

January 2024

## Ministerial Musings

# BACK TO NORMAL?

The holidays are now in our rearview mirrors. This maybe means different things to different people. Reactions may vary from, “Thank God, I’m exhausted,” to “I can’t wait to take the decorations down,” to “Egads!, I have all these bills to pay – never again!” With a slightly different perspective, there may be bits of sadness in our thoughts, a bit akin to having to part from a loved one.

These are just a few thoughts or combinations that may run through our heads. Regardless though, January, more than any other is probably the most likely month in which things return to normal. The kids return to school. The decorations are stored until next years. The bright lights are gone, and sadly sometimes so are the smiles exchanged between strangers in crowded malls, restaurants and other places. Notwithstanding our New Year resolutions made in earnest, there just seems to be some sort of gravitational pull toward returning to what was.

The Christmas season seems to nullify that tug pull and gives us permission to be enthusiastic, excited and even silly. It is analogous to a soldier that has been given a pass to go on leave. When it is over and done, a return to “before” calls us back and is difficult to resist.

The emphasis of Christmas especially in Unity is the manifestation of the Christ in the world and within us. That is the definition of the Christmas miracle. What we rarely pour much energy into is interpreting that miracle into our daily lives. We can make that miracle as specific and according to design by us. In other words, while we may have to revert to normal, we get to determine very selectively what that normal is going to look like.

With this view, January comes alive. It can be so much more than a blistery cold month in which we have to ride out winter. As we stoke the furnaces to keep warm, we can warm up everything by stoking the Flame within us. Despite sending us so many negative messages, the world offers us a blank canvas to continue to develop and share our gifts. We even get to choose the wrapping paper and ribbons.

Normal? May I suggest smiles, hugs, kindness, patience, understanding, love and all wrapped in a bit of daring? Maybe what truly is normal is reawakening the child within us.



Rev Mike

[revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

## Youth Education for a Younger Crowd

Our New Year will kick off with our much-anticipated, traditional **Burning Bowl Ceremony** involving the youth and their teachers and parents. This ritual will commence downstairs with a meditation, during which we will reflect on both intangible and tangible aspects of our lives. This includes contemplating concerns and fears as well as acknowledging habits like overindulging in “junk food” or playing too many “computer games” that truly don’t contribute to our overall health and well-being.

Following the meditation, we will write down these aspects on flash paper, representing our decision to let them go. We will then walk upstairs to join the congregation to release our papers quietly and safely into the Burning Bowl. Afterward, we will return downstairs for our **White Stone Ceremony**. This segment will commence with another reflective meditation, after which everyone will inscribe on small white stones one or more new concepts that we anticipate will positively manifest in the new year 2024 and beyond. This ceremony is truly an uplifting way to embark on the New Year!

Throughout the rest of January, the youth will delve into the exploration of the **Power of Faith**. **Dark Blue** is the designated color for this power, and **Peter is the disciple** associated with it. To deepen our comprehension of this power within the context of our spiritual beliefs, we will delve into the miracles of Jesus, including his instances of healings from the following Bible passages: Healing of the Centurion’s Servant (Matthew 8:5-13; Luke 7:1-10) and Healing of the Ten Lepers (Luke 17:11-19). Regarding the healing power of Peter, we will explore Acts 5:15 which narrates, “As a result, people brought the sick into the streets and laid them on beds and mats so that at least Peter’s shadow might fall on some of them as he passed by.” We will explore the

metaphysical significance of this passage and its implications of our own understanding in spiritual healing.

Furthermore, with respect to healing, our teens and Dawn, our Teen Youth Director, will be involved in a community service project of "healing of the hunger." On Wednesday, January 3rd, from 4:30 to 6:15 pm, they will be packing nutritious meals at **Feed My Starving Children** in the Aurora location for hungry children around the world. If any of you are interested in joining this worthwhile project, please contact Dawn at [dawn-311@yahoo.com](mailto:dawn-311@yahoo.com) to register.



