



November 2016



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,

Is it November already? This year has just flown by. I always think of November as a time to just pause and take a breath after the busyness of the end of summer, back to school plans, and before the holiday season. It's the perfect time to reflect on our many blessings,

What are we thankful for this past year? What blessings, large and small, come to mind? There are so many things sometimes we take them for granted. Here at Unity of Fox Valley we have teams and volunteers that bring love and blessings to our whole spiritual family - everything from minding our environment, to minding our prayers and healing, to minding coffee and goodies, to inspiring our children, to teaching and inspiring us, to making us beautiful inside and out, to minding the details of the business of ministry, to each individual who lends a hand, or an ear, or a hug.

I am grateful to everyone who makes Unity of Fox Valley a safe, sacred, joyful place where we are nurtured and supported. I have worked with a dozen different churches training, brainstorming and helping them solve challenges and I can sincerely say that what we have here is special.

Thank you for the gift of this ministry. I am honored and grateful.

Love & blessings,
Rev Jan



Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

First Friday of every month at 7:00pm

November 4th, 7pm

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.

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

Youth Education for the Younger Crowd

For the month of November, the youth of all ages will be reflecting on the *Power of Letting Go*. The color for this power is **Russet Brown** and the disciple is Thaddeus. We will teach the children through prayer, meditation, Bible and contemporary stories, and crafts ways to see the Christ Light in everyone so that we are forgiving not only of others, but of ourselves as well. On warm fall Sunday mornings, we will take the children

outside for “Silent Meditation Walks” for quiet time to be in tune with all their senses of the beautiful autumn season.

Also, for the month of November in honor of Thanksgiving, we will be reflecting on the meaning of gratitude and how we practice thankfulness by being open to the beauty and abundance all around and within each one of us.

Furthermore, we are offering **Super Saturday School** for any youth to attend on the same days and time as *Women’s Wisdom Circle* which is held on the following 3rd Saturdays of the month: November 19, *January 21*, *February 18*, *March 18*, *April 15* and *May 20* from 3 to 4:30 pm. This program will provide an opportunity for moms to participate in the Circle while their youth are exploring an exciting, spiritual program that will consist of Bible stories, crafts and games. A sign-up sheet is available downstairs in the Youth Ed area, and a love offering donation is greatly appreciated in both programs.

Many blessings,
Ms. Mary

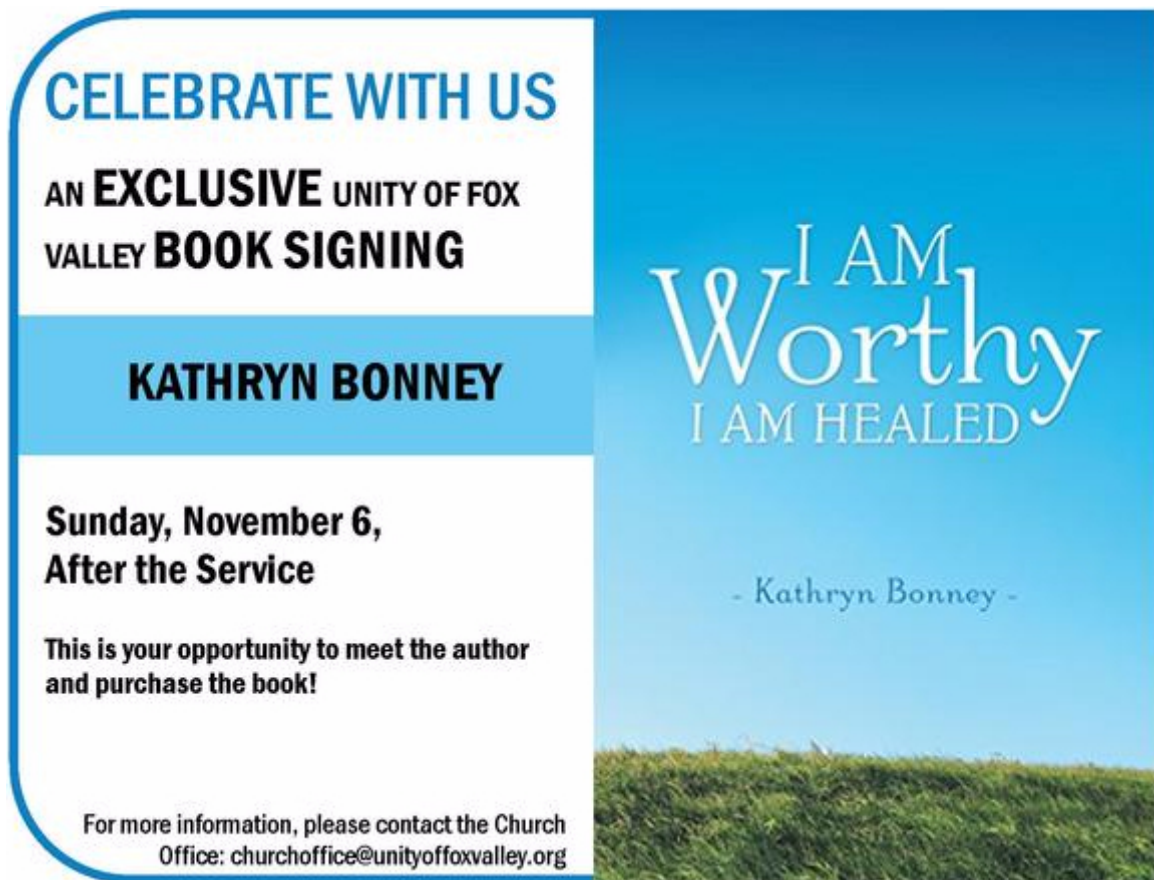
For more information, please contact Mary Nowroozi: marynowroozi@comcast.net

