



August 2021

Ministerial Musings

Rock the Baby

Given the title of this article, you probably assumed you were going to read about babies and getting them to sleep. How quickly our minds come to conclusions! The truth is I am writing about yo-yos. Yes, yo-yos.

To share a little something about me that goes back all the way to my junior high years, I used to be a yo-yo instructor. It was a bit of a misnomer because I never instructed anyone, but it was a legitimate title. I never did, but I could have included it on my resume. It is something I still am rather proud of, because it was something that had to be earned. You had to win a certain number of contests to qualify before Duncan Yo-Yo would bestow the honor upon you.

Though I was never compensated even a single nickel for being an instructor, being one did have its benefits. I was able to skip Sunday Mass because that is when local instructors met. Then there was the prestige and the recognition. I became an authority figure to my peers who had to do as I said, or I could disqualify them. It was my first real taste of power, and my first real sense of being in control. But the real benefit came from the yo-yo itself.

Believe it or not, there are idiosyncrasies to a yo-yo. To master a yo-yo, you had to learn its secrets, and its personality. Each yo-yo was unique in its weight, its circumference, proper string length, string tension and even its core. Back then, the core always was wood and had to be broken in by hours of use. To become good, especially with the more sophisticated tricks, the yo-yo had to be an extension of yourself. This meant that even when not performing any tricks, it had to be in your hand with the end of the string looped around your forefinger. At times my finger bled from the string cutting into it. Hmm, a yo-yo stigmata?

A yo-yo contest consists of a series of tricks which each trick getting more sophisticated and more difficult. There were eight such tricks in the sequence, the last of which was Rock the Baby. If you were to see somebody doing Rock the Baby today, you would not be impressed, but perfecting it took hours to master.

Top accomplishments in the world of yo-yo truly were no big deal even back then. They are incredibly insignificant compared to civilians taking sojourns into space as we witnessed last month. But they are related to our spiritual journeys in two ways. The first is small steps, moving into tiny bits of awareness which make you better. Secondly, to get



better, to get good, really good, it had to become second nature. You had to move beyond thinking about it. It had to be part of you, something you had become and were still becoming. Today, I work at perfecting “Rock the Baby” as part of my spiritual being. But with no strings attached, of course.

Peace,

Rev. Mike

revmike@unityoffoxvalley.org

Youth Education for the Younger Crowd

We are so looking forward to this month possibly being our last one on Zoom as we excitedly anticipate returning inside our church! In the meantime, we will continue to send out Zoom invites. For this month of August, we will be reflecting on the **Power of Will**. The **disciple for this month is Matthew** and the color is shimmering **silver**. The youth will learn that once we, like Jonah in the Hebrew Scripture story of Jonah and the Whale, are *willing* to let go and reconnect ourselves to the loving presence of God in our hearts, miraculous events will surely occur in our lives! As always, our lessons continue to include motivating Biblical and contemporary stories, prayers, meditations, and songs to enhance our youths' self-worth and spiritual understanding.

Our church has officially announced that we will be having our annual **Church Picnic** on **Sunday, August 22 at 10 am** at Fabyan Park in Geneva! Yeah! We lovingly encourage youth of all ages and their parents to join us for a morning of exciting games, crafts, stories and songs! To keep this event safe yet fun for everyone, our church is requesting

that everyone bring their own lunch and the church will provide individually bagged snacks and beverages; however, you are still welcome to bring a dish to share if you'd like. As mentioned, we will be meeting back in the church relatively soon. We will announce the date once it becomes official. I'd like to add that we are deeply grateful to online technology over the past 1 ½ years to be able to meet virtually and continue to grow spiritually. Once back, we will stand by the Illinois guidelines/mandates at that current time; however, we will be extra diligent for the safety of our youth, their families and our congregants and will take further steps if needed in ensuring everyone is safe and happy!



