



November 2022

Ministerial Musings

The Road to Thanksgiving



Growing up I was taught to associate different things with Thanksgiving. These included Native Americans, feasts with foods that included corn and other grains, turkeys - although it is unlikely that they were the mainstay of the feasts, and of course pilgrims. Yes, surely life in the 1600's presented a lot of difficult challenges, but I always was led to believe that the colonists and natives worked together arm in arm in harmony to deal with whatever.

At the onset that seemed to be true. Native Americans welcomed the pilgrims and taught them how to survive in what then was the wilderness of Massachusetts. Unfortunately, it did not last. Lending support to the theory that no-good deed goes unpunished, Native Americans would soon suffer due to their welcoming hospitality. It is estimated that as much as 90% of them would fall victim to diseases like smallpox and measles that the pilgrims brought across the Atlantic. Native Americans never previously had a need to build up immunities.



From there things only got worse. In short time more colonists would continue to arrive, and many apparently had no qualms about laying claim to what was not theirs. They took Native American lands and whatever else they wanted including the lives of Native Americans who stood in their way. Many peace treaties were made only to be broken when honoring them became inconvenient to the newcomers.

There is a backstory to all of this that truly is ironic. Most people just think of pilgrims as early settlers which they were. But there is a spiritual dimension to the word, pilgrim. A pilgrim is one who travels in search of the sacred or the holy. Hence the word, pilgrimage. They referred to one another as Saints. They also regarded themselves as Separatists because they left England to get away from the rigid Anglican Church of England that they regarded as corrupt to pursue their God in ways not mandated by others. They would ally with the Puritans in Massachusetts, and together eventually impose their way as THE way.

We all are pilgrims. We all are in search of the sacred and the holy. The scant history that I shared demonstrates how alluring it can be at times to trade off the search for something other. Did the pilgrims trade off their search thinking they had arrived? Did they think they had found what they had been seeking and now were empowered to impose their will? Perhaps. History and appearances would seem to judge that this is the case. It all seems to wrap the early seeds of Thanksgiving in a shroud of darkness.

Many families have a dinner ritual consisting of going around the table sharing things for which each is thankful. Really without much work even in the worst of times, we all likely can point to a blessing or two. But if we truly wish to be pilgrims this Thanksgiving and embrace that title in the purist sense of the word, we should be mindful of what we do not have. We should try to be aware not only of the Christ Light that we are able to shine, but also in the Light yet to emerge from the darkness.

That this will happen is a part of a Sacred Peace Treaty, a covenant that constantly gets renewed and re-established despite how often we may grow lazy, distracted, or break it.

What is deserve thanks. What is yet to be demands it. In this Spirit,

Happy Thanksgiving!

Rev Mike

revmike@unityoffoxvalley.org

Youth Education for the Younger Crowd

Throughout the month of November, we will encourage the youth to take time each day to focus on gratitude. It's easy for any one of us to forget to say thank you; however, we will remind our youth and ourselves to set a daily intention to just breathe in the awareness of

appreciation for our gift of life and to extend that gratitude to our family, friends, and the world around us.

The ***Power of Letting Go*** will also be explored in the youths' classes this month. The Color for this month is **Russet Brown** and the **Disciple is Thaddeus**. We will teach the youth that our Christ-power of releasing is our ability to let go of thoughts, feelings, beliefs and actions – whether negative or positive – that no longer serve us so that we can open our heart space to uplift the fullness of Spirit. We will expand on this understanding through Bible stories, prayers, meditations, and creative expressions such as role-play or craft-making.

Speaking of creative expression, it is time for our youth to once again be preparing for their annual [Christmas Pageant](#). With respect to the Unity Advent 2022 booklet, this year's Christmas Pageant title is A Christmas of Light and Peace. It will be held on **Sunday, December 18, during the 10 am Service**. As always, the Pageant will be very spiritual, and heartwarming filled with "light and peace" as it will reflect on Unity's metaphysical interpretations of the Nativity story. We encourage the youth of all ages – and any interested adults - 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 11, during the 10 am class time and for Saturday, December 17, at 9 am. If you have any questions or concerns, please contact me at marynowroozi@comcast.net.

