

**November 2023**

## **Ministerial Musings**



# Grattititude

Looking at the title of this article would leave one to believe I cannot spell very well. That assessment may in fact be true, but the extra “T” in this case is deliberate as we will get into in just a bit.

With Halloween now over and done with, we knock on the door of holidays of profound significance in our lives. Christmas is just a few weeks ahead, and it will be addressed as is proper in the December newsletter. But this month we Take Time to look at Thanksgiving.

Thanksgiving is my very favorite holiday for many reasons. It is a true highlight that takes place in what usually is a cold and dreary month. Commercially, it has become the launching point of Christmas madness. Radio stations that move to an all-Christmas music format will do so if they have not already done so. Being sports minded, the NFL will feature not one, not two, but three football games on Thanksgiving Day if you are into that type of thing.

More significantly, It is a time to gather with family and friends without all of the hoopla that other holidays feature. It is a time to sit down and share a meal together, a truly sacred rite for those who understand just how blessed they are in being able to do so. For some, it is a time to awaken to those less fortunate and reach out in some shape or form to them. Perhaps some gesture of kindness might be exercised by including in your circle someone who may be alone, or by bringing food to someone who has little or none. I remember a Thanksgiving when my daughter prepared sandwiches instead of turkey, and then she toured the neighborhood and distributed them to the homeless.

There are many things the extra “T” in gratitude can stand represent. The most obvious of which is “T”hanksgiving. There is no thought of Spirit’s presence whichever is insignificant. The ritual of everyone sharing what they are grateful for is profound if only because it signifies value in being gratitude. Asking the youngest at the table to say Grace manifests this awareness as well. But with just a little bit of mindfulness, we can amp things up quite a bit.

There are other things the extra “T” in the title can represent. I would suggest “T”aking “T”ime for “T”houghtfulness. I invite you not just to celebrate Thanksgiving this year, but also to pray it. If you limit your thanks to the meal that you share on that day, you in fact are limiting yourself. Perhaps more than any other holiday, it is appropriate to Take Time and Think of all of the little things we have taken for granted.

If you stop and give some prayerful thought to it, you are swimming in the abundance of Spirit regardless of how much you may or may not have. The very gift of Life is loaded with blessings that are manifested in every breath we take. Thanksgiving is the most appropriate time to bring that into our awareness at a heightened level. It is after all, all God, whether we realize it or not, so why not realize it?

On Thanksgiving Eve, we will have our traditional meditation service. It is an excellent time to set the tone for Taking Time for Thoughtfulness. It is an excellent time for yet one more “T”. This would be the “T”ruth of your very being. THANKSGIVING – say it and pray it every way you can.

Peace,  
Rev Mike  
[revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

## Youth Education for a Younger Crowd

At this time of Thanksgiving, we will inspire the youth to appreciate not only the *special* things that come along in their lives, but also the *simple* things which happen within and around them every day. We will encourage them to practice thankfulness by staying positive and seeing that no matter how painful or sad something is, there is always something to be thankful for. For a meaningful craft activity, the teachers will create a bare tree out of a large piece of brown construction paper and will invite the youth to place paper leaves inscribed with their words of things they are grateful for. This activity will not only allow the youth to express their gratitude but also will foster a sense of mindfulness, embracing the many blessings in their lives.

This month, the youths’ classes will delve into the concept of “**The Power of Letting Go.**” The designed color for this theme is **Russet Brown** and **the disciple is Thaddeus**. Through storytelling, prayers, and meditations, we will impart to them that our Christ-Light power of letting go involves our ability to release thoughts, emotions, and actions, whether positive or negative, that are no longer useful, and by doing so, we create space in our hearts to lovingly enfold the fullness of Spirit.

December is fast approaching, signaling the time for our youth to get ready for our annual **Christmas Pageant**. This year's theme is "The Sweetest Christmas" with respect to the Unity Advent 2023 booklet. The performance will be held on *Sunday, December 17th*, during the 10 am Service and will reflect on the metaphysical interpretation of the birth of "Sweet Baby Jesus." We welcome youth of all ages, as well as any interested adults, to participate by signing up downstairs in the Youth Ed area. Rehearsals are scheduled for Sundays, December 3rd and 10th, during the 10 am class time and for Saturday, December 16th at 9 am. If you have any questions or concerns, please contact me at [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net).

