

April 2024

Ministerial Musings



The month of April offers so many topics to choose from in writing a newsletter article. This month I have decided to devote my attention to a consistent annual springtime event. Without fail, there is one thing that is promised to us every year – one promise that always is honored – **Construction**.

Yes, wherever you are, you do not have to drive far to find detour signs, warnings of new traffic patterns, road closings, lane closures, and so forth. Those large orange covered plastic drums mysteriously appear in the dead of night, and then decorate our highways. If you are fortunate and the wind is blowing just right, you get to experience the smells of fresh tar and blacktop. Such odors are much more insistent upon filling our noses than say roses or blossoms of any variety.

We do our best to avoid all of the stimuli that construction brings. Today, the sophistication of GPS systems helps minimize construction sites, but total avoidance is impossible, and some construction experience is virtually a guarantee.

And gosh darn it all, it just doesn't seem fair! We have places to go. We have things to do. We have routines that have to be maintained and schedules that have to be met. Can you believe the construction zone speed limit has been reduced to 40 miles per hour? We should not be expected to leave fifteen minutes earlier. What if I'm late for church? How long is this all going to take anyway?

Ahhh, but it at last is finished! We all have to admit driving on newly paved roads is absolutely wonderful. On Interstate 90 for example, yes, it was years in the making, but

the new speed limit is 70 miles per hour. Of course, this means we can do 80 and likely will not be ticketed. And the potholes and the broken pavement are gone. There now are more lanes, and getting where we want to go has become a breeze.

If you have not yet already guessed, this whole construction thing serves as a really outstanding metaphor for our own spiritual journeys. As difficult or inconvenient it might be, we all from time to time must rebuild our infrastructures if we want to enhance our spiritual growth and consciousness. Those old internal bridges have to be replaced or restored. Those internal potholes are just going to destroy our tires. They have to be filled in with prayer and love and compassion, things that are enduring. And yes, while we are rebuilding our inner selves, we have to slow down and honor a slower pace that will allow us to work the principles properly instead of just going full speed in order to get to fill in the blank.

What if we did something silly? What if every time we happened upon a road construction site, we prayed a prayer of thanks to Spirit for reminding us to slow down and rebuild our inner being? Worth a shot? It has to be better than cursing our luck.

Rev Mike

revmike@unityoffoxvalley.org

Youth Education for a Younger Crowd

In April, we will delve into the **Power of Good Judgment**, symbolized by the vibrant color Yellow and represented by the Disciple James. James was a fisherman along with his father Zebedee, and his brother, John, who represents the Power of Love. Together, James and John, were known as the “Sons of Thunder,” metaphysically signifying the alignment of our intellect and loving feelings. Through Biblical and contemporary stories, our youth will be introduced to this discerning power, learning to recognize their intuition as they listen to the inner voice of Spirit, leading them towards positive life decisions. I’ve recently learned that each power is associated by a nature symbol, and it’s no surprise that the Owl represents the Power of Wisdom!

As the month draws to a close, our focus will shift towards Earth Day, providing an opportunity for our youth to reflect on ways they can contribute to preserving the beauty of our planet and its diverse inhabitants, each reflecting the divine image and likeness of our divine nature. If the weather allows, we will encourage our youth to venture to our Children’s Garden for some “spring cleaning”, where they will pull weeds and rake the soil in preparation for planting seeds.



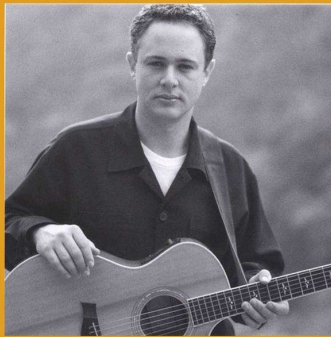
Our Uniteens will be on their way to their first Spring Retreat the weekend of April 26 to April 28, in Elkhorn, Wisconsin, alongside fellow teens from other Great Lakes Region Unity churches. We extend our prayers to them and their sponsors, envisioning a weekend filled with the developing of new friendships and enriching experiences to enhance their spiritual growth. We are immensely grateful to each and every one of you for your generous donations to their Bake Sale and Coin Jar, which has provided generous funds for all of the participants to attend. Our Unity family is indeed a blessing beyond measure.

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

Daniel Nahmod Concert

unity presents Award-winning singer/
of Fox Valley songwriter and producer

DANIEL NAHMOD



Sunday, May 19th

6:00 pm

Daniel Nahmod writes
songs that stir your soul
and warm your heart.

