

This is why Black History Month is potentially is so significant. The ideal expressed here is not going to happen just like so. It will require work, but that work brings hope and promise. The more all races, creeds and nationalities can learn from the victims and heroes who have been a part of the African American journey, the more we inch forward toward who and what we are and the greatness of the gift of life we all share. Black history is so much more than a compartmentalized segment of human history. It is a part of us all.

I find it fitting that February has been chosen as Black History Month. February also is home to Valentine's Day, a day more than any other that celebrates love. Of course, February also includes Groundhog Day. In the spirit of that holiday, we get to decide. Will there be more of what has been, or will we move to warmth and come together to build a New Day?



Rev Mike

revmike@unityoffoxvalley.org

Notes from the Board

- Our latest Board Meeting included a day retreat held at Holmstad (free use of space!) January 11. The retreat facilitator, Ellen Schnur, did a marvelous job providing tools to be an even better Board, building bonds of trust and understanding.
- We welcomed new member, Nate Birr.
- In addition to minutes approval and reports.
- We agreed to continue with an Activity Sign Up Sunday where Activities are offered to determine most popular activities to be provided...we also include an open signup sheets for other activities members would like.
- The 2024 Board Officers have been voted to continue in 2025.
- We agreed a committee is necessary to provide outreach to over 880 plus new homes in Batavia happening in 2025/2026.
We want to support Bobbi in an effort to increase vital volunteer support.
- A BBQ drive thru Fundraiser in late spring will need many volunteers for a one time four hour time period to defray the costs of more UFV Property improvements as well as keeping income in line with expenses throughout the year.
Please Volunteer!

Please contact any member of the Board with your questions.

Youth Education for a Younger Crowd

Throughout the month of February, our Children's Church and Juniors, guided by their teachers, will delve into the inspiring theme of the "**Power of Love.**" Represented by the color **Pink**, this Power will highlight the teachings of the disciple John and our

Way Shower, Jesus. Through meditating, storytelling and interactive role-playing, our youth will discover the importance of sharing and caring as meaningful ways to express love.

Our Uniteens are eagerly anticipating an exciting Lock-In event on Saturday night, February 15th. The evening will kick off with plenty of fun as they join other congregants at our monthly **Game Night**, enjoying board games, munching on snacks, and lots of laughter. After the games wrap up, the teens will settle in for a cozy overnight stay upstairs near the church sanctuary, complete with their sleeping gear and supervised by our dedicated teachers and parents to ensure a safe and fun experience.



Their adventure won't end after a night's stay. On that following Sunday morning, February 16th, the Uniteens will head out together for a delicious breakfast at a local restaurant. Later that morning after service, they will host a **Bake Sale**, offering an array of tasty treats – cupcakes, cookies and brownies – to support their upcoming activities.

All treats will be available for a love offering, and the money earned will be applied to their Youth Fund to assist with the cost of their upcoming Spring retreat. Please mark your calendars and join us that Saturday for a night of friendship and fun and then on the following Sunday for a time to give your heartfelt support for our amazing Uniteens! Your generosity will make a meaningful contribution for our teens and will be greatly appreciated.

I'd like to close with a Bible verse in honor of Valentine's Day,

“Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength, and your neighbor as yourself.” Matthew 22:37

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

Prayer Chaplain Ministry

The first month of this new year, 2025, is already history. And so, we move on!

Considering what to write about this month I read through some past newsletters and decided to revisit part of the August 2022 missive, written as we were “coming out of” Covid. Although that was only 2 1/2 years ago, it almost seems like ancient history.



And the future that is now unfolding is no longer a “figment of some people’s imagination.”

However, the truths quoted in that *long ago* newsletter are as fresh today as when they were written by the authors during the latter part of the 20th century...

As Unity students we know that we are unlimited spiritual beings; that the resources we look to for guidance and support to navigate in this world are within us! For inspiration, here are a few excerpts from the two books that Rev. Mike used in a recent (2022) Welcome to Unity Class. (Both books are currently available on Amazon.)