***Looking forward to seeing
everyone at the Picnic!***

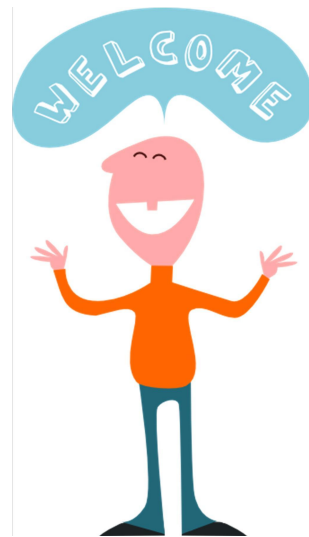
With deep gratitude and blessings to all,
Ms. Mary, LUT, CSE
marynowroozi@comcast.net

Usher/Greeter Ministry

IMPORTANT VOLUNTEER OPPORTUNITY!!!

WE ARE REBUILDING THIS VOLUNTEER MINISTRY AND NEED YOUR HELP!!

Who is usually the first person you see when entering the church service? It is one of our Greeters! Why? Why are they there? What function do they serve? Ask yourself what is the feeling that you have upon being warmly welcomed by one of our Greeters. If you are a newcomer walking in for the first time, that first impression of warmth and welcoming sets the tone for your experience. Now ask yourself what it would feel like if that person wasn't there each Sunday to greet you?



We need volunteers to join this ministry team (and it truly is a ministering position) who will commit to one or two Sundays a month. It is probably one of the easiest and most rewarding teams to be a part of. **If this speaks to your heart, please contact Joey Nelson, tyloredurden@aol.com or Bobbi Severson, bsever4785@gmail.com.** You

would be blessing your church community with your time and talents but in return you would be receiving so much more!!

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

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

Online Sunday School



Every Sunday, 11:30 am, 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

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

Online Bhagavad Gita Class



1st & 3rd Sundays, 1:30 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

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

Men's Group



Tuesday, August 3rd, 7:00 pm, Online

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

Please contact Rev. Mike for the login info or with any
questions: revmike@unityoffoxvalley.org

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

We are asking you to use your 1st & last names for your Zoom account.
Please click [here](#) for instructions.

If you want to invite a friend/guest, please let Rev. Mike know ASAP so he
knows to admit them into the Zoom meeting: revmike@unityoffoxvalley.org

Online Raffle

FUN  **unity** of Fox Valley
draising

The logo for the fundraising event features the word "FUN" in a large, pink, hand-drawn style font. To its right is the "unity of Fox Valley" logo, which includes a small globe icon above the word "unity" in a teal sans-serif font, followed by "of Fox Valley" in a smaller teal font. Below "FUN" and the "unity of Fox Valley" text is the word "draising" in a large, pink, hand-drawn style font.

A new raffle starts every Wednesday!

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

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

Online Coffee & Tea with Myrtle & Me



Every Thursday, 10:30 am, on the Church Lawn

Please come and join us! Bring with you a lawn chair, 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.

If we get rained out, we will just bring it inside so don't let the rain stop you!

If you have any questions, please contact Rev. Mike: revmike@unityoffoxvalley.org

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

Online A Course In Miracles



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

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**

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

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

IN PERSON, Friday, August 6th, 7:00 pm

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: singingalong77@gmail.com

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

Landscaping Committee



Saturday, August 7th, 10 am

HELP, HELP, HELP is really needed to ready the OUTSIDE of our beautiful church grounds. **THE LANDSCAPE COMMITTEE** is planning a work day. Bring your gloves and your muscle as we pull those pesty weeds that have taken over our flower beds!!!

Contact Larry Sheaffer at nshmn2@gmail.com or Bobbi Severson at bsever4785@gmail.com if you can lend a hand and get us pretty on the outside again!!

Remember our favorite saying, "many hands make light work"!

WSC - Spirit Elephant Outing

Saturday, August 21st, 2 pm

We hope all the ladies of UFV will join us on this trip to [Spirit Elephant](#). It is a vegan restaurant with an array of menu options to satisfy all palates. Please click here to browse their [menu](#).



**2:00 p.m. Caravan leaves the church parking lot
\$10/person (cash) round trip**

If you live further North (closer to Winnetka), you may rather meet us at the restaurant ([924 Green Bay Rd., Winnetka, IL 60093](#)). If so, when you RSVP let us know you'll meet us at the restaurant so we can let Spirit Elephant know.

