



November 2017



**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,

The Great 13th Century German mystic Meister Eckhart once said,

“If the only prayer you ever say is ‘thank you,’ it will be enough.

The past few months have brought us news of people dealing with loss from hurricanes, fire, and senseless violence. In this month of November, the month we celebrate Thanksgiving, it’s good remember to incorporate gratitude into our daily spiritual practices. Gratitude is a sacred practice. It lifts our spirits, changes our perspective, and softens our hearts. When we are grateful, we are humble. We are awake. We are filled with wonder.

I would like to share this lovely Sufi prayer. . .

The only secret of happiness . . . is to keep our eyes open to appreciate every little privilege, to admire every glimpse of beauty, for every little love, kindness, or affection shown to us by young or old, rich or poor, wise or foolish. In this way, continually developing the faculty of appreciating life and devoting it to thanks giving, we arrive at a

bliss which no words can explain, a bliss which is beyond imagination; the bliss that we find ourselves having already entered the kingdom of God.

My love and thanksgiving for you, my spiritual family,
Rev. Jan

AmazonSmile

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Please click on this link to start shopping & help raise money for Unity of Fox Valley!

<http://smile.amazon.com/ch/36-2889899>

Note from the Board

The Board discussed the Volunteer Dinner in February; the structure of the Annual Meeting; placement of the Suggestion Box; viewed a copy of the new Webster Street sign; and discussed next year's budget.

The Board

The Giving Tree



Did you know that church is a business? It's a different kind of business than most but it still has normal expenses like mortgages, insurance, heat, water and electricity.

We want Unity of Fox Valley to be open and available for you for meetings, classes and events but that requires all of us to

step up and be part of this wonderful community to make sure we thrive and not just barely survive.

Please check out our Giving Tree and take a leaf or two or three off the tree at what ever level you can. We have a Fall Fund Raiser Goal of \$25,000 to make sure we finish the year in the black and replenish our Special Reserve Funds. **Fundraiser to date: \$15,344!**

You are this Spiritual Family – you are this Spiritual Community. Will you make us a priority and bless us as you have been blessed by us?

Sincerely,

Your Board of Trustees

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. Throughout this month, the youth will reflect on the importance of forgiveness through prayer and meditation, seeing the Christ Light in everyone!

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

Mark your calendars for Family **Movie Night** to be held on **Saturday, November 11!** We will be showing Walt Disney's animated movie Moana (rated PG) starting at 6:30 pm. Please arrive around 6:15 pm to get settled in with popcorn/healthy snacks. All ages are welcome for this highly acclaimed and very entertaining movie. Also, everyone is welcome to bring their pillow/blanket to get comfy!

Speaking of getting comfy, several of our Uniteens and YOU had a Lock-In Saturday afternoon, 10/21, to Sunday morning, 10/22, here at the church. During this time, we were involved in several exciting activities that included creating beautiful spray-painted canvas murals, one of which was given as a gift to the church; preparing meals (pizza at night and pancakes in the morning); praying and participating in team-building games. They also watched the inspirational, heart-warming movie titled Little Boy while enjoying ice cream

sundaes and popcorn (we certainly were well-fed)! I truly appreciate the team-work of the Teens as well the following former YOU who enthusiastically volunteered their time to assist me in leading the youth: Sarah DuRocher, Joey DuRocher and Michael Nowroozi. Also, we give a big thank you to Tony Tyner for setting up the Saturday night movie. This event will surely go down in our Youth Ed history as one of the best!

We are looking forward to seeing all of you this fall!

Ms. Mary, LUT

marynowroozi@comcast.net

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

Please join us on Friday, November 3rd, 7:00pm

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: romax52@aol.com

Daylight Savings Time



Sunday, November 5th

It's time to Fall Back this Sunday! Set your clocks back one hour!

Men's Group



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

The Men's Group meets the first and third Tuesday of each month,
September through May at church. All men are invited to join!

Movie Night



Family Movie Night

**Saturday,
November 11th, 6:30PM**

The Youth Ed will be showing Walt Disney's animated movie Moana (rated PG). All ages are welcomed for this highly acclaimed and very entertaining movie.

Please arrive around 6:15pm to get settled in with popcorn/healthy treats. You are welcomed to bring a pillow/blanket to get comfy.

Love Offering is greatly appreciated!

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

Annual Meeting

2017

Annual

MEETING

unity
of Fox Valley

Sunday, November 12th

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 immediately after the Service and last for about one hour. We'll 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.

Game Night



Please join us on Friday, November 17th, 7:00 pm

Let's have some fun together! We have Rummikub, Quirkle, Oh Hell, Scrabble, & of course, Dominoes. 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: 630-937-4338

Thanksgiving Feast



Thanksgiving Service



The Batavia Ministerium invites you to an Ecumenical Thanksgiving Service Celebration on the Tuesday evening before Thanksgiving. Ministers from several Batavia churches will participate in this service of gratitude in the lovely intimate surroundings of Calvary Episcopal Church. Please join us as we pray, sing, and celebrate together.

Calvary Episcopal Church

[222 S. Batavia Ave \(Rt 31 and Main Street\), Batavia, IL](#)

Green Team

The Green Team's final event of the year Sunday, Oct. 22, was a documentary film on Crop Circles, largely in the United Kingdom.



Dates for eight months in 2017 have been established, January through April and July through October. The events will be the fourth Sunday in each case, except for March when the Easter Feast will be the fourth Sunday. In that case we will meet the third Sunday, March 18. We are likely to organize an additional event outside of the eight Sundays. Stay tuned.

