



October 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,

Happy Anniversary Unity of Fox Valley! Yes, this month marks the 40th anniversary of being chartered as a spiritual center. Through the years we have gone through many changes, locations, ministers, congregants and more.

I don't doubt that there are more changes in the future because spiritual work is never about standing still; it's about evolution and growth both personally and collectively.

One of my favorite quotes is from one of the most dynamic ministers I have ever met – Rev James Trapp. Rev Trapp grew his church from 100 to 1,200 following this philosophy:

***“If you want to predict the future, you have to invent it!”***

As we start our second 40 years how do we see our future? What is our individual vision? What is our collective vision? Both vision and invention require not only vivid imagination but the ability to hold that vision no matter what. Vision and invention also require active participation of the one doing the visioning.

The vision of Unity of Fox Valley is in our hands (and our minds, hearts, and prayers.) How will we vision, invent, and participate to manifest our future?

This month there's fun stuff planned for the whole family to celebrate how wonderful we are (and of course there's food involved.) Make sure you note events and dates on your calendar. It's time to laugh, share memories, and put on your dancing shoes.

With love and gratitude as your minister,  
Rev Jan

## Healing and Wholeness Service



# HEALING AND WHOLENESS SERVICE

**First Friday of every month at 7:00pm**

**October 7th, 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](mailto:romax52@aol.com)

## Youth Education for the Younger Crowd

Throughout the month of October, the youth will be exploring the Power of Zeal. The Color for this month is brilliant **Orange** and the disciple is Simon the Zealot.

New for Youth Ed: **Super Saturday School!** 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: **October 15, 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.

**Unitreat:** We are excited to announce that two of our Uniteens and Ms. Mary, our Youth Director, will be attending the Great Lakes Region Fall Unitreat titled Power of Now in Elkhorn, WI, from **Friday, 9/30 to Sunday, 10/2.** We envision them having an awesome time as they connect and participate with Uniteens from several Unity churches in outdoor and indoor activities that include games, crafts, discussion spirit groups, meal time and a Saturday evening dance!

**Halloween Fun:** On **Sunday, October 30,** we will be calling all enthusiastic “witches, ghosts and goblins” to celebrate our annual “**Tail Gate Trick or Treat**”. The youth may come dressed in costume (no weapons, please) to service that Sunday. Don’t forget adults are welcomed to dress up in costume, too!

During our classroom time that morning, we will be exploring the “Metaphysics of Halloween” which is a deeper, more positive, spiritual approach to the meaning of Halloween. After service, the youth will venture out to the parking lot for treats. Instead of saying, “Trick or Treat”, they will say a “Wing Word” such as peace, joy, or love. We encourage parents and others in the congregation to please bring yummy, wrapped treats. We appreciate everyone’s participation in this fun family event!

Many blessings,  
Ms. Mary

For more information, please contact Mary Nowroozi: [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)

## Super Saturday School



## **New for Youth Ed!**

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 3<sup>rd</sup> Saturdays of the month:

*3- 4:30pm. October 15, November 19, January 21, February 18, March 18, April 15 and May 20*

*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](mailto:marynowroozi@comcast.net)

**Men's Retreat**



**October 7-9, Friday-Sunday**

***Stronghold Retreat Center, Oregon, Illinois***

A retreat based on the book by Rev. Richard Rohr. We will exam the concepts of who we are developed in the first part of our lives and how to use these in the second part of our lives. This is not about changing who we are, but getting a better understand of who we are. As we get closer to the event, retreat materials will be provided

\$150/person. Includes meals from Friday dinner through Sunday lunch & accommodations.

Make your check payable to: 'Unity of Fox Valley'

Memo: 'Men's Retreat'

This open to ALL MEN! You DO NOT need to be a member to participate!

Please contact John DuRocher ([jbdurocher@sbcglobal.net](mailto:jbdurocher@sbcglobal.net)) or Joey Nelson ([tyloredurden@aol.com](mailto:tyloredurden@aol.com)) for more info.

**Tri-Cities CROP Hunger Walk**



*Put on your walking shoes and join others in the tri-cities!*

**Saturday, October 15, 8:00 A.M**

*from the Bethlehem Lutheran Church in St. Charles, IL. The walk is 3 miles.*

Join fellow Unity of Fox Valley members and many others at the annual Tri-Cities CROP Hunger Walk. We will be walking 3 miles through the beautiful Norris Forest Preserve in St. Charles and along the Fox River Trail.

This is your opportunity to get some exercise while making a difference for many of the hungry people worldwide. Funds raised will benefit hunger relief programs in over 30 countries around the world and also right here in our local Fox Valley area.

