



January 2023

## Ministerial Musings

### Grin and Bare It

Well, here we are. The holidays have come and gone. January is upon us, and it a long 31-day month, the coldest month of the year. That days slowly are getting longer but it is hardly noticeable day to day. Spring is two and a half months away, but in our part of the world nice warm, shorts and short sleeve weather is at least four months away. The good news is we have plenty of time to slim down in order to don our swimwear.

Once I hit the age of about twelve, I developed a strong dislike of winter. There seemed to be nothing much to do aside from watching television. No wonder most of all became addicted and can sing the commercial jingles yet today. And in case you are wondering, no, homework did not qualify as a joyful experience, at least not for me.

Of course, there was no social media back then even though our telephone was on a "party line." Come to think of it, that sometimes did provide some entertainment. My brother and I would slowly and deftly lift the phone off the hook to see if we could listen to what our neighbors were saying.

But there was no [Facebook](#), no Tik Tok, no Twitter, no Instagram, no nothing. There was no email. There were the ads that came in the mail and the backs of cereal boxes. Woohoo! And praise the Lord when the Montgomery Ward catalogue showed up. With no internet to turn to, many a question ended up with a sigh and a thought of, "I'll guess we'll never know."

Yes as I think back, would I trade it for anything? NO! Absolutely not! All my complaining and all my misery notwithstanding, it was a great time. I did not realize it at the time, but what I did in those days was great. Even greater is what I did not do. I did a whole lot of

nothing, but also due to a lack of choice, I did something really cool. I spent time with me doing nothing but reflecting.

This is not an article about how wonderful I am. The title here is grin and bare it. Every winter I became knowing that complaining about the frozen tundra we called home was a waste of time. It just made sense to do what was necessary, do what you could and grin through it all. As for baring it, this was not a reference toward clothing. Instead, the quasi-hibernation period was a time that one could get to know and understand himself.

I never came to any big self-revelation, just dozens of little ones. I learned what I liked and didn't like. I learned that I could do some things and that boredom was a choice. I learned that laughter was one of God's most precious gifts, and laughter shared with loved ones was heaven. Most of all, I learned that as much as I liked being with others, I did not need to fear being alone. I never would have called the goodness of winter God or Spirit. What I came to know simply felt right and good.

Welcome January! Have a seat. Did anybody ever tell you that you have beautiful snowflakes? I'll get the tea and the hot chocolate and the cookies. It is going to be a great year. Thanks for kicking it off.



Peace,

Rev Mike

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

## Youth Education for the Younger Crowd

### Happy New Year!

As we have stepped into 2023, I'd like to reflect on what a fabulous year 2022 had been in Youth Ed! The youth had delved into a vast array of spiritual explorations through their Power Boards, Bible stories, crafts, and, most notably, through their presentations. Two of our youth, Aimee and Lilah, each had shared an inspirational talk one Sunday on "*What Unity Means to Me*", and the entire Youth Ed had presented the *Parable of the Lamp* for their Fall Intergenerational Service and their infamous, heartwarming [Christmas Pageant](#) to close out the year. We are so truly blessed and grateful to all our youth and their parents/teachers that lovingly and enthusiastically participated in all of these memorable spiritual events.

We will start our 2023 classes on **Sunday, January 8**, with the youth of all age groups and their teachers/parents participating in our traditional [Burning Bowl/White Stone Ceremony](#). We will begin downstairs with a meditation, reflecting on intangible and tangible things, such as fears/worries and staying up too late/eating too much candy, respectively, that we will conclude are no longer necessary in our lives. After that time, we will write down on flash paper those things we have decided to let go and then proceed upstairs to join the congregation in releasing those papers *safely* into the Burning Bowl. From there, we will bring the youth back downstairs for their [White Stone Ceremony](#). It will start with another meditation, following with everyone writing down on individual, small, white stones one or more new concepts that we envision will manifest positively in the coming year. What an uplifting way to begin the New Year!

For the remainder of January, the youth will be exploring the **Power of Faith**. The color for this **Power is Dark Blue** and the **Disciple is Peter**. To enhance our understanding of this Power with respect to our spiritual beliefs, we will be exploring several Miracles of Jesus, such as his walking on water and his healing of the blind man. This power of Faith is the perfect power to kick-start the other eleven Powers for the remaining eleven months of the year!

In closing, I wish to express how deeply appreciative I am to all of you for your loving support and encouragement for the youth in our program.

Happy, Healthy, and Prosperous New Year!

Blessings,  
Mary Nowroozi, LUT, CSE  
[marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)

## Sunday Services



**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.

Part of our responsibility in answering that call is a mindfulness of the world around us, and doing what we can to insure the safety and well-being of all who join in our Sunday worship.

