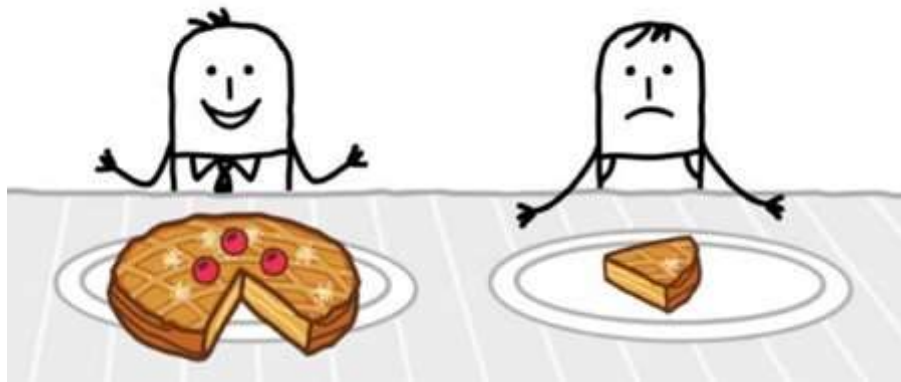




November 2024

Ministerial Musings



Selfish Pie For Dessert

I love all holidays. I look forward to them with enthusiasm and excitement. But far and away Thanksgiving is my favorite. There is not the hoopla of exchanging gifts and trying to find just the right thing for somebody. There is no need to go crazy with decorations. There is no need for costumes or fireworks or egg hunts or Hallmark cards. With all due respect and appreciation for those who spend hours preparing and cooking a wonderful meal, Thanksgiving is a day to show up as you are and be, well... thankful.

I spent some time today dwelling on why it is important to express, "Thank you," to someone for something. I know and believe that what you bless and give thanks for expands and you get more of it. And as significant as that may be, is there something other I am missing? And as a side note, it seems a bit disingenuous if your motivation in expressing gratitude is getting more. So what else is there?

After pondering it a bit more, I concluded that it may be proper and right always and everywhere to give thanks to God; God doesn't need it. There are multiple texts in the Hebrew Scriptures that say that God demands not just a "Thank you," but a sacrificial "Thank you." I suspect those passages were inspired by our human tendency to project what somebody else may need or want. What value is there in giving a dollar to somebody who has all the money in the world?

It is very nice to be thanked by someone. Yet, any gift given with joy and love brings about feelings of joy and love for the giver without any expectations in return. To receive thanks is nice, but very incidental really. There is a healthy merit to hearing words of appreciation, but even an ounce of an expectation of a quid pro quo response seems to reduce the richness of the giving at least a bit.

So doing a bit of a 180, I have concluded that God indeed wants us to be thankful not for any benefit it brings to God, but for our sakes. We try to instill in our children a sense of gratefulness not just to develop in them a proper behavior of politeness, but also to foster in them a heightened sense of consciousness – a deeper sense of knowing that in their humanity is something sacred.

We should be thankful for selfish reasons. We should be grateful in order to have a deeper appreciation of the unlimited abundance that the Universe provides for us. We should give thanks for even the smallest gift that somebody may give to us even if we are suspect of their motivation in the giving. We should write “Thank You” notes first and foremost for our own benefit. Of course all of which I am suggesting assumes that the thanks we express is real and from the heart and not perfunctory. When it is genuine we are being properly and spiritually selfish and fed. When it is not genuine, we are acting contrary to our inner Christ essence.

I have so very much for which to be thankful. For selfish reasons throughout all of November I will work on a greater mindfulness in response to the tons of blessings that I have. I begin with all of you in my church family. I am thankful for each and every one of you, and for the sharing of yourselves as you so generously do. Thanks to you I know greater joy, compassion, wisdom, kindness, love and peace. Thank you for showing me a little clearer Face of God.



Would someone please pass the sweet potatoes?