If you don't want to walk, you can donate through one of our walkers or by clicking on [www.crophungerwalk.org/saintcharlesil](http://www.crophungerwalk.org/saintcharlesil) and choosing to donate to the Unity of Fox Valley Team.

You can sign up and take a pledge envelope any time at the sign-up table in the sanctuary.

Please contact Beth Johnson at [bethmjohnson@comcast.net](mailto:bethmjohnson@comcast.net) for more information

**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, October 15th, 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](mailto:marynowroozi@comcast.net)

## Game Night

**MONTHLY  
GAME  
NIGHT**

***3rd Friday of the month, 7pm***

## **Friday, October 21st, 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!

For more info., please contact Mickey Cowles: [mickeyc115@sbcglobal.net](mailto:mickeyc115@sbcglobal.net)

## **Fall Pancake Breakfast**



# *Fall* **PANCAKE** *Breakfast*

**Saturday,  
October 22nd,  
9-11:30am**



**Hosted:  
Kathleen Malick  
& family**

*Come and enjoy an all you can eat breakfast*

**We will be serving pancakes** (including Gluten Free!),  
**pork & turkey sausages, coffee, tea & cider.**

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**Please RSVP at the Sign Up Table in the Fellowship Hall  
Love Offering Basis**

*Please contact Kathleen in the Church Office for more info  
or to RSVP: [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)*

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

## **Green Team**

The Green Team's October meeting will be held the fourth **Sunday, October 23,** at **11:45 a.m.** The event program is not confirmed, however, we likely will show a



documentary film which we have shown previously.

We are taking requests if there is a film which a participant had missed, or, would like to see again.

The Green Team fourth Friday event, October 28, has been changed to October 23 because of the church's 40th anniversary dinner/dance celebration that night.

The Green Team September 23 event was a focus on food, in a sense, with Grace Grzanek's presentation on Just Food Initiative of the Fox Valley and a slide presentation of two food co-ops.

The Just Food presentation's focus was on building just and sustainable food systems. The slide presentation reflected the Green Team's August 27 visit to Sugar Beet Food Co-Op in Oak Park and Jeanette Hirt's visit to Skagit County Food Co-Op on her trip to Mount Vernon, Wash..

The Sugar Beet Food Co-Op recently completed one year and has created a thriving business with good, organic, food in a facility of approximately 2,500 feet.

We will look for everyone Sunday, Oct. 23 at 11:45 a.m. after the service and refreshments.

## **Women's Retreat**

# What's in Your Spiritual Toolbox?



## 2016 One Day Fall Women's Retreat

Loretto Center  
1600 Somerset Lane  
Wheaton IL 60189

**November 5, 2016**

**10am – 8PM**

Join us while we explore and grow the tools we have and discover new tools for living an abundant spiritual life

\$40 per person -Lunch, Dinner and activities Included

Register early because space is limited

and once we are full we cannot accept any other registrations.

Please turn in the attached registration with your check No Later than October 23rd

If you have questions or would like additional information: Anne Kothe 630-935-4739 [anne.kothe@bairdwarner.com](mailto:anne.kothe@bairdwarner.com) or Jen King 847-826-3695 [jen.k@att.net](mailto:jen.k@att.net)

Please [click](#) here for the registration form.

## 40th Anniversary Dinner Dance

*It's Wonderful!*

***Our 40<sup>th</sup> Anniversary Dinner  
Dance is almost here!***

It will be

**Friday evening, October 28<sup>th</sup>  
at Unity of Fox Valley**

Bring family and invite friends - **just make sure you get your tickets**  
at the Anniversary Table starting Sunday, October 9<sup>th</sup>.  
There is no charge but it's important that we know how many people will attend.

We'll provide the main course and you bring side dishes  
and treats for all to share.

Our wonderful Board of Trustees has provided for  
our favorite DJ, Peter Merkle, to be here and lead the fun.

Come for a light hearted, fun evening of food and music to celebrate ourselves  
and what we've accomplished together over the years.

*Dress is casual. See you there!*

**Tailgate Trick or Treat**

Join us for **TAILGATE**



**TRICK**  
*or*  
**TREAT**

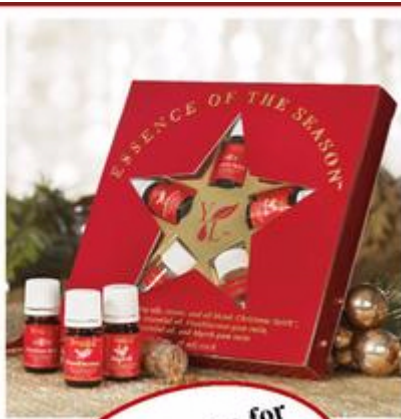
**Sunday, October 30th** *After the Service*

*We will be calling all “witches,  
ghosts and goblins” to celebrate!*

Your youth may come dressed in costume  
(no weapons, please) to service that  
Sunday. Don't forget adults are welcomed  
to dress up in costume, too!