**Have a Healthy, Blessed, Prosperous, and Happy New Year!**

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

## ONLINE Men's Group

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**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.

## Feed My Starving Children



***Feed your spirit while helping to feed theirs!***

**Wednesday, January 03, | 555 Exchange Court**  
**4:30 - 6:15 pm | Aurora, IL 60504**

Join Unity of Fox Valley in packing lifesaving meals at Feed My Starving Children (FMSC). Turn hunger into hope with your own two hands by packing nutritious meals for hungry *children* around the world!

Every year, millions of children die from preventable causes. Hunger is still causing nearly half of deaths in children under 5 years old. From this data, we estimate at least 6,200 children die each day from causes related to undernutrition.

Feed My Starving Children (FMSC) believes hope starts with food. As a Christian nonprofit, FMSC is dedicated to seeing every child whole in body and spirit. FMSC works with food distribution partners that stay with communities for the long haul, empowering them to move from relief to development.

**Please contact Dawn Staszak with your questions  
& to reserve your space: [dawn\\_311@yahoo.com](mailto:dawn_311@yahoo.com)**

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& to reserve your space: [dawn\\_311@yahoo.com](mailto:dawn_311@yahoo.com)

Please click [here](#) to take you to our Community Outreach 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

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!*

## Burning Bowl & White Stone Ceremony



# BURNING BOWL

&

## White Stone Ceremony



**Sunday, January 7th, 10am**

Our Burning Bowl and White Stone Service provides a powerful visual for you to release that which no longer serves you and to joyfully claim new possibilities for who you want to be and what you want to express in the New Year.

Please click [here](#) to take you to our Burning Bowl/White Stone Ceremony website.

**Christmas UnDecorating**

# Christmas UN-Decorating



**Sunday, January 7th,  
after the Service**

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



**More hands  
make quick work!**

Please click [here](#) to take you to our Christmas 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**



**January 7th, 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.

## Garage Sale



# Unity of Fox Valley Citywide Garage Sale

**Sundays ONLY, January 7th & 14th  
9-10am & 11am-noon**

Sprucing up for the holidays? Cleaning out closets and dresser drawers?  
Please consider donating your items to our garage sale!

Please click on the link below for acceptable and non-acceptable items.

*Thank you for your support as we prepare for this May fundraiser!*

**If you have any questions, please contact Marcie Lucas: 630-696-6034**

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

## Healing & Wholeness Service



## HEALING AND WHOLENESS SERVICE

**Friday, January 12th, 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.

## 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.

**Volunteer Fair**

UNITY OF FOX VALLEY

# VOLUNTEER FAIR

Sundays,  
January 21st & 28th  
After the Service

Please stop by and see what interests you  
and sign up. Even if you are currently on a  
team, we would like you to sign up again.

*We are so blessed by our  
many volunteers and want  
you to know just how  
grateful we are for your  
time and talent!*

For more info., please contact Bobbi Severson:  
[bsever4785@gmail.com](mailto:bsever4785@gmail.com)



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

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

Prayer Chaplain Ministry

January, the first month of the new year, gets its name from Janus, the Roman god of new beginnings. [pinterest.com](https://www.pinterest.com) states that January can be an emotional month as “We look back on the year that has been, while a new year comes knocking.”



Here at Unity of Fox Valley we honor the tradition of reflecting on yesterday and welcoming the future with two rituals, our **Burning Bowl/White Stone Ceremony**. During the Burning Bowl we are

encouraged to “release that which no longer serves” us and in the White Stone Ceremony we open to Spirit to reveal a new *name* for us to “joyfully claim new possibilities for who we want to be and what we want to express in the New Year.”

If you hear a call from Spirit to deepen your spiritual practice during 2024, we would love you to consider becoming a Prayer Chaplain. We are planning a training class, to be held later this winter, which will consist of two Friday evenings and two Saturdays; dates to be announced. This training might be an opportunity for you to enrich your spirituality through service to our members. Both women and men are welcome to walk through this spiritual *doorway*.