Your RSVP is required by Monday, August 9th!

Because there's going to be a number of us and separate checks could be challenging for the wait staff, it may be a good idea to have cash on hand. Keep in mind, this is a vegan restaurant and therefore, on the pricey side. Here's where preparation and looking at the menu for dinner, drink and dessert prices will come in handy. Remember to account for taxes and tip! You may want to buddy up with someone and order a couple of dishes to share. It's totally up to us... This is going to be a fun, good food eating, afternoon of laughter day.

To RSVP or if you have any questions, do not hesitate to call or text Wanda Faye at 586-604-6043 or Bobbi at 630-632-2368.

Please click [here](#) to take you to the Women's Social Club website.

Annual Picnic

JOIN US FOR OUR ANNUAL **SUNDAY SERVICE & CHURCH PICNIC**

SUNDAY, AUGUST 22nd, 10AM

*For the **WHOLE** family!
EVERYONE is invited!*



***Bring your own lunch or
bring a Dish to Share!
Fabyan Forest
Preserve - West***

The church will provide individual
bagged snacks & drinks.

**This is just North of Fabyan Parkway on Route 31.
At the shelter. Look for Unity of Fox Valley signs.**

For more info., please contact Bobbi Severson: bsever4785@gmail.com

We are excited to bring back our Annual Church Picnic but things will be a bit different.
You may bring your own lunch, or if you are comfortable, you may also bring a dish to
share. The church will provide individual bagged snacks and drinks.

***We will need volunteers to help set up and clean up. If you are willing to
help, please contact Bobbi ASAP and find out what needs to be done.***

Bobbi Severson: bsever4785@gmail.com

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

Prayer Chaplain Ministry



Here we are in the midst of the “dog days of summer,” associated with hot, sultry, sometimes stormy summer days such as we have been experiencing of late. Historically this time period follows the “heliacal (annual) rising of the star system Sirius, colloquially known as the Dog Star, which *Hellenistic astrology* connected with heat, drought, sudden thunderstorms, and lethargy,” signifying (to me, anyway) that “there is nothing new under the sun!” On the other hand, this

August is a month of promise for us here at Unity of Fox Valley - a new [Music Director](#), [in person services](#) at church and our annual [Church Picnic](#), which we sadly missed last year.

So, what connection does all this have with our power for this month, *Will*?

Rev. Linda Martella-Whitsett, a Unity minister and author featured in the Unity Booklet, *How to Stay Centered, No Matter What*, describes the power of will as “the spiritual capacity to choose, to commit, and to be willing.” She goes on to say, “The power of will is less about exerting control over what is happening and more about choosing our response to what is happening.”

No matter how we are affected by the sultry days of this season and the continuing concerns over how to re-enter *normal*, we have within us the resources to *understand* what’s important to each of us and the *will* “to choose, to commit and to be willing” to manifest our desires. And how can we open to our highest good?

Prayer and Meditation!

***Every day, in every way, the light of will illumines my path.
I choose life. I say yes with clarity and love.***

Your Prayer Chaplains, Eliza Sutherland, Wanda Faye Holmes, Carl Klemaier, Maria Cosentino, Mary Nowroozi, Denise Hage, 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 or churchoffice@unityoffoxvalley.org and a Prayer Chaplain will be in touch.

As we continue on in 2021 using our creative powers to shape our life, we encourage you to keep on taking good care of yourselves and call on us if you need prayer support in between our calls. We also want to remind you Prayer Chaplains are available for private prayer on Zoom after Service each Sunday and soon, in person after Sunday Service in our "brick and mortar" spiritual home...

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.

Beginning Again by Frank B. Whitney

It matters not what may befall.
Beyond all else I here the call.
"You can begin again."
My courage rises when I hear
God's voice all the thought of
fear
And when God whispers gently, near,
"You can begin again."

Begin again? Another chance?
Can I even make an advance?
"You can begin again."
Begin at once by taking heart
And knowing God - of you God's part!
New life to you God will impart!
"You can begin again."

