



**Upcoming Events and Classes at
Unity of Fox Valley**
Sunday Service and Youth Education
Come join us at 10:00 am

Ministerial Musings: Rev. Tom

Hello Friends,

I continue to sincerely enjoy my time with you. I'm typically here during the day on Tuesdays, available for discussion on any topic, spiritual counseling, or to simply visit. Or, feel free to ring me up on my cell phone at 630-306-2278. You need not wait until Tuesdays, just give me a call if you wish to chat.

As you've likely heard, I'll be offering another life-changing seminar on **June 12**, following the 10AM service and a light lunch. [Using Stress to Your Advantage](#), takes a three-pronged approach to reducing stress in our lives:

- Awareness/Mindfulness
- Reduction/Elimination
- Avoidance/Substitution

I hope that piques your curiosity. Stress is our fight or flight response being triggered with far more frequency and intensity than our bodies were designed to tolerate. A brief encounter with "fight or flight" is fine, and sometimes necessary. A steady diet of it...not so good. I encourage you to invest in your well being. Join me in living a far less stressful life than you are now experiencing.

In gratitude,

Rev. Tom Wendt

Youth Education for the Younger Crowd

Our Spiritual Sunday School will be honoring the Power of Imagination for the month of June. The disciple for this month is Bartholomew and the color is **Light Blue**. We will be exploring our own inner God-given creativity through dance, singing and art projects related to Bible and inspirational contemporary stories.

We had a heart-warming, memorable “Roots and Wings” Ceremony on Sunday, May 15. This was a special service honoring all the youth for their spiritual endeavors this past school year and all the teachers and Angel Aides for their commitment to the youths’ spiritual growth. Two of our youth “winged-up” to a new group: Noah Zucker “winged-up” from Children’s Church to Juniors and David Pauley “winged-up” from Uniteens to YOU (Youth of Unity for freshmen to seniors in high school). All youth, teachers, and aides walked the 12 Powers Path and were honored with a beautiful red rose. We also honored Rob Orland and Rose Maxson for their dedication in practicing with and in leading the youth in singing for many of our performances throughout the year, and for Warren for always being available, even on Saturday practices, to assist with the sound.

In addition, we greatly appreciate Kathleen Malick, our Business Manager, and her husband Galen for hosting the yummy ice cream social after the Ceremony. By the smiling faces on not only the youth, but on the entire congregation, it was obvious that everyone was enjoying their cool treat.

Speaking of cool, in the heat of the summer we will be having our annual **Vacation Bible** the mornings of **July 11 – July 15** with a **performance on Sunday, July 17**, during service. The cost is free and registration forms will be available by early to mid June.

We are looking forward to a fun, inspirational summer with the youth!

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

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, June 3rd, 7:00pm

Please join us for our Healing and Wholeness Service. This once-a-month service will be 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. Join us on the first Friday of the month at 7:00 pm.

For more info., please contact Rose Maxson: romax52@aol.com

There will be NO Healing Service on July 1st

Using Stress to Your Advantage

Using

STRESS

To Your Advantage

An Interactive Seminar

Sunday, June 12th, 11:45am

Participants will learn to:

- Assess levels of stress
- Identify signs and symptoms of stress overload
- Identify stress triggers (even positive events can be stressful)
- Manage stress by reducing the level of and incidences of stress
- Provide stress reduction techniques

Most of us don't need experts to tell us that mind-body connection exists, and that stress is damaging. We already know!

While I can't promise that in one seminar you'll be stress free. What is promised are approaches to experiencing a consistent sense of greater wellness and relaxation, through your healthy awareness of stress and stress reduction techniques.

Suggested Love Offering: \$15 but no one turned away!

A light lunch will also be provided to the attendees!

For more info, please contact Rev. Tom: tom@thenextstepfor.me

Volunteer News & Views

Can't believe how fast these months are rolling around. Much going on this summer in our Spiritual Community and our Local Communities.



We will be participating in the **Windmill City Festival** once again this year that will be held July 7-10. We will be participating **ONLY Saturday July 9th**, So... MARK YOUR calendars, come out and support our community and support your Spiritual Home. We will have small giveaways and marketing

brochures at our table. This is an excellent way to get our name out to the community. We will have a sign up sheet and will need volunteers to host the table. We will probably do 2 hour shifts, if we get enough people to help out. We are hoping for a better spot this year and NO RAIN! Affirm that with me!!

I just have to give another shout out to our Landscape Committee, they are small, but mighty in their work and we welcome Spring in all of it's glory!!

Our Outreach Committee met and brainstormed many wonderful ways that we we will be reaching out to our community locally and worldwide. So be on the look out for these opportunities.