In the meantime, the Green Team will continue its Green Team vegetable table each Sunday just outside the kitchen. Adjacent to the food table is the container for

styrofoam only. Please recycle the polystyrene (styrofoam) in the container and we will take it to Dart Container in North Aurora for future use.

Doing our best to understand and organize our lives for sustainability continues to be more important than too many of us think.

The Green Team is thriving in 2017!

Volunteer Ministry



Neither rain nor thunderstorms will dampen the spirits of our youth volunteers, Joey, Mary, and others who worked to build the scarecrows for the St Charles Scarecrow festival this year. Thank you for your efforts and for bringing them home to roost! Sad that the weather didn't hold out for a couple more days!

A very big shout out to our CROP WALK volunteers, (walkers and fundraisers), Bob Anthony, Carter Crane, Sandy Donnelly, Deb McQuaid, Tony Tyner, JoAnn Vanthournout, and Bobbi Severson. We raised almost \$1600 with Cash and Online donations!! Thank you very much for everyone that supported our mighty group!! Another wet one this year, but the walk was held inside and spirits were joyful for this worthwhile cause.

Thank you Dianne Crompton for heading up our THANKSGIVING feast coming up on the 19th. Don't forget to sign up if you are attending and what dish you might bring. Thanks to those that have volunteered to help with the setup!! I can't believe it is that time of the year already. I will miss the warm weather!

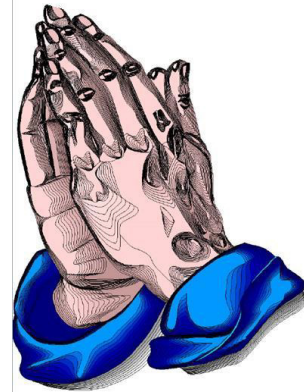
I say this a lot because it is true, but we are so very blessed with all of our wonderful groups and volunteers!! So being very grateful this Thanksgiving for all that you do to support our wonderful Spiritual Home!!

Blessings and HAPPY THANKSGIVING!!

Bobbi Severson, bsever4785@gmail.com

Prayer Chaplains

Prayer Chaplains are committed to making monthly Caring Calls to all our members. Caring Calls are made to support our members with their prayer needs. If you are a member and have not been receiving a call, please contact the office at 630-879-1115 or churchoffice@unityoffoxvalley.org and a Prayer Chaplain will call you.



Namaste,

Marge Orchard

margeorchard@gmail.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!

Recipe

Lots of people have said they would buy oils or have bought the oils and are now asking "What do I do with them" Well it's that time of year when the weather starts to change and our immune systems tend to get run down or are affected by the constant changing temperatures and weather. There is no better way to fine tune our immune systems than a daily dose of Throat Coat.

16 oz of raw organic honey (regular honey works just as well)
 1/2 cup of fresh squeezed lemon juice and some lemon slices
 11 drops of Thieves
 9 drops of Copaiba
 9 drops of Citrus fresh

Mix together in jar and you are good to go..1 tsp a day helps boost your immune system and keep colds and flu away.

Essential Oils Workshop



Essential Oils Workshop

Sunday, December 3rd, 11:45am

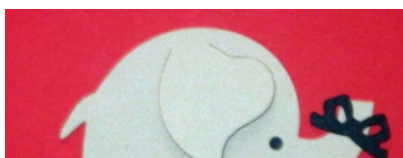
You'll want to mark your calendar for this fun and informative 90 minute workshop taught by Lisa Carpenter, our essential oils guru.

Learn holistic methods and techniques to a more perfect you.

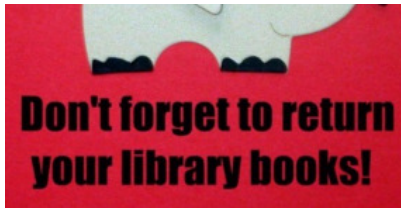
For more info, please contact Lisa Carpenter: familyof3plus2@sbcglobal.net



Library



**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!

News from the Church Office

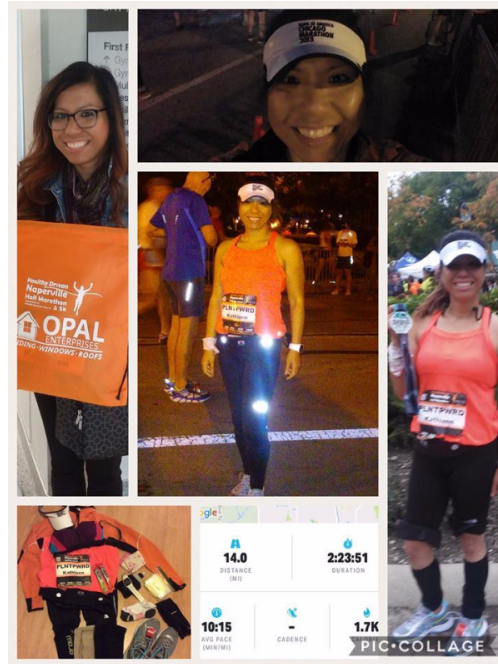
A section in the Newsletter to fill you in on some of the fun doings of our Business Manager, Kathleen Malick.

I ran the last race of my Racing Season and I have to say... I'm a little sad about it but also so very grateful that is over. At 46 years old I ran my 8th Half Marathon. It was Naperville's Healthy Driven Half. I'm thankful for a supportive family. Grateful for a body that can. Humbled at my achievement and proud to say I didn't give up. Official race time : 2:23

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 class on 11/23, 12/21 & 28**
- [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.
- [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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