Happy and Blessed Thanksgiving to All!

"Thanks be to God, who in Christ...and through us spreads in every place the fragrance that comes from knowing him." Corinthians 2:14

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

High 5 Fundraiser

Dear Unity of Fox Valley Family and Friends,

At the last meeting the Board of Trustees voted to have a fall fundraiser under the name [High Five Fall Fundraiser](#). Please note this fundraiser is unrelated to pending

improvements to our sanctuary. The fundraiser is necessary to replenish funds needed for normal operations such as utilities, mortgage and salaries.

Unfortunately, inflation had had a real effect on us while contributions have not increased. Without a fundraiser the projected deficit for 2022 is near \$15,000.



We are sensitive and respectful that there are those in our church family who also are feeling the effects of inflation and doing their best they can. We choose the High Five slogan to inspire at least a \$5 per week increase to what you have been giving. If you can contribute a multiple of \$5, it would provide much needed help. If you prefer a one time extra contribution instead of a weekly increase, that too would be appreciated.

You may expect a more detailed explanation as to our financial situation to be given at a Sunday service soon.

Thank you for listening and for your kind consideration.

Your Board of Trustees

Please contact [Rev. Mike](#) or any of the [members of our Board](#) with any questions.

For more information, please click [here](#).

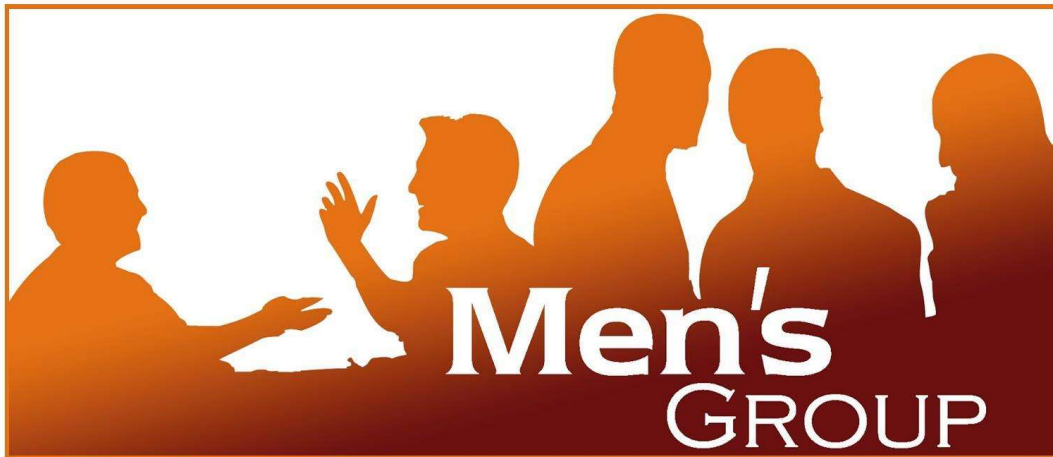
CURRENT TOTAL: \$7400!



How to donate to the High 5 Fundraiser:

- **PAYPAL:** Just click [here](#)! 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. You will have the option to help offset those fees as you process your donations)
- 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. Please write 'High 5' in the memo of your check.

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

If you have trouble accessing the meeting, please contact Zoon:

<https://support.zoom.us/hc/en-us>

Boys Just Wanna Have Fun

Last month the [Men's group](#) took a break from pursuing higher levels of growth through exploration and discussion. Instead, we experienced growth through play and went bowling one evening.

This was a great event. The turnout was good. The food and snacks probably would not be regarded as particularly healthy, but they sure tasted good. More to the point, it was a fun event. We cheered each other on. We laughed at screams of, "Oh no!", as bowling balls headed for the gutters. Strikes



were far and few between, but who cares? After all, a humbling experience now and then is good for the soul.

