

January 2025

Ministerial Musings



Here we are. Christmas pretty much is in the rearview mirror. Yes, we have New Year's Day to start the month, but aside from a bowl game or two all the partying pretty much took place the night before. And not to bring anybody down, but the harsh reality is that winter only officially began just ten days ago. We have another three months of dressing in layers, wearing mittens, winter coats, winter hats and the dreadful possibility of boots. I am personally grateful for my baby blue blanket.

Funny, I never minded winter as a child. Jack Frost always was nipping at my nose. Suzy Snowflake kept tap, tap, tapping at my windowpane and Frosty the Snowman repeatedly was doing his thumpity thump thump, thumpity thump thump. They did not bother me in the least. In fact, they entertained me and delighted me. I excitedly introduced them to my young daughters thinking they would miss out if they grew up not meeting them.

I do not recall when winter became something to dread rather than embrace, but it did. Jack Frost, Suzy Snowflake and Frosty the Snowman had become evil in my mind. I spent most of my adult life longing to bask in a warm climate during the winter. All my efforts to become a snowbird always ended up being stymied by something. Resentment came to live with me on December 26th and sometimes overstayed its welcome well into April.

Why? It occurs to me that the change in my attitude was not restricted to my perspective with regard to winter. In jobs, relationships, memberships and so many other facets of life, the time seems to come when the glitter is gone. Dreams give way to drudgery. When this happens, we tend to look at whatever does not do it for us like it used to, and we wonder, "What is different about them?"

I have come to realize that more often than not, that which we are excited about does not change, but we do. Perhaps we get distracted. Perhaps we grow bored. Perhaps we become frustrated because there really is no way to go back to what was, and that really is a very good thing. Perhaps we just grow tired and fearful of the work needed to keep things fresh.

As much as we may loathe change, we need newness as much as we need oxygen. This pertains not only to our surroundings but also within. The process of renewal is all about replacing old cells and other things that no longer serve us. Spiritual renewal is all about replacing old useless thoughts and truths. The sleep that winter imposes upon us is a gift, an invitation to move into a meditative frame of mind and take an inventory.

Winter is not a time to weather. It is a time to embrace. Nor is it necessary to abandon everything that once was. Today I regard Jack and Suzy and Frosty as loving prophets who taught me how to celebrate the zest of life and winter. They also serve me in this now moment inviting me to take a new view toward winter and its many wonders. The joy and delight they once provided now empower me to engage the winter within me as well as outside..., or not.

Maybe there is a dead of winter. Maybe there is a vibrancy of winter. Maybe it is all how you choose to look at it.



Rev Mike
revmike@unityoffoxvalley.org

Festival of Giving Fundraiser



FESTIVAL OF GIVING FUNDRAISER

Thank you to everyone that contributed to our fundraiser!

Because of your generosity, we were able to raise \$13,842!

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

Youth Education for a Younger Crowd

As we box away the festive ornaments and bid farewell to the holiday season, our youth and their teachers will embrace the New Year with a celebration and renewal through our ***Burning Bowl and White Stone Ceremony***. This meaningful, yearly tradition will encourage us to release what no longer serves us to make room for a fresh start filled with positive intentions for the new year. We will begin our *Burning Bowl Ceremony* downstairs with a guided meditation as an opportunity to reflect on both the tangible and intangible aspects of our lives. We will gently focus on our challenges such as fears, worries, or habits that no longer serve our overall well-being.

After the meditation, we will write these thoughts down on flash paper as a symbolic way of letting them go. With our papers in hand, we will join the congregation upstairs to release our papers into the Burning Bowl in a calm and safe manner.

Once this part of the ceremony concludes, we will return downstairs for our *White Stone Ceremony*. This is a time when we will engage in another reflective meditation, followed by inscribing words or ideas on white stones that represent the positive intentions we hope to embrace in 2025 and beyond. This inspiring ritual will set a positive and meaningful tone for the year ahead.

