



December 2020

## Ministerial Musings

### REGIFTING

We all are familiar with the concept of regifting. You receive a gift from someone. Of course, you graciously say, "Thank you." You may even embellish your appreciation by adding a line like, "Oh, this is perfect," or, "I always wanted this." All the while, you never have any intention of wearing or using what was gifted to you. Such gifts fall into the category of "Potential Items to Regift."

If you have personally had this experience, that is okay. There is no need for guilt. It may even be argued that such an approach is an act of kindness because you do not wish to hurt someone's feelings. Furthermore, stretching the limits of practicality, there may come a time when it is the eleventh hour and you really need a gift to give to someone. Who knows? That regifted centerpiece or figurine or sweater might be received with great joy by the person to whom you have passed it on.

The concept of regifting in and of itself actually is quite valuable. Rather than being frowned upon, it should be promoted. Only one slight modification might be in order if we are trying to be in alignment with the true meaning of Christmas. That is, instead of regifting new unused gifts that have been given to us, we should regift old, much used items.

At Christmas we celebrate the birth of Christ in the world in the person of Jesus – a truly miraculous time in human history. However, the real message of Christmas is that the Christ could become incarnate in all of God's children. Yes, every one of us is about the Word becoming Flesh. Or, in other words, having been given the gift of Emmanuel – God with us – it is ours to regift to others.

Among some of those old, previously used gifts that you might regift are things like listening, understanding, forgiveness, kindness, patience, joy, love and peace. These are not exactly items you can put into somebody's stocking, but you certainly can regift them into somebody's heart. You can easily wrap them in a smile or a hug or even just a nod. What the recipient chooses to do with them really is secondary in a sense. Perhaps they will be set aside, and it will be years before they are picked up and again regifted. The unfolding of the Christmas miracle is patient. Eventually, the Christ Light reignites, and the joy of giving renews.

*May the peace and joy of this Christmas season manifest fully in your lives through the flow of regifting who you are...*



Peace,

Rev. Mike

[revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

## Youth Education for the Younger Crowd

Our Sunday School program will continue on the Zoom platform through the month of December. During this holiday season, the youth will explore the **Power of Life** through inspiring Bible and contemporary stories, meditations and prayers that truly reflect on the birth of Jesus. The **Disciple for this Power is Judas** and the **Color is Red**, so I'm suggesting not only to the youth and teachers to wear Red at our Zoom classes, but to everyone to wear at the December services to uplift the holiday spirit! Red is a vibrant color that will be explained to the youth as one aspect of the metaphysical interpretation of the Advent symbols as the red holly berries representing our lively, outer expression of the Divinity within us.

To further enhance their understanding of the holiday lessons, crafts and other activities such as word searches and coloring sheets were provided to the youth to do while staying safe and warm at home.

Speaking of the holiday season, MARK YOUR CALENDARS FOR THE CHRISTMAS PAGEANT TO BE HELD ON **SUNDAY, DECEMBER 13, AT THE 10 AM ZOOM SERVICE**. Our youth and their parents as well as our musicians and recording/sound crew have been extremely busy these past few weeks putting together a wonderful presentation of the Nativity Story. Despite all the adjustments we had to make to keep everyone safe and social distanced during individual recordings and photo shoots, this

Pageant will still be very spiritual and heartwarming as it relives the Nativity Story, reflecting on the Unity metaphysical perspective of this memorable inspiring time in Biblical history. You wouldn't want to miss this presentation for without a doubt, it will be quite unique with respect to all other Pageants of the previous years yet still just as spectacular! I am so deeply grateful to everyone's participation in making this production possible through these unprecedented times.

*Merry Christmas to all.  
Keep safe, healthy and at peace during this holiday season!*



Many blessings to all,  
Ms. Mary, LUT, CSE  
[marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)

## Online Men's Group



**Tuesdays, December 1st & 15th, 7:00 pm, Online**

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

Please contact Rev. Mike with any questions & to request the login  
information: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

Please click [here](#) to take you to the Men's Group website.

## Online Coffee & Tea with Myrtle & Me



**Every Thursday, 10:00 am, Online**

***There will be NO Coffee & Tea with Myrtle & Me on December 24th & 31st.***

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.

**Please contact Rev. Mike with any questions & to request the login information:** [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

Please click [here](#) to take you to the Coffee & Tea with Myrtle & Me website.

