

October 2020

Ministerial Musings

Good Grief!

One of my all-time favorite comic strip characters is Charlie Brown. And now, as the calendar officially has flipped to October, I cannot help but think of Lucy duping Charlie Brown into to trying to kick the football. Everybody, including Charlie Brown, knows that Lucy is going to whisk it away at the last second causing Charlie to fall on his back. GOOD GRIEF!



Charlie Brown first uttered those words, "Good Grief," way back in 1954. The expression, "Good Grief," actually goes back quite a bit. After being used commonly in the late 1800's, it was included in the English Dialect Dictionary in 1900. These days you do not hear it very much. It has been expressed by other more colorful oxymorons such as "Holy C----!" Ahh, but we have come such a long way...

I always have been fascinated by the term. "Good Grief." What is it that is so good about grief? Grief generally is what we feel when we have experienced a loss or something unpleasant in our lives. So, I did some research. Apparently, the expression is a euphemism. People began to substitute the word, grief, for God, because to say, "Good God," back then would have been regarded as blasphemous. But then to say, "Good God," in response to a bitter event seemed just as contradictory.

After giving thought to it though, isn't it the perfect expression? Isn't it an ideal mini affirmation in response to some unexpected difficult happening in our lives along with

whatever painful feelings may be attached to such an event? God is good all the time with no exceptions, even when bad things happen. It can be difficult to remember that let alone live it, but it does not make it any less so.

Likewise, even grief is good if we can be in that knowing that God is good. Feelings are good providing we embrace the painful ones as a call to be present to Presence, and not as a place to dwell.

The calendar has turned. Like it or not, resist it or not, our thoughts and attitudes will continue to transition as the days grow shorter and colder. Very likely the pandemic will take a serious psychological toll as the weather restricts and confines us even more. It the days and months ahead, the Unity message provides a reason to come alive rather than to stew. Maybe a daily mantra – a prayer can point us in the right direction. My suggestion – GOOD GRIEF! Suddenly it all makes sense. You go, Charlie Brown!

Peace, Rev. Mike <u>revmike@unityoffoxvalley.org</u>

Parking Lot Walkathon



Saturday, October 10th, 10:00 - noon

This year we didn't have a picnic, so this is our 'Gala Event'! This is our chance to get together while social distancing! Walk anytime from 10 am to noon and make as many laps around the parking lot or neighborhood block.

Sponsorship:

To make this successful, you will need sponsors! Please extend an effort to get people to sponsor you. NEIGHBORS, GRANDPARENTS, PEOPLE THAT MADE YOU BUY COOKIES! Please click <u>here</u> to download the Sponsor Sheet. Print as many sheets as you need.

Look forward to:

Music! Ice Cream Cups/Pop Ice! Individual wrapped sweet treats! Coffee! Quilt Raffle! An opportunity to view the <u>Silent Auction</u> Items!

RSVP by October 5th:

We ask that you **RSVP to the Church Office by Monday, October 5th** so we have an approximation to provide for: <u>churchoffice@unityoffoxvalley.org</u> 630-879-1115

Participation:

Of course, if you are at all leery about participating, that is ok! We understand but we ask that you please consider sponsoring someone.

We encourage all people participating to wear a mask. We will have extra masks and hand sanitizer at the event.

Questions:

For more information, please contact Rev. Mike: revmike@unityoffoxvalley.org

Please click here to take you to the Parking Lot Walkathon website.

Silent Auction



Starting with the <u>Parking Lot Walkathon</u> on Saturday, October 10th, there will be a safe venue allowing people interested to view items that are being auctioned, as well as online.

We are seeking contributions of new items that can be included in the auction (with the exception of artwork and antiques). There also are opportunities to be creative! Here are just a few ideas that can be explored ...

- Perhaps you have a special service that can be offered such as music or art lessons?
- Maybe you can assemble a gift basket of wine and cheese, or coffees or teas?
- If you have a connection or relationship with a restaurant or service in our community, perhaps you can solicit a gift certificate?
- Are you a gifted seamstress or cook?

We also are looking for volunteers to assist us in putting this together. There is a minimum amount of organizational work involved. If you are open possibly to giving some time, please contact Bobbi Severson <u>bsever4785@gmail.com</u>

If you have something to contribute or have any questions, please notify our church office: <u>churchoffice@unityoffoxvalley.org</u>. Whatever you may have to offer will be much appreciated and tax deductible.