Also, for this month of January, the youth will focus on exploring the concept of the Power of *Faith*. **Dark Blue** is the color that represents this power, and it is associated with the disciple *Peter*. We will encourage the youth to understand how faith is our highest affirming faculty, empowering us to align our thoughts, emotions, words, and actions in agreement with the Divine ideas of God. To deepen this understanding, we will delve into the Bible stories of *David and Goliath* and *Jesus Calms the Storm*, as examples to teach the kids that faith in God can help them overcome any obstacles, no matter how impossible they seem.

From Hebrews 1:11: "*Faith is the assurance of things hoped for, the evidence of things not seen.*"



In gratitude and with many blessings,
Ms. Mary, LUT, CSE
marynowroozi@comcast.net

Prayer Chaplain Ministry

Happy New Year!

A new year is beginning, and as we face this month of January we may feel uncertain of what might lie ahead in our outer world. But, as Truth students, we are encouraged to consider ourselves "spiritual beings having a human experience." As you begin *your* journey down the path of 2025 I invite you to remember part of the legacy Charles Fillmore, one of Unity's co-founders, bequeathed to us, the 12 inner powers which he believed are inherent in each and every human being. The 2024 Advent booklet, *Be Not Afraid, The Comfort of Christmas* invites us to celebrate the 12 Days of Christmas by contemplating these inborn 12 spiritual powers.



The power for January 1, 2025 - New Year's Day - is **Understanding**, and we are invited to affirm: *Through the Eyes of Understanding, I see the oneness of all things.*

Harking back to an essay written in a previous year's Advent booklet the meditation on this power started by affirming, "To get understanding, I must forget everything I think I know." Further on it continued, "I assume nothing about the year ahead, and with compassion I see clearly who and where I am in this moment... My view becomes less myopic and expands to encompass the bigger cosmic picture of which I am a part." The last paragraph said, "Insights flood my awareness as I see the whole of life. I begin to understand how divinely orchestrated life is. I am grateful for this clarity."

"For the one who is in you is greater than the one who is in the world"
- 1 John 4:4

As 2025 begins, I invite you to "**Affirm Understanding**" and *Through the eyes of understanding, see the oneness of all things.*

Your 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.

Marie and Bobbi,
Author and Editor



Prayer for Protection

The light of God surrounds me/us;

I AM light.

The love of God enfolds me/us;

I AM love.

The power of God protects me/us;

I AM power.

The presence of God watches over us;

I AM presence.

I AM Divine!

Work with the light always, knowing that when you send out the light you are helping to awaken and quicken the light of all beings. Don't look down or back, neither be dismayed by unworthy little things which would trouble and disturb your spirit. Look forward into the light, knowing God is working a purpose out and all things work for good for the one who loves God.

... sayings of White Eagle

Coffee & Tea with Myrtle & Me



Every Thursday, 10:30 am

Dear UFV Family & Friends,

Please come and join us! Bring your drink

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!***

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

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!

Burning Bowl/White Stone Ceremony

A graphic for a 'Burning Bowl & White Stone Ceremony'. It features a black background with a large, stylized flame on the left. The text 'BURNING BOWL' is written in a fiery, glowing font. Below it, '& White Stone Ceremony' is written in a white, bold font. At the bottom, 'Sunday, January 5th, 10am' is written in white. A yellow rounded rectangle at the bottom contains text describing the service.

**BURNING
BOWL
& White Stone
Ceremony**

Sunday, January 5th, 10am

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

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

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

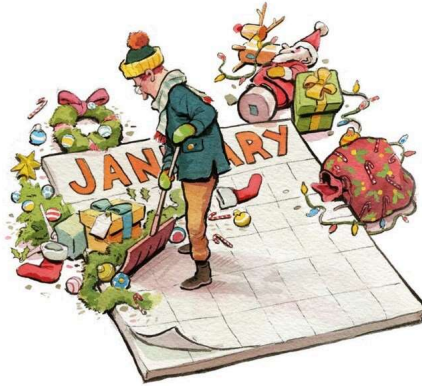
Please click [here](#) to take you to the Youth Ministry website.