*\$25/adult
12 & under Free w/adult*

One of the most influential
and beloved independent artists
and producers in the music
business today, Daniel Nahmod
has sold over 100,000 CDs and
10,000 songbooks on his own
Humanity Music label, & has
performed for over one million
people in 45 states and Canada.

His songs are also sung
by a diverse array of artists
around the world.

Don't miss this opportunity
to hear one of the Unity
world's most in-demand
performer live and
in person!!

Unity of Fox Valley
230 Webster Street
Batavia, IL

www.unityoffoxvalley.org
churchoffice@unityoffoxvalley.org
630 879 1115

Online Ticket Sales starts now!

Just click on the link below.

In person sales starts on April 14th.

Click [here](#) to take you to the Daniel Nahmod Concert 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.

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

1st Sunday of the Month

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

**NAME TAG
SUNDAY!**



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

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



April 7th, after the Service

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

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

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, April 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

This Service will not be [Live Streamed](#).

Please click [here](#) to take you to the Healing & Wholeness website.

Volunteer Appreciation Dinner



PLEASE JOIN US SO WE CAN SAY

**THANK
YOU**

FOR ALL YOU DO!

Volunteer Appreciation Dinner

Friday, April 19, 6-9pm

We absolutely could not exist and do the things we do without our wonderful volunteers. Knowing that and acknowledging that we want to celebrate you.

If you have volunteered this past year, in any way, please sign up and let us know you will be there.

There'll be food, fun, camaraderie and yummy desserts. Be there so Unity of Fox Valley can say thank you!

Please RSVP by Sunday, April 14th by signing up at the registration desk or contact Bobbi Severson: bsever4785@gmail.com

Game Night



3rd Saturday of the month, 7pm, 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 information, please contact Joey Nelson: tyloredurden@aol.com

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

Garage Sale



**LAST CHANCE for Donations
Sunday, April 21st, AFTER the Service**

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.

The I of the Storm

The I of the Storm

Embracing Conflict, Creating Peace

Tuesdays April 23rd - May 21st
6:00pm-8:00pm, ONLINE
Facilitated by Deb McQuaid, LUT

"The I of the Storm" invites us to explore conflict from a deeper perspective, leading to peacemaking within ourselves, our relationships, and even in response to outer circumstances.

During this book study we will learn to go beyond merely managing conflict in our lives to actually embracing the conflict, allowing it to teach us what we otherwise might not learn. Stretching us to experience challenges from our center, instead of from the chaos of the outside world, and experiencing our wholeness and spiritual essence in doing so.

Required Book:

- ***The I of the Storm: Embracing Conflict, Creating Peace***
by Rev. Dr. Gary Simmons
Available from the Unity bookstore or Amazon.com

The Zoom link will be provided to those that sign up.

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

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

Prayer Chaplain Ministry

A friend of mine often gifts me with seasonal booklets from Living Compass. This year the theme of the **Living Well Through Lent 2024** booklet was *Practicing Forgiveness with All Your Heart, Soul, Strength, and Mind*. Here are some interesting quotes from the Easter Sunday entry that I thought were worth sharing as we move into these post Easter and early spring days of April:



- ...the wisdom of practicing the forgiveness we need as we ground(ed) the practice of forgiveness in our faith. (1)
- ...experience of God as an ever-flowing river of grace... (2)
- ...forgiveness is a choice, a decision we make. (3)
- ...when we experience the gift of forgiveness for ourselves, we then learn to forgive others. (4)
- ...when we forgive others, we experience the peace that passes “beyond our human understanding.” (5)
- ...[we are] called to repent the times when we have chosen to stay safely hidden in the crowd and failed to stand up to justice. (6)
- ...forgiveness is always a process and that sometimes it is a long process, but our willingness to enter into that process is a “good and holy thing.” (7)

1) Marian Budde; 2) Lisa Senta; 3) Westin Matthew; 4) Andy Jones; 5) Anna Noon; 6) Vicki Garvey; 7) Jan Kwiatkowski.

The Easter Sunday piece from Unity’s Lenten booklet, **Let Go, Let God**, talks about death as the ultimate letting go. Although most of us are living longer than Jesus, at times we may have experienced the end of “life as we know it” during the many changes we have undergone in our lives. As Rev. Ellen Debenport tells us, “The Easter story resonates year after year because in the crucifixion, tomb, and resurrection, we recognize our own experiences of loss, the void, and renewal.”

