



September 2023

Ministerial Musings

LET'S **VOTE** ON IT!

At our recent Thursday morning [Myrtle chat](#), I shared that I was struggling to find a topic for my September [newsletter](#) article. It was suggested that perhaps I should just issue a statement that I was not submitting an article in support of the ongoing writers' strike. Tempting no doubt, but disingenuous for sure. So here goes...

We turn the calendar saying adios to August and hello to September. Thank you August for those steamy hot and humid days near the end of the month. Surely they remind us that summer is not over until it is over. As for you, September, we greet thee with optimism for what you have to showcase in the next 30 days.

September will feature the [World Day of Prayer](#), a celebration of the [equinox](#) along with our annual [Pet Blessing](#), and a special visit by the King, [Elvis Presley](#). It also is a month of some interesting special days. To share a few...

[World Coconut Day](#). (2nd) (Milk it for all it's worth)

International Day of Charity. (5th) (Tis better to give than to receive)
Red Panda Day. (16th) (A real thing to protect a threatened species)
Bamboo Day. (18th) (Probably a counterbalance since red pandas eat bamboo)
World Rhino Day. (22nd) (Maybe we should adopt one?)
World Contraception Day. (26th) (Inconceivable!)

Getting serious, I have glossed over one very important day. September 15th is International Day of Democracy. I never realized this until I stumbled across it trying to find a topic. Then I wondered as to the why of such a day. Was it to show appreciation for those freedoms that had been won, or was it to promote a mindfulness of work that still had to be done? In my opinion it is both.

Many of our founding fathers believed that their work in framing The Constitution was a sacred response to a divine calling. I concur that this was the case even among those founding fathers who may not have had such a conscious awareness. It is important to understand that The Constitution never was intended to be a static creation. While it did properly identify the why's of liberty, it was intended also to be a living guideline as to the how's. It was written with the notion of being both sustained and sustaining. Under the banner that we all are created equal, it touched upon an intrinsic spiritual truth that each and every one of us is a child of God.

If The Constitution is a living document, then like all life its life can die. It can be destroyed by the denial of our universal equality. It can be choked off by lies, hypocrisy, polarization, self-promotion – anything that would attempt to subjugate that or those that are different. Surely these are political arguments, but with a deep spiritual significance. Any attempt to separate from someone is an attempt to separate from Spirit. Such attempts may be illusory in the long run, but also can be painfully crippling in the moment.

The biggest threat to democracy is complacency. Growing up, we frequently would say, "Hey, it's a free country." It simply meant you were at liberty to think and say what you believed. Complacency turns those words to mere rhetoric. If we tolerate the idea that "Some are more equal than others," we have traded away our heritages both as Americans and as the incarnation of the Christ that dwells within.

This September 15th let's take a moment or two to contemplate if democracy is worth the effort not just to have given birth to it, but also to nurture it and make it ever more vibrant. Perhaps an appropriate prayer would be to treasure the words of our Pledge of Allegiance: "One nation under God, **indivisible**, with liberty and justice for all." Or maybe to meditate on the opening words of our National Anthem, "O say can you see..."

Have a wonderful September!

Rev Mike

revmike@unityoffoxvalley.org

Youth Education for a Younger Crowd

During the month of September, our younger youth will delve into the concept of the **Power of Order**. The color representing this Order is **Dark Green** and the disciple chosen is James, son of Alphaeus. Our aim is to encourage the youth in understanding how the process of life is in alignment with Divine Order. To enhance this exploration, we will explore the graceful unfolding of a rose from its tiniest seed to the intricate balance of our magnificent Solar System.

Fall has always been one of our busiest times of the year for our Youth program, so please mark your calendars for these upcoming events:

Sunday, October 1, 10 am: ***"Intergenerational Service ~ Lean on Me!"*** The youth, their teachers and parents will be role-playing a Bible story focusing on one of the miracles of Jesus, emphasizing the importance of faith and friendship. Rehearsal dates will be Sunday, September 24, during our 10 am class time and Saturday, September 30, at 9:00 am in the church sanctuary. Please come downstairs to the Youth Ed area for participation sign-up.