Christmas UnDecorating

Christmas Un-Decorating

**Sunday, January 5th,
after the Service**

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



**More hands
make quick work!**

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

Soup Sunday



**THE FIRST SUNDAY
OF EVERY MONTH**

**SIGN UP TO BRING
YOUR YUMMY SOUP
TO SHARE!**

**IT'S GONNA BE
DELICIOUS!!**

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



**Please sign up for Sunday, January 5th,
after the Service**

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

Please click [here](#) to take you to the Cafe 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, January 10th, 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
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.

Orchard Book Signing

CELEBRATE WITH US
AN **EXCLUSIVE** UNITY OF FOX VALLEY **BOOK SIGNING**

MARGE ORCHARD

**Sunday, January 12,
After the Service**

This is your opportunity to meet the author and purchase the book!

 For more information, please contact Marge Orchard: margeorchard@gmail.com

And I Came to Be
Margaret Orchard

The flyer features a teal and white background. On the right, there is a book cover illustration with a blue sky, a sun, silhouettes of a family, and a heart containing a stethoscope and red roses.

For more information, please contact Marge Orchard: margeorchard@gmail.com

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

Women's Group Meeting

2nd Sunday of the month, 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.”



Any questions? Please contact Bobbi Severson, bsever4785@gmail.com

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

Univeral Human

UNIVERSAL HUMAN

Creating Authentic Power and the New Consciousness

Tuesdays, January 14th - February 18th, 6-8pm

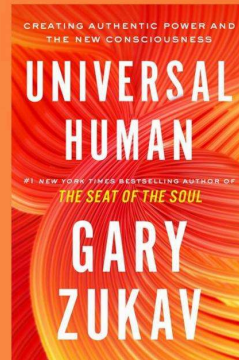
Online book study with Deb McQuaid, LUT

Join us as we explore this book by Seat of the Soul author and teacher, Gary Zukav, as he shares a new vision of power and hope in this time of extraordinary transformation. Universal Human gives us new tools to grow spiritually and shows us how to transform everyday experiences of hopelessness, emptiness, and pain into fulfillment, meaning, and joy. It points us toward a startling new destination that is beyond culture, religion, nation, ethnic group, and gender. It shows us a new creation story—our new creation story—as we create it with our choices, our deeds, and our words.

Required Book:

- **Universal Human**
Creating Authentic Power
and the New Consciousness
by Gary Zukav.
Available on Amazon.com or other booksellers.

***All are welcome to attend!
Love Offering appreciated!***



Please RSVP to debmcquaid@aol.com
to be provided the Zoom link for class.



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

Please RSVP to Deb McQuaid: debmcquaid@aol.com

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

Volunteer Fair

UNITY OF FOX VALLEY

Volunteer FAIR



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!

Sundays,
*January 19th
& 26th*
After the Service

For more info., please contact Bobbi Severson: bsever4785@gmail.com

Please contact Bobbi Severson (bsever4785@gmail.com) with any questions or for more info.

Please click [here](#) to take you to the Volunteer Ministry website

Volunteer Ministry

WHY IS VOLUNTEERING IMPORTANT?

Let me take you on a little imaginative story that will answer the above question. Are you ready? Here we go. . .



Once upon a time when I came to church one Sunday Morning, it seemed kind of dark and not many people were there. The ones who were arriving were just as confused as I was.

No enticing cooking aromas were coming from the kitchen and it was dark. It was already close to the time that church was to start, so I was really getting concerned. I ventured upstairs where there were a few lights on, but the Music Team was not there, nor was the Audio-Visual Team that provides the sound, records and live-streams our service. The balcony was eerily dark as was most of the Sanctuary.

