

April 2025

## Ministerial Musings



The ability to express the truth in different ways is a universal human gift. Sometimes the message is manifested through books, magazine articles, plays, music and movies. Sometimes it is through folklore told to a large audience; other times it is appropriate to a smaller esoteric group. Regardless, stories have a knack of bringing the point home in very effective ways.

One of my favorite songs ever is Peter, Paul and Mary's, *I Dig Rock and Roll Music*. First of all, the song itself really is a wonderful cut of Rock and Roll pleasing to the ear and a fun dance number. But the song gives a not-so-subtle jab to the Rock and Roll culture that was so prominent in the late 60's and definitely attacks the Mamas and the Papas as well as the Beatles. The best line in the song is, "I think I could say something. But if I really say it, the radio won't play it unless I lay it between the lines." Fun stuff for sure.

Throughout history fairy tales have been very effective and useful to convey values, make social statements and successfully target political figures and government structures. This goes back all the way to Aesop. You can spend some delightful entertainment time looking up the underlying messages of things like Jack and the Bean Stalk, Humpty Dumpty and The Three Little Pigs.

Well prepared and thought out works of literature have a way of saying things through myth and allegory that allow the message to get absorbed below the skin. This is done by triggering emotional reactions rather than making intellectual arguments. Sometimes

the efforts of persuasion are obvious and sometimes not. Storytelling is the art of getting it said without actually saying it.

This is not to say that every story or every form of art is automatically a work of Truth. Clearly this is not the case. I recall from my very young days a storybook or two that promoted the belief that white was better than black. Likewise, some animals were cute and lovable while others were mean and nasty and bad.

It is not surprising that most of the scriptures consist of storytelling. The Book of Revelations absolutely was written to subversively deliver political messages that would not have been readily interpreted by the Roman Empire. The real point though is while they may not be true literally, they still offer a great deal of truth on multiple levels.

We all love a good story. In fact, we all live a good story. We tell it by our choice of clothing, choice of colognes, hair styles, make up and very much by body language. We all show up in different ways often trying to say who we are by not saying directly who we are. I am not speaking here about hypocrisy or deception. Rather, it is the art of revelation because it is unspoken but very much the case that storytelling is a universal means of communication. This applies even to the stories we tell ourselves about ourselves.

Still there are shared elements in the human experience. That is, we all have aspects that are common and should be told in one form or another. Ironically, I believe that it is no fairy tale that we all are living breathing fairy tales waiting to be told. There is a POINT to your myth that should not be missed or overlooked and certainly should not remain untold.



This month we celebrate the Resurrection of Jesus. Whether or not this ever really happened is so not the point and is not a factor in finding the REAL of the story. Every one of us has a personal Easter story waiting to be told. How terrific it would be if we all decided to “rise” to the challenge!

My suggested read: The Velveteen Rabbit

Rev Mike

[revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

## Notes from the Board

At our March Board meeting we approved February minutes and Treasurer’s report; we continue to be mindful year-to-date we are \$10,000 expenses more than income. To begin to help with our lack of income we will have a Fay’s BBQ drive thru fundraiser May 21, Wednesday 4-7pm. Fay’s does the cooking outside. Unity volunteers will help and

all of our Unity Family will be encouraged to sell tickets, buy on line, and invite friends and family to enjoy a night off cooking and have some delicious pork chops and/or chicken. Presale is \$1 less per meal than buying at the time of the event. For those not familiar hungry people just drive thru, pick up their meals, and take them home for a no preparation/no dishes, just dive in evening. This event will have the added benefit of creating awareness as we are not on a well-traveled street.

The expense of sprinkler repair is being shopped around for a better price.

A new housekeeping service will begin with similar expense – and their own liability insurance (relieving us from more increased insurance cost after this year.)

Our Board Meetings will continue in 2025 on the second Monday of each month at 6pm. Marketing group advised their directions including addressing a welcoming station at the parking lot entrance, welcoming of new residents in large new Batavia development, and signage.

