



June 2020

Ministerial Musings

First Step Month Or Beware or Be Aware?

I share this quote from Napoleon Hill:

No one can control the actions of others, or many of the circumstances of life which tend to make one angry, but anyone may control his reactions to these actions and circumstances. Your mind is your own.

Consciousness comes in many forms. Genuine consciousness rarely conforms. Growing always is about discovery, but never about discovering what others want you to think. When a child takes those first steps, parents usually go wild celebrating with shouts of joy and excitement. Rarely do they understand that it is the underlying consciousness of their child that really should be what is celebrated. The child takes those first steps when he or she discovers that he or she can, and then dares to make it happen.

When we are reactionary there is little room for discovery. When we are reactionary, we allow others or other situations determine our minds for us. Lately I have found myself reacting to those who have been pushing back against the Stay at Home orders. I have been frustrated and angry in response to what I have judged to be selfish and reckless behavior. Objectively, perhaps this was a good assessment on my part, but it is beside the

point. My kneejerk reactions have kept me from any sense of discovery. Or, they have kept me from realizing I can take “first steps” just like an infant soon to be toddler.

So much of our programming is to be afraid, to beware. Unless we can reprogram ourselves to shift to being aware, our potentials cannot be realized. We cannot dare to take that first step unless we become aware that maybe, just maybe, it is doable and doable by us. Prayer is an excellent time to explore those possibilities that routine and fear try to keep buried. Let's make June First Step Month. Every day try something new; take a first step. Keep a log. We can have a fun educational experience that we can share,

Rev. Mike

revmike@unityoffoxvalley.org

Youth Education for the Younger Crowd

As the long, delightful days of summer will soon be here, we have planned exciting lessons for this first summer month that will continue to be held on Zoom! We will begin by exploring the Power of ***Imagination***, focusing on the Disciple Bartholomew and the color **Light Blue**. To enhance it further, we will draw forth our inner *imaginative*, creative powers by exploring the metaphorical aspects of several inspirational Bible and contemporary stories. Other lessons for this month will be centered on honoring the fabulous fathers in our lives, including Charles Fillmore, the “Father of Unity”.

Due to the current stay-at-home situation, we had decided to postpone our annual “***Roots and Wings***” Ceremony that initially had been planned for Sunday, June 7. However, we are excited to announce that it has been rescheduled for *Sunday, September 13 at 10 am*; hopefully, live at the church or, if need be, to be held on the Zoom platform. At this special event, our youth and teachers will be appreciated and celebrated for their loving commitments and spiritual endeavors over the past year. Furthermore, several youth will be “winging-up” to their respective next class level at this time and will receive a memorable certificate, honoring their spiritual growth from their previous class.

Over the past several years, this ceremony has usually been followed by a yummy ***Ice Cream Social*** that has always been lovingly offered by our Business Manager *Kathleen Malick* and her family; however, for this year, it has been unfortunately cancelled. We've always appreciated Kathleen and her family for their kind gesture over the years, yet we know a time will come soon for us to all gather together again for an exciting social event such as this one!

Stay safe, healthy and at peace!

Love and blessings,
Mary Nowroozi, LUT, CSE
marynowroozi@comcast.net

Zoom Update



**Please install the Zoom update 5.0
before May 30th or you won't be able to
join any Zoom meeting!**

Please click [here](#) for instructions on how to update zoom.

If you have trouble updating Zoom, **please contact Zoom**
directly: <https://support.zoom.us/hc/en-us>

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, June 5th, 7:00pm

1st Friday of every month at 7pm. This once-a-month service will be filled with music, chant, prayer, and healing conducted by members of our music team and our prayer chaplain team.

Please click [here](http://ufvweb-new.unityoffoxvalley.org/healing-circle/) or copy & paste the url into your browser for instructions on how to log on: <http://ufvweb-new.unityoffoxvalley.org/healing-circle/>

For more info. or any questions, please contact Rose Maxson:

singingalong77@gmail.com

Online Sunday Services



Every Sunday, 10:00am

Attend our Online Sunday Service from the comfort of your own home!