Peace,
Rev. Mike
revmike@unityoffoxvalley.org

Youth Education for a Younger Crowd

For the month of November, our youth will explore the “**The Power of Letting Go**,” symbolized by the color **Russet Brown** and represented **the disciple, Thaddeus**. Our older youth will discover that very little is known about Thaddeus except that he was possibly the brother of James the Lesser, both being relatives of Jesus, and that he had likely traveled to Arabia, Syria, and Persia to preach the gospel till the end of his life. For all the youth, we will teach through stories, songs, prayers, and crafts, that the Power to let go means releasing thoughts, emotions and actions that no longer serve us. Furthermore, by imparting on this Power, we are opening our hearts to embrace the love and strength of Spirit to manifest only the good in our loves.

This time of Thanksgiving will be the perfect opportunity to inspire our youth to appreciate everything that comes into their lives – even those that are painful or sad. To enhance this understanding of gratitude, we will be creating DIY Thanksgiving cards, which they can share with their loved ones. This activity will help them reflect and express the true meaning of gratitude.

Our **Christmas Pageant** will soon be upon us, and this year's theme is "The Comfort of Christmas" with respect to the title of the 2024 Unity Advent booklet. This heartwarming performance will be held on Sunday, December 15th, during the 10 am Service and will embody the metaphysical interpretation of the Nativity story. We welcome youth of all ages, as well as any interested adults, to participate by signing up downstairs in the Youth Ed area. Rehearsals are scheduled for Sundays, December 1st and December 8th, during class time, and for Saturday, December 14th, at 9 am in the church sanctuary. For further information, please contact me at marynowroozi@comcast.net.

Our affirmation for this month is "I release, I let go, and I let God enlighten my life. I am grateful."

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



Prayer Chaplain Ministry



The holiday season has begun...

Although the commercial world in which we move has catapulted us into the Christmas countdown, I invite us to honor, this year especially, November's sacred holiday of Thanksgiving. No matter what we face as the month progresses, it's important to count our blessings. A basic Unity lesson is that whatever we bless increases. It may sound simple but giving thanks for *what can be* one of the hardest things to do.

As we apply the principles we learn in our practice of Truth, I invite you to contemplate the last two attributes of Unity's basic divine ideas (the Twelve Powers) - *Release* and *Life*.

Mary Kupferle, a classic author of articles published in Unity Magazine, Daily Word, and other publications, tells us in her book, *God Will See You Through*, to "Trust, truly trust, the Spirit within. Your trust frees you from burdens and *releases* you from feelings of

excessive responsibility... Practice trusting God, practice trusting God's presence in you, practice trusting God's presence in others."

She offers the affirmation, "I trust the Spirit within," then suggests that we "let go!"

And as we let God and let go, we open ourselves to the unlimited *life* of God that flows through us, no matter what appears in our outer world...

How DO we let go? How DO we let God?

Prayer and meditation

Our Prayer Chaplains - Pam Verner Skaar, Denise Hage, Wanda Faye Holmes, Bobbi Severson, and Marie Manella - are here to support you 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 that we open ourselves to the blessings that are within and all around us...

With love,
Marie and Bobbi

Dorothy Pierson, Unity author

Trust

Excerpted from *Together: A Celebration Truth*

Hold to the idea!
Steady the mind to
Single Intent.

Hold to the idea!
Steady the mind on God;
Let the single-mindedness
Ignite the divine spark.
Let the fire of Truth
Dispel ignorance,
Dissipate the dark.

Trust.

Inner Peace - I breathe in an atmosphere of God's perfect peace.

Guidance - By the light of divine wisdom, I know the way to go.

Healing - All conditions are harmonized and healed in the presence of God life.

Prosperity - In a spirit of thanksgiving, I thrive.

World Peace - I am a visionary of peace within and among all people.

Name Tag Sunday

1st Sunday of the Month

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



Beatles Sunday



Sunday, November 3rd, 10am

***Look out...Unity of Fox Valley
will be experiencing a "Beatle" invasion!***

Much of what Unity teaches us aligns with what the Fab Four embodied, so we hope you'll join the UFV Music Team as we celebrate the music of one of the most influential bands in all of rock history. We want to see you "standing there," ready to "twist and shout," "give peace a chance" and/or "let it be!"