Sunday, October 29: ***"Tail Gate Trick or Treat!"*** Youth and adults are invited to come dressed in costume to the service that Sunday. Afterwards, we will have "Trick or Treat" in the parking lot. Please bring wrapped treats (no peanut products).

We appreciate everyone's participation and support as we affirm that these events will be uplifting ones for all ages!

I deeply appreciate each one of you in supporting our youth with your smiles and words of encouragement.

Many blessings,
Mary Nowroozi, LUT, CSE
marynowroozi@comcast.net

Landscaping Day



Saturday, September 2nd, 9am

The church grounds need some weed pulling and all-around maintenance. Bring your garden gloves, pruners, shovels, rakes, whatever you can use to get the job done.

Everyone is invited to help!

If you have any questions, please text Sharon Mays: 630-479-2982

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

Name Tag Sunday

**NAME TAG
SUNDAY!**



1st Sunday of the Month

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

We have some fun, new tags!

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.

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, Youth Director:
marynowroozi@comcast.net or Dawn Staszak, Teen Youth Director:
dawn_311@yahoo.com**

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

Soup Sunday



September 3rd, after the Service

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

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

Office Closed

Monday, September 4th

The Church Office will be closed.
Enjoy the day off!



ONLINE Men's Group



1st & 3rd Tuesdays, 7pm, ONLINE

This group explores spirituality and religion in diverse and exciting ways.
Newcomers are ALWAYS welcome!

Please contact the Church Office with any questions & to request the login
information: churchoffice@unityoffoxvalley.org

If you have trouble accessing the meeting, please contact

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

We are asking you to use your 1st & last names for your Zoom account. Please click [here](#) for instructions.

If you want to invite a friend/guest, please let the Church Office know ASAP so they know to admit them into the Zoom meeting.

Please click [here](#) for the Men's Group website.

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

The September 8th Service is CANCELLED!

Please join them on Friday, October 13th, 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.

World Day of Prayer



Unity celebrates the 30th Annual World Day of Prayer

UWM Opening Ceremony

Wednesday, September 13th, online

Please click [here](#) to register on the Unity Worldwide Ministry website.

UFV Prayer Chaplains

Thursday, September 14th, 10 am, UFV Sanctuary

Coffee & Tea w/Myrtle & Me will be held at 11am this day.

This year's theme is "Heart of Healing".

The affirmation helps each of us apply it to our lives:

I open my heart to healing in this moment.

Please contact Bobbi Severson (bsever4785@gmail.com) or Marie Manella (mleduc7@yahoo.com) with any questions.

Please click [here](#) to take you the World Day of Prayer website.

World Day of Prayer - Prayer Requests

During World Day of Prayer, you and your loved ones will be reverently held in prayer in our 24-hour prayer vigil.

- Submit your Prayer Request straight to Unity Worldwide Ministries. Just click [here](#)!

Elvis Concert



Friday, September 15th, 7-9pm

Looking for a fun invigorating evening here in our Unity home? ELVIS will be in the building and Unity of Fox Valley will be Rockin and Rolling! Bring friends, family, & fellow enthusiasts and ready to scream and swoon!

