



July 2024

Ministerial Musings



Every once in a while, Susan will wave a spoonful in front of me and say, "Taste this." I do and generally before I can comment, she will say, "I think it needs a little something." Alternatively, sometimes the critique is in the form of, "It's too salty," or "It's too spicy."

Recipes and concoctions always are a blend of different seasonings. Many of us have grown up watching moms and grandmothers adding a pinch of this and a pinch of that in order to arrive at just the right taste. The most famous chefs in the world often follow this same technique. It is a science that is perfected by a form of art.

Cooking and baking are progressions. Of course, there are those old revered recipes and trying to improve on them may be culinary sacrilegious. Still, like all art forms the preparation of food is dynamic and always is evolving. Growing up, salting watermelon would have been unheard of, but today I suggest it is the only way to enjoy it fully.

In Unity, we teach and preach that we can improve our lives one thought at a time. This is analogous to eliminating an old seasoning and / or adding a new seasoning to a recipe. Our lives; that is, how we do or do not enjoy them are very much products of complicated recipes or a conglomeration of perspectives. You probably would be amazed to trace back and realize that your view of something is in line with, "That's the way grandma always did it."

Hints of this trickle out occasionally. From time to time we hear comments about the good old days before smart phones and social media. Our co-founder, Charles Fillmore, was very keen on technology, and I feel very much the same way. Still on occasion, I look back to times when life seemed to be much simpler. Conflicting thoughts even within the same brain are not all that unusual. That is why sorting them may seem like a monumental task.

On a broader stage things become even more complicated. The United States of America rarely is united. We have become polarized to such an extent that, “One nation under God **indivisible**” has become virtually a gross misinterpretation of the American recipe. Sorting through things on a national level indeed will be monumental.

It is not that there ever has been a clearly defined consciousness of Americanism. It always has been an eclectic blend of flavors: liberals, conservatives, moderates, natives, immigrants, etc. The concept of America being a melting pot always had a certain appeal. Diversity was a valued ingredient. Whatever we have been historically probably could not be categorized properly, but that was our charm and our magic.

Nothing worldly is forever. Humanity always must evolve and even those old respected values and recipes are subject to change. This is true of both our personal perspectives and our collective awareness. Whether you are unhappy with things either on a personal level or how our democracy has evolved recently, it may be worthwhile celebrating your independence by adding a little something. May I suggest prayer?

Peace,
Rev. Mike
revmike@unityoffoxvalley.org

Youth Education for a Younger Crowd

As we mosey along into the warm, often hot, summer season, our Children’s Church and Juniors will honor the month of July by delving into the **Power of Understanding**. This month is represented by the **Disciple Thomas** and is illuminated by the brilliant color of **Gold**, reflecting the brilliance of the summer sun. Charles Fillmore’s *The Revealing Word* states that “...gold, metaphysically, represents spiritual gifts; the riches of Spirit.” Our classroom sessions will weave together insightful Biblical passages and engaging contemporary stories, with the intention of encouraging our youths’ awareness of their oneness with “the riches of Spirit.”

We are thrilled to announce our annual summer ice cream excursion is planned for July 14th that will bring together youth of all ages, their parents, and teachers. During our class time, we will embark on a leisurely four-block stroll to the *Batavia Creamery* on Wilson Avenue. Once we arrive, everyone will have the opportunity to indulge in a cool, refreshing, and scrumptious treat of their own choice, with both dairy and non-dairy options available. It’s sure to be a fun and tasty “field trip” that everyone will enjoy. Yum!

Please mark your calendars for these upcoming family fun events:

Game Night ~ Saturday, July 20th, 7 to 9 pm. This is a recurring event held every third Saturday of the month and includes participating in games such as UNO, Dominoes, Rummikub, and Scrabble. Children are welcome with a responsible adult.

Church Picnic ~ Sunday, September 8th, at Fabyan Park during the 10 am Service.
Please arrive early and bring a dish to share. Games will be provided.

In closing, I hold all of you in my prayers, envisioning your summer filled with joy, laughter, and peaceful moments to reflect on the wondrous beauty of nature.

In deep gratitude and with many blessings,
Ms. Mary, LUT, CSE

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.

Office Closed

The Church Office will be closed:

- Wednesday, July 3rd - Monday, July 8th
- Monday, July 22nd
- Monday, July 29th



Subject to change without notice.

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
YouTube 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

Our Sunday Bulletins are 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



Please sign up for Sunday, July 7th, after the Service

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

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

Women's Group



Sunday, July 7th, noon

“We are a heart-based circle of women committed to empower, explore, and expand our spirituality both socially and in service to others. We do so in consciousness, while affirming Divine Presence inherent within ourselves.”

