

February 2024

Ministerial Musings



This year is a leap year. This means February will have 29 days instead of 28. One can only guess what the discussion may have been between Julius Caesar and his astronomical advisors. "Imperator, we seem to have this extra day left over every four years and don't know what to do with it." Caesar: "Stick it at the end of February. I always felt bad about shortchanging that month anyway."

Back when I was growing up there was a remnant of Sadie Hawkins mentality. This mentality was that on the 29th day of February it was permissible for a woman to ask a man out on a date or even to propose marriage to a man. While I do not think that such "permission" remains a significant part of our present-day consciousness, I do think we have a way to go in terms of gender equality on multiple platforms.

Ah, but here we are with one extra day this month and year. What shall we do with it? For most of it the answer probably is nothing. Technically, it is in fact one more day of winter. Based upon our meteorological experiences in January, who needs that? But in Unity we always should be mindful of seeking out and taking advantage of

opportunities. An extra day at no extra charge! It could be better than a snow day and closing school.

Maybe we can make the 29th, Let's Be Different Day. We can think of creative ways to avoid whatever might be just another day. We can wear socks and maybe even shoes that do not match. We can wear tops inside out and / or backwards. We can call someone we never think of calling just to say, "Hello. I'm was thinking of you." We can make it a Boob Tube fast day. Instead of saying, "Thank you," we can agree to make funny faces at one another when we meet. We can try eating with our non-dominant hand. The possibilities are endless. We can declare to ourselves and others that we are taking this extra day of the year refusing to be routine, normal or ordinary. Why? Because we are not!

None of your craziness or childishness will earn you a gold medal or a Nobel Prize, but it may reawaken the child in you. It may re-ignite in us that life is a gift and intended to be joyful.

There is a playful imp in all of us. At least on one extra day we can unleash a bit of silliness. We may discover that being 100% proper and mature may be slightly overrated.

Let's make February 29th an honest to goodness Leap Day!

Rev Mike

revmike@unityoffoxvalley.org

Youth Education for a Younger Crowd

During February, our Children's Church and Juniors along with their teachers will explore the theme "**Power of Love**." This beautiful attribute is symbolized by the color **Pink** and the teachings of the disciple *John* as well as our Way Shower, Jesus. Our youngest youth will be introduced to the concepts of sharing and caring as expressions of love through storytelling and role playing. The Juniors will collaboratively craft a **Pink** Power Board displaying affirmations and Bible Verses that illustrate the power of unconditional love, and, furthermore, for all ages, we will emphasize the significance of self-love and love for others as the most fundamental aspects of our inherent spiritual abilities, cultivating our sense of oneness.



Please support our Uniteens as they will be sponsoring a **Bake Sale** scheduled for **Sunday, February 18th**, following the service. They will be offering a delightful assortment of treats, including brownies, cookies, and cupcakes. Contributions for these delicious treats are purely on a love offering basis, and all proceeds will contribute to assist our Uniteens in participating in their upcoming Spring Retreat to be held in Elkhorn, Wisconsin. Your loving support is greatly appreciated.

Please mark your calendars these upcoming special events for the youth and their families:

- **Ash Wednesday**: February 14th, 7 pm
- **Palm Sunday (Easter Feast)**: March 24th, 10 am Service
- **Easter Egg Hunt (Easter Sunday)**: March 31st, 10 am Service

I'd like to share the following Bible verse to celebrate the essence of love for Valentine's Day and throughout the year:

"So we have come to know and to believe the love that God has for us. God is love, and anyone who abides in love abides in God, and God abides in them." | John 4:16.



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

Coffee & Tea with Myrtle & Me



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

Dear UFV Family & Friends,

Please come and join us! Bring 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**

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!

Sunday Service

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.

Online Sunday Bulletin



ONLINE SUNDAY BULLETIN

We will now be making our Sunday Bulletins available online!
Just click on the link [here](#) and scroll down to the Online Bulletin section.

The bulletin will be updated on Thursdays
& all content is subject to change without notice.

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



THE FIRST SUNDAY
OF EVERY MONTH

IT'S GONNA BE
DELICIOUS!!

SIGN UP TO BRING
YOUR YUMMY SOUP
TO SHARE!

CONTACT BOB ANTHONY
WITH ANY QUESTIONS:
BANTHONY103@COMCAST.NET



February 4th, after the Service

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

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

Volunteer Fair

UNITY OF FOX VALLEY

VOLUNTEER FAIR

Sundays,
January 28th & February 4th
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



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

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

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.