Please contact Dawn Staszak for more information or if you have questions regarding this event: <u>dawn_311@yahoo.com</u>

Please click here to take you to the Silent Auction website.

Youth Education for the Younger Crowd

As we continue on with Zoom Sunday School lessons for October, the youth will be enthusiastically exploring the **Power of Zea**!! The **Color for this month is brilliant Orange** and the disciple is Simon the Zealot. Also, during these lessons, we will be reflecting on the "Metaphysics of Halloween" which is a deeper, more positive approach to the meaning of this exciting autumn holiday.

Please join us for the following upcoming events:

• Saturday, October 3, at 11 am: <u>Online Pet Blessing</u>! All of God's creatures are welcome! Please join us with your animal friend(s) per Zoom link. Photos of your beloved pet that have transitioned "Over the Rainbow Bridge" are welcome as well to be honored and blessed. Even those of you who do not have pets are invited for this fun gathering of God's creatures, human and animal!

• Saturday, October 10, 10 am: <u>Parking Lot Walkathon</u>: We encourage the youth to join everyone in our church parking lot, social-distance, for a Walk-A-Thon around the lot

or around the block, once or many times! This event will be an opportunity to be together again! Pledge sheets will be provided soon per email to encourage pledges for the number of times you walk around. All pledge donations will be lovingly appreciated!

• Oh, and don't forget, yummy treats including ice cream will be provided by our Business Manager Kathleen! Now, we know for sure your youth will want to participate in this worthwhile, safe, social-distance Unity Family gathering! Thank you, Kathleen!

• Saturday, October 24, at 1 pm: "<u>Tail Gate Trick or Treat</u>" in the Church Lot! Come one, come all! Please bring store-bought wrapped treats. We suggest to wear a creative mask along with your costume for safety as well as for fun! We will continue to be safe for we will definitely social-distance at this fun family event.

• Saturdays, November 7 and November 14, 10 am to 2 pm, in the church sanctuary: Christmas Pageant Rehearsals! Youth will sign-up to be scheduled for individual, socialdistance recordings for participation in the online Dec. 13th Pageant. These individual recordings will be uploaded onto Power Point to be presented on the Zoom platform at the December 13th 10 am service. Sign-up availability will be emailed soon to all parents.

We appreciate each and every one of you for your patience and participation in keeping our Youth Ed program up and running during this unprecedented time. We're so looking forward to seeing everyone at our exciting fall events!

Continue to keep safe, healthy and at peace!

Blessings, Ms. Mary, LUT, CSE <u>marynowroozi@comcast.net</u>

Coffee & Tea with Myrtle & Me



Every Thursday, 10:00 am

Please come and join us! Bring with you your drink of choice, a sweet treat perhaps, questions, ideas, curiosity, imagination and a friend or, you may just come to hang out for a bit. We hope to see you! All are welcome.

Just look for the weekly email with the login information sent out every Tuesday morning or go to the <u>website</u>.

A Course In Miracles



Every Thursday, 7:30 - 9:00 pm

The emphasis for this session will be the Workbook from A Course in Miracles.

Everyone is welcome - you may join in at any time!

Please click here to take you to the info you need to join in on the class.

The class will be facilitated by Warren Wakerlin: wwakerlin@aol.com

Healing and Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, October 2nd, 7:00 pm

1st Friday of every month at 7pm. We all can use some healing as the events in our world give testimony recently. The service features prayer and music to realign ourselves with the healing power of Spirit that resides within us and surrounds us.

Topic: UFV Healing Service Time: Oct 2, 2020 07:00 PM Central Time (US and Canada)

Join Zoom Meeting: https://us02web.zoom.us/j/85224217069? pwd=d3NENzR6UFlibURmQUpVenVSV3cwQT09

Meeting ID: 852 2421 7069 Passcode: 153871

One tap mobile: +13126266799,,85224217069#,,,,,0#,,153871# US (Chicago)

If you have trouble accessing the meeting, please contact Zoom: https://support.zoom.us/hc/en-us

For more info., please contact Rose Maxson: singingalong77@gmail.com

Please click here to take you to the Healing & Wholeness website.

Pet Blessing



Topic: Pet Blessing Time: Oct 3, 2020 11:00 AM Central Time (US and Canada)

Join Zoom Meeting: https://us02web.zoom.us/j/87355656296?pwd=ZUVRTFRiUis0djh3aFUzWkhmT1pCUT09

Meeting ID: 873 5565 6296 Passcode: 944809

One tap mobile:

+13126266799,,87355656296#,,,,,,0#,,944809# US (Chicago)

If you have trouble accessing the meeting, please contact Zoom: https://support.zoom.us/hc/en-us

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

Please click here to take you to the Online Pet Blessing website.