Who won? We all did. We reconnected with the art of play. We got to know one another a bit more in a relaxed fun activity and bonded a bit more. The best part seriously? There was nothing serious about it.

Living with Grief, Loss and Change

Living With Grief, Loss and Change

UNDERSTANDING AND HEALING GRIEF

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

**Wednesdays, November 2nd, 9th, 16th
Tuesday, November 22nd,
Wednesdays, November 30th & December 7th,
7-9 pm, Location: Adult Ed Room**

SOME OF THE TOPICS AND FEELINGS TO BE DISCUSSED:

- 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.

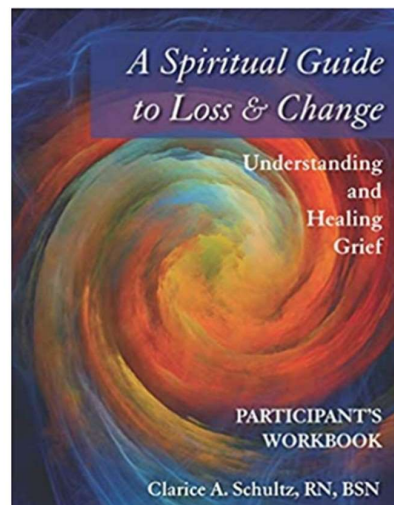
REQUIRED TEXT:

A Spiritual Guide to Loss & Change:

Understanding and Healing
Grief-Participant Workbook
By Clarice A. Schultz
Available through Amazon.

Facilitated by Maria Cosentino BA LUT

Please contact Maria with any questions
or for more info.: mlcosentino@gmail.com



Please click on the link below for more information on the required text.

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

Online A Course In Miracles



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

There will be no ACIM on November 24th.

The emphasis for this session will be the Workbook from A Course in Miracles. The Course invites us to retrain our minds so that we can experience more peace in this world.

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.

Open Your Heart & Sing



Saturday, November 5th, 12-3pm

Singing is fun!

It also has many health benefits such as increasing oxygen, releasing endorphins, opening the chakras to more love and joy, expanding self-expression and much, much more!

Music Director Kitty Karn invites everyone who loves to sing and/or has ever wanted to improve their singing voice to come to this low-pressure singing session where we'll learn some lively vocal exercises (get ready for some silliness and laughter) and culminate with learning a song that we'll all sing together at the 10am service on November 6th!



Special Note: No one will be required to sing by themselves or at the Sunday service. Simply bring your willingness to explore your own unique expression through the voice.

Suggested Love Offering: \$15

Please contact Kitty Karn for more information: kitty.karn00@gmail.com

Please click [here](#) to take you to our Music Ministry website.

Sunday Services

Sunday Service

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.

We also remind everyone to adhere to the [Covid Protocols](#) that have been set in place. 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

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

Secret Santa

SECRET SANTA

For the 19th year, Unity of Fox Valley will be providing gifts for children who are served by CASA (Court Appointed Special Advocate) Kane County. These are children who might otherwise find their Christmas trees bare.

The Christmas Tree will be on the back wall of the sanctuary for the whole month of November.

Please select a tag or tags from the tree and return your gifts on or before Sunday, December 4th.



Please contact Kathleen in the Church Office
with any questions: churchoffice@unityoffoxvalley.org

Please click [here](#) for instructions.

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

Please contact Kathleen in the Church Office with any questions: churchoffice@unityoffoxvalley.org

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, November 11th, 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.

SECOND Friday of every month!

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

This Service will not be [Live Streamed](#).

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

Annual Meeting

Annual
MEETING


unity
of Fox Valley

Sunday, November 13th, 11:30 am

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

The meeting will begin after the service at approximately 11:30 a.m. 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.

The Annual Meeting will not be [Live Streamed](#).

Please click [here](#) to take you to the Annual Meeting website where you will find the documents you will need.

If you have any questions, please contact the church office: churchoffice@unityoffoxvalley.org or any of the [Board Members](#).

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

Thanksgiving Feast



Please click [here](#) to take you to our Thanksgiving website.