But maybe don't "come in through the bathroom window." Just the regular doors will be fine.

Kitty Karn, Music Director: kitty.karn00@gmail.com



Please contact Kitty Karn, Music Director, with any questions: kitty.karn00@gmail.com

Please click [here](#) for the Beatles Sunday 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



**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**



Please sign up for Sunday, November 3rd,
after the Service

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

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

Secret Santa



For the 21st year, Unity of Fox Valley will be providing gifts for children who are served by CASA (Court Appointed Special Advocate) Kane County. These are children who might otherwise find their Christmas trees bare.

The Christmas Tree will be on the back wall of the sanctuary for the whole month of November.

Please select a tag or tags from the tree and return your gifts on or before Sunday, December 1st.

Please contact Kathleen in the Church Office with any questions: churchoffice@unityoffoxvalley.org

***Please don't be late!
Only ONE delivery trip will be made to CASA.***

Please contact Kathleen in the Church Office with any questions: churchoffice@unityoffoxvalley.org

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

ONLINE Men's Group



1st & 3rd Tuesdays, 7pm, ONLINE

This group explores spirituality and religion in diverse and exciting ways.
Newcomers are ALWAYS welcome!

Please contact the Church Office with any questions & to request the login information: churchoffice@unityoffoxvalley.org

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

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

Healing & Wholeness Service

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.



HEALING AND WHOLENESS SERVICE

Friday, November 8th, 7pm

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

Please click [here](#) for the Healing & Wholeness website.

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

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.

Annual Meeting



Annual
MEETING

Sunday, November 10th, 11:30 am

The Board of Trustees of Unity of Fox Valley cordially invites you to attend our Annual Family Meeting, in the Sanctuary.

The meeting will begin after the service at approximately 11:30 a.m. and last for about one hour. We will be reviewing our goals and financial status and electing new officers to the board. Everyone is welcome and encouraged to attend; however, you must be a member to vote at the election.

The Annual Meeting will not be Live Streamed.

Please click [here](#) to take you to the Annual Meeting website where you will find the documents you will need.

If you have any questions, please contact the church office: churchoffice@unityoffoxvalley.org or any of the Board Members.

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

On Grief & Grieving Class

On Grief and Grieving Class

**Wednesdays Nov 13, 20; Tuesday, Nov 26;
Wednesdays, December 4, 11 , 6:30-8:30pm
Adult Ed Room**

It is said *"There is no correct way or time to grieve."* The book, *On Grief and Grieving* applies the five stages of death to the grieving process and weaves together theory, inspiration, and practical advice. Through education, exercises and sharing, the *On Grief and Grieving Class* hopes to make the challenging road of grief a little easier. The upcoming holidays are a time to be gentle to yourself. Sign up at the sign up table.

ON GRIEF & GRIEVING

Finding the Meaning
of Grief Through
the Five Stages of Loss

ELISABETH
KÜBLER-ROSS, M.D.
& DAVID KESSLER

Foreword by MARIA SHRIVER
"NONE IS BETTER AT A GRIEVING FRIEND
OR RELATIVE THAN SHE IS AT KEEPING"

All Texts available
on Amazon



REQUIRED TEXT:

**On Grief and Grieving, Finding the
Meaning of Grief Through the Five Stages
of Loss**

By Elizabeth Kubler-Ross and David Kessler

SUGGESTED TEXT:

**Finding Meaning: The Sixth Stage
of Grief** By David Kessler



Facilitated by Maria Cosentino LUT

Please contact Maria with any questions or for more info.: mlcosentino@gmail.com
Unity of Fox Valley 230 Webster Street, Batavia, IL 60510 www.unityoffoxvalley.org

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

**Please contact Maria with any questions or for more
info.: mlcosentino@gmail.com**

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

Thanksgiving Feast



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

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

Thanksgiving Service



Thanks giving Service

Wednesday, November 27th, 7pm

Please join us for a time of expressing gratitude. A time to show from our hearts appreciation for many gifts we have received. A time to open our hearts to even greater good. A moment of quiet and reflection to give thanks for many blessings we receive each day.