Volunteer Ministry

Hard to believe that we are already into August. Summer is flying by and people are returning somewhat to normal! We even had great fun June and July events!!

Thank you to everyone that made our [Game Night](#) (In Mickey C's honor) fun and exciting. I think we even have some new Mexican Train Dominoes players in the

making!! If you came and enjoyed this event and would like to see this happen again, let me know and we will see if we can plan something once a quarter.



So what's happening this month? Well for starters, we will be able to have our [Annual Picnic](#) at Fabyan

Forest Preserve (West side of the river) on **August 22nd**. If you would like to volunteer to help set up and clean up, please contact Bobbi at bsever4785@gmail.com. We can always use extra hands for schlepping supplies to the park!!

YAY!!! The [Healing Service](#) on **August 6th**, (at 7:00 PM) will be held at the Church instead of by Zoom!!! What a wonderful way to begin the month in Song, Prayer, and Mediation!! This is a wonderful quiet time to reflect, renew, and rejoice. If you have never attended one of our Healing Services, I highly recommend you "gift" yourself this time!! You won't be disappointed!!!

Blessings everyone and thanks again to all of our volunteers that make whatever happen. HAPPEN!!! We could not do it without your time and talents and we are so very grateful!!!!

Bobbi Severson
bsever4785@gmail.com

Green Team



What does being Green mean?

Previously, Green was a word to express a comment in reference to an inexperienced person.

Then Green was a reference to Kermit the Frog on Sesame Street.

Now, going green means to pursue knowledge and practices that can lead to more environmentally-friendly and ecologically-responsible decisions and lifestyles, which can help protect the environment and sustain its natural resources for current and future generations.

Prior to establishing Unity [Green Team](#) events this year, we all can be Green in our everyday lives, simply by practicing proper recycling, somehow minimizing use of fossil fuel, to identifying ways of assisting our environment, to understanding that climate change is real. If we all practice Green ideas, even minimally, we are being Green.

Let's Go Green!

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

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

Just Ask Ministry



***Ask and you shall receive.
People Prospering People!***

Do you need something? Do you have something to offer? Let us know!

churchoffice@unityoffoxvalley.org

CURRENT OFFERINGS:

- Do you know someone homebound who would like to get a hand written note in the mail once a week? Please provide name, interests, and address, age range.

CURRENT REQUESTS:

-

Please click [here](#) to follow up with any of the above or for more info.

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, 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



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 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 10th of each month!

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

churchoffice@unityoffoxvalley.org

AmazonSmile



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>

**Donate items from our Charity List
Shop Now**

charity lists
amazon smile

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

Just click [here](https://smile.amazon.com/hz/charitylist/l/5I9LM5FXITZG/ref=smi_ext_lnk_lcl_cl) 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

Tithes & Offerings



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

Please click [here](https://www.paypal.com/biz/fund?id=44UC5B8W64KBQ) or copy and paste the following link in your browser:

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

- **Please DO NOT use this link to purchase Raffle Entries!** Click [here](#) for the raffle.
- 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.*

Happy Birthday to Me! This past July, I celebrated my 50th Birthday! Pre-pandemic, I considered throwing a birthday party for myself for the church after a Sunday Service to really just treat everyone with cake and goodies (cuz I mean, any excuse for cake right?)... but that didn't pan out. Maybe I can treat my Unity family another birthday?? The day didn't go unnoticed though. My Best Friend really spoiled me and Rev. Mike and his wife, treated me to Ice Cream Cake - MMMMM! Some members of the Staff came by to acknowledge me and I felt really loved by UFV. I'm looking forward to being in the '50s Club'. It seems nice! Snacks are bountiful in this club and I'm in really good company.



My office hours: I'm physically in the office on Mondays, Tuesdays & Thursdays (subject to change w/o notice) and working from home on Wednesdays. If you need me on a Wednesday, 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!***

[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

fax: 630.879.1728 www.unityoffoxvalley.org

prayer line: 630.879.1129

[Forward This Email](#)

[Join Our Mailing List](#)

A Note about Unsubscribing: If you unsubscribe to any email you receive from UFV, you will no longer receive any email notifications from us - including Sunday Service links.



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