Daylight Savings Time



Sunday, November 6th

Book Signing



CELEBRATE WITH US

AN **EXCLUSIVE** UNITY OF FOX VALLEY **BOOK SIGNING**

KATHRYN BONNEY

**Sunday, November 6,
After the Service**

**This is your opportunity to meet the author
and purchase the book!**

For more information, please contact the Church
Office: churchoffice@unityoffoxvalley.org

*I AM
Worthy
I AM HEALED*

- Kathryn Bonney -

The flyer features a blue background with a white rounded rectangle on the left containing text. On the right, the book cover is shown, featuring a blue sky and green grass at the bottom. The book title 'I AM Worthy I AM HEALED' is written in a white serif font, and the author's name 'Kathryn Bonney' is written in a smaller white serif font below it.

Teach Me to Pray



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. This class is recommended for new Unity members and for review for Prayer Chaplains and Silent Prayer Ministry members.

Please read Chapters 1-2 of
How To Pray Without Talking To God prior to first class.

Required Textbooks:

How To Pray Without Talking To God by Linda Martella-Whitsett

Teach Us to Pray by Charles Fillmore's and Cora Fillmore

BOTH BOOKS CAN BE ORDERED ON AMAZON.COM!

**Tuesdays, November 8th - 29th
6:30 - 8:00 p.m.**

All are welcome!

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

For more information, please contact Marge Orchard: margeorchard@gmail.com

Game Night

MONTHLY GAME NIGHT

Friday, November 11th, 7:00 pm

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!

There will be NO Game Night in December.

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

Annual Meeting

2016 *Annual* MEETING



Sunday, November 13th

The Board of Trustees of Unity of Fox Valley cordially invites you to attend our Annual Family Meeting, in the Sanctuary.

The meeting will begin after the service at approximately **11:30 am** and last for about one hour. You'll have time for a quick cup of coffee in our café downstairs before the meeting begins. We will be reviewing our goals and financial status, and electing new officers to the board. Everyone is welcome and encouraged to attend; however, you must be a member to vote at the election.

Celebrating 10 Years with Rev. Jan



10th Year Anniversary & **HAPPY Birthday**

Friday, November 18th, 7:00-9:30 pm

Join us we celebrate with Rev Jan as our UFV minister for the last 10 years. We will have a musical celebration with Chicago's very own singer/songwriter Megon McDonough and of course cake since it's also Rev Jan's birthday!



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

Super Saturday School



**Saturday, November 19,
3-4:30 pm**

We will be offering a Saturday School for any youth to attend on the same days and time as Women's Wisdom Circle which is held on the following 3rd Saturdays of the month:

This program will provide an opportunity for moms to participate in the Circle while their youth are exploring an exciting, spiritual program that will consist of Bible stories, crafts and games.

A sign-up sheet is available downstairs in the Youth Ed area, and a love offering donation is greatly appreciated in both programs.

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

Women's Wisdom Circle



WOMEN'S WISDOM CIRCLE™

**We are calling a circle and invite you to join
with us in a self-discovery process.**

Saturday, November 19, 3-4:30 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

Thanksgiving Feast

Thanksgiving Feast!

Sunday, November 20th,
after the service

Join us for a time of fellowship and celebrate what we are thankful for! Sign up in the fellowship area to help set up, clean up and bring a dish to share.

Please contact Lisa Carpenter with any questions or for more info.: familyof3plus2@sbcglobal.net

Thanksgiving Service



Thanksgiving
Service

Tuesday, November 22 at 7:00 pm

Please join us for a combined Thanksgiving Service
With members and ministers of Batavia churches

At the Calvary Episcopal Church
222 S. Batavia at the corner of Rt. 31 & Main Street
The service will be followed with coffee and treats ❖ Child care provided

Sponsored by the Batavia Ministers Group
Free Will Offering to Benefit Batavia Interfaith Food Pantry

Green Team



The Green Team's event on recycling polystyrene, commonly referred to as Styrofoam, Sunday, Oct. 23, was filled with great information.

Thanks to our guest speaker, Ken Santowski of Chicago Logistics Service, we learned useful information about what to recycle, where to recycle polystyrene at Dart Container Corporation in North Aurora, and the sense of importance and urgency we must use to recycle waste products that can be recycled. He has been urging recycling polystyrene at his company for 10 years. We will advance and urge compliance of recycling at our functions.