We also remind everyone to adhere to the [Covid Protocols](#) that have been set in place. Your understanding and cooperation will contribute to being able to continue to meet in person.

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.

## 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!*

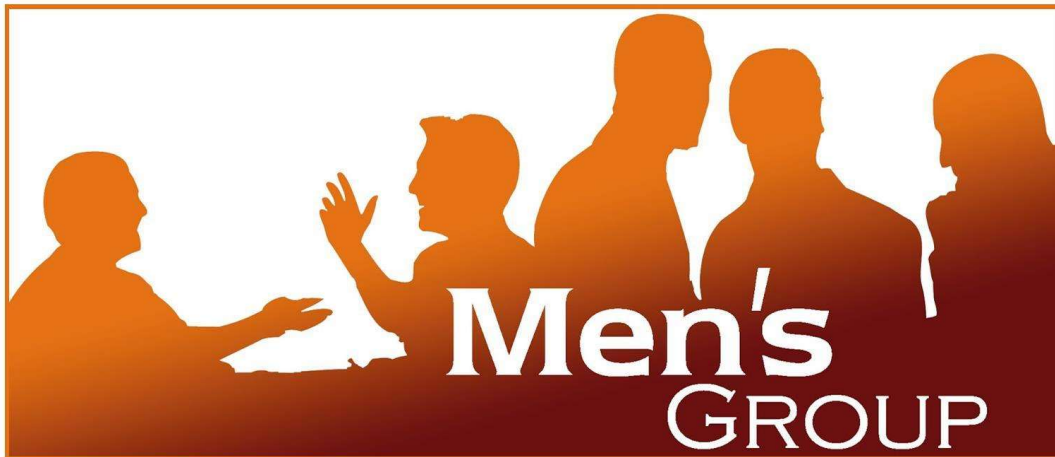
**Any questions/concerns, please contact**

**Mary Nowroozi: [marynowroozi@comcast.net](mailto:marynowroozi@comcast.net)**

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

## Men's Group

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**1st & 3rd Tuesday, 7:00 pm, Online**

This group explores spirituality and religion in diverse and exciting ways.

Newcomers are ALWAYS welcome!

Zoom login information will be forthcoming or you may contact the church office for more information: [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)

If you have trouble accessing the meeting, please contact Zoon:

<https://support.zoom.us/hc/en-us>

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

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

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

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

## Burning Bowl & White Stone Ceremony





**The Burning Bowl and White Stone**

**Service** has been a tradition for our congregation seeking spiritual direction as a way of letting go that which is no longer needed so that we are open and receptive to experience new, enriching spiritual opportunities for the New Year!

Christmas Undecorating



# Christmas UN-Decorating

**Sunday, January 8th,  
after the Service**

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

**More hands make quick work!**

Healing & Wholeness Service



## HEALING AND WHOLENESS SERVICE

**Friday, January 13th, 7:00 pm**

Please join us in our once-a-month service filled with music, chant, prayer, and hands on healing conducted by members of our music team and our prayer chaplain team.

If you've ever wanted a time and place where you could just be open and surrendered to the healing power of Spirit this will a wonderful opportunity to be surrounded in love,



prayer, and peace.

***SECOND Friday of every month!***

For more info., please contact Rose Maxson: [singingalong77@gmail.com](mailto:singingalong77@gmail.com)

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

Please click [here](#) to take you to the Healing & Wholeness website.

## Volunteer Fair



# UNITY OF FOX VALLEY

# Volunteer Fair

Sundays, January 22nd & 29th  
After the Service

***We will be having our Volunteer sign up!***

***We are so blessed by our  
many volunteers and  
want you to know just  
how grateful we are for  
your time and talent!***

**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.**



*For more info., please contact Bobbi Severson: [bsever4785@gmail.com](mailto:bsever4785@gmail.com)*

## Prayer Chaplain Ministry

***Happy New Year!***

A new year is beginning; 365 days ahead filled with unknown, unlimited possibilities! Although many people start the new year making resolutions to create a happier, healthier, more fulfilling life, formal goal setting has never been my modus operandi. I endeavor to be open, receptive and responsive to “new” thoughts and ideas which I can use to



navigate my path *grace*-fully, at the beginning and all throughout the year! As I prepared to write this, I picked up one of my favorite resources ...

The 2022 Advent booklet, *A Christmas of Light and Peace*, invites us to celebrate the 12 Days of Christmas by contemplating our inherent 12 spiritual powers. The power for January 1, 2023 - New Year's Day - is **Understanding**.