The first is from Eric Butterworth's *Unity: A Quest for Truth*. "On the human level of appearances, it seems that changes can lead to loss and injustice. But beyond the appearance is a level of experience where God's law of adjustment is always active, turning losses into gain, revealing the truth that even if (it) was intended for evil, God intends it for good... Divine order is always established within and beyond the experience for good." (p. 102)

How can we look beyond the appearances that seem to surround us in this life? If you have read or studied any Unity writings, you might be familiar with this answer - practice prayer and meditation. The book *Alternatives, New Approaches to Traditional Christian Beliefs* by William L. Fisher describes a number of traditional types of prayer, then offers more effective ways to pray. "Real prayer is an entrance into spiritual communion with God. This can only be done when we pray our own heartfelt prayers, when we pray in order to feel a sense of kinship with God... The Apostle Paul instructed us to 'pray constantly.'" He goes on to say that we don't have to be on our knees or point our folded hands upwards. The position of our body is not important, "but the position of our mind is all-important. We can have a constant *attitude* of prayer." (p. 32)

This is the day that the Lord has made; let us rejoice and be glad in it.

Psalm 118:24

If you have ever contemplated becoming a prayer chaplain, we invite you to join our **Prayer Chaplain Ministry Training** being held the following two weekends: Friday the 28th of February, & Saturday, March 1st; then Friday March 21st & Saturday March 22nd. Fridays we'll meet from 6 PM to 9PM and Saturdays will be from 8 AM to 5 PM. This training is an opportunity to enrich your spirituality through service to our members. Your decision to be a Prayer Chaplain is not expected until after the training has been completed.

The requirements for applicants are:

- Have a willingness to acknowledge and call on the presence of God;
- Have a willingness to consistently and empathically listen;
- Have a willingness to pray with others;
- Hold all that is shared with you in the strictest of confidence;
- Demonstrate a willingness to stand in faith, trusting in God;
- Show genuine interest and respect for the well-being of all congregants as well as your fellow Prayer Chaplains;
- Be a current active member of Unity of Fox Valley ministry.

Both women and men are welcome to walk this spiritual path. If you are interested or have any questions, we invite you to contact Bobbi Severson (630) 632-2368 bsever4785@gmail.com or Marie Manella (630) 803-1630 mleduc7@yahoo.com

"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." - Matthew 25:40

Your Prayer Chaplains - Wanda Faye Holmes, Denise Hage, Pam Skaar, Mary Nowroozi, Bobbi Severson and Marie Manella - are committed to making periodic Caring Calls to support you, our spiritual family, with your prayer needs. There is at least one prayer chaplain available after service each Sunday, too. 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. If you have not been receiving prayer calls and want to start now, please contact the church office at 630-879-1115 or send an email to churchoffice@unityoffoxvalley.org and a PC will be in touch.

Blessings and hugs,
Marie and Bobbi



From Maria Shriver's Sunday Paper
Prayer of the Week
January 26, 2025

Dear God, grant us the courage to walk with compassion, and the wisdom to extend mercy and kindness to all, so that we may help build a world where every soul feels seen, safe, and at home. Amen

The sacred prayers used by the Unity Prayer Ministry this February

Inner Peace - My thoughts still in the state of peace.

Love - Love is my name and compassion is my practice.

Wisdom - I embody divine wisdom.

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

Health - Centered in wholeness, I am healthy.

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.

Name Tag Sunday

NAME TAG SUNDAY!



1st Sunday of the Month

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

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.

ONLINE Men's Group



1st & 3rd Tuesdays, 7pm, ONLINE

February 4th's meeting will be at the church!

We will be watching the movie 'Groundhog's Day'.

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**

**ONLINE A Course in
Miracles**



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

Souper Bowl Sunday



**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.

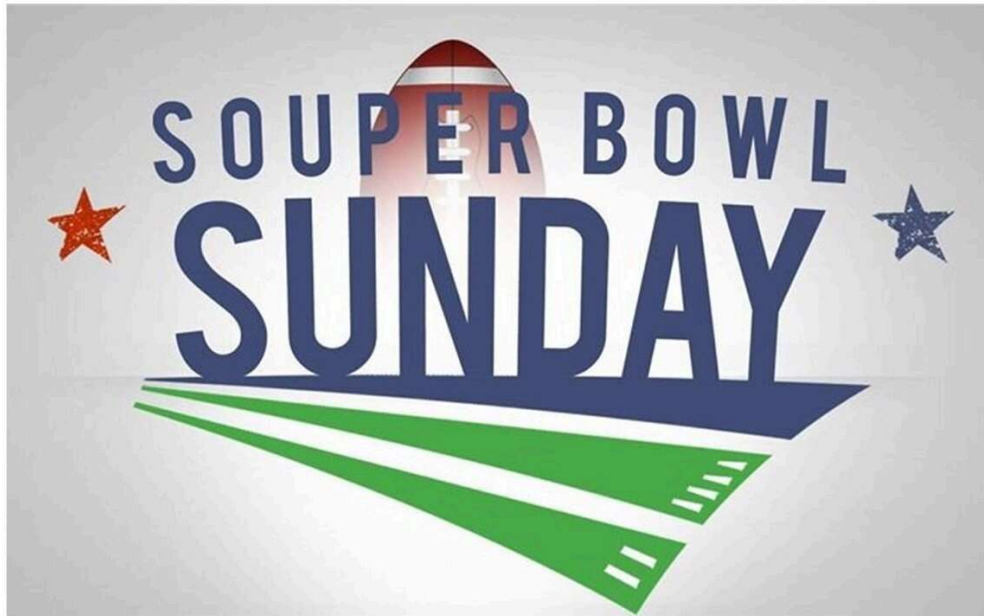
Everyone is welcome - you may join in at any time!