To many of us Unity students, “forgiveness” and “letting go” are spiritual practices we read about, study, contemplate and reflect on, but often struggle to incorporate in our lives. But, Martha Smock’s words, excerpted in **Messages We Need to Hear** (another inspiring Unity booklet) tell us “...you do not have to wait for a turning point. You can make your own! We should not sit around hoping for a change, a break, for something to happen. We have it in our power to turn that corner, to make the change, to start things going in a different direction... We should never think that we are too old to make a change, that it is too late to begin again.” This piece, entitled *No Need to Wait for a Turning Point*, goes on to say, “Prayer is a turning point ... turning within ... turning our thoughts toward light and Truth.”

Although Good Friday, the end of Lent, leads us to the joyous resurrection of Easter Sunday, transition times we encounter in life usually occur over a longer period of time

than Holy Saturday. If you are still feeling “the void,” we Prayer Chaplains are here to support you as you “make your own” turning point.

Wanda Faye Holmes, Bobbi Severson and Marie Manella - are here to support you, a treasured member of 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.

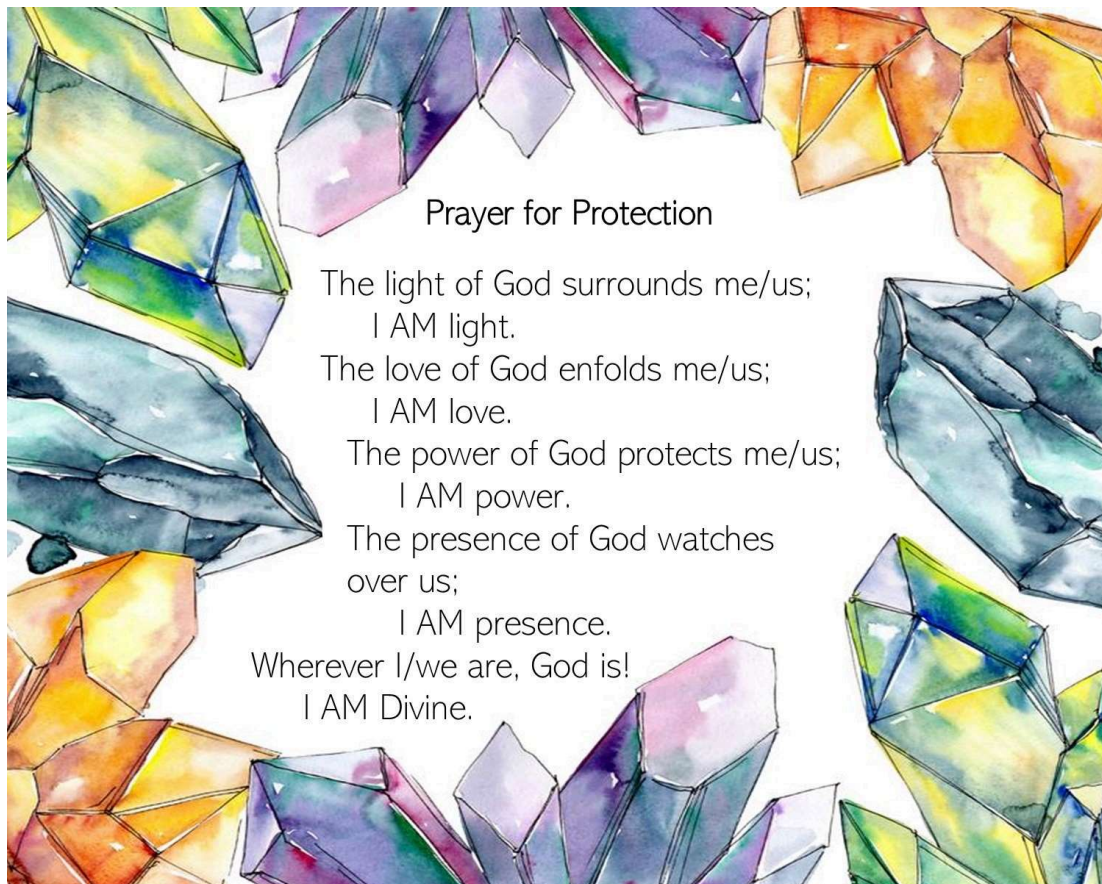
A Prayer Chaplain is available to pray with you after the service each Sunday. We also make periodic Wellness/Caring Calls. If you have not been receiving prayer calls and want to start now, please contact the church office at 630-879-1115 or churchoffice@unityoffoxvalley.org and a Prayer Chaplain will be in touch.

Spoiler alert - our sacred Prayer Chaplain Ministry has grown. Details forthcoming...

Happy Spring!!!

Blessings,

Marie and Bobbi



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

Inner Peace - I express the peace and love of my Christ spirit.

