



MARCH 2023

Ministerial Musings

Et Tu?

There is a very old Roman holiday that has long been abandoned in modern times. It is the Ides of March. During those early days of the Roman Empire long before its marriage to the Church, the Ides was a very religious holiday. The Ides were regarded as sacred to Jupiter, the Roman supreme deity. However, other gods also were remembered and offered sacrifices both officially and privately. All in all, it was a holiday celebrated with festivals that featured partying, drinking and revelry. There was a thread of moral fiber to the holiday as many regarded it as the time to settle all past due debts.



Historically it featured the assassination of Julius Caesar in 44 BC. The plot involved as many as 60 conspirators including a trusted friend, Brutus. William Shakespeare infamized the event in his play, *Julius Caesar*, in which the phrase, "Et Tu Brutus?" originated. Not often these days but occasionally someone will use that phrase when they feel betrayed by a trusted friend.

Julius Caesar's death triggered a major bloody civil war in the empire that would last for years. Many viewed Caesar's assassination as a sacrilege; others referred to it as a religious sacrifice. It is fascinating how both sides spun the event around religion arguing it was either a travesty against Jupiter or in accordance with their God. And we think our current polarization in Washington is extreme and out of control! Four years after Caesar's death Octavian executed 300 senators to avenge the assassination.

Going back to the words, "Et Tu Brutus?", which Shakespeare attributed to Caesar, these words have meaning for us today. The words are Latin and translate to, "And you too?", or, "Even you?" Some of the hardest times we experience are the hurts we suffer at the hands of those we love and are

supposed to love us. Some of those moments trigger an inner struggle or civil war.

A common human error is to point our fingers outward and not so much at the Brutus within. Maybe it is because we struggle with owning how we shoot ourselves in the foot or worse. Looking at his friend, Brutus, as the obvious guilty culprit did not save Caesar's life. However, looking inward during the Ides of March in the spirit of settling debts; that is, what we owe to ourselves might be an exercise in growth. Et tu anger? Et tu grudges? Et tu my thoughts? Et tu my ego? And yes, "Et tu my heart?"

Peace,

Rev Mike

revmike@unityoffoxvalley.org

Youth Education for a Younger Crowd

For the month of March, our youth will explore the Power of *Strength*, symbolized by the color *Light Spring Green* and the Disciple *James*. Also, as the Lenten Season has begun and now moves into March, the youth will read the Bible scriptures of Jesus' miracles and parables. Through role-play, crafts, and games related to these stories, they will be encouraged to understand how these stories relate in their own lives in uplifting their spiritual growth. Last month, our Uniteens completed a series on *The Secret to Teen Power*, a powerful motivator in understanding the concept of the law of attraction, and how they can apply it to issues such as health, self-image, peer pressure, and their place on planet earth.

Spring is almost here (yeah), so please mark your calendars for these upcoming special family events:

- [Palm Sunday \(Easter Feast\)](#), April 2, 10 am Service
- [Easter Egg Hunt \(Easter Sunday\)](#), April 9, 11:15 am in the parking lot
- [Roots and Wings Ceremony](#), June 4, 10 am Service

In honor of spring, I'd like to share the following passage from Song of Solomon 2:11-13: *"For, lo, the winter is past, the rain is over and gone; the flowers appear on the earth; the time of the singing birds is come, and the voice of the turtle is heard in our land, the fig tree put forth her green figs, and the vines with the tender grape give a good smell."*



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

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.

Volunteer Appreciation Dinner



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Volunteer Appreciation Dinner **Friday, March 3rd, 6-9pm**

We absolutely could not exist and do the things we do without our wonderful volunteers. Knowing that and acknowledging that we want to celebrate you.

If you have volunteered this past year, in any way, please sign up and let us know you will be there.



There'll be food, fun, camaraderie and yummy desserts. Be there so Unity of Fox Valley can say thank you!

Please contact Bobbi Severson for more details:
bsever4785@gmail.com

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

Name Tag Sunday

1st Sunday of the Month

Before the Service, please stop
& write up your name tag!

**NAME TAG
SUNDAY!**



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 ensure 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)

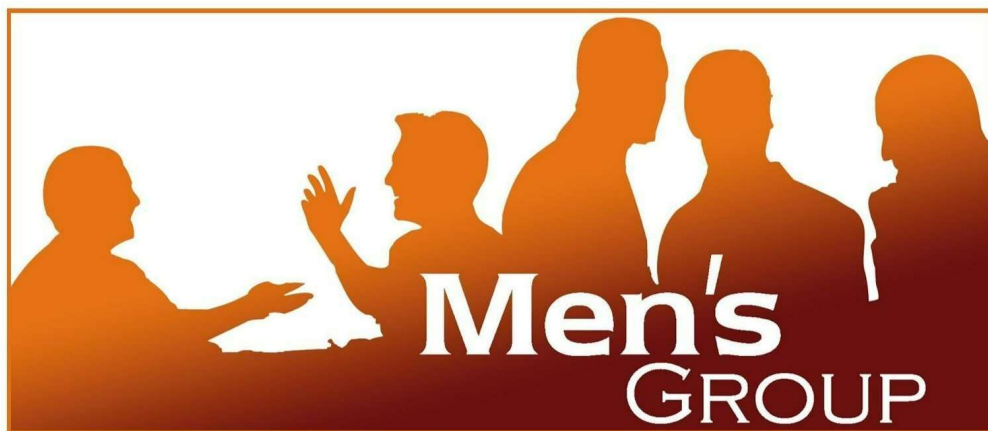
Parents are welcome to join in on the fun, too!