The meditation on this power starts by telling us, "To get understanding, I must forget everything I think I know." Further on it continues, "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 says, "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."

***"As I meditate on the mystery of love and life,  
I receive the treasure of spiritual understanding."***

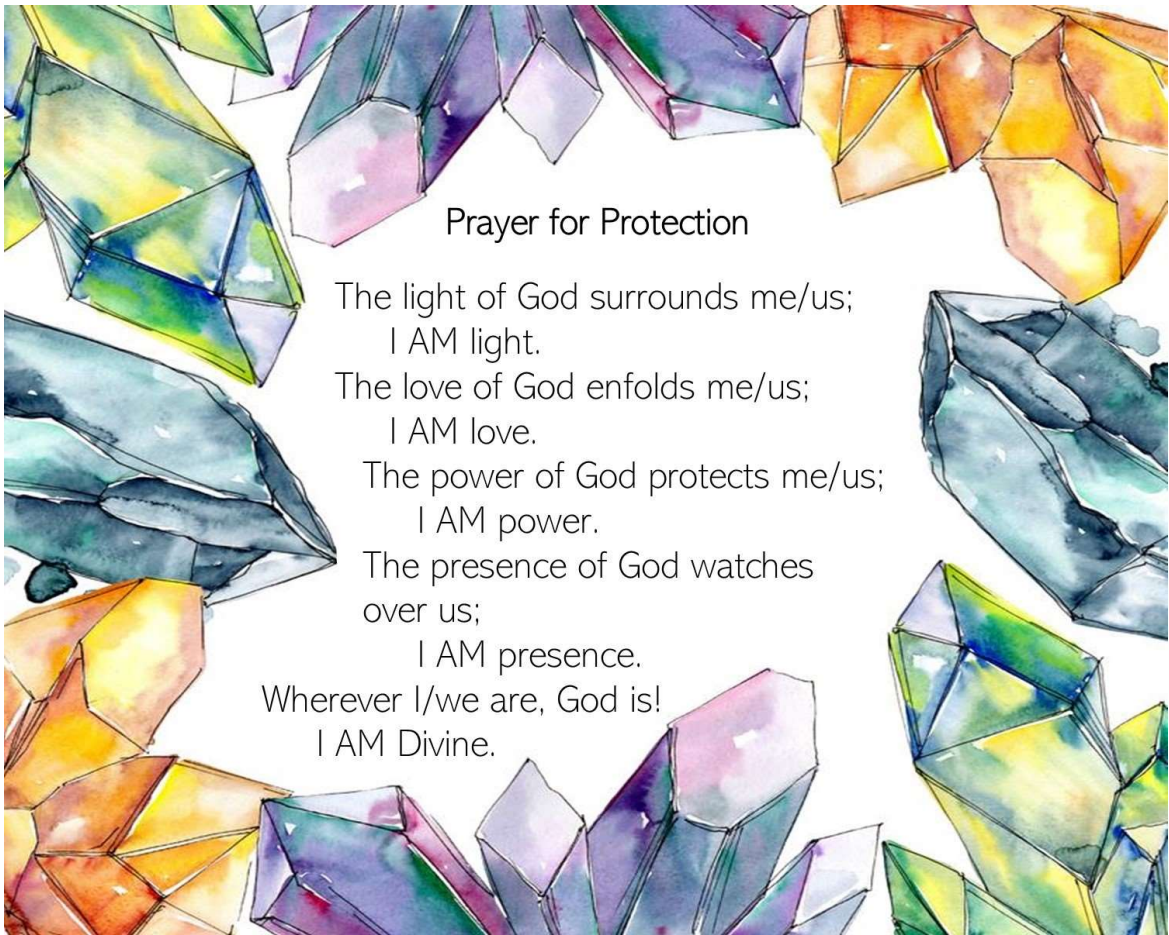
As 2023 begins, I invite you to **"Affirm Understanding"** and *open your divine self to the unlimited possibilities that lie ahead this new year.*

Bobbi and I, along with the rest of our Prayer Chaplain team, would like to acknowledge Mary Nowroozi and Denise Hage, who have stepped down as active chaplains. Both of these dedicated women have given very generously and lovingly of their prayers, their time and their presence for our ministry during their time of service.

We are delighted to welcome a new Prayer Chaplain this year, Pamela O'Brien, who completed the training with us this past October and November.

Your 2023 Prayer Chaplains - Wanda Faye Holmes, Maria Cosentino, Pamela O'Brien, Bobbi Severson and Marie Manella - are committed to making periodic Wellness/Caring Calls to all our members. We make these calls to support you, our spiritual family, with your prayer needs. When we pray with you, we hold everything said in confidence, placing your requests in the sacred space of limitless possibilities of 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 [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org) and a Prayer Chaplain will be in touch.