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.

5TH ANNUAL



**SUNDAY, FEBRUARY 9TH,
AFTER THE SERVICE**

We need people to sign up to bring soup and food accoutrements that go along with soup

We look forward to seeing you there!

Please contact Wanda Faye Holmes for more info:
geminiangoddess2000@yahoo.com

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

Women's Group Meeting

2nd Sunday of the month, Noon

*Black History presentation
by Wanda Faye Holmes.*



"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.

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, February 14th, 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](#).

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**

Saturday, February 15th, 7pm

Joey Nelson tyloredurden@aol.com

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

Bake Sale



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



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

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

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

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

Volunteer Ministry

THANK YOU!

THANK YOU!

THANK YOU!!



“BE GRACIOUS WITH YOUR WORDS, AND GENEROUS WITH YOUR GRATITUDE”

We are blessed by YOU, OUR VOLUNTEERS, and all that you contribute to our church community!! When we look at the size of our congregation and all that we accomplished throughout the year, we are both amazed and grateful!!

We decorated and undecorated, we gave generously to our Outreach programs, we hosted special feasts and concerts, went on a riverboat cruise, trimmed and spruced up our outside. I can go on and on with all of the fun things, hard work things, needed things, big things, and little things that were accomplished. Much of it behind the scenes with hard work and dedication. So, we send out a heartfelt SHOUTOUT of much gratitude and love for your dedication and love of this community!!!

We just finished our Volunteer Fair and we are thankful for everyone that signed up to be part of our many Sacred Service Ministries. Again, we can't do these things without you!!! The Chairs of each Ministry will be in touch to give you more information on how you can support the team and make a difference!!

If you missed signing up, it is never to late. Contact me, bsever4785@gmail.com, with your questions or concerns about volunteering for one of our Teams!!

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

“Volunteering gives me and outlet for my talents & interests” ~ (Unsigned)

Even if you don't feel like you are creative, your talent lies in your willingness to get the job done!!!

I sign off with much love and appreciation!!

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:

•

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: churchoffice@unityoffoxvalley.org

For more info or questions on the products, please contact Sue Rolison:
sue.rolison@comcast.net

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.



Happy Anniversary to us! Galen and I celebrated our 15th anniversary by enjoying afternoon tea. The other photo is our finished dining room. We can finally say it is complete! A project that started last winter and now done for us to enjoy. (Click on the above photo for more photos of our renovations & adventures!)

We also have a lot of wildlife visiting us at home. I thought you might enjoy this video of deer running through my property. Enjoy!

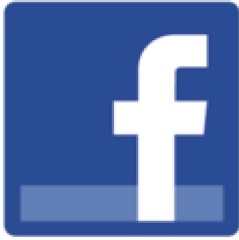


**Please remember that it is NEVER too late to eat right, get up and get moving!
Love yourself by treating your body right! It's the ONLY one you have!**

[Kathleen Malick](#)

If you click on my photo or my name above, it will take you to my Instagram page for more photos of my life. (FYI - This is my personal IG account. Although it is quite tame, please know that I do not censor it for anyone.)

Follow Us on Facebook



Connect with us on Social Media by liking our Facebook page! There you will find updates on our events and general news.

<https://www.facebook.com/unityoffoxvalley>

Contact Information

phone: 630.879.1115 churchoffice@unityoffoxvalley.org

fax: 630.879.1728 www.unityoffoxvalley.org

prayer line: 630.879.1129

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A Note about Unsubscribing: If you unsubscribe to any email you receive from UFV, you will no longer receive any email notifications from us - including Sunday Service links.