*I am thankful for all of you,  
and I wish you a joyful and blessed Thanksgiving.*

In gratitude,  
Ms. Mary, LUT, CSE  
[marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)



**Living with Grief, Loss & Change**

# Living With Grief, Loss and Change

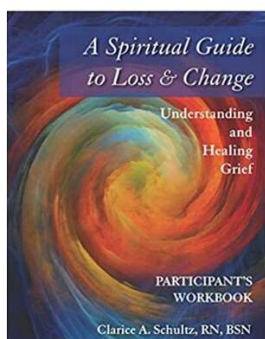
## UNDERSTANDING AND HEALING GRIEF

*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 1st, 8th, 15th,  
21st (Tues.), 29th & December 6th,  
6:30-8:30 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.



**Certified Grief Educator**

BY DAVID KESSLER + GRIEF.COM

**Facilitated by Maria Cosentino LUT**

Please contact Maria with any questions or for more info.: [mlcosentino@gmail.com](mailto:mlcosentino@gmail.com)

**Unity of Fox Valley 230 Webster Street, Batavia, IL 60510 [www.unityoffoxvalley.org](http://www.unityoffoxvalley.org)**

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

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

## Coffee & Tea with Myrtle & Me



**Every Thursday, 10:30 am,  
in the Dining Room**

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

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**  
**There will be no ACIM on November 23rd.**

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](mailto:wwakerlin@aol.com)

Please click [here](#) to take you to the ACIM 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](mailto:marynowroozi@comcast.net) or Dawn Staszak, Teen Youth Director:**

**[dawn\\_311@yahoo.com](mailto:dawn_311@yahoo.com)**

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

## Soup Sunday



**THE FIRST SUNDAY  
OF EVERY MONTH**

**SIGN UP TO BRING  
YOUR YUMMY SOUP  
TO SHARE!**

**IT'S GONNA BE  
DELICIOUS!!**

**CONTACT BOB ANTHONY  
WITH ANY QUESTIONS:  
[BANTHONY103@COMCAST.NET](mailto:BANTHONY103@COMCAST.NET)**



**November 5th, after the Service**

Contact Bob Anthony with any questions: [banthony103@comcast.net](mailto:banthony103@comcast.net)

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

## Secret Santa

A festive graphic for the Secret Santa event. It features the words "SECRET SANTA" in large, bold, red letters with a white outline and a slight 3D effect. Below the text are three wrapped gifts: one red with a green bow, one blue with a yellow bow, and one green with a red bow. To the right is a cartoon illustration of Santa Claus in a red suit and hat, holding a small gift box, standing next to a green Christmas tree with a yellow star on top.

For the 20<sup>th</sup> 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 3rd.

Please contact Kathleen in the Church Office with any questions: [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)

Please contact Kathleen in the Church Office with any questions: [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)

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

## 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](mailto:churchoffice@unityoffoxvalley.org)

**If you have trouble accessing the meeting, please contact**

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

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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.

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

## **Healing & Wholeness Service**



## HEALING AND WHOLENESS SERVICE

**Friday, November 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](mailto: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



**Sunday, November 12th, 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](mailto:churchoffice@unityoffoxvalley.org) or any of the Board Members.**

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

## Thanksgiving Feast

# THANKSGIVING

## *Feast*

Sunday, November 19th  
After the Service

**Join us for a time of fellowship  
and celebrate what we are thankful  
for! Sign up in the fellowship area  
to help set up, clean up and bring  
a dish to share.**

Please contact Bobbi Severson for more info.:  
[bsever4785@gmail.com](mailto:bsever4785@gmail.com)



Please contact Bobbi Severson for more information: [bsever4785@gmail.com](mailto:bsever4785@gmail.com)

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

**Thanksgiving Eve Service**



# THANKSGIVING EVE SERVICE

Wednesday, November 22nd, 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.

