



October 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,

I just finished reading about an exciting concept called “Appreciative Inquiry” by Diana Whitney. It’s an approach to organizational change where people study, discuss, learn from, and build on what’s working rather than simply trying to fix what’s wrong. Appreciative Inquiry can be used in business, families, our lives, here at Fox Valley Unity, and is valuable on many levels. What’s so powerful is how AI shifts our mindset when we approach growth, change, and challenges.

This is how it works: instead of asking “What’s wrong? What’s the problem? Where’s the dissatisfaction?” ask “What are we doing well? What are our strengths? What gives the most joy?” If I ask “What’s wrong with _____?” (fill in the blank), your focus is now on everything negative. You begin to think about this and discuss this with others who will now also be focused on what’s wrong. You and they may not normally have given much thought or energy to what’s wrong but by my asking the question I’ve moved your mindset to negativity.

If I ask “What are our strengths?” your mind goes to the positives. You get excited. You discuss this with others and they also start thinking about all of the strengths. The result is proactive, positive, and contains in it new energy and creativity. In a nut shell, people start building on a foundation of strengths instead of trying to solve problems (weaknesses.)

What a great way to look at life, job, relationship, and family! Ask yourself “What do we do in our relationship that’s fun? What about my job is a plus? What do we do as a family that gives us joy and connection? “

This month as we celebrate our 41st Anniversary at Unity of Fox Valley is a great time to ask ourselves, “What about Unity of Fox Valley keeps me coming back? What do I enjoy doing here? What feeds my heart and mind?”

I look forward to hearing about your inquiries.

Love & blessings,
Rev. Jan

Note from the Board

The Board discussed several funds available to the church; implementing the Volunteer Dinner; the upcoming Annual Meeting; participation in the St. Charles Scarecrow Festival; and implement signage on Webster Street.

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.

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

The Quest



[The Quest- A Journey of Spiritual Re-discovery](#)

Join Rev. Jan and Licensed Teachers Marge, Maria, and Mary in this spiritually empowering class that will open you up to rediscovering new aspects and insights into your spiritual self.

Drop Ins are always welcome!

Sundays, after the Service, 11:30 – 12:30pm
Love Offering Basis

Books Needed: [“The Quest”](#) and [“Adventures on the Quest”](#)

Youth Education for the Younger Crowd

Throughout the beautiful fall 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.

SCARECROW FEST: We will be participating in St. Charles' annual **Scarecrow Fest** to be held on **Fri, 10/6 and Sat., 10/7 from 10 am to 9 pm, and on Sun., 10/8 from 10 am to 5 pm**. Joey Nelson from our Church Board suggested this fun opportunity and is greatly supporting us. Our youth have been helping Joey with brainstorming ideas for their scarecrow to represent Unity of Fox Valley. The day/time to create the scarecrow at the site in St. Charles is on Thursday, 10/5, from 1 to 8 pm ONLY, so we'll most likely set it up in the afternoon after school. Anyone interested, please contact [Joey](#) or [Mary](#) at the church to get all the details. Thank you again to Joey for this all his work in encouraging this worthwhile opportunity for our youth!

TEEN LOCK-IN: We are offering a Teen Lock-In to be held from **Saturday, 10/21, from 3 pm till after service on Sunday morning, 10/22, at 11 am**. This will be a chance for our Uniteens and YOU to interact in a safe and sacred environment here at the church. They will be involved not only in prayer and meditation, but also in team-building activities such as games, craft making, singing and preparing meals. We plan to show an inspirational, age-appropriate movie. We ensure that we will have enough adult sponsors for both the girls and the boys! Registration/Heart Agreement forms are available downstairs in the Youth Ed area. Registration deadline is Sunday, Oct. 15th. Any concerns/questions, please contact Mary at marynowroozi@comcast.net

HALLOWEEN FUN: On **Sunday, October 29**, 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 and many thanks,

Ms. Mary, LUT

marynowroozi@comcast.net

Men's Group



Tuesday, October 3rd & 17th, 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!

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

Please join us on Friday, October 6th, 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

Daniel Nahmod



unity[®]
of Fox Valley

presents Award-winning singer/
songwriter and producer

Daniel Nahmod in Concert



Saturday, October 7th
7:00 pm

\$20/adult 12 & under Free w/adult

With over 110,000 CD's sold, performances for well over a million people, Daniel is one of the most successful and beloved independent singer-songwriters working in America today. The beauty and depth of Daniel's music transcends the everyday.