Our Life on a Plate

Unity of Fox Valley Cookbook

Cookbook Sampling

**Sunday, June 26th,
after the Service**

You know all of those wonderful dishes that magically show up at our Potlucks? So many people say, I want that recipe!! Now is your chance to give us your secrets and get it in our UFV Cookbook. We are going to host a **Potluck "Sampling"** where you can bring your dish and your recipe, or just your recipe.

Come and feed your Soul and your tummy!!



Please contact
Liz Haythorne
for more information:
lizhaythorne@yahoo.com

We have so many wonderful volunteers. seasoned, as well as newcomers, stepping up. We are so very blessed. If there is any area that is tugging at your heart to get involved, please feel free to contact Bobbi Severson @ bsever4785@gmail.com or talk to her after any service.

Have a blessed month!

Outreach Committee



For the month of June, our church will be collecting non-perishable food items for the Batavia Interfaith Food Pantry.

Some of the items needed are cereal, canned stew, beef chili, plain pasta, baby food stage 3, Ramen noodles, sugar free foods and more. Please pick up a complete list of items needed and place your food donations in the large container at the table. Also remember to check the expiration dates on your donations.

The mission of the food pantry is to provide food relief to the economically disadvantaged residents of Batavia and Batavia Township. They provide a friendly environment where people in difficult circumstances can obtain the necessities and maintain their dignity.

Please contact Beth Johnson for more information:
bethmjohnson@comcast.net

Women's Wisdom Circle

Saturday, June 18th
4:00-6:00 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.

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

Green Team



The Green Team will look forward to showing a film **Sunday, July 10** and offering Green-oriented food after the Sunday morning service. Exact time will be announced later, however, mark your calendars to see the documentary film **The Future of Energy**. The Future of Energy reveals a reflection and the essence of being Green. The clean energy revolution offers an ability to function better in the future and to

find positive change without giving up good things in our world which can be useful.

The Green Team took a hiatus from meeting the fourth Friday of each month after its April 22 film, The Secret of Water.

The next two Green Team functions will be the July 10 documentary film after the service and the **Saturday, Aug. 13 participation in the Green Fair on the Fox, 10 a.m. to 4 p.m.**, in Batavia at the City Council Chambers and at the Riverwalk and Peg Bond Center. Enter off of Island Avenue from Wilson Street.

The Green Team and the children's group, under the capable direction of Mary Nowroozi, each will have a table at the Green Fair on the Fox. It will offer an opportunity to present Unity of Fox Valley to the Fox Valley area community. It will be the third annual participation by Unity of Fox Valley at the Green Fair on the Fox. We will provide sign-up sheets for participation from Unity of Fox Valley volunteers in the August 13 Green Fair on the Fox in one hour time slots, similar to last year. Come join in the fun!

The July 10 film, *The Future of Energy*, will offer an opportunity to those who missed the significant presentation in March and those who saw it the first time undoubtedly will pick up something new the second time.

We offer a great big thank you to Jeanette Hirt for the blessings she provided to the Green Team with her leadership. She stepped down as the leader of the Green Team in April. With her vigorous and dedicated vision and leadership, the Green Team has reached its fifth year to provide valuable information for our congregants and our communities. We shall miss her guidance and hard work, however, we will continue to offer a hearty welcome for her inclusion in future Green Team events. We will continue the Green Team direction. Interim leaders will be Donna and Carter Crane until it is evident a dedicated person can take leadership responsibilities.

With Peace and Green Goodness to All!

The Unity of Fox Valley Green Team

Think Green in 2016

For more information, please click [here](#).

Cougars Ballgame



For more information, please contact Rick Dearborn: dearborn_rick@yahoo.com

July 4 - Office Closed



Monday, July 4th

The Church Office will be closed. Enjoy the holiday!

Prayer Chaplains

Did you know that our prayer chaplains are available to Unity of Fox Valley members for home, hospital and nursing home visits? You may request them to pray with you at

anytime. Call the office at 630-879-1115 or email us at churchoffice@unityoffoxvalley.org

Namaste!



Young Living



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.

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.

Do you need us to order anything?

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

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

What a great month I had! I was the Wedding Coordinator at a recent Wedding here at UFV. Galen & I had a WONDERFUL time hosting our Annual Ice Cream Social - In fact, we had such a great time, we will be hosting it again this summer! So stay tuned!

I'm pretty sure my coach is trying to kill me, but WOW I'm seeing more results this month than I ever had (when I'm not cheating - HA!). Ava finished 6th grade and now I have a

Middle School-er.

If you are ever interested in following my journey, you can peak into my fit life on [Instagram](#).

Summer is almost here so I hope you get out there, be active and enjoy it! Please remember that it is never too late to get up and get moving!

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 4:00-6:00pm in the Adult Ed Classroom.

- [Unity Green Team CommUnity Event](#) - 4th Friday, January through April; August through October; Sunday, July 10.

Contact Information

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