



December 2022

Ministerial Musings

Ho Ho Ho or Oh Oh Oh?

When I was growing up, Christmas came with virtually not a single care or worry. Certainly, mom would play the old, “Santa is watching you,” card to try to get us to behave better. In fact, thinking back, it was weird. I definitely believed in Santa, but always kind of knew that the whole “Santa watching” thing was a meaningless bluff. I was more preoccupied with the heavier questions such as, “How does a really fat Santa Claus fit through the chimney shaft?”, or “How does he get into our apartment which did not have a chimney?” Ah yes, the adult world never fully appreciates those nagging questions that confront innocent children.

Today my ponderings are different. Does Santa still chant, “Ho Ho Ho?” Or given the shape of the world today, does Santa instead cry out, “Oh Oh Oh?” After all, there is so much to worry about in 2022. We have so many problems: a war in the Ukraine, global warming, a lingering pandemic, a festering political arena, reoccurring gunshot killings, continued racism, and so on. I am getting depressed just putting a partial list together.

I must say that while I do feel like I am growing into a Christmas spirit, it seems a bit different than when I was eight years old. Perhaps that comes when a miracle loses a bit of its glitter to a greater consciousness, or when we unfortunately become more responsible. Regardless, the Spirit of Christmas does not seem to somehow magically descend upon me as it once did. Now it is yet one more thing that I have to work on.

It is tempting to think of this shift as a loss, but actually it is a gift. Things that happen to us are beyond our control. If it is snow that puts us in the mood, a green Christmas may be disappointing. If the Santa at the mall is too skinny to embody the myth, it could be a downer. But if we want to ensure a fail-safe joyful Christmas, we can each make this happen for ourselves.

There is truth to the old adage, “If you want something done right, you have to do it yourself.” That child in you that once went through Advent in joyous wonder and anticipation of the birth of the Christ is still alive. If he or she is now orphaned, it is because you have abandoned him or her. We can still reach out by reaching in and embrace that glorious miracle. We can sing it out. We can breathe Christmas in every breath, and deliriously await the opening of ourselves. (Can you find the “elf” in ourself?)

Santa’s “Ho Ho Ho’s” never were a reaction to what the world is about. They always were an affirmation of the miracle of Christmas – the birth of the Christ within – God with skin on. Thank you Santa! I believe!!!



Peace,
Rev Mike
revmike@unityoffoxvalley.org

Youth Education for the Younger Crowd

To begin this holiday season, the youth will be celebrating the Power of **Life** by exploring the birth of Jesus as depicted in the Gospels of Matthew and Luke. The color for this power is **Red** and the Disciple is Judas. Through prayers, meditations, and crafts, the youth will reflect on how the Biblical narratives of Jesus’ birth are metaphysically the evolving story of our own inner spiritual enfoldment.

On *Sunday, December 4*, all classes from preschool to Y.O.U. will be gathering together for our Gingerbread House Decorating Party! This will be a fun, interactive opportunity for each youth to create their own amazing gingerbread house. Teachers and parents are invited to join in on the fun. We will provide a vast array of festive candies, pretzels, and cookies to make these creations truly a sight to see (and eat)!

And once again, it is time for our annual Christmas Pageant! The title is **A Christmas of Light and Peace** with respect to Unity’s Advent Theme for this year and will be held on *Sunday, December 18*, during the 10 am service. At this pageant, the youth will present the metaphysical understanding of the Christ Light born in each one of us.

We encourage the youth of all ages to participate by completing a participation form that is available downstairs in the Youth Ed area. Our *first rehearsal* is scheduled for *Sunday, December 11*, during the 10 am class time; and, *dress rehearsal* is on *Saturday, December 17, at 9 am*. Any questions/concerns, please contact me at marynowroozi@comcast.net.

We would be deeply grateful and thrilled to see you all there for we know this Pageant will not only uplift your heart and soul but may likely bring tears of joy in your eyes. Have a box of tissues handy!

***Have a Blessed Merry Christmas and a Healthy
and Prosperous New Year!***

Peace and blessings to all,
Mary Nowroozi, LUT, CSE
marynowroozi@comcast.net



High 5 Fundraiser



\$18,600!!