The requirements for applicants are that you be a current Unity of Fox Valley member, demonstrate an understanding of Unity principles, have a willingness to pray with others, and have taken a prayer class. (The prayer class schedule is “in the works” and will be announced soon.) No former experience in praying with others is necessary and a commitment will be requested only after you’ve completed the training.

If you are interested or have any questions, please contact Bobbi Severson (630) 632-2368 [bsever4785@gmail.com](mailto:bsever4785@gmail.com) or Marie Manella (630) 803-1630 [mleduc7@yahoo.com](mailto:mleduc7@yahoo.com)

**“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” - Matthew 25:40**

And if you need a little “assistance” (prayer) to fulfill your dreams in 2024, remember your Prayer Chaplains - Wanda Faye Holmes, Pamela O’Brien, Bobbi Severson and Marie Manella - are here 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.

A Prayer Chaplain is available to pray with you after the service each Sunday. We also make periodic Wellness/Caring Calls. 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.

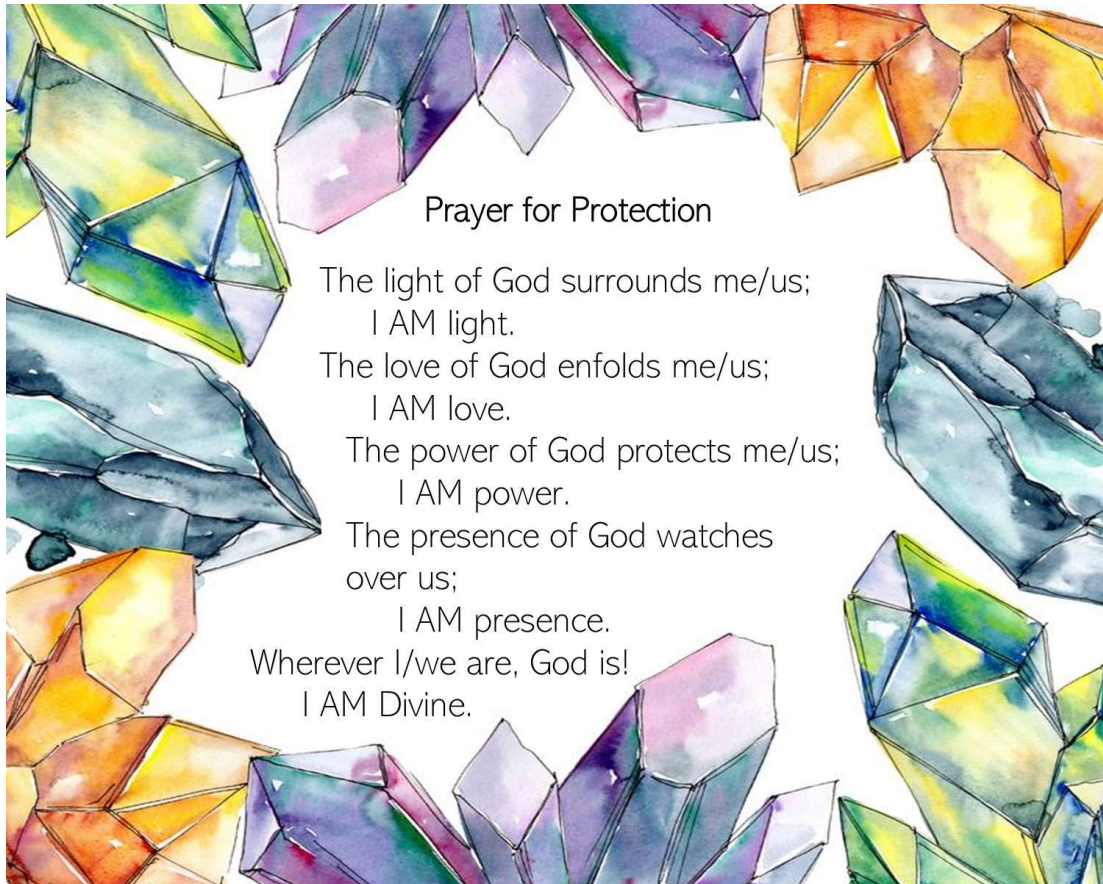
***Praying you all have a blessed New Year!***