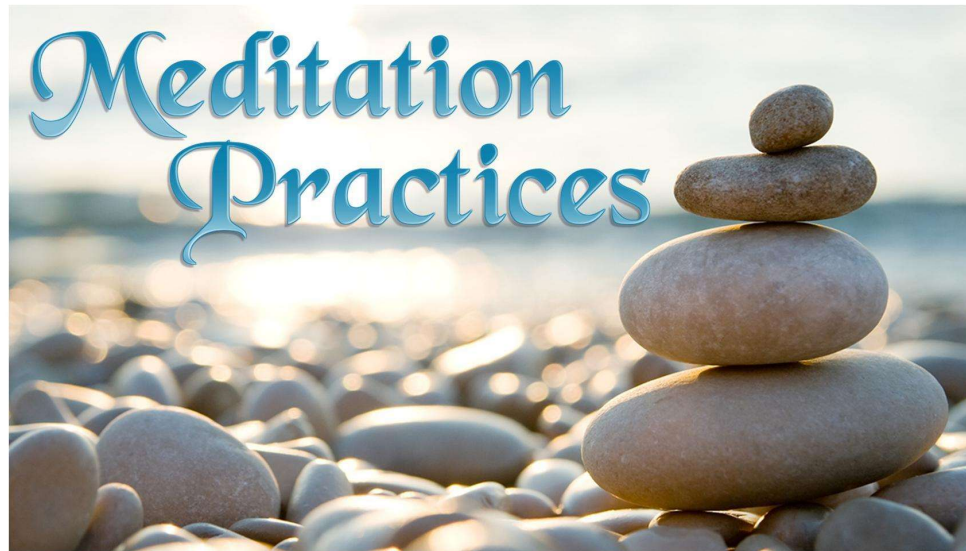
Only 100 tickets available!

\$15 Presale / \$20 at the door

Please contact Mickey Koziol with any questions: RMKoziol@aol.com

Please click [here](#) for the Elvis Concert website

Meditation Practices

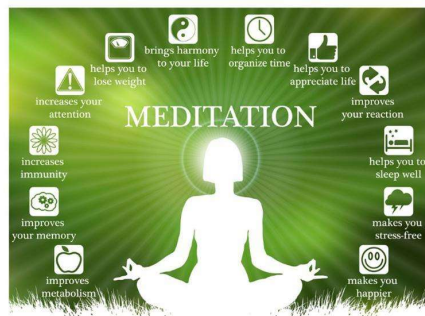


**Tuesdays, 6:30-8:30pm, September 19th - October 24th
Adult Ed Room**

This 6 week class explores the practice and the experience of various forms of meditation. Benefits of the various forms of meditation will be explored as well as methods to deal with resistance to it. There will also be helpful tips for developing a regular meditation practice.

Benefits of a regular meditation practice:

Reduces Stress, Improves Concentration, Slows Ageing, Increases Self-Awareness, Improves Cardiovascular Health, Improves Immunity, Improves Memory, and Reduces Anxiety.



A small journal is required.

SEE course credits available

Facilitated by Debra McQuaid
& Maria Cosentino

Love Offering appreciated!

All are welcome to attend!

For more info., please contact

***Deb McQuaid: debmcquaid@aol.com or
Maria Cosentino: mlcosentino@gmail.com***

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

Please click [here](#) for the Meditation Practices webpage.

Fall Equinox & Pet Blessing Celebration



Saturday, September 23rd, 11am

Please join us in celebrating the harmony of nature and the bond we share with our beloved animal friends at our upcoming Fall Equinox Celebration, coinciding with our Pet Blessing. We will begin this event on our church lawn at 11 am; however, for inclement weather, we will celebrate indoors in our downstairs fellowship area.

At this gathering, we will give our heartfelt thanks and blessings through uplifting music and reflective prayer for the unconditional love our pets bring to our lives and the beauty of the changing seasons. We look forward to your presence at this unique ceremony honoring the interconnection of life.

For more information, please contact Mary Nowroozi:
marynowroozi@comcast.net

Please click [here](#) for the Fall Equinox & Pet Blessing website.

Prayer Chaplain Ministry

September - the days of which may feel like summer lingering on, but changes in the light and the transitioning colors of the leaves are only two of the seasonal shifts that remind us fall is unfolding.



A poem reflecting on this bittersweet (for some) time of year...

“It is a sad moment when the phlox first appears. It is the amber light indicating the end of the great burst of early summer and suggesting that we must now start looking forward to autumn. Not that I have any objection to autumn as a season, full of its own beauty; but I just cannot bear to see another summer go, and I recoil from what the first hint of autumn means.”