Online Sunday Services



Every Sunday, 10:00 am

Attend our Online Sunday Service from the comfort of your own home!

Please click <u>here</u> to take you to the info you need to join in on Online Sunday Service! The links changes every week so be sure you have the most up to date info.

> If you have trouble accessing the meeting, please contact Zoom: <u>https://support.zoom.us/hc/en-us</u>

Online Sunday School



Every Sunday, 11:30am, Online

We are encouraging youth of all ages - Children's Church, Juniors, Uniteens and Y.O.U. (Youth of Unity) - to join us for an hour of spiritual connection through prayer, story, meditation, and singing! *Parents are welcome to join in on the fun, too!*

Please click here to take you to the login information.

Please contact Mary Nowroozi for more info.: marynowroozi@comcast.net

Bhagavad Gita Class



1st & 3rd Sundays October 4th & 18th, 1:00 pm

The Gita is the essence of the perennial wisdom of the Universe. It maps the stages of the mystical journey of our soul as we travel, each on our individual path to knowing we are all part of the interconnectness and oneness of the Creation. The class is based on the American teacher, Sat Shree's commentary on the Gita.

This class will be held ONLINE. Please contact Carl or Lucy Klemaier for login information.

For more info. or any questions, please contact Carl or Lucy Klemaier: <u>colonelklay@yahoo.com</u>

Please click here to take you to the Bhagavad Gita Class website.

Men's Group



Tuesdays, October 6th & 20th, 7:00 pm

This group explores spirituality and religion in diverse and exciting ways. Newcomers are ALWAYS welcome!

This group will be held ONLINE. Please contact Larry Schaeffer for login information.

If you have any questions, please contact Larry Schaeffer: larrysheaffer@sbcglobal.net

Please click <u>here</u> to take you to the Men's Group website.

Heart-Centered Metaphysics I

Heart-Centered Metaphysics I A Deeper Look at Unity Teachings

Wednesdays, September 16th - October 21st (No class 10/7), 7:00 - 9:00 pm, Online

Although this class has already begun, you are still more than welcome to join in anytime!

This class "...focuses on the building of consciousness, growing spiritual awareness that integrates head and heart, intellect and compassion. The practices of the Silence, meditation and prayer will form the foundation..." of these lessons.

Required book: Available on Amazon.com:

 Heart-Centered Metaphysics, A Deeper Look at Unity Teachings by Paul Hasselbeck

We would so appreciate if you please use the AmazonSmile link below to buy your book. AmazonSmile will donate at no cost to you a percentage of the book purchase to Unity of Fox Valley. Thank you! You may find that link <u>here</u>.

Facilitated by Mary Nowroozi, LUT ~ Love Offering will be greatly appreciated Available for S.E.E. credit (requires \$45 to register)

Please contact Mary to register and to receive Zoom link: <u>marynowroozi@comcast.net</u>

Please click <u>here</u> to take you the Heart-Centered Metaphysics I website.

Tailgate Trick or Treat



Let's not let the pandemic ruin our Halloween fun!

You may be wondering how we can safely social-distance "Trick or Treat" this year? Well, as the saying goes, "When there is a will, there is a way!"

For this event, cars will be parked several feet from other cars so that our costumed friends will have plenty of space to wander from car-to-car without coming too close to each other. Please arrive no later than 1:15 pm so that we can ensure all cars are safely social-distanced.

Please bring only wrapped, store-bought treats as well as hand sanitizer! Adults, with masks and sanitized or gloved hands, will hand out the treats from their cars. Gloves are strongly encouraged and will be available.

It's still important that we all cover our mouth and nose to protect other people. Instead of letting the mask ruin the costume, let us embrace it with some creative "Power of Imagination"! Many superheroes wear masks and gloves, so maybe the youth - and even the adults, too - can make it a focal point of their costume!

We appreciate everyone's cooperation to make this a fun, safe Tail Gate Trick or Treat" with our Unity Family!

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

Please click here to take you to the Tailgate Trick or Treat website.