If you have any questions or would like more information, please contact: Bobbi Severson: bsever4785@gmail.com

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

Coffee & Tea with Myrtle & Me



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

**There will be NO Coffee & Tea with
Myrtle & Me on July 4th.**

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

There will be NO A Course in Miracles on July 4th.

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.

Pathways to Prosperity



Pathways to **PROSPERITY**

Sunday, July 14th

On Sunday, July 14th, our focus will be on PROSPERITY. The message at the service will be delivered by Paul Turner, a highly successful financial advisor. After the service, Paul will conduct a workshop outlining steps and procedures to become more prosperous and experience a more fulfilled life.

Prosperity is a state of mind. It is the realization of the abundance that is available to all of us. In this sense it shares a strong kinship with happiness and love. While the primary direction of the workshop will be on prosperity, it should be beneficial in other areas as well regardless of one's current financial status.

Please register for the workshop. Materials will be distributed to those in attendance, and it will be helpful to know approximately how many packets needs to be printed.

Workshop suggested Love Offering: \$10.00

Primarily to cover the cost of materials.



For more info., Rev. Mike: revmike@unityoffoxvalley.org

Please contact Rev, Mike with any questions or for more information: revmike@unityoffoxvalley.org

Please click [here](#) for the Pathways to Prosperity website.

Backpack Drive



All Donations Due Sunday, July 14th

*School will be soon out for the summer,
but we are already planning for the fall!*

The Backpack Drive is a great opportunity for us to meet a real, timely, and important need in our community by equipping kids for a great start to the school year. Each backpack we collect will be distributed to students who need them at our local partner schools.

***Consider donating NEW, large and heavy duty backpacks
for middle and high schoolers!***

Here is how you can help:

- Purchase/Collect new backpacks from your friends, family, and coworkers and drop them off right outside the Church Office.
- Purchase gift cards (Visa/MasterCard or from Target, Walmart or Meijers.).
- Write a check (to: Unity of Fox Valley/Memo: Backpack Drive) or donate cash. All will be collected and donated to the school to purchase more backpacks!

**Please contact Kathleen in the Church Office for more info:
churchoffice@unityoffoxvalley.org**



**Please contact Kathleen in the Church Office for more
info: churchoffice@unityoffoxvalley.org**

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

Early Bird Bingo



Early Bird
BINGO

**3rd Saturday
of the month. 6pm
Now thru summer!**

Right before



Come early for your chance to yell 'BINGO!' and pick a prize from the Winner's Table. Warm up with Bingo then stay for Board Games with friends!



Another activity of your interest brought to you by your Board.

**Please contact Mickey Koziol with any questions:
mickey1catahoula2@hotmail.com**

Please contact Mickey Koziol with any questions: mickey1catahoula2@hotmail.com

Please click [here](#) for the Early Bird Bingo website.

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.

Essenpreis Sisters



presents the musical duo...

Essenpreis Sisters



**SUNDAY,
JULY 21ST,
10AM**

Janet Essenpreis has been singing professionally for over 30 years at churches, concerts, and in musical theater. She is currently traveling the country with Ladies for Liberty, a vocal group performing music from the 1940's.

Janet and her sister, song writer/guitar player **Lisa Essenpreis**, have been playing and singing together in church since a young age. They are regular guest musicians at Unity of Louisville.

Recently, they created 'This Stillness Within', a CD of original songs that Lisa co-wrote. Rich with harmony, it is a collection of inspirational and meditative New Thought/Spiritual music – songs about connection with spirit, ourselves, and one another.



Unity of Fox Valley
230 Webster Street
Batavia, IL

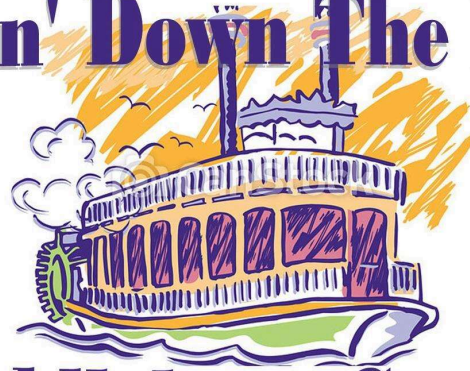
www.unityoffoxvalley.org
churchoffice@unityoffoxvalley.org

**If you have any questions, please contact Kitty Karn
kitty.karn00@gmail.com**

Please click [here](#) for the UFV Essenpreis Sisters website.

