



**November 2021**

## **Ministerial Musings**

### **Over the River...**

Did you ever have the strange feeling of gratitude come over you for no apparent reason?

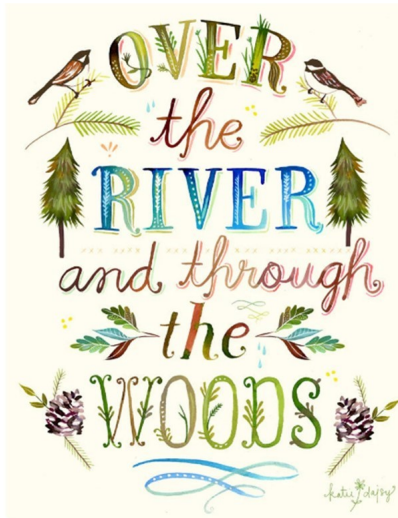
This month we celebrate the holiday of Thanksgiving. While President Roosevelt officially signed it into law in 1941, Thanksgiving had been celebrated in the Americas in different forms both casual and formal for over three hundred years. The oldest historical date goes back to 1621 at Plymouth where the colonists and the Wampanoag Indians came together and celebrated an Autumn Harvest Feast. Go God!

Thanksgiving always has been my favorite holiday for a long time. It took over for Christmas when I was about twelve years old. My family never shared meals together, and I mean never. Breakfast, lunch or dinner – it didn't matter. We never came to the table all together, but more or less "grazed" according to our own schedules. The one and only exception to that was Thanksgiving when my mom and my sisters went all out cooking a traditional sit-down meal that even included a tiny glass of Mogen David wine.

We never did any exercises such as going around taking turns and sharing what we were grateful for. I do not recall anyone even expressing thanks to my mother for preparing the meal. No prayers of thanksgiving were prayed. We laughed and had fun sometimes at one another's expense, but no feelings ever got hurt. I do not recall anybody doing any deep sharing, but for one day or at least one afternoon we were family.

Personally, I cannot recall back then of going to a place of thinking of anything for which I was thankful. We all believed in God, but God always was some distant reality that never was a force in our lives. All I can attest to was an inner feeling of warmth and an unacknowledged knowing that it was good to be alive. What we had or did not have had

nothing to do with anything. God or Spirit never got any credit for it, but I am guessing that God was joyous in seeing grace being put to use.



Over the river and through the wood! These are lyrics from a Thanksgiving song. They represent a journey to grandmother's house (although the original poem said "grandfather") to celebrate Thanksgiving. The song shares a bit of what the journey is like, but the details of the journey are secondary to embarking upon it. All that matters is that blessed trip from our heads to our hearts, a place where God dwells even if we cannot express it as such. On the way there, we are blessed to take in the scenery, the weather, the laughs and the sorrows.

Let us raise our glasses of wine, juice, water or whatever in a toast to Life and say just a simple word of thanks. I'm thinking that if the reality of Spirit ever smiles, we can make it happen just by doing so, and nothing more need be said.

Blessings!

Rev. Mike

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

## Youth Education for the Younger Crowd

Throughout the month of November, the youth will explore the **Power of Letting Go**. The Color for this month is **Russet Brown** and the **Disciple is Thaddeus**. During our sacred circle time in each of the classrooms, the youth will gather to pray and meditate, releasing any concerns to God and opening their hearts to trust the still small voice within. The older youth will also deepen their understanding of the story of Thaddeus, who like the other disciples, left his former life to follow Jesus. Furthermore, we will introduce the Bible passage of John 14, where the only recorded words of Thaddeus are mentioned. Also, throughout this month, we will celebrate Thanksgiving as a time to focus on all that we are grateful for, appreciating the beautiful abundance of life all around and within each one of us.

With the Christmas season just around the corner, the youth will once again be preparing for their annual [Pageant](#). This year's title is **A Christmas to Remember** and will be held on **Sunday, December 12**, during the **10 am Service**. As always, the Pageant will be

very spiritual, memorable and heartwarming as it will reflect on Unity's metaphysical teachings of the Nativity story.

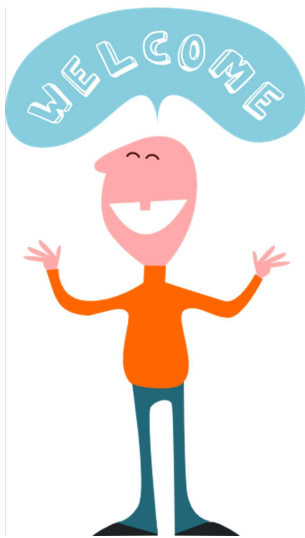
We encourage the youth of all ages to partake in this delightful, meaningful play by completing a participation form that is available downstairs in the Youth Ed area. Rehearsals are scheduled for Sunday, December 5, during the 10 am class time and for Saturday, December 11, at 9 am. Any questions/concerns, please contact me at [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net).