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

**Prayer Chaplain Ministry**



Even though November is the *eleventh* month in our calendar, the meaning of “its name is derived from novem, Latin for *nine*, an indication of its position in the early Roman calendar.” ([brittanica.com](http://brittanica.com))



Considering what is going on in our world I looked at the Numerology for both numbers and it shed some light on, in my mind anyway, the energy we're experiencing around the globe.

Numerologically, #9 “represents completion, but not a finality... it's about the ending of one cycle and the potential it creates for another cycle to begin. (It) acts as an usher in this process of transition or transformation... It absorbs answers from a spiritual source, then delivers them to us in the real world.

#11, one of only 3 Master Numbers, is “the bringer of spiritual awareness and a devout supporter of humankind. It is truly a messenger of the universe.” ([numerology.com](http://numerology.com))

(There are probably a number of you reading this right now who don't share my interest in this esoteric system, but this “insight” helped me to “lift my consciousness” and broaden my perspective of the [seeming] chaos [natural and man-made] taking place all over the globe. As I continue to navigate during these troubled times it supports my spiritual outlook, my hold on hope, and encourages me to continue to count the untold blessings in my life.)

November is the quintessential month we, in the USA, celebrate *gratitude* (although Thanksgiving sometimes seems overlooked by the commercial onslaught of Christmas). Researching the topic of *gratitude* for this newsletter, I found a wonderful article in the Unity booklet, “Gratitude and Grace,” written by Rev. Kelly Isola. Sadly, it's too long to include the whole article here, but there's a discovery about the rhythm of Myrtle Fillmore's replies to prayer requests that Rev. Isola shares in her essay, entitled **Grit, Grace and Gratitude:**

“The grit is the heart of someones's prayer request... Each person who writes a letter brings the grit of their world and lays it at the altar of prayer, the altar of life.”

“When she composed her thoughts and words of prayer, what emerged was Myrtle's grace... While Myrtle rarely uses the word *grace*, I (Rev. Isola) see grace as the energy of life in her healing words. To Myrtle, grace becomes simply another word for God.”

“From this place of grace Myrtle's prayer then moves into the energy of trusting life, trusting principle, and finally culminates in praising the divinity and wholeness of all things, including the person who originally wrote asking for prayer. *This* is gratitude for Myrtle.”

As Rev. Isola continues, “We may have grown tarnished by life experiences, yet Myrtle demonstrated time and time again our wholeness is experienced when we are worn