We reviewed the signup sheets. In addition to other activities such as the Cougars game, throughout 2025 we plan a CPR/first aid class, Abbey Farms outing, BBQ fundraiser, Lizzardo Museum of Lapidary Art, Improv Workshop, Involvement in political environment (Braver Angels). St Charles Riverboat/Sing Along was decided to do every other year due to less interest this year (minimum needed to charter boat for just our group). Under consideration, needing a chairperson: cooking class, Unity Village trip, and water meditation.

For Activities, Feasts, and the like to happen VOLUNTEERS AND CHAIRPERSONS OR CO-CHAIRS ARE IMPERATIVE!

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

## Youth Education for a Younger Crowd

Our Teens are gearing up for an exciting weekend at the **Great Lakes Region Unity churches' Spring Retreat**, taking place April 4-6 in Elkhorn, Wisconsin. We hold them and their sponsors – Dawn, Missy, and Nate - in our hearts, affirming a retreat filled with meaningful connections, personal growth, and uplifting spiritual experiences.

In honor of **Palm Sunday** on April 13, we will reflect on Jesus' entry into Jerusalem, as told in all four gospels. Through a metaphysical lens, we will examine a deeper significance of this event and how it speaks to our inner Christ, inspiring us to a time of reverence and joyful celebration.

The following Sunday, April 20, we celebrate **Easter**. Through engaging story-telling and creative crafts, we'll encourage the youth to explore the meaning behind Jesus' resurrection and its powerful message of renewal and hope. Our purpose is to provide a

nurturing space where they can feel free to ask questions, share their thoughts, and develop their own understanding of this sacred holiday.

Following class that morning, we are thrilled to host our annual **Easter Egg Hunt!** The children will be invited to search for plastic eggs filled with nut-free chocolates hidden throughout the church grounds. Adding to the excitement, a very special visitor – one with long ears and a talent for hopping – will be making a surprise appearance. We look forward to welcoming our families to this joyful tradition.

Lastly, we want to express our deepest gratitude to Joey for his generous gifts to our youth program. Not only has he provided a wonderful collection of children's videos, but he also donated a much-needed Blu-ray player – just in time, as we recently realized our church's DVD player isn't compatible with Blu-ray discs. Joey's kindness and generosity are truly appreciated, and we are so thankful for his support!



With deep appreciation,  
Ms. Mary, LUT, CSE  
[marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)

## Prayer Chaplain Ministry



As I write this tonight it seems that March winds are blowing in April showers a little early. Not complaining because the gifts of spring are already beginning to bloom...

Our second weekend of Prayer Chaplain training was March 21-22, during which Rev. Mike led us chaplains and chaplain-to-be in a very lively discussion about God and prayer. In preparation he asked us to write our personal "credo," which he described this way...

"Everybody's concept of who or what God is, is unique. For some it might be Light or Love or Divine Mind or whatever. I would like people to pray and meditate what Truth or concept they hold to be the most meaningful. Following from that I would then like everyone to express how (they) see their relationship with that reality.

Answers to these concepts very much determine for each and every individual the nature of their prayer work. ... Please note that there is no prescribed format. I suspect most would make an expression in words. Others may offer a song or a piece of art that embodies Divine Reality for them. It is all about what it is that we pray to and how do we make that connection."

I invite you to contemplate your “concept of who or what God is!” This could be a meaningful part of your Lenten practice as we move into the Easter season.

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*On Prayer*

*Then a priestess said, Speak to us of Prayer.*

*And he answered, saying:*

*You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.*

*For what is prayer but the expansion of yourself into the living ether?*

An excerpt from Kahlil Gibran's *The Prophet*...

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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](mailto:churchoffice@unityoffoxvalley.org) and a PC will be in touch.

***Happy Spring, whenever it gets here for real!***

Blessings and hugs,  
Marie and Bobbi



## **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!

### **In The Garden, Lent 2025**

April 6th, Fifth Sunday of Lent

Last paragraph of Rev. Ellen Debenport's entry

“Jesus showed us the divine potential in ourselves. We can move forward knowing that the same acceptance and courage he had also lives in us, no matter what we are called to go through.”