- Vita Sackville-West

Albeit some find it sad to see summer go (I being one, in case you haven't caught on yet), the coming days do bring many gifts, as alluded to in the poem. One of the special events occurring this month is Unity's World Day of Prayer. On September 13th and 14th we welcome the 30th anniversary of this annual prayer vigil.

This year's theme is “**Heart of Healing**” and the suggested affirmation is: ***I open my heart to healing in this moment.*** The mailing from Unity World Headquarters reminds us that “every prayer is a prayer for healing - healing of relationships, finances, bodies,

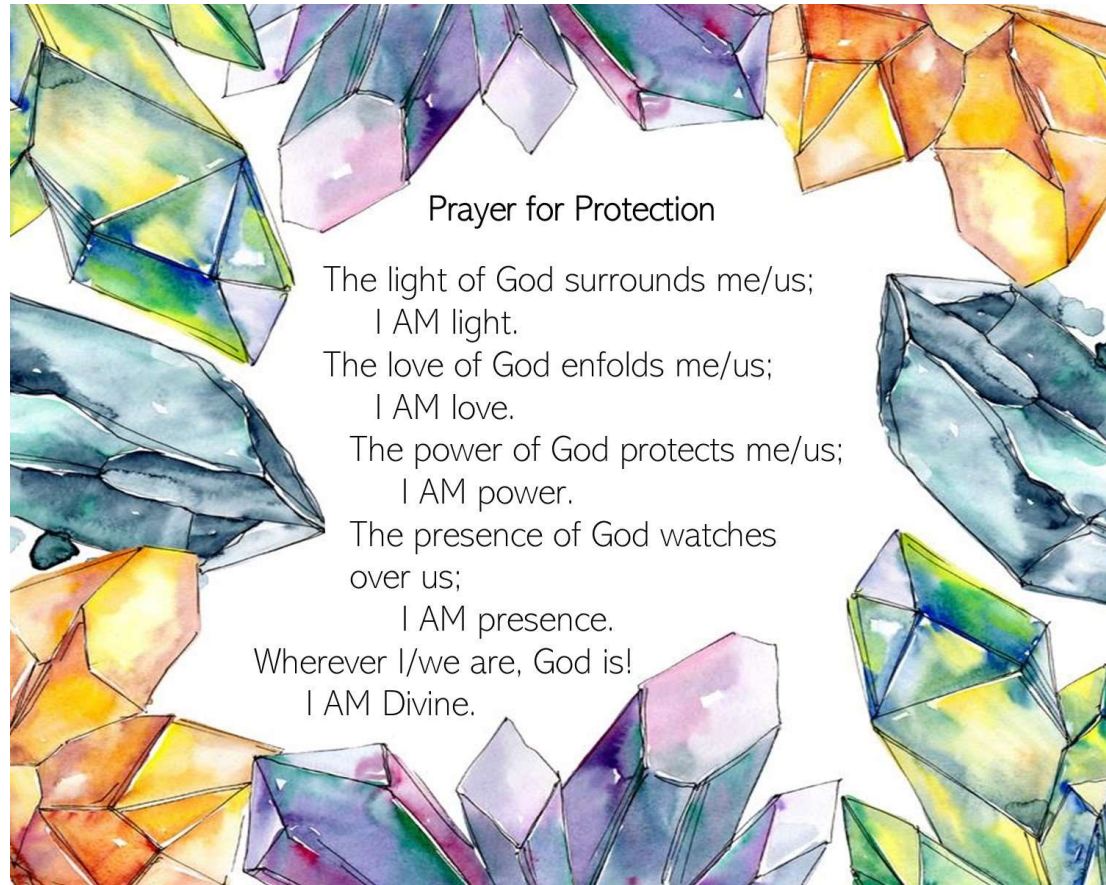
minds, families, and most of all the healing of our consciousness as we seek inner peace through prayer.”