Please click [here](#) to take you to the info you need to join in on Online Sunday Service! The links changes every week so be sure you have the most up to date info.

If you have trouble accessing the meeting, please contact

Zoom: <https://support.zoom.us/hc/en-us>

Bhagavad Gita Class



**1st & 3rd Sundays
June 7th & 21st, 1:00pm**

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.

This class will be held ONLINE. Please contact Carl or Lucy Klemaier for log in information to join in.

For more info. or any questions, please contact Carl or Lucy Klemaier:

colonelklay@yahoo.com

Coffee & Tea with Myrtle & Me



Every Thursday, 10:00am

Hello All,

Come join us Thursday morning for our weekly chat. It's an open forum and an opportunity to be together and talk about whatever may be on your mind. I look forward to seeing you online.

Peace,

Mike

revmike@unityoffoxvalley.org

Please click [here](#) to take you to the info you need to join in on the chat
The links changes every week so be sure you have the most up to date info.

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!

Please click [here](#) to take you to the info you need to join in on the class.

The links changes every week so be sure you have the most up to date info.

The class will be facilitated by Warren Wakerlin: wwakerlin@aol.com

Prayer Chaplain Ministry



Although these uncertain times continue, as this newsletter is released the easing of some restrictions, in place for the past 2 1/2 months, and the beginning of “opening up” are most likely taking place now in Illinois. Speaking for myself, I greet this new phase with mixed feelings. I relate deeply with those who need to get back to work and fully understand the importance of getting the economy going again, but I also believe that life will not be the same as it was before Covid-19 engulfed the world. And now I will need to make more choices on how it is best for *me* to navigate out in the world as *you*, too, will choose the best actions for *your* life.

My first choices are Hope:

“Hope is not an emotion; it’s a way of thinking or a cognitive process.”

Brene Brown, The Gifts of Imperfection

And then, Trust:

“No matter where I am or what I need to do, I trust God within for good judgment, strength, and confidence. I walk in faith, knowing that the good I seek is already mine.” — The Daily Word, Monday, June 22, 2020

Unity’s foundation is prayer and meditation. We Prayer Chaplains, dedicated to carry on this sacred legacy, encourage you to join us in this daily practice. We also invite you to affirm the 12 Powers, present in each and every one of us: Faith, Strength, Wisdom, Love, Power, Imagination, Understanding, Will, Order, Zeal, Elimination and Life. These spiritual abilities, perfectly expressed by Jesus, our Way Show-er, are within us to be activated and expressed as we create our new ways of being in the world.

As your Prayer Chaplains, Eliza, Wanda Faye, Lucy, Carl, Maria, Mary, Bobbi and I are committed to making periodic Caring Calls to all our members. These Caring Calls are made to support you, our spiritual family, with your prayer needs. During these uncertain times, we encourage you to call on us if you need prayer support in between our calls.

If you are a member and have not been receiving a call, or, have not previously signed up and want to now, please contact the office at 630-879-1115 or churchoffice@unityoffoxvalley.org and a Prayer Chaplain will call you.

We hold you all in Spirit’s love, light and healing grace...

Blessings and (energetic) hugs,
Bobbi and Marie




The Prayer of Protection

Written by James Dillet Freeman

The Light of God surrounds you.
The Love of God enfolds you.
The power of God protects you.
The Presence of God watches over you.

The Mind of God guides you.
The Life of God flows through you.
The Laws of God direct you.
The Peace of God abides within you.

The Joy of God uplifts you.
The Strength of God renews you.
The Beauty of God inspires you.
Wherever you are, God is!
And all is well. Amen.



The Prayer of Faith

By Hannah More Kohaus

God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of this day.

I now am wise, I now am true,
Patient and kind, and loving, too;
All things I am, can do, and be,
Through Christ the Truth, that is in me.

God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all, I know no fear,
Since God and Love and Truth are here.