**Because of your generosity,
we overshot our goal of \$15,000!**

WOW!

THANK YOU SO MUCH!!

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. 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.

Service of Remembrance



Service of Remembrance

**Sunday, December
4th, 10am**

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

Sunday School



Every Sunday, 10:00 am

There will be no Sunday School on 12/18 & 12/25

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

All gifts are due on Sunday, December 4th!

Please don't be late! Only ONE delivery trip will be made to CASA.

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.

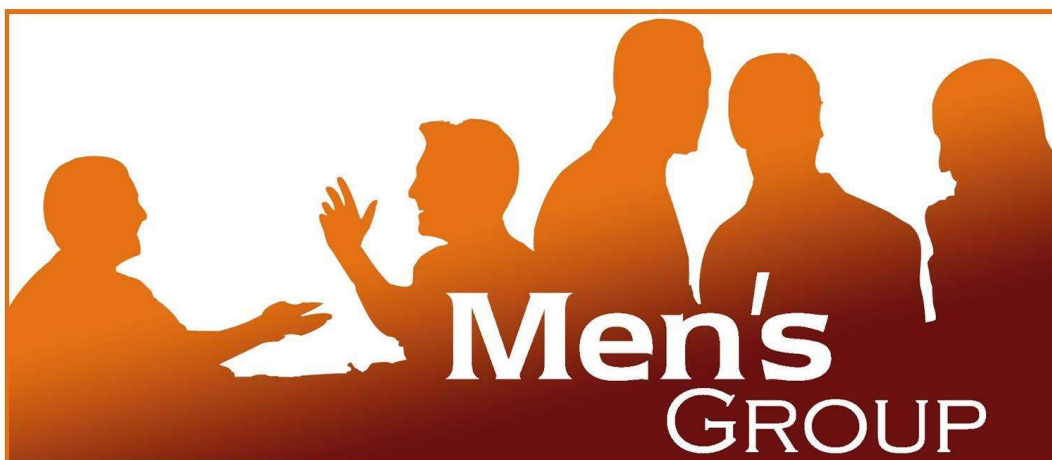


Please contact Kathleen in the Church Office
with any questions: churchoffice@unityoffoxvalley.org

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



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>

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

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

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, December 9th, 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.

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.

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.



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.

Christmas Pageant

Youth Ed Christmas Pageant

A Christmas of Light & Peace



SUNDAY, DECEMBER 18th, 10AM SERVICE

Come one, come all to this year's Christmas Pageant! This performance will be very spiritual and heartwarming, filled with uplifting words of **"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: Sunday, December 11, during the 10 am class time
Saturday, December 17, at 9 am

***We appreciate the loving support provided
by all of you to make this an amazing Pageant.***

Any questions/concerns, please contact Mary Nowroozi at marynowroozi@comcast.net.

Christmas Eve Candlelight Service



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, but it's also 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