Any questions/concerns, please contact

Mary Nowroozi: marynowroozi@comcast.net

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

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>

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, March 10th, 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.

Daylight Savings



Discover the Power Within You

DISCOVER

The Power within You

6-week class

Sundays, Adult Ed Room, Noon

March 12th, 19th, 26,
April 16th, 23rd & 30th

Maria Cosentino L.U.T.

Wednesdays, ONLINE, 6:30 pm

March 15th, 22nd, 29th
April 5th, 12th & 19th

Deb McQuaid L.U.T.

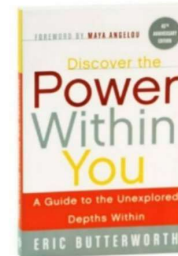
In Eric Butterworth's inspiring *tour de force*, he shares the greatest discovery of all time: the ability to see the divine within us all. Jesus saw this divine dimension in every human being, and Butterworth reveals this hidden and untapped resource to be a source of limitless abundance. This course will explore this "depth potential," as Butterworth outlines ways in which we can release the power locked within us for better health, greater confidence, increased success, and inspired openness to let our "light shine" forth for others.

Required Books:

- ***Discover the Power Within You: A Guide to the Unexplored Depths Within*** by Eric Butterworth. HarperOne, 2008.

Suggested (optional):

- ***The Revealing Word*** by Charles Fillmore.
Unity Village: Unity, 2005



"This book changed my perspective on life and religion. Eric Butterworth teaches that God isn't 'up there.' He exists inside each one of us, and it's up to us to seek the divine within." — Oprah Winfrey

Love Offering appreciated!
All are welcome to attend!

For more info., please contact
Maria Cosentino mlcosentino@gmail.com
or Deb McQuaid debmcquaid@aol.com

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

Please click [here](#) to take you to the Discover the Power Within You website.

Prayer Chaplain Ministry



2023 seems to be **Marching** along rather rapidly...

Although this winter has been relatively mild as winters go, I, for one, am ready for spring - longer daylight hours, warming temperatures, fresh green leaves budding on the trees, and flowers, flowers, flowers! But before renewal comes release: before resurrection comes crucifixion - crossing out what no longer serves us in our lives. By the

time this newsletter is released, we will be a week into Lent; the perfect time to deepen our practice, begun in January's Burning Bowl and White Stone rituals, of letting go what no longer serves us on our spiritual journey and opening our hearts to all the good that life holds for each one of us.

The Unity Lenten Booklet that has been made available to us - *40 Days of Letting Go* - is a wonderful gift that we can use to guide us during this Lenten season. Each Sunday presents "the process of letting go through means such as detachment, nonresistance, denying the power, surrender." The daily topics focus on specific habits or actions, listed alphabetically, and include "an affirmation to help shift your consciousness."

Beginning mid March two of our Licensed Unity Teachers are facilitating a class featuring Eric Butterworth's [*Discover the Power Within You*](#). In this Unity classic Rev. Butterworth shares and explores the greatest discovery of all time: the ability to see the divine within us all. Maria Cosentino is teaching this 6-week class on Sundays, beginning March 12th, at noon in the Adult Ed Room. Deb McQuaid is offering her class on Wednesday evenings, starting March 15th, ONLINE, at 6:30 PM.

Both of these are wonderful tools we can use in this Lenten season to enhance and deepen our spiritual practice which, of course, is anchored by prayer and meditation.