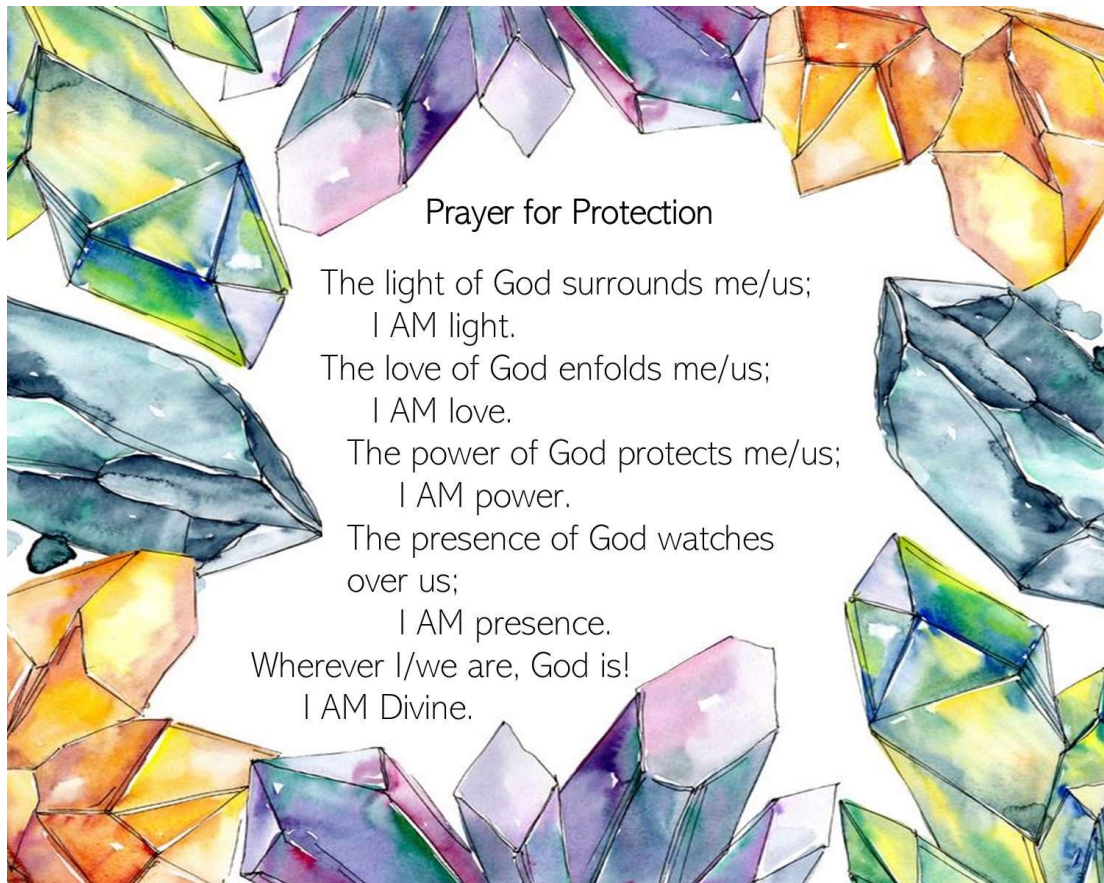
back by the grit of life to the incorruptible spot of grace, God. She shows us over and over that the practice of grateful living is trust in life, and she reminds us always that each day we make the choice to trust or not."

During this month of *Thanks-Giving*, I invite you to be aware of the grit, grace and gratitude rhythms in your prayer practice: Your impetus for prayer; your acknowledgement of God (Oneness) in all; and your words of praise for wholeness and peace within.

Then, let's all "make the choice to trust 'in life'" and bless this planet by thinking and acting in support of peace throughout the world. Together we can begin to usher in the manifestation of the affirmative song we sing at the end of our services, "... Let there be peace on earth and let it begin with me!"

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 you share in confidence, and we place 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](mailto:churchoffice@unityoffoxvalley.org) and a Prayer Chaplain will be in touch.

Blessings and hugs,  
Marie and Bobbi



## The sacred prayers used by the Unity Prayer Ministry this November.

Harmony - My every thought is in harmony with divine love.

Health - God is the health in every cell and system of my body.

Strength - My mind is steady, unwavering in spiritual strength.

Guidance - In every matter, I am guided by infinite intelligence.

Peace - I am a radiating center of spiritual peace and confident living.

## Volunteer Ministry



### SHOUT OUT:

Last month I forgot to mention our **Pet Blessing and Equinox Service** that we had in September. Thank you to Mary Nowroozi, Kitty Karn, and Rose Maxson for beautiful prayers, poems, chants and music! It was a sunny clear warm day, we met new furry friends, greeted old ones, and honored Mother Earth!!

Thank you, **Dawn Staszak**, for arranging the wonderful **Paint Party!** We have some very talented painters in our midst. If you missed it, maybe she will arrange another one next year??

Our Board of Trustees are always thinking of fun events to bring us together, they didn't disappoint with our **Paddle Boat Cruise** down the picturesque Fox River. The morning clouds cleared, it warmed up a bit more, and we had a beautiful evening with the setting

sun reflecting the many fall colors along the river. Thank you to Mickey for arranging everything. Thank you to Terry Wohl, Rose Maxson, and Mike Nowroozi, for entertaining us with lively tunes that roused us to song and dance!! Thank you also to Dawn Staszak and Juliet Millard for lending your voices and entertaining us.