Thanksgiving Eve Service

You are invited to

Thanksgiving Eve

SERVICE

Wednesday, November 23rd, 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.

This Service will not be [Live Streamed](#).

Please click [here](#) to take you to our Thanksgiving website.

Christmas Decorating & Chili Party

CHRISTMAS DECORATING



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

Book Signing

CELEBRATE WITH US

AN **EXCLUSIVE** UNITY OF FOX
VALLEY **BOOK SIGNING**

MARGE ORCHARD

**Sunday, November 27,
After the Service**

**This is your opportunity to meet
the author and purchase the book!**

For more information, please contact the Church
Office: churchoffice@unityoffoxvalley.org



DEEP
PURPLE
LILACS
IN A
MASON
JAR

MARGARET ORCHARD

Prayer Chaplain Ministry



November 2022 Newsletter Prayer Chaplains Looking for inspiration for the newsletter piece I often google the month at hand. Besides presenting some interesting facts about the origin of each month's name, astronomical occurrences, astrological signs, the birthstone and birth flower, many sites list what each day of the month commemorates. November is most notable, of course, for the end of daylight savings time, election day, Veterans Day and Thanksgiving Day. For those of us familiar with traditional Christian holidays, All Saints' Day and All Souls' Day start the month while the beginning of the Christmas shopping season and Advent bring November to a close. This is also National Native American Heritage Month. Here are a few more observances I found interesting:

November 2: Plan Your Epitaph Day, National Healthy Eating Day

November 3: National Men Make Dinner Day

November 4: National Candy Day (I certainly don't need a special day for chocolate)

November 5: National Redhead Day (thinking of my siblings)

November 6: National Book Lovers Day (this is any day of the year in my book!)

November 9: World Freedom Day (don't need a special day to hold that in prayer), Go to an Art Museum Day

November 13: Sadie Hawkins Day (ladies, we don't need to wait for 2/29 in a Leap Year!), World Kindness Day

November 14: Loosen Up, Lighten Up Day

November 15: I Love to Write Day

November 16: International Day for Tolerance (another one that needs to be every day)

November 17: National Take a Hike Day (Thanksgiving is getting close), Use Less Stuff Day

November 18: International Stand Up to Bullying Day

November 19: National Have a Bad Day Day (???)

November 20: National Absurdity Day November 21: World Hello Day

November 22: Go for a Ride Day

November 24: Celebrate Your Unique Talent Day, Thanksgiving Day

November 25: Black Friday, Buy Nothing Day (I can celebrate this day!)

November 26: National Cake Day (Wikipedia says that there are over 175 foods or drinks days in this country)

November 28: Cyber Monday

November 29: Giving Tuesday

November 30: Stay at Home Because You Are Well Day

Whew - and this is a shortened list!