We, your Prayer Chaplains, invite you to participate in this sacred event. You can “virtually” attend the opening ceremony at Unity Village online, beginning Wednesday evening, 9/13, at 7 PM. Visit go.unity.org/wdop to register and get more information. Then, on Thursday morning, 9/14, we encourage you to join us at 10 AM in our sanctuary as we focus on the “**Heart of Healing**” theme and saying prayers for all in our world.

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





Unity Prayer Ministry September prayers

Inner Peace - My mind quiets in the presence of divine peace.

Wisdom - In the silence of prayer, I hear a whisper of truth.

Vitality - God is the breath of life, the vitality in my body and being.

Prosperity - I am rich in divine ideas, wealthy in divine abundance.

Faith - The road ahead may be unseen, but I walk by faith and not by sight.

Volunteer Ministry



SHOUT OUT:

A big thank you to Deb McQuaid and Judy DeVoe for organizing the **Picnic** this year. Thank you to the Men's group for their expertise in grilling, the Music Team and the Audio Team for transporting sound equipment to enhance our service, and for everyone that brought wonderful dishes to share, helped with setup, cleanup, and whatever else needed to be done! Sorry I missed it!! I heard, despite the heat, a fun time was had by all!!

The **LANDSCAPE TEAM** just keeps plugging away at keeping the weeds at bay and making us look beautiful. Thank you Kathleen and your team; Sharon, Michael, Mickey, Judy and Joey that work in rain and heat!! Also, thanks to the watering crew that makes sure our gardens get a drink when mother nature doesn't turn on her sprinklers.

SCHOOL SUPPLY DRIVE!! Thank you to everyone that brought in school supplies for our outreach this month. I am sure parents, teachers, and students appreciate all the extra supplies and love that is sent with them!

VOLUNTEER OPPORTUNITIES:

PLANNING AHEAD!! OCTOBER 1ST Bob Anthony needs the day off and it is **SOUP SUNDAY!!** I know that Alex, Bobbi, and Mickey would like additional help that Sunday. So please contact Alex (achristensen@gmx.com) or Bobbi (Bsever4785@gmail.com) or catch them after a Sunday Service if you can help on this extra busy Sunday!! Thinking it might take ten of us to replace Bob, well okay maybe just 3 or 4!!

Elvis will be in the Building Sept 15th: A few additional people are **STILL** needed on that night to greet and seat our guests. Please contact Mickey Koziol (RMKoziol@aol.com) if you are interested in helping out!

JUST THINKING:

When by the sea, I am always calmed by the soothing waves and sounds. In honor of my recent tattoo and my trip to the Pacific Northwest, I share this:

Bobbi

bsever4785@gmail.com



Watering the Property this Summer



VOLUNTEERS NEEDED TO WATER THE PROPERTY THIS SUMMER

We need people for Sundays in September!

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.

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:

- 14 green plastic lawn chairs, very little use, garaged for years. Unsure if all will fit in their Ford Escape.
Wendy Gruen:
gruenwj9080@gmail.com 8/30/23

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 12th of each month!

For more info. or any questions, please contact
Kathleen: churchoffice@unityoffoxvalley.org

Upcoming Events



- Intergenerational Day 10/1
- Men's Group 10/3 & 17
- Paint Party 10/6
- Welcome to Unity Class 10/8, 15 & 22
- Healing & Wholeness Service 10/13
- Paddleboat Cruise 10/20
- Tailgate Trick or Treat 10/29

Amazon Lists

Donate items from our Charity List
Shop Now



Occasionally, we need to restock our supplies. You can help!

Just click [here](https://a.co/6W4z8xs) 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.

Did we all melt last month? I know I did! It was hard to work outside, and I felt for all those that had to! We take those workers for granted when we are suffering ourselves and just want relief.

The picture is my very last ranunculus. It held out so long out there! Let's enjoy what we have left of summer before the next season gets here.



**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.