I can't thank our **Landscape Committee** enough for all of the hard work this summer and the end of season fall cleanup. Sharon & Mike Mays, Joey Nelson, Warren Wakerlin, Mickey Koziol, and Dave & Sue Rolison took the grounds by storm. Mike and Dave, with trusty chainsaw in hand, cut off a dead limb on the South side of the building and it looks so much nicer. We cleaned out flower beds and filled about 10 or more bags of yard waste. We all went home tired, but happy with the fruits of our labor. Thank you, Kathleen Malick, for your vision and dedication to make us look beautiful and for leading the team!! That pumpkin patch was awesome!!

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## **VOLUNTEER OPPORTUNITIES:**

It wouldn't be November without our **Annual Thanksgiving Feast**. Signup sheets are up, so please consider helping out on Saturday, November 18th, for setup. There won't be that much to do, tables are already decorated by Mickey Koziol (Thank you for making our downstairs always look so festive). On Sunday, we always need helpers in the kitchen to prep and setup and of course, after the party, there is always the unavoidable cleanup!!!

Before you know it, it will be time to decorate our church home for Christmas. Put it on your calendar now for our **Christmas Decorating and Chili Party!** It will be on Saturday, December 2nd. Then stay for our Chili Party! If you have a yummy Chili to share, please bring it!

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## **JUST THINKING!!**

We have so much to be grateful for in our Spiritual Community. You, our congregants, shape the vision of us. In October, Debra McQuaid, LUT, shared a wonderful message on how our *Spirits Unfolding Vision Prayer* (that we say every Sunday) came about. Many participated in formulating this statement that we could say every day that would embody the Unity Principles and affirm what Unity of Fox Valley wanted to send out to the Universe, thus our Vision Prayer, (unique to us), came to be!! Think about those words, use them daily, (not just on Sunday) to affirm who and what you are and can be!! Know that collectively your visions, your imaginations, your time, have manifested wonderful events and happenings this year that brought us together, encouraged us, gave us hope and supported us! And for this we are truly, truly grateful!!!

***. . . "The indwelling Christ Presence is alive in all people, everywhere.  
When we work, play, or pray together, something greater than the sum***

*of our individual efforts and insights results". DAILY WORD, 10/8/23*

BLESSINGS AND THANK YOU!!

Bobbi

[bsever4785@gmail.com](mailto:bsever4785@gmail.com)

## Music Ministry



**Friday, December 22nd, 7pm**

*The Music Team invites you to sing with them for the  
Christmas Candle Lighting Service!*

Practices will be on Thursdays from 5-6:30pm on:

- November 30
- December 7, 14, and 21

You bring your voice and positive vibes,  
and we'll furnish everything else...risers included!

Please contact Kitty Karn for all the details: [kitty.karn00@gmail.com](mailto:kitty.karn00@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](mailto: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:**

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**CURRENT REQUESTS:**

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**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](mailto:churchoffice@unityoffoxvalley.org)**

## Upcoming Events



- **Christmas Decoration & Chili Party** 12/2
- **Ugly Christmas Sweater** 12/3
- **Secret Santa Gifts Due** 12/3
- **Soup Sunday** 12/3
- **Men's Group** 11/5 & 19
- **Healing & Wholeness Service** 12/8
- **Service of Remembrance** 12/10
- **Christmas Pageant** 12/17
- **Christmas Eve Candlelight Service** 12/22
- **Christmas Sunday Service** 12/24

## 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](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.*

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Look at these two cute, little, pie pumpkins I harvested from my garden! I see pumpkin pie in my future!

What else is going on?

- I started working on my downstairs office. The first day was a comedy of errors, but we are chugging along now.
- I started on my next 'Epic' project. I'm sewing a quilt. It will be completely hand sewn!



My property takes up all my free time, but I cherish it. It is beautiful looking out on our property. I know I am blessed.

**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](mailto:churchoffice@unityoffoxvalley.org)

fax: 630.879.1728 [www.unityoffoxvalley.org](http://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.