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, February 9th , 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.

Super Bowl Sunday

4TH ANNUAL



SUNDAY, FEBRUARY 11TH, AFTER THE SERVICE

Please join the Prayer Chaplains in the Cafe', after service for BBQ Pulled Chicken, Veggie sandwiches, potato chips along with the regular Cafe' goodies!

We look forward to seeing you there!

Please contact Wanda Faye Holmes for more info:
geminigoddess2000@yahoo.com

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

The Good & Beautiful God



Winter Book Study:

THE GOOD and BEAUTIFUL GOD

Sundays, February 11th - March 17th

Noon to 2pm, Adult Ed Room

Facilitated by Maria Cosentino, LUT

The Good and Beautiful God focuses on the character of God and how we can move into a life of intimacy with God. This book is about changing the narratives we believe about God, and then living out in regular practice these truths - especially the truth that Christ is IN and WITH us everyday!

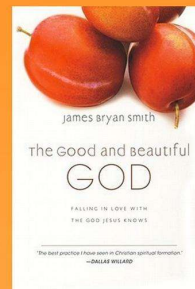
Join us each week for a combination of meditation, sharing homework exercises, and insightful discussion. Engage in a process of spiritual transformation leading to Easter. Easter, which is the celebration of the resurrection of spirit, soul, and body-into the Christ consciousness of life and wholeness.

Required Book:

- ***The Good and Beautiful God: Falling in Love with the God Jesus Knows***

by James Bryan Smith. Available on Amazon.com

For more info., please contact Maria Cosentino:
mlcosentino@gmail.com



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

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

Ash Wednesday

A close-up photograph of dark, jagged, and textured ash or charcoal fragments, filling the frame with a sense of depth and detail.

Ash Wednesday

Wednesday, February 14th, 7:00pm

Lent officially begins on Ash Wednesday.

Please mark your calendars.

Unity of Fox Valley will hold a special meditation service.

The service will be officiated by Rev Mike.

Please click [here](#) for our Easter Season website.

Game Night



***3rd Saturday of the month,
7:00pm, Dining Room***

Let's have some fun together!

We have Rummikub, Quirkle, Oh Hell, Scrabble, &, of course, Dominos. We also encourage you to bring your own favorite games and share them with us.

Children are welcome with a responsible Adult.

Light refreshments will be provided, but we won't mind if you bring a snack to share!

**For more info., please contact Joey Nelson:
tyloredurden@aol.com**

For more information, please contact Joey Nelson: tyloredurden@aol.com

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

Bake Sale



The Uniteens will be sponsoring a Bake Sale and they will be offering a delicious array of treats, including brownies, cookies, and cupcakes. Contributions are purely on a love offering basis and will contribute to assist our Uniteens in participating in their upcoming Spring Retreat to be held in Elkhorn, Wisconsin.

Stop by after the Service! Your loving support is greatly appreciated.

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

Prayer Chaplain Ministry

Well, 2024 is moving right along! Coming from a "no snow" Christmas we were plummeted into an arctic January with a couple of snow events in the first 3 weeks of the month. Whatever will February bring?



Well, for one, this February brings us an extra day - this is a leap year! Per the Encyclopedia Britannica, which refers to this occurrence as *Leap Day*, the Egyptian king,

Ptolemy Euergetes' attempt to add a leap day to the 365 days Egyptian calendar in 238 BCE was refined over the following centuries. In 1582 the Gregorian calendar reformed the concept by eliminating leap years in century years that couldn't be divided by 400, the year 1900 being the last "non" leap year. 2100 will be the next - an occurrence I'm not likely to experience!

Valentine's Day is a highly celebrated February holiday and, in our Christian culture, the observance of Lent also. This year Ash Wednesday and Valentine's Day fall on the same day! Black History Month occurs in February, too. This year's theme is *African Americans and the Arts*. Adding to the list of notable events, February hosts Ground Hog Day and the Super Bowl! And best of all, in my opinion, February is the last meteorological month of winter, even though it has the reputation of being the snowiest month of the year in our Northern Hemisphere.

Without any further ado and not being able to think of a clever segue, I, along with Bobbie and Wanda Faye, invite you to consider learning, first hand, more about the Prayer Chaplain Ministry that has been a part of Unity of Fox Valley these past 22 years. The 2024 training class begins in March. The first weekend is Friday, March 1st, from 6 PM to 9PM and Saturday, the 2nd, 8 AM to 4:30 PM. The second weekend is two weeks later, March 15th and 16th - same time frame. This training might be an opportunity for you to enrich your spirituality. And the decision to become a Prayer Chaplain does not have to be made until the training is completed.