Prayer Chaplain Ministry



"Our real source of help with every need is the Holy Spirit within; and as we keep poised in Spirit, we find ways to reach others in Spirit and call out the best in them and to understand them in a wonderful new way.' (Myrtle Fillmore)

During these uncertain times, as all of us continue to experience a different way of living and interacting, it's important to remember that, in Truth, we are whole and

perfect. If there are times when outer appearances seem overwhelming, that is when we

encourage you to reach out to whatever helps you to remember that the "real source of help with every need is the Holy Spirit within."

Unity's foundation is prayer and meditation. Prayer Chaplains, dedicated to carry on this sacred legacy, are trained to:

Hold Spiritual Space; Lovingly Listen Pray Out Loud Hold Confidentiality

Your Prayer Chaplains, Eliza Sutherland, Wanda Faye Holmes, Lucy & Carl Klemaier, Maria Cosentino, Mary Nowroozi, Bobbi Severson and Marie Manella, are committed to making periodic Caring Calls to all our members. We make these calls to support you, our spiritual family, with your prayer needs. When we pray with you, we hold everything said in confidence, placing your requests in the sacred space of limitless possibilities of God's love; that place we often are unable to see for ourselves. If you have not been receiving prayer calls and want to start now, please contact the church office at 630-879-1115 (M-Tu) or <u>churchoffice@unityoffoxvalley.org</u> (M-Th) and a Prayer Chaplain will be in touch.

As we move into the fall months, we hope the time when we can gather and pray in person grows closer. Meanwhile, we encourage you to continue to take care of yourselves; wear your masks in public spaces, practice physical distancing, and call on us if you need prayer support in between our calls.

Blessings and hugs, Bobbi and Marie

The Prayer of Protection Written by James Dillet Freeman

The Light of God surrounds you. The Love of God enfolds you. The power of God protects you. The Presence of God watches over you.

The Mind of God guides you. The Life of God flows through you. The Laws of God direct you. The Peace of God abides within you.

The Joy of God uplifts you. The Strength of God renews you. The Beauty of God inspires you. Wherever you are, God is! And all is well. Amen.

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The Prayer of Faith

By Hannah More Kohaus

God is my help in every need; God does my every hunger feed; God walks beside me, guides my way Through every moment of this day.

I now am wise, I now am true, Patient and kind, and loving, too; All things I am, can do, and be, Through Christ the Truth, that is in me.

God is my health, I can't be sick; God is my strength, unfailing, quick; God is my all, I know no fear, Since God and Love and Truth are here.

Volunteer Ministry



Oh so fast, yet oh so slow is kind of how my summer felt. Yes, I did take my annual trip to Washington State, but it certainly felt different this time and a little out of sync. Not complaining by any means, I had a wonderful time and broke my home routine for something different. What does this have to do with

volunteering? Covid and being gone for a little extra time has left me feeling not so connected with what needs to be done for our church family. I have had to ask myself, how do we keep our volunteering momentum when so many of our activities have been postponed this year, or taken on a new look? How do I think out of the box, so to speak, to rally myself and our wonderful spiritual community?

As I write that sentence, gratitude comes to mind, because we have such a wonderful ministry going on behind the scenes. We are still hosting our monthly <u>Healing Service</u>, Classes, and our <u>Sunday Service</u> for adults and our youth. Volunteers participate in all of those activities and they couldn't happen without that love and support. So thank you to those Angel helpers that keep us all connected virtually and sometimes physically. WE ARE SO BLESSED!!!

AND WE DO HAVE OCTOBER ACTIVITIES.... Our <u>Parking Lot Walkathon</u> in the Church Parking lot, on **Saturday October 10th**!! This is a fun...fundraiser! Remember

how we used to do Crop Walk? Get your walking shoes on, contact sponsors, and let's have some fun!!! Thank you Kathleen Malick for being our treat provider after the walk!!! Along with that we are doing a <u>Silent Auction</u> from October 17th thru the 25th. I am told some of the items might be on display for a peek at the Walk A Thon! Thank you Dawn Staszak for coordinating this event. If you have any questions, you can contact Dawn: <u>dawn_311@yahoo.com</u>.

As I finish this, I don't think we have lost our momentum or our desire to help, we have just had to take it in a different direction for the time being!!!!

In Gratitude and Blessings!!! Bobbi Severson <u>bsever4785@gmail.com</u>

Green Team



In spite of our absence from the Green Team events, we at Unity of Fox Valley, must understand and enact consistent methods of being Green, even in these troubled COVID-19related times.

