



**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,

On May 1st I'm officially on my way to making plans and doing things that will fill my heart and feed my creativity as I embark on my three month sabbatical. This is a special time to renew and refresh my spirit and is an essential part of my ministry. This is where I get the opportunity to be ministered to.

I leave you in good hands. Rev Tom Wendt will be here as a ministerial presence during that time and will be in the office on Tuesday's. There are also several special Sunday services planned with our Youth and Men's Group. Rev Tom has been with us before and he has another great workshop planned for you in June.

I leave you with a comment shared from one of our congregants about our beautiful spiritual family -

*"Unity of Fox Valley is your family of choice
Not the family you were born into."*

Isn't that a lovely thought and as Rosanne Rosannadanna would say "And that's the Truth!"

My love and blessings,

Rev Jan

Ministerial Musings: Rev. Tom

Hello Friends,

It was the spring of 1990, my previous church experience had been limited to attending my Catholic friends' weddings. My family of origin were not church goers, for sure! Though I knew little about religious teachings of any kind, I held strong opinions about what was wrong with religion. How can that be?

I was encouraged to "try" a Unity church by my 12-Step friends. The name of the ministry was, at that time, Unity of the Valley. They met in the Baker Community Center, St. Charles. It wasn't like any church I'd visited in the past. No statues, no organ music, no talk about sin and that stuff.

What I heard made a lot of sense to me. I was hooked and wanted to be part of this new experience. Everyone was so friendly! Within a few months I was elected to the Board of Trustees, and thus began my Unity journey. I, quite actively, remained with the ministry for about nine years.

I vividly recall being part of the process of purchasing your current building. I also recall the doubts and visions we experienced. The place was trashed. It had stood empty for a number of years, save the times it served as a theatre, and Jaycee's haunted house. You could say that we affirmed a miracle.

And the miracle continues. Your ministry is in its 40th year! And I feel sincerely grateful to be invited back, while Rev. Jan enjoys a well-deserved sabbatical. I feel uplifted by the familiar faces and voices I had come to know well. I feel encouraged by those whom I have not had the privilege of meeting, until this present time.

I eagerly anticipate partnering with all you, in an upward spiral of spiritual energy for these few months.

In gratitude,

Rev. Tom Wendt

Youth Education for the Younger Crowd

For the month of May, the Children's Church and Juniors will be reflecting on the power of Power! The Disciple Philip and the Color **Purple** are associated with this power. The children will delve into several Bible stories that reflect the powerful Miracles of Jesus, particularly Jesus Feeding the Five Thousand and his miraculous healings.

Now that spring has arrived, we will be taking the children outside for quiet, meditative walks around the immediate neighborhood to enjoy all the delightful sights and smells of spring. Please have your child bring a sweater or light jacket on cooler mornings.



Speaking of spring, our youth were graciously asked by the Green Team to be included in the creation of a "Butterfly Garden". They will be planting seeds at home that once they start to grow into flowers, will be replanted into the garden. The flowers are ones that attract butterflies which we so look forward to seeing soon in the beautiful garden! Thank you, Green Team!



Roots & Wings

Sunday, May 15th, during the Service

This will be a sacred, reflective time when we will honor and celebrate all the youth, teachers and aides. The youths who are “winging-up” to the next group will receive a special certificate that honors their spiritual growth from the previous group.

Also, please pencil in “Roots and Wings” Ceremony on your calendars for Sunday, May 15. We strongly encourage your child to participate in this beautiful ceremony that will be held upstairs in the sanctuary during service. This will be a sacred, reflective time when we will honor and celebrate all the youth, teachers and aides. Those who are “winging-up” to the next group will receive a special certificate that honors their spiritual growth from the previous group.

Last, but not least, our own Business Manager, Kathleen Malick, has graciously offered to host an “Ice Cream Social” to be held after our “Roots and Wings” Ceremony! Thank you, Kathleen!



Volunteer News & Views



We recently had a Women's Retreat Meeting and we were blessed to have two beautiful ladies, Anne Kothe and Jen King step up to chair and plan our next retreats. Ladies, mark your calendar for either November 5th or 12th for a one day retreat that we will be holding this year. We will keep you posted on which date is chosen. Lots of ideas were

tossed around for an exciting time together!!

We want to bless and thank Jeanette Hirt for being instrumental in forming our Green Team and for her many years of love, passion, and support to this group. Jeanette will be stepping down as our team leader of this committee to follow her heart and explore other adventures that are tugging at her heart!! We will miss her beautiful smile, calming presence and her loving and caring ways that she supported this team!!

GREEN TEAM volunteer opportunity for someone who is passionate about our earth and would like to continue to lead this dedicated group of individuals who really want to bring awareness to the issues of sustaining, supporting, and being good stewards of our Mother Earth. Please contact Bobbi Severson if you would like to lead this team forward!! Lots of great events are in the works already!!

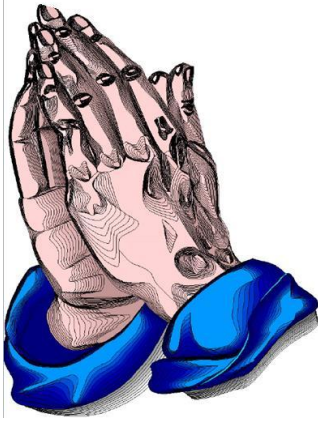
Rev Jan's beautiful messages this past month about ordinary people doing great and extraordinary things prompts this last thought that I would like to share. We don't necessarily have to step across the waters to help, we have many golden opportunities right here in our own spiritual community to express our talents and passions. So many of you are already blessings us with your amazing skills and ideas and we are truly, truly grateful!!