There is a flyer available with more information - look on the righthand table under the bulletin board as you walk into the sanctuary. If you still want to know more, the current chaplains are always happy to answer any other questions you may have.

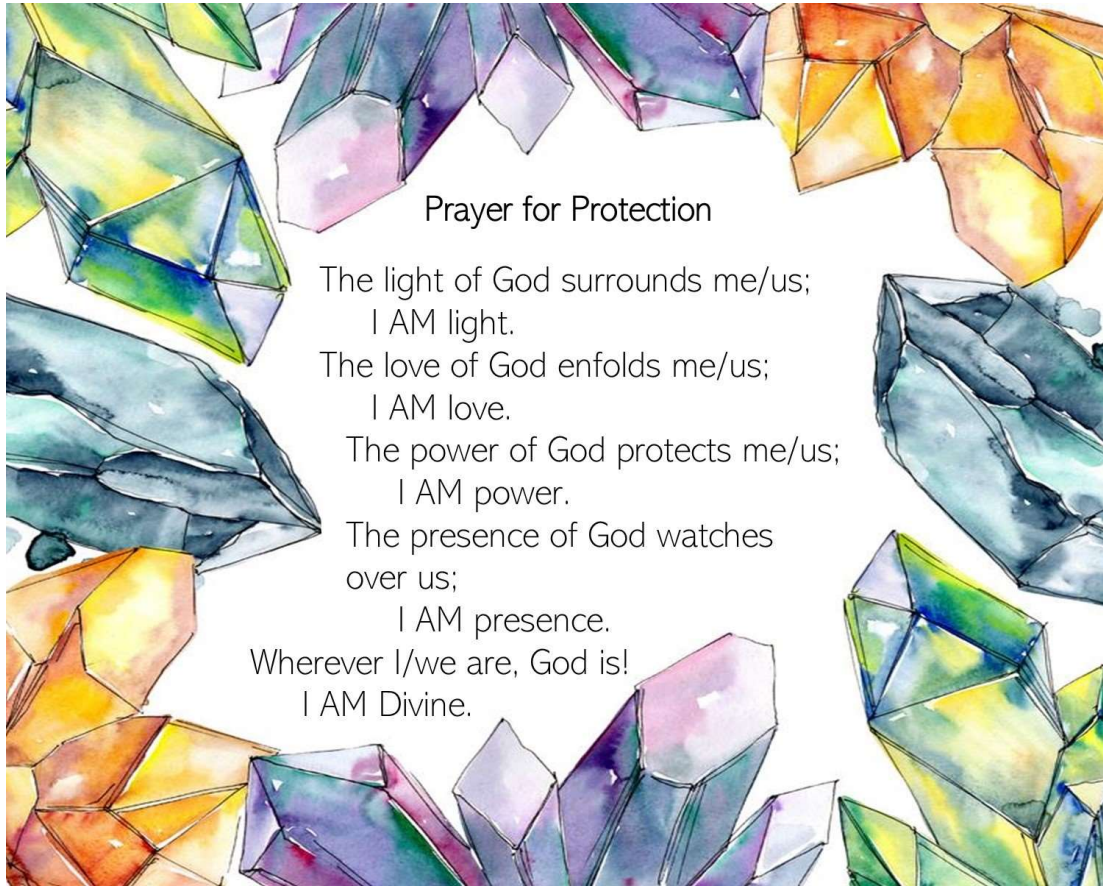
Bobbi, I, and Wanda Faye, would like to acknowledge Pamela O'Brien, who has stepped down as an active chaplain. Pamela has given very generously and lovingly of her prayers, her time and her presence for our ministry during her time of service. Thank you, Pamela...

If you need a little "assistance" (prayer) to follow your dreams in 2024, remember your Prayer Chaplains - Wanda Faye Holmes, 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 and a Prayer Chaplain will be in touch.

Praying you all have a blessed February!

Blessings,



The sacred prayers used by the Unity Prayer Ministry this February.

Inner Peace - I relax and breathe in the peace of God.

Guidance - As a creation of divine love and wisdom, I am guided in all that I do.

Healing - My body is energized by the healing life of Spirit.

Prosperity - I am a channel for the flow of abundance.

World Peace - Open to infinite love, I practice peace.