However small, we can do our parts: Recycle, including polystyrene which community pick-ups will not take; eschew

using chemicals in gardens; and, understand the relevance of climate change. The latter is real, not political. We must think of the future of the following generations.

The fires in dry lands in the West, the excessive hurricane damaging wind and water, and the changing nature of the coastlines in three geographic dimensions, are all propelled by climate change.

Be aware! Understand! Take action! Be Green!

For more info, please contact Carter Crane: cartercrane@thevoice.us

Please click <u>here</u> to take you to the Green Team website.

Food Initiative

Dear UFV Family & Friends,

We have established a UNITY OF FOX VALLEY FOOD INITIATIVE. This is to assist those who may be facing difficulties due to the current coronavirus situation. The program is



being administered by a very small committee to try to main the privacy and anonymity of those in need. If you and your family are in need, please do not hesitate to contact us.

Blessings, The <u>UFV Food Initiative</u> Committee Rick McKay, Chair

Please click here to take you to the Food Initiative website.

RECIPIENTS: If you or your family is in need of assistance, please contact the church at <u>churchoffice@unityoffoxvalley.com</u>, and you will receive further information regarding the program. All of your communications will remain confidential. **DONORS:** If you would like to participate as a donor, you may send a check to the church designating that it is to be applied to the UFV Food Initiative. We also will continue to collect non-perishable can goods in the bin at the parking lot door if this is the most comfortable way for you to participate.

Daily Word

September/October Daily Word

The latest edition of the Daily Word has arrived and it is ready to be sent to you!

If you would like one:

1. Please email Kathleen and let her know if you would like the regular print or large print and your mailing address churchoffice@unityoffoxvalley.org

2. Once you get your email acknowledgement back from Kathleen, please send in \$6.
Please make your check out to 'Unity of Fox Valley'. Please also write in the memo section of your check 'Daily Word'. We ask that it be a separate payment from your donations.
3. It will then be sent off to you!

There are limited copies of large and regular print. First come first serve.



Young Living



Did you know that when you purchase Young Living products Unity of Fox Valley benefits in more ways that 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 with Barbara DuRocher by the 15th of each month! For more info. or any questions, please contact Barbara DuRocher <u>barbarajdurocher@gmail.com</u>

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. AmazonSmile will donate a

percentage of the purchase price of eligible products to Unity of Fox Valley!

Just click on the link below and make a purchase! Use this link over & over all year round! Please click on this <u>link</u> next time you need something & help raise money for Unity of Fox Valley!

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

Donate items from our Charity List Shop Now

charity lists amazonsmile

Occasionally, we need to restock our supplies. You can help!

Just click on the here to see what we need!

or, copy and paste this link: https://smile.amazon.com/hz/charitylist/ls/5I9LM5FXITZG/ref=smi_ext_lnk_lcl_cl

Tithes & Offerings



We'd so appreciate it if you please remember Unity of Fox Valley financially at this time.

• Please click <u>here</u> or copy and paste the following link in your browser: http://ufvwebnew.unityoffoxvalley.org/donation/

- You may contribute any amount and you do not need to have a PayPal account to contribute but you do need an email address.
- *Paypal does take a fee from your donation.* If you would like to be sure your entire donation is given to the church, feel free to mail in your donation: Unity of Fox Valley, 230 Webster Street, Batavia, IL 60510.

• If your donation is for a specific event, please be sure to write that in the Memo area of your check.

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 have a surprise planned for this month. If you show up to the right event this month, you will find something fun that I have been up to! So.... I guess you have to attend EVERY event this month, don't you?!!

I'm physically in the office on Mondays & Tuesdays (subject to change w/o notice) and working from home on Wednesdays & Thursdays. If you need me Wed. or Thurs., please email me:

churchoffice@unityoffoxvalley.org

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!*

Blessings! <u>Kathleen Malick</u> Chaos Coordinator

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

Please contact each group for more info. regarding their meetings. Click on any of

the events below to bring you to their individual web pages.

• <u>A Course in Miracles</u> - 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.

• <u>Alcoholics Anonymous</u> meeting. Tuesdays at 6:00pm. Please contact AA for more info regarding their meetings.

• <u>Men's Group Meeting</u> - the first and third Tuesday of each month at 7:00pm, September through May.

• **Overeaters Anonymous** meeting. Sundays at 5:00pm. Please contact OA for more info regarding their meetings.

• <u>Unity Green Team CommUnity Event</u> - 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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