Blessings,  
Marie and Bobbi



## New Year Affirmation:

*As I carry the Christ Light of Christmas into the New Year,  
it illumines my heart and guides my way.*



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

Inner Peace - Peace fills me as I center myself in divine love.

Guidance - I walk in faith, guided by my inner light.

Healing - The healing power of God flows through my body. I am whole.

Prosperity - I am open and receptive to infinite abundance.

World Peace - I hold a vision of peace for the entire world.

## Volunteer Ministry

## SHOUT OUT:

Oh what fun we had . . . Decorating for Christmas and of course sharing our fun chili recipes. So a heartfelt THANK YOU goes out to all that joined us, brought yummy food, and made us look beautiful for the Holiday Season.



A special thank you to our **Decorating Committee** elves that added extra pretties and fine tuned our sanctuary! What a creative dedicated group of ladies!

Thank you to a few brave souls that took Kitty up on her offer and joined the **Music Team** for some added voices and instrumentals for our **Christmas Eve Service**. It is always such an amazing, reflective and beautiful service that reminds us of the true meaning of the Christ born within us. You truly blessed us this year!! . . . And Kitty, you continue to amaze us with your time, talent, and dedication to our Music Ministry!!

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## VOLUNTEER OPPORTUNITIES:

TIME TO TAKE IT DOWN. . . Please join us on JANUARY 7th after the service for our **Undecorating Party**, which also happens to be our **SOUP SUNDAY!** Always a special treat!!

JANUARY 21st and 28th will be our **Volunteer Sunday**. This is a chance to sign up for our Sacred Ministry teams. Search your heart and sign up for an area that showcases your expertise and talents. Many of these teams offer you an opportunity to get to know one another a little better, especially if you are new to our Church Community. Even if you are already on a team and planning on continuing, we still need you to sign up to update your information.

**GARAGE SALE** ITEMS continue to come in. We are still receiving items on the Jan. 7th and 14th. Then we will take a short break and start up again. VOLUNTEERS WILL BE NEEDED TO HELP SORT, PRICE, AND WORK THE WEEKEND OF MAY 3rd and 4th. We will have a signup sheet for helpers Please put this on your calendar and help us out with this important FUND-RAISING EVENT.

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## JUST THINKING!!

***"We learned about gratitude and humility - that so many people had a hand in our success." ~~ Michelle Obama***

This quote spoke to me this month because our church community is as strong as our volunteers! From the big things and the little things, you never waiver in your support and we are truly, truly grateful! We begin another year confident that “what we need will be supplied” and we are humbled and grateful for the support of our dedicated volunteers!!

## Love, Blessings, and a very Merry Christmas!!

Prayers and Blessing!!

Bobbi

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



- **Soup Sunday:** 2/4
- **Healing Service:** 2/9
- **Ash Wednesday Service:** 2/14

## 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](#) 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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One of my favorite things to do to prepare for the Winter Season is to make up my Winter Planters! With the new house, looks like I only need one! Fine with me, I don't have to stretch out materials to make 2!

This is our 2nd Christmas in our home and so far we are just really enjoying it. We are sooo very thankful to have moved out of the suburbs and have a bit more space between our neighbors and ourselves.

Because it is winter, I do turn my attention to the interior of the house and by the time you get this newsletter, I'm pretty sure I have already torn up my Dining Room! HA HA HA!



Have a wonderful January everyone!

**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.