## Online Raffle



**Thursday, December 3rd, Noon**

**The 1st raffle item will be available to bid this Thursday!**

We invite you to participate in our Unity of Fox Valley FUNdraiser. You can do so simply by going to our website and clicking on the DONATION BUTTON at the bottom of the

website. What makes it FUN is that an easy donation of \$5 automatically enters you into our weekly raffle. Each multiple of \$5 that you donate multiplies the number of times your name is entered. For example, a \$25 donation enters your name five times. Also, each week UFV will share your contribution with a selected charity.

Please contact Dawn Staszak for more information or if you have questions regarding this event: [dawn\\_311@yahoo.com](mailto:dawn_311@yahoo.com)

Please click [here](#) to take you to the FUNdrasing website.

## Online A Course In Miracles



**Every Thursday, 7:30 - 9:00 pm, Online**

***There will be NO ACIM on December 24th & 31st.***

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

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

Just look for the weekly email with the login information sent out every Tuesday evening.

**Please contact Warren Wakerlin with any questions & to request the login information: [wwakerlin@aol.com](mailto:wwakerlin@aol.com)**

Please click [here](#) to take you to the ACIM website.

## Online Healing and Wholeness Service



## HEALING AND WHOLENESS SERVICE

**Friday, December 4th, 7:00 pm, Online**

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.

Just look for the email with the login information that will be sent out Wednesday evening.

**Please contact Rev. Mike to request the login  
information: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)**

For more info., please contact Rose Maxson: [singingalong77@gmail.com](mailto:singingalong77@gmail.com)

Please click [here](#) to take you to the Healing & Wholeness website.

### Online Service of Remembrance





# Online Service of Remembrance

**Sunday, December 6th, 10am**

*A day to remember and celebrate the life  
of a loved one, who has moved  
on to his or her next life experience.*

**It is a day to remember & celebrate the life of a loved one, who has  
moved on to their next life experience.**

**How to turn in your submission:**

We ask that you call or email Kathleen, our Business Manager by Thursday, December 3rd at 9am with the names you wish to submit. Our staff will then write the names on tags to hang on our Service of Remembrance tree during that service.

630-879-1115 or [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)

An email with the login information will be sent Thursday and Saturday morning.

**Please contact Rev. Mike with any questions & to request the login  
information: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)**

Please click [here](#) to take you to the Service of Remembrance website.

**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 contact Mary Nowroozi with any questions & to request the login information: [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)**

Please click [here](#) to take you to the Youth Ministry website.

## Online Bhagavad Gita Class



**1st & 3rd Sundays  
December 6th & 20th, 1:00 pm, Online**

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.

**Please contact Carl or Lucy Klemaier with any questions & to request the login information: [colonelklay@yahoo.com](mailto:colonelklay@yahoo.com)**



Please click [here](#) to take you to the Bhagavad Gita Class website.

## Online Youth Christmas Pageant



*A Most*  
**memorable**  
**christmas**  
**Youth Ed Christmas Pageant**

**Sunday, December 13th, 10 am Online Service**

Unity of Fox Valley Spiritual Sunday School will be presenting their annual Christmas Pageant through the Zoom platform. The Pageant will be very spiritual and heartwarming as it reflects on Unity's metaphysical teachings of the Christmas story.

An email with the login information will be sent Thursday and Saturday morning prior to the pageant.

Please contact Mary Nowroozi with any questions & to request the login information: [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)

Please click [here](#) to take you to the Christmas Fun website.

## Online Christmas Eve Candlelight Service



An email with the login information will be sent Tuesday evening prior to the Service.

Please contact Rev. Mike with any questions & to request the login information: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

Please click [here](#) to take you to the Christmas Fun website.

## Online Sunday Services



**Every Sunday, 10:00 am, Online**

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

An email with the login information will be sent Thursday and Saturday morning prior to the Service.

Please contact Rev. Mike with any questions & to request the login information: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

Please click [here](#) to take you to the Sunday Service website.

## Online World Healing Meditation



**Tuesday, December 31st, 6:00 am, Online**

On December 31, 1986, noon Greenwich time, people around the world gathered to participate in the most comprehensive prayer activity – a planetary affirmation of peace and love, forgiveness and understanding in a simultaneous global prayer link to achieve a critical mass of spiritual consciousness.

Thus was the birth of World Healing Day or World Peace Day. Whatever the term or label, it was a new beginning in restoring this world. It is a moment of oneness to dissolve the sense of separation and return humankind to Godkind.