*Happy and Blessed  
Thanksgiving to All!*

With gratitude and blessings,  
Mary Nowroozi, LUT, CSE  
[marynowroozi@comcast.net](mailto: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](mailto:tyloredurden@aol.com) or Bobbi Severson, [bsever4785@gmail.com](mailto: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!!

## Secret Santa



Please click [here](#) for the Secret Santa Instructions

## Online Men's Group



**1st & 3rd Tuesday, 7:00 pm, Online**

This group explores spirituality and religion in diverse and exciting ways.

Newcomers are ALWAYS welcome!

Zoom login information will be forthcoming or you may contact the church office for more information: [churchoffice@unityoffoxvalley.org](mailto:churchoffice@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.

---

## Coffee & Tea with Myrtle & Me



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

**There will be no Coffee & Tea w/Myrtle & Me on Thursday,**



**November 25th**

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.

*Brrrr! It's cold! Don't let that stop you though. We will hold this event downstairs.*

If you have any questions, please contact Rev. Mike: [revmike@unityoffoxvalley.org](mailto: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**  
**There will be no ACIM on Thursday, November 25th**

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.

## Healing & Wholeness Service



## HEALING AND WHOLENESS SERVICE

**Friday, November 5th, 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](mailto:singingalong77@gmail.com)

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

### Sunday Services

# SUNDAY SERVICES

**Every Sunday, 10:00 am, In Person & Online**

Dear UFV Family & Friends,

Come and join us as we explore wherever God and Spirit may lead us. Our coming together is an affirmation to answer that call collectively.

Part of our responsibility in answering that call is a mindfulness of the world around us, and doing what we can to insure the safety and well-being of all who join in our Sunday worship.

Accordingly, as we welcome one another, we also remind everyone to adhere to the [Covid Protocols](#) that have been set in place. These include that it is mandatory for everyone in attendance to wear a mask, and to refrain from contact while in the church building. Your understanding and cooperation will contribute to being able to continue to meet in person.

Subscribe to our  
**You Tube Channel**

If you cannot attend the service in person, you still can be a part of it by tuning in to our YouTube channel. All you have to do is click [here](#).

*Whether you opt to join us in person or online, we look forward to having you with us.*

Peace,  
Rev. Mike

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

## Sunday School



**Every Sunday, 10:00 am**

We are welcoming youth of all age groups to join us for an hour of uplifting spiritual connection through prayer, story, meditation, songs, game, and craft:



Nursery (3 months to age 2)  
Children's Church (ages 3 to 6 – preschool to 1st grade)  
Juniors (ages 7 to 10 – 2nd to 5th grade)  
Uniteens (ages 11 to 13 – 6th to 8th grade)  
Y.O.U. (ages 14 to 18 – 9th to 12th grade)

*Parents are welcome to join in on the fun, too!*

**Any questions/concerns, please contact**  
**Mary Nowroozi: [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, 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](mailto:colonelklay@yahoo.com)**

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

## Grief Class

# Growth Through Loss and Change

## Learning to Live with Loss 2021

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

**Wednesdays, November 10<sup>th</sup>, 17<sup>th</sup>,  
Tuesday, November 23<sup>rd</sup>, No Class Nov. 24<sup>th</sup>  
Wednesdays, December 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>,  
6:30-8:30 pm, Location: TBD**

### **SOME OF THE TOPICS AND FEELINGS TO BE DISCUSSED:**

**Myth:** Moving on with your life means you forget about the one you lost.

**Fact:** Moving on means you've accepted your loved one's death. That is not the same as forgetting. You can create a new life and still keep your loved one's memory a part of you.

**Myth:** The pain will go away faster if you ignore it .

**Fact:** Trying to ignore your pain or keep it from surfacing will only make it worse in the long run.

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

### **REQUIRED TEXT:**

- **A Spiritual Guide to Loss & Change:** Understanding and Healing Grief-Participant Workbook. By Clarice A. Schultz. Please click [here](#) to purchase through Amazon.

Facilitated by Maria Cosentino BA LUT

Please contact Maria with any questions, more info. or to register:

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

## Annual Meeting



**Sunday, November 14th, after the Service**

The [Board of Trustees](#) of Unity of Fox Valley cordially invites you to attend our Annual Family Meeting, in the Sanctuary.

The Annual Meeting will immediately follow the Service and last for about one hour. We will be reviewing our goals and financial status, and electing new officers to the board. Everyone is welcome and encouraged to attend; however, you must be a member to vote at the election.

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

## Thanksgiving Eve Service

You are invited to



# Thanksgiving Eve Service

Wednesday, November 24th, 7pm

Please join us for a time of expressing gratitude. A time to show from our hearts appreciation for many gifts we have received. A time to open our hearts to even greater good. A moment of quiet and reflection to give thanks for many blessing we receive each day.

## Prayer Chaplain Ministry

As we move into the eleventh month of the year we bring our attention to #11 of our 12 "inherent Spiritual Abilities that reflect Divine Nature and compose 'our own' Divine Nature" (from *Heart-Centered Metaphysics* by Paul Hasselbeck) - Release, aka Elimination and Renunciation. November, a month when even nature demonstrates this "gift" of release.