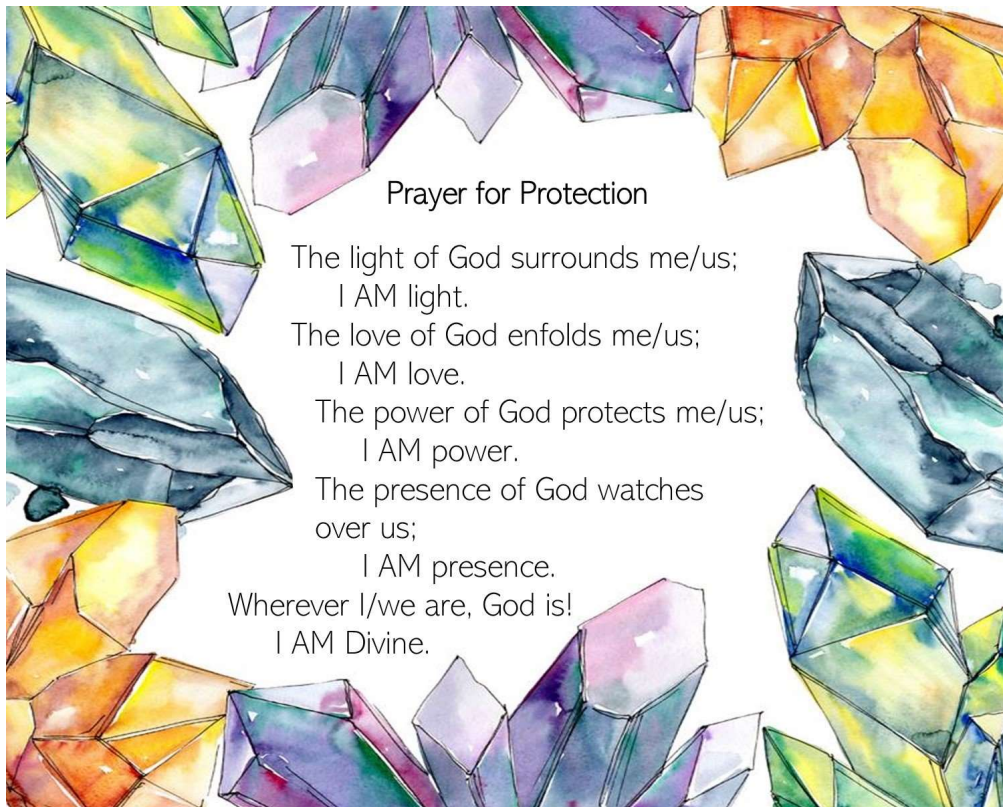
I invite you this month to let go and let God be God in you...

The Lord be with your spirit. race be with you.

2 Timothy 4:22

Your Prayer Chaplains, Wanda Faye Holmes, Maria Cosentino, Pamela O'Brien, 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 in 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.

Blessings and hugs,
Marie and Bobbi



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.

Unity Prayer Ministry's March Prayers

Inner Peace - In the stillness of this moment, I am peace.

Understanding - One with divine mind, I realize infinite potential.

Wholeness - All of divine life is present where I am.

Prosperity - All that can be, *can be* in divine abundance.

Oneness - I open my heart in oneness with all people.

Volunteer Ministry

SHOUT OUT

Thank you, Chaplains, Chaplains Emeriti and helpers, for hosting the [Souper Bowl Sunday](#) feast!! Lots of good food and fun!! And thank you Kathleen, for the Super Bowl theme decorations. And my team won!!!



Thanks, Dawn Staszak, for stepping up to host our [Easter Feast](#) this year which will be **Sunday, April 2nd**.

Many hands helped get the platform ready for buildout! Thanks, Kitty and Warren and your muscle crew that moved the piano and everything off the platform. Not an easy task but it is done and we will look beautiful when carpeting is completed.

Thank you to Maria and Deb for a wonderful [book study](#) series in January and February!

If you haven't experienced a class or study group yet, I encourage you to strengthen your spiritual journey through learning and sharing. All are welcome no matter where you are on your road to discovering the best possible YOU. Next class, [Discover the Power](#) based on Eric Butterworth's Book.

VOLUNTEER OPPORTUNITIES

[Easter Feast](#) signup will be available in March. Please let us know what you would like to bring and if you would be available to help setup and cleanup and decorate. Chair for that event is [Dawn Staszak](#).

COMING EVENTS

We look forward to seeing all of our wonderful volunteers at our [Volunteer Appreciation Dinner](#) on **March 3 at 6:00 P.M.** This event is hosted by the STAFF, so relax and enjoy!!

[Healing Service](#) will be held, **March 10th**. Join us for music, meditation, and contemplation.

April 23rd, Daniel Nahmod is coming to UFV. Be sure to get this one on your calendar, you don't want to miss his Sunday message and performance!!

AND IN CLOSING

We are blessed!! We had 67 people sign up for our various Volunteer Teams and some went above and beyond and signed up for more than one team. We are so grateful for your support and enthusiasm whenever we call on you to get something done!!

"If the only prayer you ever say in your entire life is thank you, it will be enough"
Meister Eckhart.

So whenever we say "thank you" consider it a prayer of gratitude for the beautiful people that you are!!

In love and gratitude,
Bobbi
bsever4785@gmail.com

Just Ask Ministry



Ask & you shall receive!

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:

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CURRENT REQUESTS:

•

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



- [Palm Sunday & Easter Feast:](#)
4/2
- [Taize Service:](#) 4/7
- [Easter Service, Easter Bonnet & Easter Egg Hunt:](#) 4/9
- [Coffee & Tea w/Myrtle & Me:](#)
4/13

Amazon.com Charity List

Donate items from our Charity List
Shop Now



**Now that AmazonSmile has ended,
there is another way to support us!**

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/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.*

My daughter Ava turned 19 early last month. Each year is really blowing my mind! I swear she was just born!

I won't be at the [Volunteer Appreciation Dinner](#), but I want to thank all of our fantastic volunteers for tithing your time and talents. The staff and I are truly thankful for you!



Spring will be here before we know it and I know we are all looking forward to that. As your new [Landscaping Chair](#), I hope to get the grounds cleaned up as much as we can and get some flowers in the boxes this spring. I have already started many seedlings in my grow room and plan to share it with the church.

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>

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.