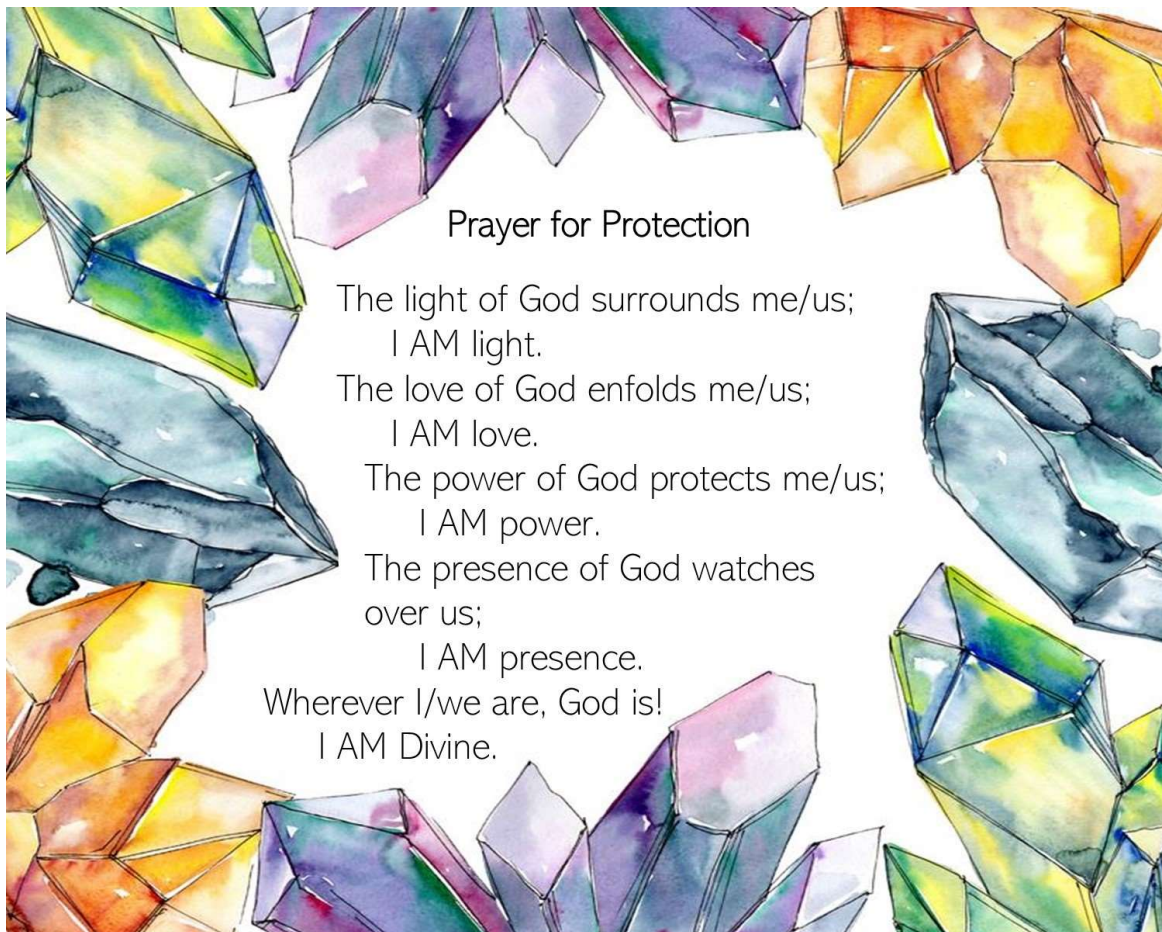
One good thing about the holiday season for the grief-stricken: it's short. Before you know it, you'll be facing the New Year. But then what? How about putting a plan in place for January. A new year is a time for fresh beginnings. Lean on that philosophy and consider something inspiring you'd like to 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.

Your Prayer Chaplains - Wanda Faye Holmes, Maria Cosentino, Mary Nowroozi, 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 and a Prayer Chaplain will be in touch.

However you choose to meet this holiday season, please remember we are here to pray with you after the service each Sunday, too.

Blessings,
Maria Cosentino



Prayer for Protection

The light of God surrounds me/us;
I AM light.
The love of God enfolds me/us;
I AM love.
The power of God protects me/us;
I AM power.
The presence of God watches
over us;
I AM presence.
Wherever I/we are, God is!
I AM Divine.

Excerpt from November 18th Daily Word

Comfort

When feeling loss of any kind -- a loved one, [a beloved pet,] a relationship, a job, or a life-style — I give myself time to cope with the change and seek comfort for as long as I need it.

The presence of God helps me in difficult times, those moments when I need the strength to move forward and find hope for the future. As I turn to the Divine within, I realize I have the power to cope, learn, and grow. I feel God's comforting presence in each moment and each decision as I prepare to begin again.

Volunteer Ministry

GRATEFUL, SO GRATEFUL to Deb McQuaid, her angel helpers and everyone that brought a dish to share to celebrate the beginning of the Holiday Season with our [Thanksgiving feast!](#)

The decorations were fantastic thanks to Mary Anne, Deb and her team. Sad to say I missed this traditional celebration and camaraderie due to the COVID bug catching up with me. A very mild case, but nonetheless, threw a monkey wrench into several important functions which I missed. A constant reminder, that we are not finished with this virus and the complications it can render! Be safe and stay healthy as Winter drives us indoors more and gatherings of friends and family increases.



