

July 2023

Ministerial Musings



Summer is my favorite season. I love the long days, and the sunshine always lifts me up. I am grateful to walk Rocky wearing a pair of shorts and a t-shirt instead of multiple layers of clothing. I feel free and uninhibited, and it all is accentuated by the 4th of July holiday.

Growing up I never thought about freedom. I took being American for granted. As I matured I learned that the privilege that I had but never thought about did not apply to everyone.

There always were restrictions for all of us. Back then the police had more unwritten power over us. In my neighborhood, there were detectives that often took teenagers into custody and sometimes knocked them around a bit just because they could. There was no remedy for this; even parents accepted it as being within the proper discourse of police authority. My contact with African Americans was virtually nil growing up, but many friends at school and in the neighborhood were brown, and it was just understood that for them less freedom was normal.

We frequently mouthed an expression back then. You could say and do what you want because, "It's a free country." We believed that America was freer than any other country in the world. We still were reaping the benefits of winning our independence from the restrictions that had been imposed by the king of England. Or, so we thought.

As I write this article, I now understand that freedom is not free. If you want it, you have to be willing to pay for it. Furthermore, it is not a one-time payment. It is an ongoing charge like a subscription to Netflix only way more complicated. For example, you can get a couple of months or years at no cost in exchange for the freedom of some other group or class. All you have to do is align yourself with the proper political position at any given time. It seems like a good deal at the time, but in reality you are paying for privileges at the cost of your own freedom. Freedom as a commodity always is at a cost to somebody, and ultimately to everybody.

When our Declaration of Independence was drafted, it was a beacon of freedom that shined brightly casting its light on the entire world. It was not perfect. Some of those “unalienable rights” remained alienable to the likes of women, Blacks and others. It still can serve as a profound ideology if we choose to embrace freedom as a process instead of a bargaining chip. As is the case with the Christ essence that resides deep within us, anytime we choose to trade it or ignore it, we take steps backwards.

This year let us make those fireworks displays a form of prayer, and truly make freedom ring.

Rev Mike

revmike@unityoffoxvalley.org

Youth Education for a Younger Crowd

As we move on further into the summer season, our Children's Church and Juniors will dedicate the month of July by exploring the **Power of Understanding**. *Thomas* is the Disciple that symbolizes this Power, and **Gold** is the vibrant color, indicative of the radiant summer sun. By delving into both Biblical passages and contemporary stories, we intend to lead our youths' *understanding* in recognizing our unity with God, acknowledging the Divinity inherent within us as all-knowing.

We have an exciting event planned on **July 16th** for the youth of all ages along with their parents and teachers. During our class time, we will join together in a delightful walking excursion to the **Batavia Creamery** located on Wilson Avenue, where we will enjoy a refreshing, delicious treat of our individual choices (dairy or non-dairy). Yummy!

In closing, I'd like to reflect on the beautiful and memorable “**Roots and Wings**” Service we held last month, where we honored and celebrated the spiritual growth of our youth and their teachers. During this event, I had the pleasure of announcing that Dawn Staszak, our Uniteen's teacher, has graciously accepted the role of Uniteen and Y.O.U. Youth Director. As I had mentioned at the service, Dawn's unwavering dedication and passion for guiding

our Uniteens on their spiritual endeavors has earned her this position. We are immensely grateful for Dawn's commitment and enthusiasm, and we envision a bright and promising future ahead for her.

While Dawn and I will collaborate to enhance our Youth program, we each will have specific responsibilities. Dawn's will primarily focus on implementing and facilitating the teen's lessons, while my focus will concentrate around developing and teaching curriculum for the Children's Church and Juniors classes as well as overseeing all special events and services involving the youth of all ages. We affirm that change is good as we anticipate even greater rewarding possibilities for our youths' spiritual education.



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

Name Tag Sunday

**NAME TAG
SUNDAY!**



1st Sunday of the Month

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

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.