I finally found Rev Mike and Kitty who were on the Platform looking dazed and confused, but ready to proceed with the Service as best as they could. Where had all of their support volunteers gone? **Were they abducted by Aliens?**

As people began to arrive, there was no one to greet them or hand out the bulletins. This was turning out to be a very strange Sunday. Kids were arriving downstairs, but Mary had no extra volunteers or parents to help. She would be able to handle a few kids, but Children's Church would probably have to be a little different.

Rev Mike went on with the service, but without sound. Kitty played the piano but had no sound or vocal backup. But, hey, they carried on as the professionals they are. They welcomed us and proceeded with the message and music, as different as it was. When it came time to do our love offering, there was no Greeter Team to take up the tithes. And I was looking for a Prayer Chaplain because I really needed to pray with one today. But they were not there either. Finally, someone stepped up with a basket and we dropped our tithes in it as we proceeded downstairs for our usual coffee and goodies.

WAIT!!! WHAT HAS HAPPENED? The kitchen was **DARK!** No enticing smells and no one had made the coffee or put out any food for us. Well, this was sad!! This is the time when I can talk and catch up with my friends!! What are we going to do?? Boy, this was one weird Sunday. Guess I will head home and hope and pray that the **Aliens that abducted our Volunteers** bring them back by next Sunday!!

So, as scary as this scenario is, I think I just answered the question of why volunteering is important. The last two Sundays in January, (19th and 26th), you will have the opportunity to sign up for any number of Volunteer Sacred Ministry Teams. Believe me, they truly are sacred ministries that support Rev. Mike, Mary, Kitty, and you, the congregation. Without them our Spiritual home would, indeed, be dark!! So, search your heart and if you have never been brave enough to volunteer, or don't feel you have

the time or energy, think about how we can carry on with just a limited number of volunteers. We have a number of dedicated volunteers for which we are truly, truly grateful. They have been giving of themselves for many years. If we don't have volunteers some of the fun things that we have been enjoying over the years may not happen, our Easter Feast, Picnic, or Thanksgiving Feast, to name a few!!

We have a few key ministries that need Chairs or Co-chairs. Please consider volunteering for our **Greeter Team, Community Outreach Ministry, & Special Events/Feasts team**. These teams play an important part in enhancing our Spiritual experiences and supporting our community. They are key to the spirit of Unity of Fox Valley.

I really want to thank JoAnne Walker who has led the Greeter Team this year and Kathleen Malick who graciously took on the task of Outreach when we didn't have a chair for the last several years. Both ladies need a well-deserved break!! AGAIN, these are key positions that need to be filled!!!

I would be remiss if I didn't finish this article with some much deserved "thank you's" for the month of December! It was a busy time that started with decorating for Christmas, the Children's Pageant, special music by our Music Team throughout the month and especially the Christmas Eve Service, and a special concert by Megan McDonough and Daniel Nahmod.

All of these activities were supported by the dedication of our tireless volunteers!! We love and appreciate all that you do to enhance our Spiritual experience here at Unity of Fox Valley!!

OUR QUOTE FOR THIS MONTH, "WHAT VOLUNTEERING MEANS TO ME"

"Giving light & Love; Receiving Light & Love". Deb McQuaid

Well said Deb!! May your year be filled with giving, receiving, light and joy!!

Love, Blessings, and Prayers!!
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:

- About 16 railroad ties located on the west side of the Unity parking lot (was Larry's flower garden). Contact Sharon Mays with questions; otherwise, feel free to take. sharon_mays@comcast.net
- Variety of cassette tapes of various artists. Please click [here](#) to see the list.

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**

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.



Seems like December was the month of cats & generosity from my husband! Galen spoiled me A LOT last month and I am so grateful for his gifts. My cat, Reese gave me a nice scratch right on my nose! and a new cat showed up at the house and I named him Otto. He is a big beautiful black furred boy, and I love him!

I'm also glad to hear that people really enjoyed the Singing Reindeer I hung up in the sanctuary! It was quite the endeavor to hoist them up there, but it was well worth it!



See you all next 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 Mali](#)

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.