Today this positive consciousness is practice and celebrated throughout December with the cumulation of positive energy waving over the planet and all its inhabitants on World Healing Day when millions of people gather together as one to usher in a new era of peace and love on earth.

Login information to come.

Please contact Marge Orchard with any questions: [margeorchard@gmail.com](mailto:margeorchard@gmail.com)

Please click [here](#) to take you to the World Healing Meditation website.

## Prayer Chaplain Ministry



### Hope for the Holidays: 5 Tips for Turning Holiday Grief into Optimism

The holidays are supposed to be a time of joy, but not everyone embraces the season with eagerness and a happy heart. Those who suffer grief over the death of a loved one often dread the holidays, when feelings of loss can be most powerful. Fortunately, there is hope—and help—for holiday grievers. Not only can grief be managed and eased during the holidays, it's possible to endure the season with a healthy dose of optimism.

#### **Allow Grief In**

Trying to dodge grief at holiday time is normal, but it won't help you heal, according to grief experts. Letting yourself feel the pain of loss will. You don't have to be upbeat and accommodating just because it's the season to be jolly. Better to focus on getting through each day in the way that works best for you, whether that means participating in every holiday event or only a few. Never worry what others think; true friends and family understand your struggle.

#### **Honor the Lost Loved One**

Shifting your focus from your grief to memories of your lost loved one can be uplifting, and there's no better time than the holidays to do it. Why not start a memory book about the loved one, using stories shared by family members at your holiday gathering? Or, decorate an outdoor tree in a unique way to honor the person you lost. Even simple gestures, like lighting a candle or posting a tribute online, can bring optimism to you and others during the holiday season.

### **Stay Healthy**

Grief coupled with the stress of the holidays can be hard on your physical health. The last thing you want is to get sick during a time that's already difficult. Make an effort to eat right, get rest, and exercise during the holiday season. Many foods and beverages served at holiday functions aren't exactly ideal for the health-conscious, so be careful with your choices. Good physical health helps eliminate depression, anxiety, fatigue, and other common side effects of grief.

### **Know You're Not Alone**

Although it may feel like you're the only person around who's void of holiday cheer, you're not. Many people suffer hardship during the holidays. They may not be grieving the loss of a loved one, but rest assured, people have problems that dampen their holiday spirit. You may find comfort and hope by helping someone else cope with their challenges. At the very least, knowing that others share similar anguish helps alleviate loneliness and guilt over not enjoying the season.

### **Plan the New Year**

One good thing about the holiday season for the grief-stricken: it's short. Before you know it, you'll be facing the New Year. But then what? How about putting a plan in place for January. A new year is a time for fresh beginnings. Lean on that philosophy and consider something inspiring you'd like to do in January—learn a new language, start a remodeling project, or adopt a rescue dog. With a plan in place, you can anticipate the New Year with encouragement rather than gloom.

Grief can make the holidays anything but joyful. Don't let a heavy heart smother your hope. Follow the above tips, and turn grief into optimism that will carry you into the New Year.

Maria Cosentino

## **Volunteer Ministry**





I want to give a big THANK YOU to our Board of Trustees. Thank you to Judy and Stacy for your dedication and service these past 3 years. Thank you to Bonnie and Larry for accepting this position for the next three years. We are grateful for our dedicated congregants who always step up when asked!!

Blessings to all of you!!

Even though they are not "volunteer" positions, I just want to express my deepest gratitude to Rev Mike, for his thoughtful Zoom services week in and week out that move us, challenge us, and keep us hopeful. To Mary, for all that she does for our Youth and her support of Rev Mike. Her creative genius keeps our Youth engaged and certainly not forgotten!!

To Rob that continues to inspire us with his musical talent!!

We are truly truly blessed with these talented people that grace us with their energy every week.

And to the sometimes forgotten silent partner, Kathleen, that pulls it all together, keeps it all together, and keeps everyone on track. Her creative talent and imagination adds so much to our little church community. We can't see it now, but her decorating ability and genuine caring of our Church Home keeps it looking awesome!! It's the little things behind the scenes that mean so much!!

AND WE WILL CARRY ON!! So in December, all of our special activities will be conducted by Zoom! We will miss our church decorating and chili cookoff for sure!! Big party next year!!!!

**DECEMBER 4th, Friday**, is our [Healing and Wholeness Service](#). This is an excellent opportunity to allow yourself a special time of healing, meditation, and song!! Please join Rev Mike, Rose and Kim, and the Prayer Chaplains for this quiet time of reflection and renewal.