Please contact Mary Nowroozi with any questions  
or for more info.: [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)

Discover and Celebrate the Essence of the Season



## Discover and Celebrate the Essence of the Season

Sunday, November 6th  
12:30-2:30pm

Please sign up for  
Zyto Scans and Class  
so we make sure to  
bring enough supplies  
for everyone!

**Zyto Scans:** 11:30-12:30pm The scans performs a Bio-Survey of your body addressing 76 bio-markers in the body through a hand cradle. This allows us to know exactly which areas of your body need to support to get your body back in full balance. It takes about 5 minutes to get your results. \$20/person

**Ningxa Red Shot Bar:** \$3 a shot

Hosted by **Lisa Carpenter and Rita Cyncar,**  
Owner of the **Essence Essential Energy Center In Montgomery**

Please see Lisa Carpenter for more details or call 630-632-2105.

## Volunteer Ministry



The busy time of the year is upon us and we have added some exciting things coming up in October.

Crop Walk is coming up on OCTOBER 15th, that's a Saturday and venue has changed. We have seven wonderful volunteers so far, so if you aren't walking,

please consider sponsoring one of them. Our walkers are Michelle Cedeno, JoAnn Vanthournout, Sandy Donnelly, Carter Crane, Bob Anthony and Diane Crompton and Bobbi Severson. You also do not have to walk to solicit donations, just pick up a packet and be creative!!

Don't forget our **40th celebration coming up OCTOBER 28th.** If anyone is interested in volunteering to help out with this event, please feel free to contact the office.

Calling all ladies!! Mark your calendar for NOVEMBER 5th and give yourself a day for a wonderful retreat that is being planned. More details and registration to follow!! Anne Kothe, Jen King and Deb McQuaid are putting this together!! Thank you for making this happen this year!!

Lisa Carpenter has stepped up and will be heading our Thanksgiving Feast this year,

giving Deb McQuaid a much needed rest! Thank you Lisa!!

Can't say it enough, THANK YOU to everyone that gives of their time and talent to support our beautiful spiritual family and home!!

Blessings,

Bobbi Severson, [bsever4785@gmail.com](mailto:bsever4785@gmail.com)

## Celebrating 10 Years with Rev. Jan



### SAVE THE DATE

**Friday, November 18, 7:00 p.m.**

A Celebration of Rev. Jan's 10 yr. Anniversary at UFV

Come join us for this joyful celebration with music and refreshments at Unity of Fox Valley

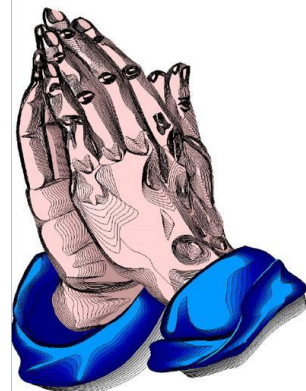
For more information, please contact Bobbi Severson at: [bsever4785@gmail.com](mailto:bsever4785@gmail.com)

## 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 [office@unityoffoxvalley.org](mailto:office@unityoffoxvalley.org)

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!**

Each month we will introduce you to one of the Essential Oils need for everyday well being..

Lavender is a universal oil that has traditionally been known to balance the body and work wherever there is a need. It promotes consciousness, health, peace and a general sense of well-being.



Some of the possible uses of Lavender are for: acne, anxiety, asthma, boils, bronchitis, burns, cold sores, depression, earaches, flu, hay fever, headaches, reduce high blood pressure, insect bites, mental clarity, migraines, reduce mucus, nervous tension, respiratory function, rheumatism, skin conditions (eczema, psoriasis, rashes) sprains, stress, sunburns and sunstroke, throat infections whooping cough and wounds.

Body Systems Affected: Cardiovascular, Emotional Balance, Nervous System, Skin.

Stop by the table and check out our stock of oils to give you a hand through the Fall Season.

## **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 finally finished my 2nd Round with my Coach [Tammy Patnode](#). I have learned so much from her and couldn't be more grateful for her guidance and support. This all was in preparation for a photo shoot I always wanted to do, but never though I could. Luckily we have an AMAZING [photographer](#) right here in Batavia who captured me in the way I wanted and made me feel at ease.



Now I can breathe for a little bit because that it is all over but not for too long because I rehired her for another 12 weeks. I'm just a glutton for punishment I guess.

Galen's [show](#) opens up very soon and of course we are very excited about going to see that! I do loving watching him do what he loves.

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.

- [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;

#### 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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