Volunteer Ministry



What is volunteering in June going to look like? I honestly have no idea at this point. I do know that we will continue to reach out to our own Spiritual family and our surrounding community however we can. Our [Food Initiative](#)/support is ongoing and I would encourage anyone from our church community to

reach out if you are in need of help. Every request is confidential and handled through the Church Office.

The volunteer fair tables are still set up for when we can re-enter our Spiritual Home. We are so blessed by all of you for your service and your support. We can't begin to express how very much you are appreciated.

Spring is bursting at the seams, especially with all of this rain. Cecilia and our landscape committee continue to plant and clean up around the church grounds. If you are in the area, stop and look at our Butterfly garden and the new 12 Powers plaques that Cecile made and has displayed around the outside of the garden!! THANK YOU Cecilia for all that you do to keep us looking beautiful!!

Until we physically meet again, stay safe, be well, and stay distanced as long as is necessary!!

Love and Prayers!!!

Bobbi Severson

bsever4785@gmail.com

Food Initiative

Dear UFV Family & Friends,

We have established a UNITY OF FOX VALLEY FOOD INITIATIVE. This is to assist those who may be facing difficulties due to the current coronavirus situation. The program is being administered by a very small committee to try to main the privacy and anonymity of those in need. If you and your family are in need, please do not hesitate to contact us.



Blessings,

The [UFV Food Initiative](#) Committee

Rick McKay, Chair

RECIPIENTS: If you or your family is in need of assistance, please contact the church at churchoffice@unityoffoxvalley.com, and you will receive further information regarding the program. All of your communications will remain confidential.

DONORS: If you would like to participate as a donor, you may send a check to the church designating that it is to be applied to the UFV Food Initiative. We also will continue to collect non-perishable can goods in the bin at the parking lot door if this is the most comfortable way for you to participate.

Puzzles to Remember



Thank you to everyone that donated puzzles! We were able to donate a big box of puzzles to Artis Senior Living in Bartlett. They were so very appreciative of our donation! Many thanks!

Town Hall Meeting



Tuesday, June 16th, 7:00pm

Dear UFV Family and Friends,

This is an invitation to our Town Hall Zoom meeting. The meeting will be hosted by the Board of Trustees including Rev Mike. The purpose is to share with everyone what has been and is happening in and with our church family. It also will allow participants to ask questions and share comments. Please save the date and plan on being with us.

Please click [here](#) to access the log in info.

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 info. or any questions, please contact Barbara

DuRocher barbarajdurocher@gmail.com

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**



Occasionally, we need to restock our supplies. You can help!

Just click on the [here](#) to see what we need!

or, copy and paste this link:

https://smile.amazon.com/hz/charitylist/ls/5I9LM5FXITZG/ref=smi_ext_lnk_lcl_cl

Evolving Office Hours

Due to the Governor's order of Shelter in Place, our Business Manager will mostly be working from home (this is subject to change without notice). There has been a change to the office hours and they are now: Monday - WEDNESDAY 9-5pm.



Things are ever changing these days so we really do appreciate your understanding and patience as things are changed unexpectedly & without notice. Please do your part and **STAY HOME!**

Please email (anytime) or call (Mondays only)

Kathleen her if you should need anything. **Kathleen will be in the Church Office only on Mondays.** Please no visitors: churchoffice@unityoffoxvalley.org 630-879-1115 (Emailing is preferred since she is working from home most if not all days)

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.



Everyone is coping with this quarantine in their own way. I'm normally a pretty happy and upbeat person, but I can sense that I am starting to get down, so I have to be gentle with myself at this time by doing the things I want to do and just leaving the things I probably *should* do for another time (i.e. here's an opportunity to clean my basement or finish that project). One of the ways that I am coping is doing jigsaw puzzles. You can google why doing them are good for you but you can click [here](#) to read one of the many articles. If you want to see more of the puzzles that I have worked on, or any of my other projects and interests, just click on my name below to view my Instagram page.

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

Please contact each group for more info. regarding their meetings

- [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. Please contact AA for more info regarding their meetings.
- [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. Please contact OA for more info regarding their meetings.
- [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

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