Paddleboat Cruise

Rollin' Down The River



Paddleboat Cruise

Wednesday, July 24th, 7-8:30pm

Enjoy the night cruising down the Fox Valley River with Unity Friends and Family on a private charter.

Sunset Cruise Sing-Along!



Singing Voice Recommended, not required!

Boards 6:45pm rain or shine.

Please bring a ready to eat dish to share, as well as your own non alcoholic beverage.



\$20 per ticket

**Pottawatomie Park,
8 North Avenue, St Charles**



Email questions to Mickey Koziol: RMKoziol@aol.com

Email questions to Mickey Koziol: RMKoziol@aol.com

Please click [here](#) to go to the Paddleboat Cruise website.

Prayer Chaplain Ministry

The following quotes are excerpts from a sermon Eric Butterworth gave on Sunday, July 1st, 1979, entitled **The Greatest Freedom**, which can be found in its entirety on TruthUnity.net. Although this talk is 45 years old, the words he spoke seem fitting for our times.



“On this coming July 4th, known as Independence Day, there will be a lot of talk about freedom. And against the backdrop of (inserting what we are facing in 2024)... there may well be a desire to redefine the word freedom.”

“In America we have not only entertained the idea of freedom as *doing* what we want but also of *having* what we want... All we can think of is if we have enough money to *buy* there should always be the freedom to *have*.”

“Jesus said ‘you shall know the truth and the truth shall make you free.’ We miss the real meaning if we think of freedom as... from shortages, freedom from pain etc. For there are no shortages, no limitations in God or in Truth. These things are in human experience. Truth makes you free in mind ... free to choose the level of consciousness in which you meet life and change in circumstances.”

“So on this Independence Day, let us reflect upon this new insight into freedom - not the attempt to get freedom... from people, from problems, from pain, from insecurity. Let us begin to think of freedom in a more creative sense: the *freedom to be*, to become something, to be big enough to deal with the experiences of life... freedom to release our spiritual capacities.”

“When we understand this, we will begin...each day anew in our quest for understanding. For the greatest freedom is the choice to begin again.”

As we commemorate and celebrate freedom this month, let’s use the tools of our spiritual consciousness to change our world. Let’s *walk our Unity talk* together as we hold the high watch and create a sacred space for **all** to experience *freedom to be*, for **all** to express *Oneness*, for **all** to be *celebrated* - for there to be a place for **all** in the world.

Together let’s *pray* this hymn written by William Bradbury many years ago:

“From hand to hand the greeting flows;
From eye to eye the signals run;
From heart to heart the bright faith glows;
The seekers of the Light are one.”

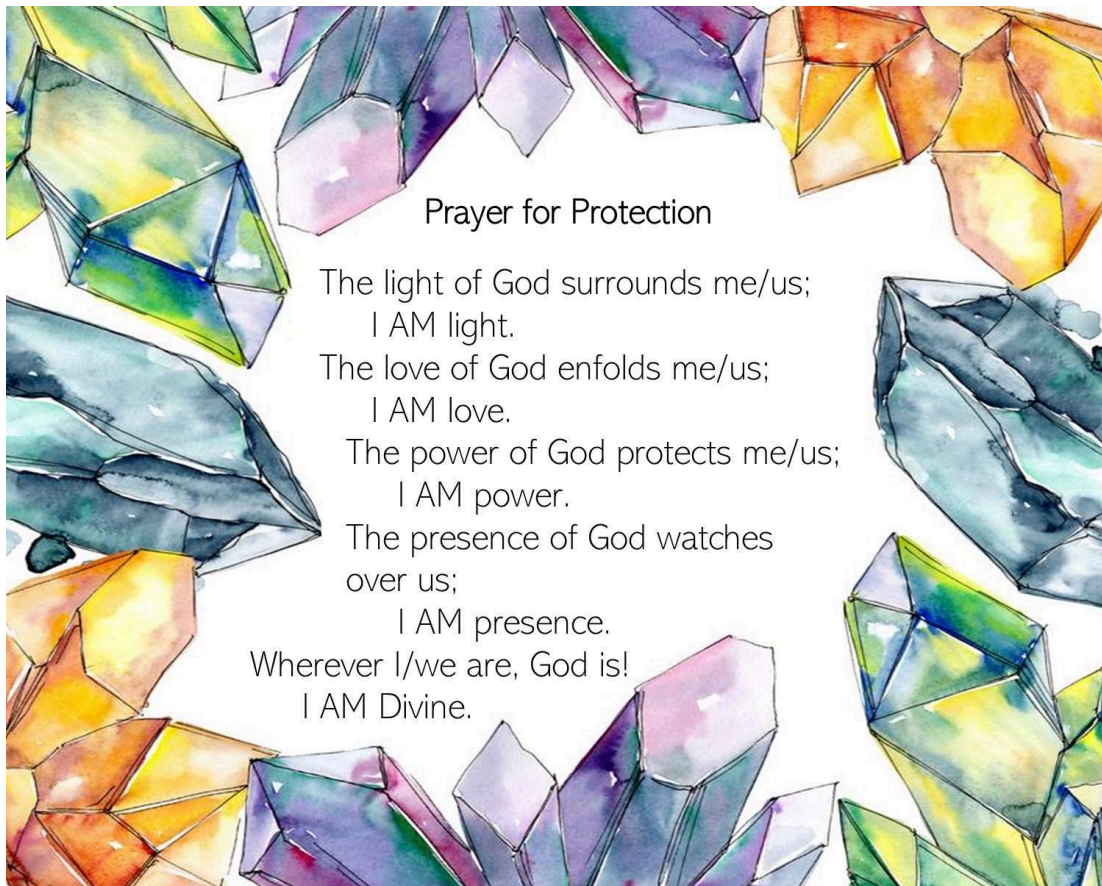
“United in the Truth we stand,
Proclaiming peace to every land.”