Whatever autumnal colors that survived October are dimming quickly; most of the leaves have made their final descent and are waiting their transition into mulch; the anticipation of Halloween tricks and treats has been fulfilled and is now fading into fond memories; the temperatures are becoming more seasonal; sweaters and jackets have come out of the closets. We're not yet into full blown winter, but nature is giving us a taste of what's ahead. And yet, all is not bleak! This short month will end with one of our most blessed holidays and move us into the Season of Light.

In the booklet, quoted in previous months, *How to Stay Centered, No Matter What*, Elizabeth Mora gives us an affirmation for this Power that is appropriate for the month of November.

“Whatever I **release** will **bless** me.”

I invite you, as November progresses and Thanksgiving approaches, to practice the spiritual art of “letting go, letting God.” Search your heart/mind/soul to discern what is limiting you from expressing the Truth of your being. And as you release those limiting beliefs, thoughts, behaviors you create a space for the dynamic energy of Spirit to inspire and surprise you - to bless you in ways *beyond your wildest expectations!*

Your Prayer Chaplains - Eliza Sutherland, Wanda Faye Holmes, Maria Cosentino, Mary Nowroozi, Denise Hage, Bobbi Severson and Marie Manella - are committed to making periodic Wellness/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](mailto: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, to “dream too big so that you may grow into them” 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 after Service each Sunday.

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.

## A Prayer of Release

I call forth my power of elimination. I set the intention to release resistance and to surrender any seeming struggle.

In this moment, I stand firm in my power and make a conscious choice to allow my alignment. When I become silent and turn within, my higher self reveals the people, patterns of thought, and behaviors that are not promoting my purpose.

My faith is fortified, and I am easily guided to take inspired action to experience expansion and true freedom.

I boldly say hello to my new harvest and farewell to what is finished!  
It is done!

**Veronica Walker-Douglas,**  
**Chicago, Illinois (in the Booklet, *How to Stay Centered, No Matter What*)**

## Volunteer Ministry

Let me begin this month's article in gratitude since we are in that month of reflection and thanksgiving!!

### SHOUT OUTS:

- We are so blessed that we have a congregation that rises to the call, whatever the need may be. So a big shout out to the [Landscape Team](#), Larry Shaeffer, Bob Anthony, Mickey Kozoil, for the cleanup work they did in October!!
- A special thank you to Kathleen and her assistants Galen, her husband and Joey Nelson, who built 'Kathleen's Flower Garden'. It will be fantastic to see this spring forth in a few months.
- Thank you platform angels Marie Manella and Joanne Walker for adding additional fall decorations to the platform and creating a beautiful fall presentation!



## WE ARE STILL IN NEED OF THE FOLLOWING:

- **Audio Visual and Sound Support** - Does being behind the scenes intrigue you? Learn how to do the YouTube live streaming for the Sunday service. You will be trained by the best, Warren and Rick!!!
- **Platform Decorator** - We are in need of someone who likes to be creative and make all things beautiful to change out the platform decorations for each season. We have people willing to help, but we need a "take charge person" to coordinate this team. Please feel free to contact Bobbi to answer any of your questions.
- **Greeting Team** - Greet our congregants and guests each Sunday with a warm welcome and make them feel at home!

***We are "Thankful" for your "giving" of your time and talents to make this church community open and inviting!! You bless us in so many ways!!!***

Blessings to everyone and have a wonderful, abundant filled, Thanksgiving!!

P.S. Mark your calendar for **SATURDAY, DECEMBER 4TH, 10:00AM** for our Annual **Christmas Decorating**. Sad to say, there will not be a Chili Party this year as we continue to follow COVID protocol in limiting our contact.

Blessings!!!

Bobbi Severson

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

## Upcoming Events



- Healing & Wholeness Service 12/3
- Christmas Decoration 12/4
- Service of Remembrance 12/5
- Chaplain Dedication 12/19
- NO Coffee & Tea w/Myrtle & Me 12/23
- Christmas Eve Service 12/24

- [Men's Group](#) 12/7 & 21
- [Christmas Pageant](#) 12/12
- [World Healing Meditation](#) 12/31

## Just Ask Ministry



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

### CURRENT OFFERINGS:

- 

### CURRENT REQUESTS:

- 

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

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

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

## 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 10th of each month!***

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

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

- **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.*

---



I bought my daughter her first car! It was well deserved and she is very grateful for the gift.

After many weekends and help from my husband Galen and Joey Nelson, I FINALLY got my Cut Flower Garden complete! WHEW! Just in time for the cold weather. During the build, I had two people tell me that what I am doing was 'A Labor of Love' and 2 neighbors came up during the build to tell me that they have enjoyed watching me build it and love the design. Oh

gosh! What nice things to hear! The Spring Show is already planned and I hope it doesn't disappoint.

If you click on my photo or my name below and it will take you to my Instagram page for more photos of my life. (FYI - This is my personal IG account. Although it is quite tame, please know that I do not censor it for anyone.)

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](mailto:churchoffice@unityoffoxvalley.org)

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