Ken Santowski's information was well presented with a personable approach that kept the interest of those in attendance.

The Green Team will provide modest vegetable-oriented food each week in the dining area for a healthy food perspective.

We enjoyed a variety of activities in 2016, and, although Sunday, Oct. 23 was the final planned event of the year, the Green Team will remain visible and vigilant the rest of the year and into 2017 with assistance from all congregants at Unity of Fox Valley.

Thank you! We are still going green in 2016!

Volunteer Ministry



A big shout out and thank you for our walkers that supported Church World Services Crop Walk this year. They braved the misty rain and had a wonderful walk along the Fox River in St. Charles. Thanks to everyone who supported our walkers, we raised about \$3265.

If you haven't already marked your calendar, please save FRIDAY NOVEMBER 18th and come celebrate Rev Jan. We will be honoring her 10 years of service at Unity of Fox Valley and, oh by the way, it just happens to fall on her birthday!! We have a group of volunteers working to make this a wonderful CELEBRATION OF SONG AND JOY!! You don't want to miss special musical guest Megon McDonough.

I think we like to eat and party around here!! We will once again be having our Thanksgiving Feast on November 20th and volunteers to help out are always appreciated! Lisa Carpenter will be coordinating this event.

The Women's Retreat will be Saturday November 5th. A special thanks to Anne Kothe and Jen King and their team for making this a special fall retreat day for our Women!! I know we will come away with many tools to put in our Spiritual Tool Box!!

I just want to again say thank you for all of our "worker bees" behind the scenes that make all of our events fun and enjoyable!! We are so very blessed and grateful for your unwavering support!!

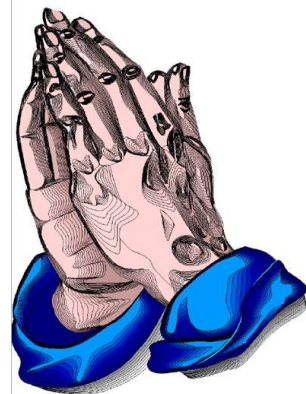
Blessings,

Bobbi Severson, bsever4785@gmail.com

Prayer Chaplains

Did you know that when our prayer chaplains pray with you, they listen and hold everything said in confidence? Your chaplain places your requests in the sacred space of limitless possibilities of God's love, that place we often are unable to see our ourselves

Namaste!



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!

Thieves- This oil blend was named Thieves because it was used by Thieves in England to protect them from the plague when stealing from the sick and dying..It consists of a blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata and Rosemary Cineol. Thieves has highly antiviral and antiseptic properties which help protect the body from the flu, candida, colds. It may also help with sinusitis, bronchitis, pneumonia, coughs, strep, sore throats periodontal disease, teething, cold sores, canker sores, bruises, cuts, infection, sliver and splinters. Thieves may be effective for various issues dealing with the immune system.



Thieves can be diffused, applied to the vita flex points on the bottom of the feet or taken 1 drop with a teaspoon of honey or in hot water as a tea....

Flu and Cold bomb...

2 drops of Thieves, 4 drops of Lemon, 2 drops of Melaleuca A, 2 drops of Oregano & 2 drops of Frankincense. May be taken with a tsp of honey or in a vegetable capsule 2-3 times a day.

Secret Santa

It's beginning to look a lot like Christmas,
and that means it's time for our...

SECRET SANTA

For the 14th year in a row, Unity of Fox Valley will be sponsoring approximately 25 people, representing multiple families, by providing Christmas gifts to those who might otherwise find their trees bare. This year we're again providing gifts for families from CASA (Court Appointed Special Advocate) Kane County.

Please select a name from the tree and return your Christmas gifts on or before Sunday, December 4th.

For more info., please contact Beth Johnson: bethmjohnson@comcast.net

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

It was mine and my family's pleasure to volunteer our Saturday morning to host the Fall Pancake Breakfast. Thank you to everyone that helped and attended. It was a beautiful Fall day to come and enjoy a warm stack of pancakes and fellowship.

Fun fact: I'm addicted to cereal. I don't eat much or any but when I do, I can eat an entire box of it in a few hours. The only reason why it takes me hours is that I try to convince myself to stop! HA HA HA! So what I have done is given up cereal till the end of this third round with my Coach which happens to end on December 23rd.

So guess what I am asking for Christmas? Unsweetened Cashew Milk! (cuz I don't drink



regular milk). Pray for me as I break my addiction and realize that I can have cereal... just not a whole box in one sitting!

The cooler temps seem to be here but that is no reason to not move! Stay active! 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.

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. **There will be no ACIM on Thursday, 11/24**
- [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 3:00-4:30pm in the Adult Ed Classroom.
- [Unity Green Team CommUnity Event](#) - 4th Friday, January through April; August through October;

Contact Information

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prayer line: 630.879.1129

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