For more information regarding volunteering, please contact Bobbi Severson at bsever4785@gmail.com.

Blessings and have a great month!!

Prayer Chaplains

On **May 1st**, we will hold our **Prayer Chaplain Dedication**



at our Sunday service. Join us in celebrating these loving and generous souls. The length of their service is indicated behind their names in parentheses: Mary Nowroozi (3 yr.), Althea Armorer (3 yr.), Eliza Sutherland (2yr.), Kim Loree (8 yr.), Maria Cosentino (8 yr.), Bobbi Severson (12 yr.), Marie Manella (13 yr.), and Marge Orchard (15 yr).

her spiritual journey.

Mary Ann Sommers (3 yr.) is stepping down as Prayer Chaplain. We are grateful for her love and willingness to serve our congregation and we bless her as she continues on

Our 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

Namaste!

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, May 6th, 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

Ice Cream Social



.....

ICE Cream SOCIAL

.....

**Sunday, May 15
After the Service**

*Stay to have
dessert first!*

Enjoy a treat hosted
by our own
Business Manager,
Kathleen Malick!

Game Night

QUARTERLY GAME NIGHT

Friday, May 20th, 7pm

Let's have some fun together!

We have Rummikub, Quirkle, Oh Hell, Scrabble, &, of course, Dominos. We also encourage you to bring your own favorite games and share them with us.

Children are welcome
with a responsible Adult.

Light refreshments will be provided, but we won't mind if you bring a snack to share!

**For more info., please contact Mickey Cowles:
mickeyc115@sbcglobal.net**

Women's Wisdom Circle

**Saturday, May 21st
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

Life of Prayer

LIFE OF PRAYER

The Unity movement truly was founded on the concept of prayer. This course introduces the Unity perspective of affirmative prayer. It will provide traditional Unity definitions of prayer and assist you in formulating a prayer definition that is meaningful for you and your life. The class will support you in your personal prayer discipline by giving you an opportunity to explore your own prayer life and attitude. This class is especially recommended for review for Prayer Chaplains and Silent Prayer Ministry members.

All are welcome!

Required Textbooks: *How To Pray Without Talking To God* by Linda Martella-Whitsett
and *Teach Us to Pray* by Charles Fillmore's and Cora Fillmore
BOTH BOOKS CAN BE ORDERED ON AMAZON.COM!

S.E.E. Class: Wednesdays, May 25th – June 15th, 6:30 p.m. 8:00 p.m.

Presenter: Marge Orchard, L.U.T. ~ Offered on a Love Offering Basis.



Green Team



Oh, it feels soooo good! Warm weather, sunshine, flowers blooming, trees leafing, grass growing, river flowing, birds singing....Summertime and the livin' is eeeeeasy!! Did you get your organic vegetable garden planted yet?

Hope you got a chance to see April's feature film *The Secret of Water*. It will be the last 4th Friday Green CommUnity event for a while. The Green Team will be changing up the venue for the summer months so watch for announcements of upcoming special events!

Mark your calendars now for a Sunday, July 10th event right after the service. We have an exciting afternoon lined up for you! A brief presentation from the folks at Green Tomato Grocery will explain the concept of a full-service food co-op planned to open in the Fox Valley in the near future. It will be a locally owned (find out how you can be an owner too), locally managed grocery store supporting local farmers and our own community. A light lunch will be provided during the presentation. Following lunch will be a re-showing the popular and inspiring film, *The Future of Energy* which was shown at our program in March. With infectious enthusiasm, *The Future of Energy* shines a spotlight on the forefront of the clean energy revolution and shows us our own capacity for positive change in the world. If you missed it in March, don't miss it in July!

Also Save the Date: August 13th Green Fair on the Fox at the Batavia Riverwalk.

Now, I think I'll go for a walk and maybe a picnic too! Summer's calling.....

With Peace and Green Goodness to All!

The Unity Green Team

Think Green in 2016

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

Memorial Day - Office Closed



Monday, May 30th

The Church Office will be closed. Enjoy the holiday!

Using Stress to Your Advantage

Using

STRESS

To Your Advantage

An Interactive Seminar

Sunday, June 12th, after the Service

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!

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

Unity Cookbook

For more info and instructions on how to submit your recipe, please click [here](#).



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

April wasn't particularly eventful. I attended the Annual Fashion Show my Women's Club. No modeling, no speeches given, just a relaxing and fun time with my daughter!

No races this month but yes, something planned for early May. I have a new coach who is an IFBB Pro. In fact, she is competing this weekend so I wish her

the best of luck! She is in the process of making all my muscles sore and making sure my body is feed correctly. Oh.. and DAILY cardio. oh... the daily cardio... None of is terribly bad but with a hobby like mine, it becomes time consuming. Luckily, I have a supportive and understanding family.

Have a wonderful May & please remember that it is never too late to get up and get moving!

Many blessings,
Kathleen Malick



We are now 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

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](#)