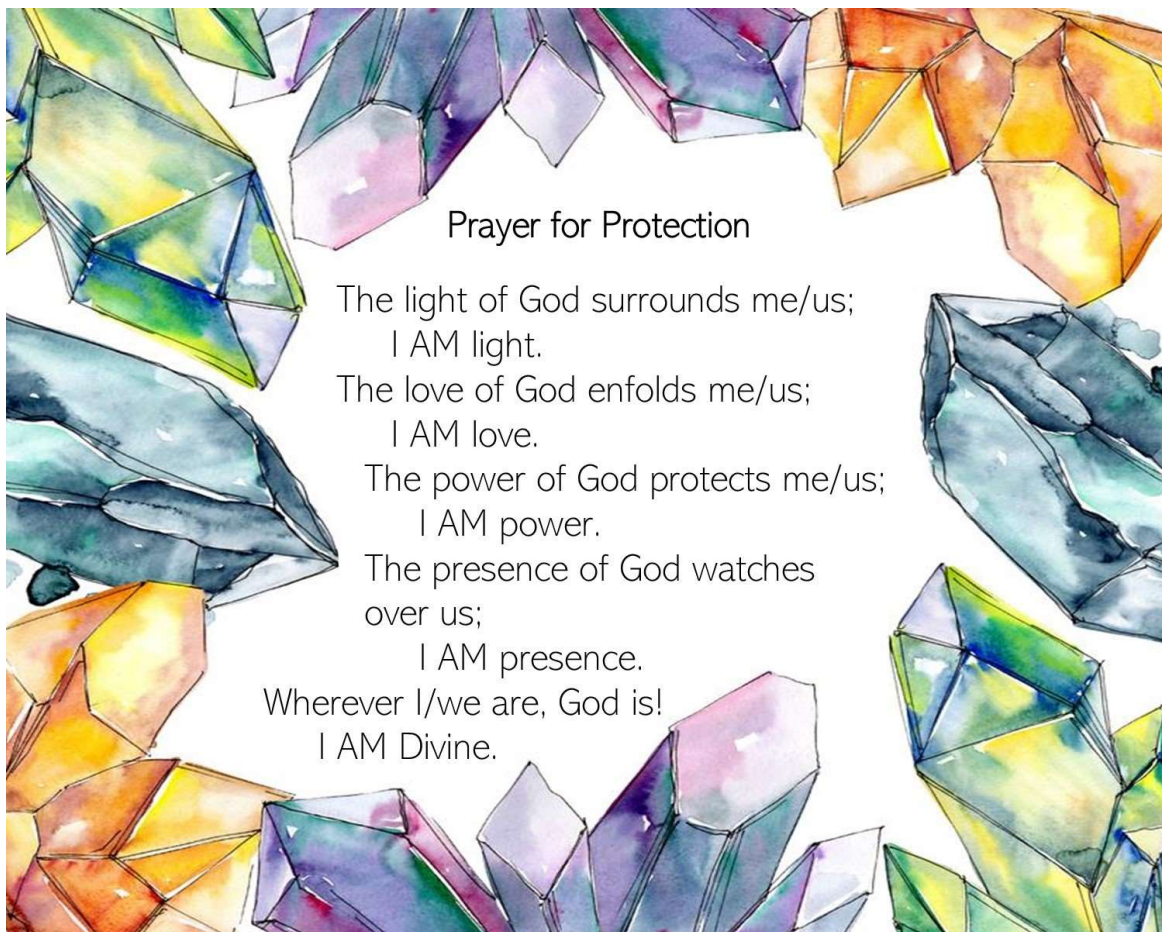
This November, here at Unity of Fox Valley, we're offering our annual **Understanding and Healing Grief Class**. It begins on **Wednesday, November 2nd and runs for 6 weeks**. This class, taught by Maria Cosentino, Licensed Unity Teacher and active Prayer Chaplain, is based on the text and workbook authored by Clarice A. Schultz, RN, BSN and a beloved, longtime UFV member and Prayer Chaplain Emerita. For more information you can check our website - www.UnityofFoxValley.org - or email Maria at mlcosentino@gmail.com.

As fall progresses, the days shorten, the nights lengthen, the temperatures get colder, and the frenzy of December is only a matter of days away, it's a good time to go within and ponder the many blessings in our lives. That list will most likely be more inspiring than the one above. It's a list I encourage you to make for yourself, from your heart. We don't need to wait until November 24th to celebrate Thanksgiving. Every day is a day to give thanks. Meister Eckhart, a 14th century mystic, once said, *"If the only prayer you said was thank you, that would be enough."*

At the top of my list of blessings is each and every one of you. Thank you for being you, for being a part of our sacred spiritual family, and for reading these words...

Your Prayer Chaplains - Wanda Faye Holmes, Maria Cosentino, Mary Nowroozi, Bobbi Severson and Marie Manella - are available for private prayer after Service each Sunday. We are also committed to making periodic Wellness/Caring Calls to our congregants. 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 need prayer support in between our calls or 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. Another prayer resource available 24/7/365 is Unity Prayer Ministry, formerly known as Silent Unity. Call 816-969-2000, search unity.org/prayer on the internet or download the uPray App on your favorite device.