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

Inner Peace - I allow peace to permeate my being.

Wisdom - I allow wisdom to reign in my mind.

Life - I allow life to flow in my body.

Prosperity - I allow abundance to be my experience.

Order - I allow order in my thoughts.

## **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](mailto:churchoffice@unityoffoxvalley.org)**

**If you have trouble accessing the meeting, please contact Zoom:**  
<https://support.zoom.us/hc/en-us>

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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.

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

## **Braver Angels**



# Braver Angels

**Thursday, April 3, 2025, 10:30am**

*The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew. We must disenthrall ourselves, and we shall save our country.*  
~ Abraham Lincoln 1862

**YOU are invited to a presentation  
by Maryanne Colter of Braver Angels**

*The nation's largest cross-partisan,  
volunteer led movement.*



- An alternative to toxic politics
- Reduce Stereotyped thinking
- Discover common values



230 Webster Street, Batavia, IL 60510  
(Parking in Rear)

***Coffee & Tea with Myrtle & Me will be cancelled this day.***

Please contact Rev. Mike: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org) or Mickey Koziol: [RMKoziol@aol.com](mailto:RMKoziol@aol.com) with any questions.

Please click [here](#) for the UFV Braver Angels 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

**Sunday Service**



**Every Sunday, 10:00 am, In Person & Online**

Dear UFV Family & Friends,



**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](mailto:wwakerlin@aol.com)**

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

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](mailto:marynowroozi@comcast.net) or Dawn Staszak, Teen Youth Director:  
[dawn\\_311@yahoo.com](mailto:dawn_311@yahoo.com)

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

## Soup Sunday



**THE FIRST SUNDAY  
OF EVERY MONTH**

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

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

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



**Please sign up for Sunday, April 6th**

Contact Bob Anthony with any questions: [banthony103@comcast.net](mailto:banthony103@comcast.net)

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

## Healing & Wholeness Service



**HEALING AND WHOLENESS  
SERVICE**

**Friday, April 11th, 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](mailto:singingalong77@gmail.com)**

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

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

## Palm Sunday



# PALM SUNDAY

Sunday, April 13th, 10:00am



Palm Sunday marks the beginning of the Holy Week journey.  
We hope you can be there to share this with us.

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

**Easter Feast**



Sunday, April 13th,  
after the Service

# Easter FEAST

*Please sign up in the Fellowship  
Hall to bring a dish to share,  
set up &/or clean up*

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

**For more information or to volunteer, please contact Bobbi  
Severson: [bsever4785@gmail.com](mailto:bsever4785@gmail.com)**

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

## Women's Group Meeting

**Sunday, April 13th, 12:30pm**

**We realize our meeting is falling on the same Sunday as the Easter Feast, we will allow more time if necessary for everyone to enjoy our Annual Feast.**

***“A Ticket to Explore” by Jolie Freeman***



“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](mailto:bsever4785@gmail.com)**

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

**Good Friday Service**

Friday, April 18th, 7pm

# Good Friday Service:

*a time of deep connection to Spirit  
through song, meditation and prayer*

*This service is a beautiful way to commemorate Good Friday.*

The Good Friday Service engages all of the senses through music, prayer, chants, scripture readings, and periods of silent contemplation to attain a state of deep contemplative awareness.



***All are invited to this beautiful, soulful,  
candlelight ceremony celebrating the light that  
is not overcome by darkness.***



Please click [here](#) to take you to the Easter 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!