Soup Sunday



July 2nd, after the Service

Contact Bob Anthony with any questions: banthony103@comcast.net

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

Office Closed

The Church Office will be closed the following days:

- Monday, 7/3
- Tuesday, 7/4
- Thursday, 7/20
- Monday, 7/24
- Monday, 7/31



Subject to change without notice.

Coffee & Tea with Myrtle & Me



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

Dear UFV Family & Friends,

Please come and join us! Bring with you a lawn chair, your drink of choice, a sweet treat perhaps, questions, ideas, curiosity, imagination and a friend or, you may just come to hang out for a bit. We hope to see you! All are welcome

***If it rains or is too cold/hot, don't let that stop you.
We will hold this event inside.***

Peace,
Mike

Please click [here](#) to for the Coffee & Tea w/Myrtle & Me website

ONLINE A Course in Miracles



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

The emphasis for this session will be the Workbook from A Course in Miracles. 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.

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

There will be no Healing & Wholeness Service in July.

Please join us on Friday, August 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.

Prayer Chaplain Ministry

It's July, already! It feels as if I was just anticipating the joys of Spring and now ~poof~ Summer is in full bloom!

This is the month we have commemorated Independence Day, for 246 years! The 4th of July is a much-anticipated holiday, celebrated with parades, festive gatherings, tasty food, patriotic speeches and fireworks, to name a few.



But my thoughts are not in a familiar celebratory mode as I write this on the eve of Juneteenth, a newly declared holiday commemorating the emancipation of enslaved African Americans in Texas in 1866 (two and a half years after the Emancipation Proclamation was issued). The declaration of their freedom came almost 100 years after the Declaration of Independence was signed in 1776. And it took another 155 years to honor that historic event as a federal holiday. Progress in the physical world in which we reside seems to be such a slow process. And the old axiom, "slowly but *surely*," is no longer ringing true these days.

I recently came upon this quote from Michael J. Fox, "Gratitude is what makes hope sustainable." So, although I am sad that it has taken so long, I am grateful we have finally acknowledged this important event in our history. And I am equally grateful that we, as Truth *practice-ers*, hold the key to "keep on keeping on" - prayer and meditation - despite outer circumstances!

Let's use the tools of our spiritual consciousness to change our thinking and change our world. Let's *walk our Unity talk* together as we hold the high watch and create a sacred space for all to experience *Freedom*, for all to express *Oneness*, for all to be celebrated - not just on one or two days each year, but every day of each of our lives!

Your Prayer Chaplains, Wanda Faye Holmes, Pamela O'Brien, Bobbi Severson and Marie Manella, are available to pray on Sundays after service and are committed to making periodic Caring Calls - to support you, our spiritual family, with your prayer needs. Wherever and whenever we pray with you, we hold everything shared 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

Here are some excerpts from the first few days of this month's Daily Word that inspired me tonight as I reflected on Freedom. I invite you to affirm these with me:

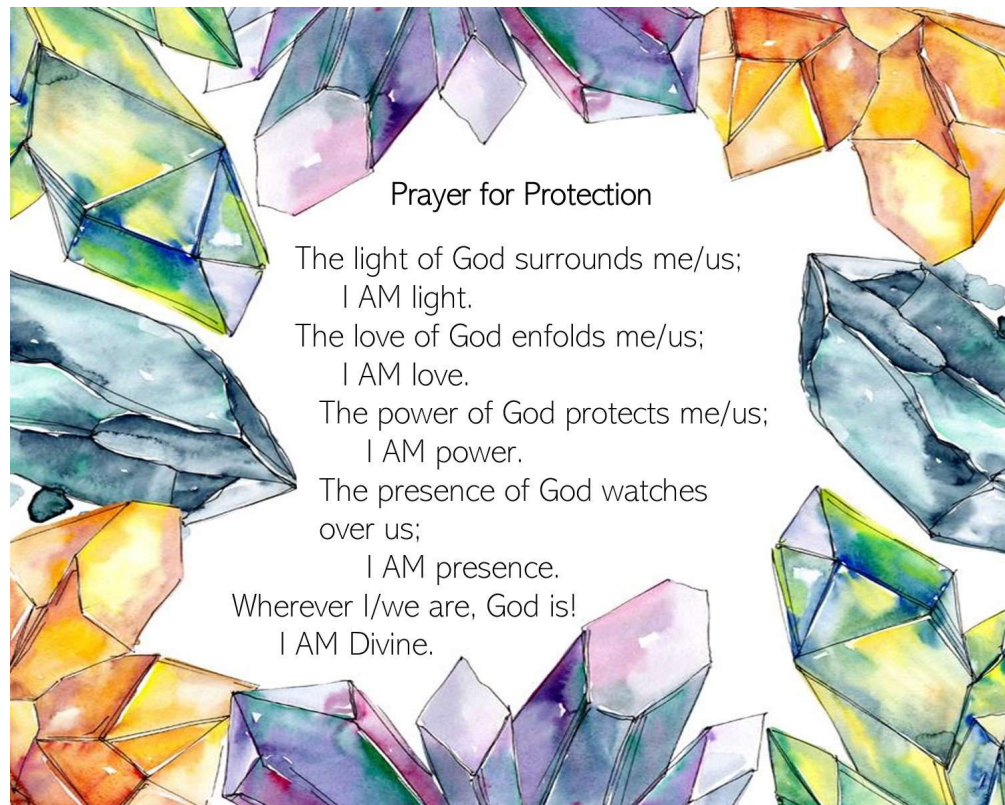
July 1 - *Carefree*: "As I free myself from burdensome feelings, I commit to live from my spiritual awareness. Carefree and calm, I am grateful."

July 2 - *Guidance*: "I seek, trust, and follow my guidance. As I do, I deepen my relationship with God, knowing wherever I go, I do not travel alone."

July 3 - *Unlimited*: "I am in the world but not of it. I am a spiritual being, unlimited, and powerful beyond measure. I boldly embrace new possibilities."

July 5 - *Tenderness*: "I treat myself and others with a loving and tender heart. Tenderness helps me heal, focus forward, and let go of things that no longer serve me."

July 4 - *Freedom*: My spiritual self is as infinite as the sky. Like an eagle, I soar through the expanse of consciousness... I am gloriously free."



Volunteer Ministry



SHOUT OUT

Lots of great soups for **Soup Sunday**!! Thanks to everyone who brought soup and goodies!! You continue to bless us each Sunday with yummy treats!!

Thank you to everyone that stepped up to do a **deep cleaning of our Kitchen** area! Thank you, Wanda Faye, for taking on this project and gathering your helpers!! Always fun to clean or do projects in number!!

Thank you for our **Watering Crew** that volunteered to keep us beautiful and green!! Each person has committed to a day and Kathleen has given everyone great direction. So thanks, Sharon and Michael, Judy DeVoe, Joey Nelson, Mickey Koziol, and Bobbi.

VOLUNTEER OPPORTUNITIES:

Bob and Alex could use a few more volunteers in the **Cafe** on Sundays for prep and getting treats ready for service (and maybe a little cleanup after?) Just a little slicing and dicing and you can still make it to the service. If interested in helping out, let them know or just show up about 9:00 and they will "train". Doesn't take much! They have it down to a science!!

We will need a few volunteers for the **"Elvis"** event in September. We are still in the planning stages, but probably selling tickets after service and greeting at the event. Contact Mickey Koziol, RMKoziol@aol.com or Bobbi, Bsever4785@gmail.com.

We need a Chair or Organizer for the **Annual Picnic** this year at Fabyan Forest Preserve. Contact Bobbi, Bsever4785@gmail.com for more info on what needs to be done.