Blessings and hugs,
Marie and Bobbi



Unity Prayer Ministry's November Prayers

Well-Being - The spirit of peace is my well-being.

Inner Wisdom - Centered in divine wisdom, I know the way to go.

Vitality - I am one with the flow, energy, and vitality of divine life.

Prosperity - I live in joyful expectation, knowing God is my source.

World Peace - One God, one life, one mind, one heart. We are one.

Volunteer Ministry

Here we go again!!!

I recently received a thank you card with one of the sayings on the card "bless you for the little things you do in thoughtful ways". We have so many people doing little things (in big ways) that bless our spiritual home. Some of you like to quietly do your "little things", like sending out cards to brighten someone's day, chat with someone over coffee that might just need to talk, assist at memorials by emotionally and physically supporting the families, by surprising and decorating our church space, and by serving on various teams and committees!! We appreciate you and all that you do to enrich our "home".
YOU TRULY BLESS US!!!



FUN TIMES IN OCTOBER and so grateful for Mary and Rose who started us out with a wonderful Pet Blessing event. The adults were on their best behavior, which made their furry friends very happy!!!

The [Prayer Chaplains](#) spent Friday evening and Saturday in their annual training and participated in the Healing Service. By the way!! We have some new faces on our [Music Team](#), and we thank them and appreciate their talent and love of music and blessing us in song!!

Thank you to everyone that brought candy and supported our Annual [Tailgate Trick or Treat!](#) Since my newsletter has to go in before this event occurs, I am anxiously awaiting the parade of costumes by kids and the "adult" kids". This is always a fun event!!!

COMING UP IN NOVEMBER and ways that you can bless us!

FIRST UP IS "**OPEN YOUR HEART AND SING**" with our beautiful and talented Ms. Kitty leading us in this lively and fun filled event!! **NOV 5th 12:00-3:00PM**. Bring yourself and bring a friend that might not be familiar with our church and our uplifting songs!!

JOIN US FOR OUR FULL COURSE **THANKSGIVING FEAST**, **NOV 20th**. Don't forget to sign up for a dish to pass and help setup/cleanup. Remember when I said we have those quiet ones that just do stuff without us even being aware!! Well, we are already decorated for this feast thank you to Mary Ann Anthony!! I am sure you have noticed our beautiful fall decorations on our tables in the Cafe area!!

ANNUAL MEETING, **Sunday the 13th right after the service**. We still need to fill one more position on the Board! Mickey Koziol, who finished out a previous position, is graciously running again!! We can recycle, if you have ever served as a trustee in the past and it has been a few years, please consider running again!! Feel free to contact any current board member, Rev Mike, Judy DeVoe or Bobbi Severson should you have any questions.

To close, "**bless you in a thousand ways for truly blessing us.**"

Peace and Love!!

Bobbi

bsever4785@gmail.com

Just Ask Ministry



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

CURRENT OFFERINGS:

-

CURRENT REQUESTS:

- Styrofoam Cooler, any size,
churchoffice@unityoffoxvalley.org

***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

Please reach out to the contact person directly. The church will not be managing any transactions.

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

Upcoming Events



- [Service of Remembrance](#): 12/4
- [Secret Santa Gifts Due](#): 12/4
- [Christmas Pageant](#): 12/18, 10am
- [Christmas Eve Candlelight Service](#): 12/24, 7pm

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/lr/5l9LM5FXITZG/ref=smi_ext_lnk_lcl_cl

Tithes & Offerings



Nothing is possible without your commitment and generous financial support. Thank you so very much!

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.



After 6 weekends Galen & I finally got the Garden Fence finished! It is 32' x 64' which encloses 2048 sq. ft.!! (Yes! You read that right!!) The current plan is 12 raised beds (6 are currently installed), raised beds along all sides & in the center will be my obelisk that I built. I'm grateful for my blessings.

We did take one day off one weekend to play dress up though and we relished in the reprieve!



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](#)

If you click on my photo or my name above, 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.)

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.
- [Unity Green Team CommUnity Event](#) - Events to be determined

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.