**DECEMBER 13th** will be the [Children's Christmas pageant](#). Mary and her elves have been getting creative and rehearsing to bring an exciting, special program to us this year!!! **DECEMBER 24TH**, we will have our special Christmas Eve Service!!

**DECEMBER 31st, at 6:00 A.M.** (YES, THAT'S A.M.) we will have our annual [World Healing Meditation](#), facilitated by Marge Orchard. This has always been a special

service to send out healing energy and prayers to our world. Join us this year from the comfort of your home!!

So a very special THANK YOU to all of the volunteers and staff that will make these December events exciting and encouraging. We are so truly blessed in all that we receive and share with one another!!

*Blessings and a very Merry Christmas to everyone!!!!*

Bobbi Severson

[bsever4785@gmail.com](mailto:bsever4785@gmail.com)

## Green Team



We have reasons to think Green all around us: Climate Change, understanding recycling and taking the time for its effectiveness, reducing use of plastics, reducing use of paper by opting for online billing, and thinking Green continually.

The Green Team maintains as individuals we can do well by being good examples. It will take all of us to be helpful. We can do better. Seriously. Green is for more than Kermit the Frog! Green Team events are on hold because of the COVID-19 which we must take seriously.

Be well and do well!

—The Green Team

For more info, please contact Carter Crane: [cartercrane@thevoice.us](mailto:cartercrane@thevoice.us)

Please click [here](#) to take you to the Green Team website.

## Online Burning Bowl

# Burning Bowl Service

Sunday, January 3rd, 10am, Online



**The Burning Bowl and White Stone Service** has been a tradition for our congregation seeking spiritual direction as a way of letting go that which is no longer needed so that we are open and receptive to experience new, enriching spiritual opportunities for the New Year!

Login information to come.

## 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 [UFV Food Initiative](#) 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 [churchoffice@unityoffoxvalley.com](mailto:churchoffice@unityoffoxvalley.com), 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



### November/December 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](mailto: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 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 with Kathleen in the Church Office by the 15th of each month!***

For more info. or any questions, please contact Kathleen:

[churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)

## AmazonSmile

*Support us when you  
shop this holiday*

Amazon donates when you  
shop at [smile.amazon.com](https://smile.amazon.com).



**Online shopping is at an all time high!**  
**Support Unity of Fox Valley with your Amazon Purchase!**

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 the following link to start shopping & help raise money for Unity of Fox Valley!

[http://smile.amazon.com/ch/36-2889899](https://smile.amazon.com/ch/36-2889899)



**Donate items from our Charity List  
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Occasionally, we need to restock our supplies. You can help!

Just click [here](#) to see what we need!

or, copy and paste this link:

[https://smile.amazon.com/hz/charitylist/l/5I9LM5FXITZG/ref=smi\\_ext\\_lnk\\_lcl\\_cl](https://smile.amazon.com/hz/charitylist/l/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 [here](#) or copy and paste the following link in your browser:

<https://www.paypal.com/biz/fund?id=44UC5B8W64KBQ>

- 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.*



Joey Nelson & I spent our Saturday morning after Thanksgiving decorating the church I built all the wood trees & the nativity silhouettes, repainted the urns & created the planter arrangements. Joey was a fantastic assistant! The extension cords and timers were challenging but I hope everyone that drives by enjoys the display.

This pandemic has been a blessing to me this month. For the first time, in a LONG time, my daughter Ava will be with me during Christmas and New Year. She is usually with her Dad during those holidays. So you see that smile? It's because I'm so happy! But then again... I usually am. I know we are all suffering from Pandemic fatigue, but for lots of us, there is a silver lining. I hope you find your silver lining too.

I'm physically in the office on Mondays & Tuesdays (subject to change w/o notice) and working from home on Wednesdays. I will be off each Thursday now till the end of the year. If you need me Wednesday, please email me: [churchoffice@unityoffoxvalley.org](mailto: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 & Merry Christmas my Unity family!*

[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

**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.**

- [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. Please contact AA for more info regarding their meetings.
- [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. Please contact OA for more info regarding their meetings.
- [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](mailto:churchoffice@unityoffoxvalley.org)

fax: 630.879.1728 [www.unityoffoxvalley.org](http://www.unityoffoxvalley.org)

prayer line: 630.879.1129

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