This is s concert the whole family will enjoy.
Don't miss it!

Daniel Nahmod writes songs that stir your soul and warm you heart.

www.unityoffoxvalley.org
churchoffice@unityoffoxvalley.org 630 879 1115

Unity of Fox Valley, 230 Webster Street, Batavia, IL

Tickets are available [online](#) to purchase and Sunday October 1st after Service.

Volunteer Dinner



Volunteer Appreciation Dinner

Friday, October 13, 2017

6-9pm

**We absolutely could not exist and do the things
we do without our wonderful volunteers.
Knowing that and acknowledging
that we want to celebrate you**

**If you have volunteered this past year, in any way,
please sign up and let us know you will be there.**

**There'll be food, fun, camaraderie and yummy
desserts. Be there so our Unity of Fox Valley Board
can say thank you and take special care of you.**

Please Sign Up in the Fellowship Hall or email the Church Office with your RSVP:

churchoffice@unityoffoxvalley.org

CropWalk



**Saturday,
October 14th, 8am**

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

If you don't want to walk, you can donate through one of our walkers

Please contact Bobbi Severson for more information:

bsever4785@gmail.com

A Spiritual Guide to Loss and Change

A Spiritual Guide To Loss and Change

Understanding and Healing Grief

A 6-week education and support class offered to assist yourself and others in going through the process of grief, loss and change.



Facilitated by
Maria Cosentino BA LUT

WEDNESDAYS

Oct. 18 - Nov. 29, 7:00- 9:00 pm

No Class Nov. 22

Required Workbook: A Spiritual Guide to Grief and Loss \$10.00

By Clarice Schultz

Registration and book purchase through Unity of Fox Valley.

Workbooks will be available for pick-up beginning Sunday, 10/08/2017

Class sessions will be offered on a love-offering basis.

SOME OF THE TOPICS AND FEELINGS TO BE DISCUSSED:

- What is 'normal grief?'
- Dealing with ongoing grief and change situations.
- What is the normal time line for mourning?
- Understanding the phases of grief.
- Handling the holidays Spiritually.
- Recognizing the gifts.

UNITY OF FOX VALLEY CHURCH

230 Webster Street

Batavia IL 60510

www.unityoffoxvalley.org



Please register at the Sign Up Table

or contact the Church Office: churchoffice@unityoffoxvalley.org

Game Night

MONTHLY GAME NIGHT



Please join us on Friday, October 20th, 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: mickeycowles115@gmail.com

Teen Lock In

**Saturday, October 21st, 3PM
to Sunday, October 22nd, 11AM**

This will be a chance for our *Uniteens* and *YOU* to interact in a safe and sacred environment here at the church. They will be involved not only in prayer and meditation, but also in team-building activities such as games, craft making, singing and preparing meals. We plan to show an inspirational, age-appropriate movie. We ensure that we will have enough adult sponsors for both the girls and the boys! *Registration/Heart Agreement* forms are available downstairs in the Youth Ed area.

**REGISTRATION DEADLINE
IS Sunday, Oct. 15th.**

Any concerns/questions, please contact Mary at marynowroozil@comcast.net

Membership Class

Welcome to unity

On **Sunday, October 22nd** we will hold the "Welcome to Unity" class **at 11:30am**. This class will be taught by Rev. Jan and licensed teachers. The class is a great way to learn about Unity teachings, Unity of Fox Valley, to ask questions, and to get to know other members of our spiritual family.

If you would like to become a member of Unity of Fox Valley you need to take this class but everyone may attend.

Come join us!

Books will be available in class:

"Alternatives" by William Fischer \$11/each

"Unity: A Quest for Truth" by Eric Butterworth \$11/each

Register at the Sign Up Table or contact the church office:

churchoffice@unityoffoxvalley.org

Green Team

The Green Team documentary movie Sunday, Sept. 24, "An Inconvenient Truth" by Al Gore, was an important message about climate change and the future of the planet. Carbon imprint continues its dangerous imprint. The film won two Oscar documentary Academy of Arts Awards. It will be followed up in January 2018 with "An Inconvenient Sequel:



Truth to Power" in the Green Team event, Sunday, Jan. 28, 2018. The sequel, which was released in theaters recently, will not be available to us in time on DVD for the October event.

On **Sunday, October 22nd, at 11:30am**, the Green Team will show **Crop Circles SuperSeed** by Patty Greer. She has visited 100 crop circles and produced eight films about improving crop growth from the bottom up and not a visitation from above. Much of her work has been in the United Kingdom.