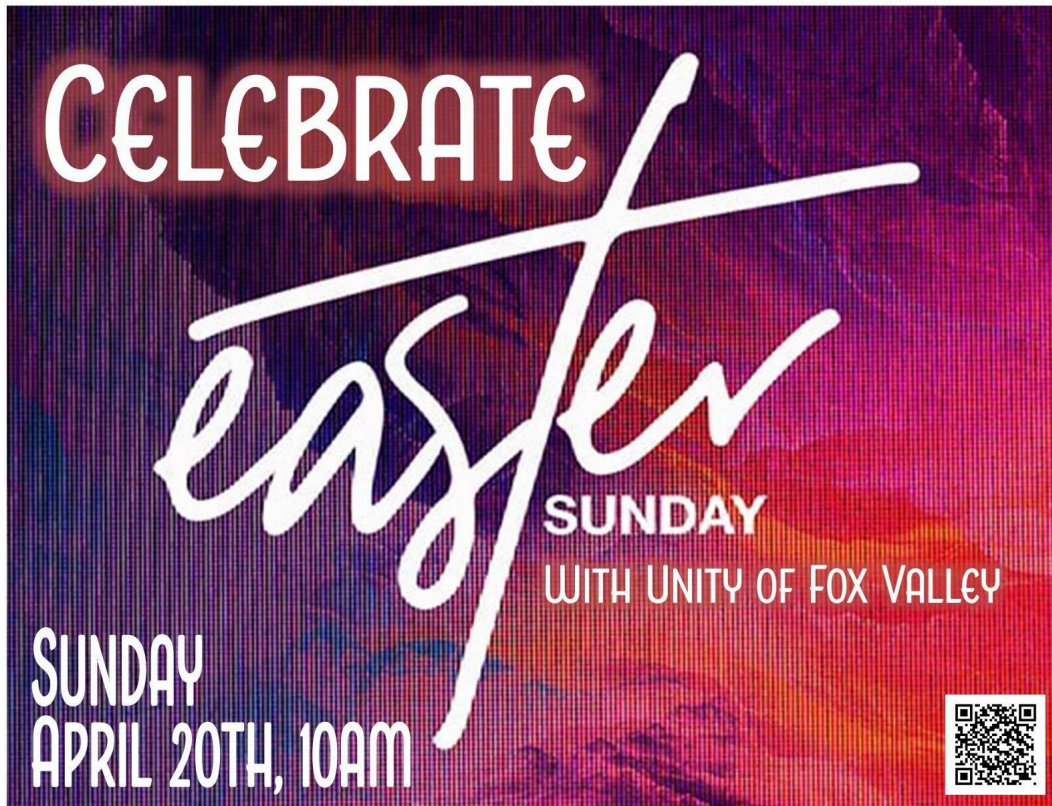
**For more info., please contact Joey Nelson:  
[tyloredurden@aol.com](mailto:tyloredurden@aol.com)**

**Saturday, April 19th, 7pm**

**Joey Nelson [tyloredurden@aol.com](mailto:tyloredurden@aol.com)**

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

**Easter Sunday**



Gather your family & friends and come out to our Easter Service.

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

**Easter Bonnets/Hats**



**Sunday, April 20th**

Unity of Fox Valley encourages  
everyone to wear your

# **Best Easter Bonnet/Hat!**

*You don't have an Easter Bonnet/Hat?  
Please feel free to make something fun to wear!*

*Participation is not required but encouraged!*

Any questions? Please contact Kathleen: [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)

**Easter Egg Hunt**



# Easter Egg Hunt

Plastic eggs with wrapped chocolates, no peanut products, will be offered on the outside lawn, weather permitting. For inclement weather, the Egg Hunt will be offered indoors in the Youth Ed Area.

**Sunday, April 20, 11:15am**  
**230 Webster Street,**  
**Batavia, Parking Lot**

**We appreciate your**  
**participation for this fun**  
**family event!**



(After 10 am Sunday Service and Sunday School)

**REGISTRATION IS A MUST! Please contact Mary**  
**at [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net) by April 13th!**

**For more information & to register, please contact Mary**  
**Nowroozi: [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)**

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

Finding Fun in Discovering

# FINDING FUN IN DISCOVERING

Sunday, April 27th at 12:30 pm

***Building Connections Through Improvisation!***

***Join us on for an hour of fun and learning!***

In this interactive session, you will enjoy collaborative activities that demonstrate the fundamentals of improvisation while exploring a supportive space encouraging connection, collaboration, and trust.