DECEMBER HAPPENINGS:

[Church Christmas Decorating, and Chili Party](#) will already be a wrap by the time you read this newsletter! We are always so very grateful for each and every one of you who participated in this working, fun event!! As we always say, many hands make light work!! WE ARE BLESSED BY THE BEAUTY THAT SURROUNDS US THIS CHRISTMAS SEASON!!

Thanks to Mary, her Angel helpers, and the Youth who will be doing a very special Christmas story at the [CHRISTMAS PAGEANT](#) ON **SUNDAY, December 18th**. You don't want to miss this special service as seen through the eyes of our Youth.

HELPERS NEEDED: We will need a few elves to help put out the luminaries for our [Christmas Eve Service](#), please contact Bobbi at bsever4785@gmail.com if you can come a little early and help light our way!!! The bags are ready to go, just need to be placed outside (weather permitting) and up the stairs leading into the Sanctuary.

STAND BY ALERT FOR ABLE BODIES!!! As you know, new **Sanctuary Chairs are on the way!!** Unfortunately, we are unsure of the arrival date. We need assistance in getting them off the truck, unpacked, and placed in the Sanctuary. This truly will be a labor of love. If you can help at a day's notice, please contact Bobbi at bsever4785@gmail.com, if you can assist in any way with this undertaking!! WE ARE ANTICIPATING ARRIVAL BEFORE CHRISTMAS!!

AND THAT WILL BE A WRAP FOR DECEMBER! December can be a stressful busy time of trying to pack everything into 31 days, well maybe only 25, if we count Christmas Day as the cutoff!! I encourage you to read our [Prayer Chaplain](#) article in this month's newsletter which will give you tips on how to get through the Holidays, especially if this might be a challenging and or grieving time for you!

AND MY advice would be to. . . as one of our long-time beloved congregants use to say, "DO WHAT YOU CAN AND CAN THE REST"

JANUARY HAPPENINGS:

As always, what goes up, must come down!! Mark your calendar for **Sunday, January 8th**, for our **UN-DECORATING PARTY!!** We will do this after the service!! Please stick around and help with this project and then stick around for coffee and treats after!! We will be most grateful!!!

We will be holding our **Annual Volunteer Fair**, (January 22nd and 29th) I encourage you to prayerfully consider how you can share your time and talent with your Church community and sign up with your information, if you are currently on a team and will continue, please update your information. We accomplish much with our church ministry teams that without them there would truly be a void!!

My love and blessings to all of you and your families for a grace filled Christmas Season! Send out prayers of PEACE AND LOVE to our universe!!

AND SO IT IS!!

Bobbi

bsever4785@gmail.com

Directory Update



DUE December 31st

Please remember to fill out & return the Directory Update form.

This will renew your status as a member/attendee.

It will also ensure that you are listed in our 2023 directory
and that we have the correct address for your contribution statement.

Please find extra forms at the Welcome Desk
or click [here](#) to download the form.

Christmas Undecorating



Christmas UN-Decorating

**Sunday, January 8th,
after the Service**

***Please stay after the Burning Bowl Service
and help us UN-Decorate the church from
it's Christmas Decor!***

More hands make quick work!

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

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

CURRENT OFFERINGS:

-

CURRENT REQUESTS:

- Styrofoam Cooler, any
size: churchoffice@unityoffoxvalley.org
- Old Daily Words: rmkoziol@aol.com

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

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



- [Burning Bowl/White Stone Ceremony](#): 1/8
- [Volunteer Fair](#): 1/22 & 29

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/l5/5I9LM5FXITZG/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.

Let's talk about Barney! Barney is the cat that came with our barn. At first, we never saw him but with lots of visits and not pushing his comfort limits, this little guy has become my best little barn buddy! To me, his love is one of the best Christmas presents!

Merry Christmas my Unity Family!

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.
- [**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.



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Share on Twitter