Volunteer Ministry

SHOUT OUT:

Thank you to everyone that helped us undecorate after Christmas!! We asked and you were there. We thank you for your patience as sometimes this can get a little chaotic, but it all came together, and we got it done!! So, we are so appreciative for



those that helped with that project. We learn each time we do this, so we already have some ideas to make next year run smoothly.

Because my January article had already been written before our World Healing Meditation, I want to thank everyone that joined us at 6:00AM on December 31st, helped put the sanctuary back together and brought breakfast goodies to share! Most importantly, we shared that wonderful prayer energy with each other to send out prayers of hope and healing for our World.

VOLUNTEER OPPORTUNITIES:

EASTER FEAST CHAIRPERSON NEEDED. March 17th!! Although that sounds far away, it is really just around the corner!! Please contact me if you can lead the team this year in planning our Easter Feast!! You will have great support in hosting this event!!

VOLUNTEER FAIR. (LAST SUNDAY TO SIGN UP, MARCH 4TH)

If you haven't already done so, please sign up for one of our Sacred Service Teams!! Even if you are already on a team, please sign again to update information and confirm that you are joining that team again.

LANDSCAPE TEAM is getting a makeover!! In case you didn't notice at our first signup round on Sunday, January 28th, we introduced something new this year as suggested by one of our volunteers, Mary McGinty. THANK YOU, MARY!! (Sometimes it takes new eyes to show us how to do something in an easier way.) We have divided up the property into Zones! (THANK YOU, SHARON, FOR WORKING UP THE ZONE MAP). We are encouraging you to select a Zone which you will be responsible for maintaining throughout the year. The nice thing about that is, you can choose your own hours!! Pick a partner or go it alone, whichever you choose, we will make sure you have all the direction you need and someone that will be more than happy to answer your questions as they pop up.

GREETER TEAM I have said this before, but cannot emphasize this enough, this is a team that a new person sees upon entering our spiritual home. We would like to have enough volunteers that you would only have to do one Sunday a month!! We will train you and make the Sunday signup easy for you each month!! If you have never done this before, or are new to our spiritual family, this is an excellent way to meet and greet your fellow congregants!! No prior experience necessary except a welcoming smile!!

ALL OUR TEAMS Are important and we couldn't maintain our beautiful space, provide music, have fun together with special events, keep us beautiful, feed you, and much more without your time and talent!! So check them all out, join a team and show us your talents!! We are truly grateful for all of you!!

JUST THINKING!!

I have always struggled with Winter, feeling that I am being lazy because I don't want to be out in the cold. Several articles or something maybe someone has said has shed new light on those feelings! Winter is, after all, a hibernation time for animals and plants to go into their nests to rest and rebuild. It is a time that I can "go into myself" be quiet, reflect and then emerge in the Spring with renewed passion and growth for all that is to come and all that I have released!!

"EVERYBODY CAN BE GREAT. BECAUSE ANYBODY CAN SERVE. YOU DON'T HAVE TO HAVE A COLLEGE DEGREE TO SERVE. YOU DON'T HAVE TO MAKE YOUR SUBJECT AND YOUR VERB AGREE TO SERVE. YOU DON'T HAVE TO KNOW THE SECOND THEORY OF THERMODYNAMICS IN PHYSICS TO SERVE. YOU ONLY NEED A HEART FULL OF GRACE. A SOUL GENERATED BY LOVE"
MARTIN LUTHER KING, JR.

Come serve with us!!

Blessings and Love!!

Bobbi

bsever4785@gmail.com

Just Ask Ministry



Ask & you shall receive!

Just Ask will be on hold till after the Garage Sale.

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



- **Soup Sunday:** 3/3
- **Men's Group:** 3/5 & 19
- **Healing Service:** 3/8
- **Palm Sunday:** 3/24
- **Easter Feast:** 3/24
- **Taize Service:** 3/29
- **Easter Service:** 3/31
- **Easter Bonnet/Hats:** 3/31
- **Easter Egg Hunt:** 3/31

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.

For the 1st time in 10 years, I was not able to provide the bulletin myself. Because of my move 1.5 years ago, my commute is over an hour. Coupled with the temperatures, snow and freezing ice, it is difficult to get to work physically. One week in January, I wasn't able to get into the office at all.

Hopefully, the congregation didn't see the glitch. I had a team of people helping me provide the bulletin and because of that, we had a seamless Sunday Service! Thank you to everyone that helped me navigate that week! I'm so grateful for you!



**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.

