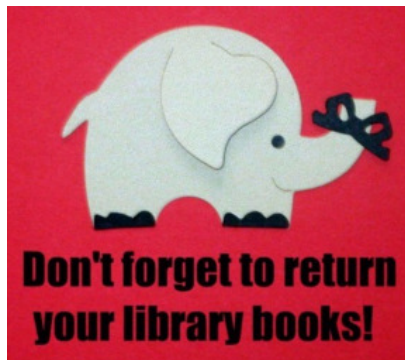
Place your order in the Fellowship Hall by the 15th of each month!

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

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!

- 2/2: ['Soup'er Bowl Party](#)
- 2/17 & 21: [Hesed House Soup Kitchen](#)

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.*



HAPPY NEW YEAR!

Did you know I'm a geek of many things but one of my FAVORITES is Star Wars?! I've made a few costumes in my past (one being Uhura of Star Trek (click [here](#) if you want to see that. We wore it to one of the Mensa Halloween parties). Here is my latest creation.

I'm dressed up as Princess Leia in her speeder bike outfit. She wore this in 'Return of the Jedi' on the forest moon of Endor. I wore this outfit to see the last Star Wars movie 'The Rise of Skywalker'. Neither Joey Nelson nor my husband, Galen, wanted to be my ewok, so I had to recruit my stuffed animal. Nacho



(he's a bulldog). After this I have my [Renaissance Faire](#) outfit to finish for the summer and I hope to have something ready for [Comic Con](#) or [C2E2](#). Pew Pew!

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
fax: 630.879.1728 www.unityoffoxvalley.org
prayer line: 630.879.1129

[Forward This Email](#)

[Join Our Mailing List](#)



Robly