Our Prayer Chaplains - Pam Skaar Verner, Denise Hage, 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.

May you have a jubilant July!!!

Blessings,
Marie and Bobbi



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

Inner Peace - Peace is my center. I am calm and serene.

Guidance - I shine the light of divine wisdom from within to guide my every step.

Healing - My body is a vessel of life and energy.

Prosperity - The rich blessings of divine abundance flow to me and through me. I am prosperous.

World Peace - I bless the world with thoughts of unity and harmony.

Volunteer Ministry



First of all, I want to start my article out by saying, please read Marie Manella's Prayer Chaplain article. She has knocked it out of the proverbial park with her inspiring quotes and words of wisdom!!

So, where do I begin? I think we caught a little break in June as far as volunteer opportunities go. I wasn't able to attend, but I am sure the Summer Solstice Service was a huge success! Thank you to Rev Mike, Mary, Kitty, and everyone else for a wonderful evening of song, meditation, and smores!!

The Building, Decorating, and Landscape Committees are in their busy time!! Fixing things, inspecting stuff, and carrying on, so they don't get much of a break. If you volunteered for one of our Landscape Zones, this is truly your busy time, so don't forget the TLC that our outside will need this summer!! And thank you for taking those projects on! Don't forget, if you need assistance or recommendations, feel free to contact Sharon Mays, (sharon_mays@comcast.net). So, we are always thankful and grateful for these dedicated and tireless volunteers!!

It came to me that our Sacred Grounds Cafe truly is a ministry in itself! Rev Mike feeds us spiritually, but the dedicated group that is prepared **EVERY SUNDAY** morning, nourishes our bodies and our souls by providing wonderful food and a place to feel safe as we converse with one another. For some, this may be the only connection they experience in their week. We are so truly blessed for this Sacred Ministry Team and all who contribute!!

Time to get on the water and sing again, the PADDLEBOAT CRUISE will be Wednesday, July 24th, 7-8:30. If you missed it last year, this is your chance to see the Fox River from a different perspective, visit, sing, and relax!! I don't know, maybe this is becoming an annual event???

AND IN CONCLUSION...

"Let gratitude be the pillow upon which you kneel to say your nightly prayer, and let faith be the bridge you build to overcome evil and welcome good." Maya Angelou

A simple "thank you" can go so far in lifting a hurting heart, putting a smile on someone's face, and bringing encouragement to someone who may be struggling. Not to mention, how it makes you feel when someone simply smiles and says, "you are so welcome". Never forget how much you are all loved and for the gift of YOU, we are grateful!!

Have a wonderful and blessed 4th!!

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:

- Golf balls, practice balls, golf ball markers, spikes, spike wrench, and tees

CURRENT REQUESTS:

•

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

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

There will be no Healing & Wholeness Service in July.

Please join us on Friday, August 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.

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.

The raspberry bushes are pushing out their last fruit but everything else is starting to get much bigger - YAY! Soon I will be harvesting tomatoes, cucumbers, eggplants, etc. Summer is here but it is actually my least favorite season - the heat is really just killer for me. So, when I am supposed to be the most productive, I find myself at a halt some days. BUT, I got the 1st batch of raspberry jam done. Instead of posting a picture of that, here is my barn cat, BARNadette in space. 🚀



**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.