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

Christmas Decor & Chili Party

CHRISTMAS DECORATING & Chili Party!

10am, Saturday

November 30th



Please join us for some fun and fellowship
as we prepare our church home
for Christmas!

*Do you have a favorite chili recipe?
Bring a pot to share!*



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

Volunteer Ministry

WHAT VOLUNTEERING MEANS TO ME:

"Volunteering means helping others that need help. You get to be around other people that love you" Sami Fletcher!!

And we certainly love you Sami and I can't think of a better reason to volunteer!!



So be like Sami, check out these Volunteer Opportunities, and stretch yourself!!

VOLUNTEER OPPORTUNITIES!

THANKSGIVING FEAST: Signup sheets are up!! Please take a look and let us know what you can bring and what you can do!!

SUNDAY MORNING ASSISTANCE, (during the service) is needed and appreciated!! This is how we have everything ready for you to sit down, relax, enjoy and reflect with your friends and family why you are grateful!!

CHRISTMAS DECORATING & CHILI PARTY: FAST UPON US MARK YOUR CALENDARS!! Church decorating and chili cook off is November 30th so that we can have the Sanctuary readied for 1st Sunday of Advent!! No signup necessary, just show up at 10:00, have fun and beautify and then partake of some wonderful chili that is guaranteed to warm your tummy!!

The **GREETER TEAM** is in need of additional people to help on Sunday mornings! Such a vital ministry that acknowledges and supports all that walk through those doors. If you have signed up, please recommit and be consistent with your Sundays. Again, if we have enough people, one Sunday a month is all you need to do!!

If you haven't signed up, then I invite you to consider what an easy way it can be to serve and support our Church Community.

ALSO: IN JANUARY WE WILL NEED A CHAIR TO LEAD THIS SACRED MINISTRY. IF YOU HAVE QUESTIONS, PLEASE FEEL FREE TO CONTACT Bobbi Severson, bsever4785@gmail.com.

SHOUT OUT!!

If you haven't noticed the front doors on the original part of the building facing Webster Street, you need to check them out!! Hint: They used to be green!!!

A big THANK YOU to Dave Rolison for your labor of love!! Lots of sanding and painting so we are grateful!!

And we are more than grateful for all of our wonderful, generous, and loving volunteers!!

**HAVE A BLESSED THANKSGIVING and remember,
"If the only prayer you say is Thank You, then that is enough".**

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:

- Two Chromolux 72 watt full spectrum flood light bulbs
- About 16 railroad ties located on the west side of the Unity parking lot (was Larry's flower garden). Feel Free to take.
- 2 sets of pet stairs, 18'h x 24"d x 16"w, 4 stairs on each, each step is 5 1/2" deep; the stairs can be separated into 2 and 2; they are foam covered in stretchable grey fabric; suitable for chihuahuas, maybe other cats would like them.
- Variety of cassette tapes of various artists. Please click [here](#) to see the list.
- Cardboard Cactus. Please click [here](#) for a photo.

CURRENT REQUESTS:

- Old denim jeans. Size & condition isn't a factor.

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 questions on the products, please contact Sue Rolison:
sue.rolison@comcast.net**

**For more info. or any questions on ordering, please contact Kathleen:
churchoffice@unityoffoxvalley.org**

Upcoming Events

- **Soup Sunday & Secret Santa Gifts Due** 12/1
- **Men's Group** 12/3 & 17
- **Service of Remembrance** 12/8
- **Healing Service** 12/13
- **Youth Christmas Pageant** 12/15
- **Ugly Christmas Sweater Day** 12/22
- **Christmas Eve Candlelight Service** 12/24
- **Meagon McDonough & Daniel Nahmod** 12/29
- **World Healing Meditation** 12/31



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](#) 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.



Fall is so beautiful at our property. This photo is just the yellows but WOW you should see the red and oranges! It's such a beautiful time of year 🍷💛

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.