Guidance - I seek the guidance of Spirit, and I move forward confidently.

Healing - I am renewed in mind, body, and spirit by the healing power of God within.

Prosperity - I am open to divine ideas and use them to prosper my life.

World Peace - I walk in harmony and acceptance with all beings.

Volunteer Ministry

SHOUT OUT:

A very special thanks to everyone that made our Easter Feast another special day filled with great food and fun!! We couldn't have done it without Bob, Alex, Mary Ann, Liz, Joey, Lucy, Carl, Marsha, Sharon, Deb, Sami, Marie & Donna, who were our set up and cleanup crew!! And of course, all who usually chip in at the end of the festivities!!



We are very blessed for Kitty and our Music Team that graced us with special songs and chants throughout Lent, Palm Sunday, Taize, and of course culminating with Easter! Extra hours were spent rehearsing to perfect harmony and pitch, not to mention arranging, rearranging, and changing the Platform for the optimum presentation. THANK YOU, Music Team and Warren who is always there to fine tune and adjust!!

VOLUNTEER OPPORTUNITIES:

GARAGE SALE items have been arriving and we are especially grateful to Marcie and Sharon who have already begun the daunting task of sorting and pricing!! We will be having a signup sheet for volunteers to work at pricing and on the weekend of the Garage Sale, **May 3rd and 4th**. Please keep in mind that this has become a **major fundraiser** to make up monthly deficits or for special projects that may be needed. Last garage sale, two years ago, we were able to contribute the dollars made towards the repair of our chairlift, which is used every Sunday and at special events!! So, please consider working a few hours so that this doesn't fall to a few committed individuals doing all of the work.

DANIEL NAHMOD workshop and concert on **MAY 19th**. We will need extra hands selling tickets. Please contact me if you can take a Sunday beginning on **Sunday April 14th and on the event day**. NO EXPERIENCE NECESSARY! We make it incredibly easy for you!! Feel free to contact me bsever4785@gmail.com. I will make up a schedule as soon as we get a few more helpers!

VOLUNTEER APPRECIATION DINNER: (April 19th)

Just sign up!! You don't have to do a thing but get in your car and come enjoy food and friendship. The staff (Rev Mike, Kathleen, Mary, Dawn, Kitty, Marie, Maria, Deb, and Bobbi) will be hosting the evening! Just our way of saying thanks for always supporting, helping, encouraging and being the wonderful volunteers that you are!!

WOMEN'S GROUP MEETING:

We will hold a planning meeting on **April 21st** for those ladies interested in how we might want to organize our group. We will meet about 12:00 (in the Sanctuary) or a little sooner if all are ready to go after having a few goodies! So bring your ideas for some brainstorming!!

JUST THINKING. . . .

Sometimes too much **thinking**, for me, anyway can lead to trouble . . . especially if I am thinking the wrong thoughts! So as I finish another monthly newsletter article, I have just decided that I am going to suspend all thoughts and **just BE**. I am going to call it my "thought break". What's nice is that I can have them anytime, anyplace and for as long as I want. Care to join me??

"Service is the rent we pay for the space we occupy here on earth"

- Betty Pilgrim (from our Chaplain Training Manual)

Blessings for another beauty-filled month!!

Bobbi

bsever4785@gmail.com

Just Ask Ministry



Ask and 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 the item is offered by the church)

CURRENT OFFERINGS:

- ***Just Ask is currently not accepting offerings of items till after the Garage Sale.***

CURRENT REQUESTS:

- Affordable apartment that accepts
1 cat. Nate Birr:
forgiveness@gmail.com 2/5/24

- Unity of Fox Valley is privileged to have two musical guests from Kentucky to present their music on Sunday, July 21st. Is there anyone from the congregation that would be willing to host them on Saturday, July 20th to help defray travel costs? They are sisters and are happy to share a room/bed and don't mind pets. Kitty Karn: kitty.karn00@gmail.com 3/6/2

4

- 5 gallon bucket (Click [here](#) for an example. Color & logos are not an issue:
churchoffice@unityoffoxvalley.org

3/20/24

Please click [here](#) to follow up with any of the above Offerings/Requests or for more information.

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

UPCOMING Events!

- **Garage Sale:** 5/3 & 4
- **Taco Bar:** 5/5
- **Men's Group:** 5/7 & 21
- **Healing Service:** 5/10
- **Game Night:** 5/18
- **Daniel Nahmod:** 5/19

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.*

Look at this little cutie! I got him as a Thank You gift for something I did for church. Adorable!

**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

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.