COMING EVENTS!! MARK YOUR CALENDARS!!

- No **Healing Service** in July
- August 11th: **Healing Service**
- August 20th: **Annual Church Picnic & Service** at Fabyan Forest Preserve
- September 13th, 7pm: **World Day of Prayer Service**
- September 14th, 10am: **World Day of Prayer Service**
- September 15th: **Elvis Concert**
- September 23rd: Fall Equinox & Pet Blessing Service

THOUGHTS AND INSPIRATION:

"Have gratitude for the past, compassion for the present, and faith for the future"
From Living Well thru Lent booklet.

I think gratitude actually works for the past, present and future!! Always be grateful in all ways and always!! As we celebrate the 4th of July, I am grateful for our freedom to be and for those that fought and continue to fight for our Liberties!!

We are grateful for every little and big thing that you do to support our wonderful church community and building!! You keep us moving forward and never standing still!!

Blessings and gratitude always!!

Bobbi

bsever4785@gmail.com

Watering the Property this Summer



VOLUNTEERS NEEDED TO WATER THE PROPERTY THIS SUMMER

We need people for July!

We need volunteers to water several spots on the property! We have a newly planted tree, new flowers in our planters, the Cut Flower Garden is about to begin and new this year -- A Pumpkin Patch!

Please go to the [website](#) for all the details!

Are you ready to help out? Please contact Kathleen in the Church Office to volunteer! churchoffice@unityoffoxvalley.org

Please click [here](#) for the website.

Larry Sheaffer's Celebration of Life Tree

Larry Sheaffer's Celebration of Life Tree

For many years Larry has gifted us in so many ways. Perhaps most of us enjoyed Larry's work as part of our Landscaping Team. Without ever seeking recognition he has beautified our church both in our outdoor surroundings and with beautiful flower arrangements that added to our church experiences.



The [Men's Group](#) would like to honor him by planting a **Chinquapin Oak** to celebrate his life! It will be planted on the church grounds for all to enjoy.

There are several ways you can make a donation towards the purchase of this tree:

- **CASH:** Please place your donation in the specially marked envelopes on the Welcome Desk.
- **CHECK:** Please write Larry Sheaffer Tree in the Memo section of your check. You may drop it off at the church or mail it to 'Unity of Fox Valley, 230 Webster Street, Batavia, IL 60510

If you have any questions, please contact Rick McKay:
rmckay1950@gmail.com or Carl Strang: wildlifer@aol.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 (unless it is being offered by the church).

CURRENT OFFERINGS:

- Two formal, women's dresses. One is 3 pieces (silver). one two pieces (dark blue) size 12, appropriate for wedding guests or brides. Also other evening wear. All can be easily altered if needed. No obligation to take a look.
Sharon Mays:
sharon_mays@comcast.net 6/12/23
- I have a plethora of round garden stones in various sizes larger than a softball and smaller than a basketball which anyone can have. How many? There are at least 3 dozen, maybe more. We retired our pond. Wendy Gruen:
gruenwj9080@gmail.com
6/21/23

CURRENT REQUESTS:

- Unity booklets (not Daily Word) for our Little Free Library. Preferably with little to no wear and tear. Wendy Gruen:
gruenwj9080@gmail.com 6/19/23

- Please click [here](#) and [here](#) for photos

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



- [Healing & Wholeness Service](#)
7/11
- Picnic 8/20 - Pending

Amazon Lists

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://a.co/6W4z8xs>

Tithes & Offerings



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

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

- 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.

Hey Dads! I hope you all had a really great Father's Day!

I heard the watches I made were another big hit - I'm so pleased! All of it was folded by me and done on my own time. Although it is not required that we provide anything for the Mothers/Fathers Day holiday, I do enjoy making something.

Although the heat isn't my favorite part of summer, summer is great for me! My garden is growing and blooming and we just starting July! There are blessings abound and I am thankful.



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

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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.