Al Gore's movies reflect scientists agreement of 97% that global warming is occurring and will stimulate thawing in the globe's poles and increased flooding along the U.S. coasts. With the recent official withdrawal by the U.S. from the Paris Climate agreement, it means only three countries are not aligned in this non-binding agreement, the U.S., Syria, and Nicaragua.

The Green Team continues Green Team food table each Sunday of vegetables and fruits in concert with Mary Ann Anthony's feast of food each Sunday.

The [Green Team](#) is still Going Green in 2017.

We do make a difference!

Tailgate Trick or Treat



Sunday, October 29th
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 bring treats (no nuts)
for our "Trick or Treaters"!



Please contact Mary Nowroozi with any questions
or for more info.: marynowroozi@comcast.net

Volunteer Ministry





Last months picnic was a huge success!! Thanks to our men who cooked, thank you Deb who organized and did the shopping, and thank you to everyone that helped set up and clean up!!

Good things happening in October!! Thank you to new Volunteer Bonnie Burns for helping sell tickets for the [DANIEL NAHMOD](#) concert coming up on the 7th!! So nice to have new folks getting involved!!

[CROP WALK](#) is **October 14th** at the Bethlehem Lutheran Church with registration at 8:00am and step off for the Walk 8:50am. You can still volunteer to walk or donate!! We have 4 team members signed up on line, so very easy to donate and support Sandy, Deb, Tony or Bobbi. Go to <http://bit.ly/2votlg5>. Choose the team member you would like to support. Also, you can support Joanne VanThournout, Judy DeVoe, Bob Anthony, and Carter Crane, who have envelopes in hand!! THANK YOU so much for supporting this Walk to end hunger one step at a time!!

We are still in need of someone to chair the **Thanksgiving Feast** this year on **November 19th**. We just need someone who will organize and assign tasks.

We are going to put together a list of what needs to be purchased and what needs to be done! Feel free to contact me if you have more questions!! This is one of our major events that everyone looks forward to each year, but we need some new help to give our other volunteers a rest that have been doing it for years!! Won't you step up???

Don't forget to sign up for the [VOLUNTEER DINNER](#) **October 13th, 6:00-9:00PM**, and let us honor and thank you for all of your hard work. This is where we get to set back and the Board ministers to us!! Always good food and a good time!!

Blessings to all and THANK YOU again for all of your Volunteer efforts!!
Bobbi Severson, bsever4785@gmail.com

Prayer Chaplains

The prayer chaplains respectfully request that everyone honors the sacred space for congregants and the chaplains at

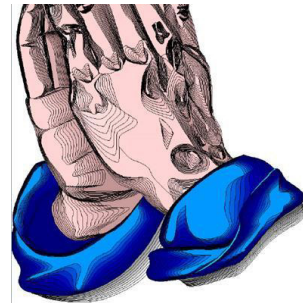


the front of the sanctuary immediately following service. Your cooperation is appreciated.

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!

Carrot

Properties: Antifungal, carminative, hepatic, stomachic

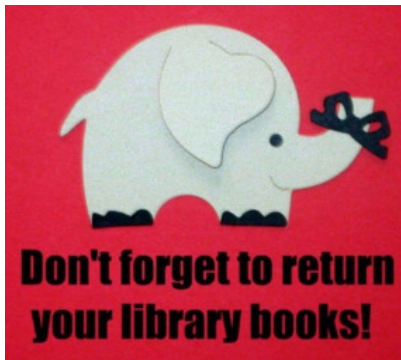
Application: Apply to the the vita flex points of the body and/or directly on the area of concern.. Daily consumption is dilute 1 drop oil in 1 tsp of honey or 4 oz of beverage. Not for children 6 yrs of age or under. Use caution for children 7 yrs and older. Use in a great dilution of beverage

Body Systems Affected: Cardiovascular, Nervous System and skin.

OIL
OF THE MONTH

Carrot oil may help with liver issues, pulmonary conditions, allergies, inflammation of the intestines, gallbladder problems, rheumatism, constipation, anemia, colic, nervous systems and eye sight.

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.

This past September, I celebrated serving 4 years here at Unity of Fox Valley. The years may be going by but it is a job I truly enjoy going to. Thank you for letting me continue to serve you.



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>

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.

Just click on the link below and make

a purchase. AmazonSmile will donate a percentage of the purchase price of eligible products to Unity of Fox Valley!



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

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

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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