This session is not to teach you about how to be funny or to perform improv comedy. We will provide a fun, safe, and supportive environment for you to try something new that will build on and strengthen your communication skills.

**Why  
attend?**

- Try something different while stretching yourself
- Build confidence in uncertainty
- Support and celebrate others
- Exercise your creativity in a positive and safe environment
- Develop new tools and mindsets to drive engagement
- Connect through active listening and authentic response
- Have fun!

**Suggested love donation of \$20.**

Please note this is suggested. Do not let money deprive you of this event.

***Learn more about the facilitators  
Ellen Schnur & Mike Devine by scanning the QR code.***



Any questions, please contact Rev. Mike: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)

***Learn more about the facilitators Ellen Schnur & Mike Devine by clicking [here](#).***

**Any questions, please contact Rev. Mike: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)**

Please click [here](#) for the Finding Fun in Discovering website page.

**Volunteer Ministry**



**GRACIAS:**

Thank you for attending our **Volunteer Dinner**, We hope you enjoyed it as much as the Staff enjoyed entertaining you!!

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**APRIL OPPORTUNITIES:**

Additional **GREETERS** would be so helpful. If you would like additional information, please see or email Bobbi: [bsever4785@gmail.com](mailto:bsever4785@gmail.com)

**EASTER FEAST** sign up is UP! Please feel free to let us know if you would like to share a dish and ALSO, help setup or cleanup. Lucy and Carl have graciously offered to oversee the kitchen and bring a ham.

**SPRING IS EMERGING!! LANDSCAPE HELPERS** are always welcome!! contact Sharon Mays: [sharon\\_mays@comcast.net](mailto:sharon_mays@comcast.net). She will be thrilled and will answer any of your questions and where we can still use some help!!

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

*"Volunteering brings me joy and purpose.  
I am grateful to be accepted into this wonderful group."  
Susan Renard*

And we are blessed by you and your gift of song!!

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Bobbi  
[bsever4785@gmail.com](mailto:bsever4785@gmail.com)

**Aurora Pride Parade**



**Sunday, June 8th, Noon-2pm**

***Unity of Fox Valley is marching this year!***

Celebrate love, equality, and diversity at the 6th annual Aurora Pride Parade! Expect a day filled with colorful floats, incredible performances, and an amazing sense of community.

**If you want to march with us, please contact Dawn Staszak:  
[Dawn\\_311@yahoo.com](mailto:Dawn_311@yahoo.com)**

More information and parade route here: <https://www.aurorapride.org/>

## Housekeeping

### **NEW HOUSEKEEPING SCHEDULE!**

***Fridays, 11-2pm***

The cleaning crew will have priority of the church during this time.



## Just Ask Ministry



### **Ask and you shall receive!**

Do you need something?  
Do you have something to offer? Let us know!  
[churchoffice@unityoffoxvalley.org](mailto: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:

- Random quilt squares. Please click [here](#) for a photo.: Kathleen Malick [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org) 2/24/25
- Large open oak(?) cabinet – 67" high, 23" deep, 36" wide, 1 fixed shelf – 1 adjustable shelf; an opening in back of desire to use for media cords.: Denise Hage 630.310.4504 3/24/25

## CURRENT REQUESTS:

- Seeking a study partner(s) for A Course in Miracles.: Mary McGinty: [memcginty@gmail.com](mailto:memcginty@gmail.com) 4/1/25

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.

*In the next weeks Sue will be bring samples of fragrances for anyone to test that heal and clean among others.*

**For more info or questions on the products, please contact Sue Rolison:  
[sue.rolison@comcast.net](mailto:sue.rolison@comcast.net)**

**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](mailto: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.*

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Aaaannnndddd cuz Kathleen can't just sit and do nothing...

This month, I started my hand at Shashiko (a traditional Japanese embroidery technique using running stitches to create geometric patterns, often used for reinforcing and decorating fabric). This is my first attempt, but not my last!



**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.