Blessings and hugs,  
Marie and Bobbi



### **Unity Prayer Ministry's January Prayers**

Inner Peace - Peace flows like a river throughout my being.

Harmony - I am the harmonious action of divine love.

Wholeness - Every part of my body, mind, and spirit celebrates divine life.

Prosperity - In gratitude, I see abundant blessings and possibilities.

World Peace - My every powerful thought blesses the world with peace.

### **Volunteer Ministry**

***HAPPY NEW YEAR EVERYONE!!***

Let me begin by saying that all of you blessed Unity of Fox Valley with your love, energy, and dedication to making this the warmest, loving, Spiritual Center it could be. I could take up this entire newsletter thanking everyone for the hours of behind the scenes work and planning to make all of our events happen.



If I look back, the biggest was the Garage Sale, where many hours of labor and people made that event so successful and raised much needed funds for our church. Comments from the people that visited were that it was very organized and easy to find things. But each and every event brings us together in love and harmony and would not take place if it weren't for our many Volunteers!!

### **JANUARY HAPPENINGS AND VOLUNTEER OPPORTUNITIES:**

8th: [Christmas Undecorating!!](#) If we have many hands, this won't take long at all.

22nd and 29th: [VOLUNTEER FAIR!!](#) This is where we ask everyone to consider one of our many sacred service teams to offer your time and talent. I can't stress enough how important this commitment is to Unity of Fox Valley. Without additional support for our special events throughout the year, they can't happen. I put in a heartfelt plea that if you haven't volunteered to consider what you have to offer and join one of our teams. Some of us are getting a little older and would like to rest a bit, but we need someone to step in and fill the gap. As I said in my opening paragraph, it can't happen without you!!

Stay warm, stay well, be safe!!!

With much love and gratitude for each and every one of you!!

Bobbi

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

### **Just Ask Ministry**



#### **CURRENT OFFERINGS:**

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#### **CURRENT REQUESTS:**

- Old Daily Words: [rmkoziol@aol.com](mailto:rmkoziol@aol.com)



***Ask and you shall receive.  
People Prospering People!***

***Please click [here](#) to follow up with any  
of the above or for more info.***

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.*

## 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 10th of each month!***

For more info. or any questions, please contact Kathleen:  
[churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)

## Upcoming Events



- [Souper Bowl Sunday](#): 2/12
- [Ash Wednesday](#): 2/22

**AmazonSmile**



## Support Unity of Fox Valley with your Amazon Purchase!

AmazonSmile is a simple and automatic way for you to support Unity of Fox Valley every time you shop, at no cost to you. Just click on the link below and make a purchase!

AmazonSmile will donate a percentage of the purchase price of eligible products to Unity of Fox Valley.

Please click on the following link to start shopping & help raise money for Unity of Fox Valley!

<http://smile.amazon.com/ch/36-2889899>

**Donate items from our Charity List**  
**Shop Now**

charity lists  
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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://smile.amazon.com/hz/charitylist/lr/5I9LM5FXITZG/ref=smi\\_ext\\_lnk\\_lcl\\_cl](https://smile.amazon.com/hz/charitylist/lr/5I9LM5FXITZG/ref=smi_ext_lnk_lcl_cl)

## Tithes & Offerings



***Nothing is possible without your commitment and generous financial support. Thank you so very much!***

Please click [here](https://www.paypal.com/biz/fund?id=44UC5B8W64KBQ) 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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We have been pretty lucky with the snow (at least at the time that I am writing this) but 'Winter is Coming!' (All you Game of Thrones fans would get the reference). I'm VERY uneasy about driving in it especially now that I live so far away BUT I am dedicated to my job (see that pic? I actually brought the work phone home - HA HA HA!). So even if I can't physically make it to work, I'm still working to get everything done for our church. Stay safe everyone! I need EVERY SINGLE ONE of you to be safe <3

***Happy New 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>



## On Going Activities

**Please contact each group for more info. regarding their meetings. Click on any of the events below to bring you to their individual web pages.**

- [A Course in Miracles](#) - 7:30-9:00 pm every Thursday evening, Unity of Fox Valley facilitates A Course in Miracles discussion group. This is an ongoing class rain or shine. Each week a new topic is discussed. Everyone is welcome at any time and the class is always open to new attendees.
- [Men's Group Meeting](#) - the first and third Tuesday of each month at 7:00pm, September through May.

### Contact Information

phone: 630.879.1115 [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)

fax: 630.879.1728 [www.unityoffoxvalley.org](http://www.unityoffoxvalley.org)

prayer line: 630.879.1129


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