

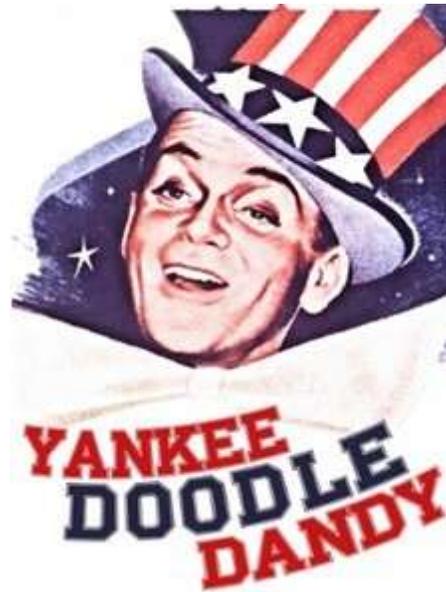
July 2025

Ministerial Musings

Are You a Yankee Doodle Dandy?

Here we are in July, so named by the Roman Senate in honor of Roman general Julius Caesar in 44 B.C., being the month of his birth. I am guessing that the opposition to this motion tried unsuccessfully to filibuster, but in the end they caved to political pressure. Wait! Maybe I have that confused with some other Senate. Well, never mind...

George M. Cohan is credited with writing the song, *Yankee Doodle Boy*, during World War II. Back then Cohan was known as the man who owned Broadway. In 1942 the movie, *Yankee Doodle Dandy*, was released as a musical biography of Cohan, and it starred James Cagney in the role of Cohan. Over the years Americans identified with the term, Yankee Doodle Dandy, and until today many Americans take pleasure in referring to themselves as such.



During the Civil War Southerners referred to Northerners as Yanks or Yankees. Eventually "Yankee" became sort of a nickname for all Americans by most of the world. It became a moniker that Americans took on with pride, and even led to a Major League baseball team adopting it.

However, the origin of the phrase, Yankee Doodle Dandy, is very fascinating. It started out as sarcastic poem written by a British doctor by the name of Richard Schuckburg, and it was intended to be an insult to the American colonists who actually were allied with Britain in a war against France at the time. It grew as a children's nursery rhyme and song. It eventually ended up becoming an insult that would backfire.

At the time, a doodle was a country hick. A dandy was a conceited jerk. The phrase, “stuck a feather in his hat and called it macaroni,” was a ridicule to the colonists’ lack of sophistication and their pretense that they were as good as the British.

At the very beginning of the revolutionary war, British soldiers in Boston marched toward some colonists that were protesting. As the soldiers moved forward they derisively began singing, *Yankee Doodle Dandy*. They opened fire killing and wounding several colonists. Eventually the colonists regrouped and rallied. As they routed the British soldiers they began to sing, *I’m a Yankee Doodle Dandy*. The message? We may not be as good or as sophisticated, but we just licked your butts. And the war was on.

This year on July 4th, we celebrate the 249th birthday of our nation. Over the years we have assumed an arrogance that parallels that of the British 249 years ago. We have taken the motto of, “Don’t tread on me,” and reformulated it to, “We will do what we please.”

We would do well to remember that our eventual victory in the Revolutionary War was not due to polish, sophistication, arrogance or military superiority. We came together around our smallness and our weaknesses. We won the war mostly because of our deep resolve and passionate conviction of our values that demanded equality and freedom.

This July 4th we need all the Yankee Doodle Dandies that we can get, perhaps even more so than 250 years ago. I’m in!

Rev Mike

revmike@unityoffoxvalley.org

Notes from the Board

Following monthly approvals of minutes and reports we discussed the upcoming sprinkler replacement, increased insurance costs, and other potential costly items facing our Spiritual Home. Although always on the hunt for better prices the overall state of our building and revenues are an ongoing concern.

We reviewed, discussed, and evaluated activities: past, present and future... Marketing, CPR/First Aid, Summer Concerts, Lizzardo Museum, Abbey Farms, [Fay's BBQ Fundraiser](#), Cougars Ballgame, [Pride Parade](#), Welcome Area, and [Women's Retreat](#).

As a group we work together well, continually reinforcing that bond as we get to know each better strengthening us as a whole to do the best for OUR Unity of Fox Valley.

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

Youth Education for a Younger Crowd

As summer unfolds with its vibrant, sunny days, our Children's Church and Juniors will spend the month of July exploring the Power of *Understanding*. This innate spiritual power is symbolized by the disciple Thoms and is associated with the radiant color of **Gold** – a poignant reminder of the inner light of divine wisdom and love we all carry. Our Power lessons will include meaningful Bible and contemporary stories to help our youth recognize and deepen their connection to their inner divine "Christ-Light."



Last month, we had a wonderful time at our annual summer ice cream outing! A large group of us – youth, parents, and teachers – opted to drive to the Batavia Creamery instead of taking our usual walk, all to avoid the intense summer heat that day!

Once there, everyone enjoyed a cool and delicious treat of their choice and laughter, connection and sweet moments were shared by all. We are deeply grateful for the generous love offerings to our youth fund to make this special event possible.

Thank you for helping us create memories that bring joy and connection among our youth, their families and their teachers.

Please mark your calendars for the following upcoming events:

- *Cougar's Baseball Game Outing* – Friday evening, August 29th. Tickets are available and are \$9 each. If interested, please see me downstairs.
- *Church Picnic* - Sunday, September 7th, at Fabyan Park at 10 am. Please arrive early and bring a yummy dish to share. Games will be offered for the youth.

As we celebrate the Fourth of July this month, may each one of you be filled with happiness, gratitude, and the spirit of freedom.

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



Prayer Chaplain Ministry



As I am sitting here writing this newsletter for July, a month we traditionally celebrate the birth of our country, I'm not feeling too festive. And, looking back at previous July newsletters, I am beset by a strong feeling of *deja vu*.

In the July 2022 newsletter, feeling dismayed by SCOTUS' reversal of what many of us considered a fundamental right long fought for and established for almost 50 years, I wrote: "Sadly, I have commented in this newsletter much too often these past two and a half years about the unprecedented times in which we are living. But even as "the beat goes on" I continue to put my faith in our inherent strength and resilience..."

And even though the beat continues on, albeit with seemingly ever-changing cadences, our best response remains "...First, prayer and meditation; then, taking the appropriate actions, I am guided to do..."

Mary-Alice and Richard JaFolla, Unity authors, have said:

**Prayer in its simplest form is any conscious attempt
to experience the presence of God.**

I interpret this to mean that even if the "right words" don't seem to come, *thinking* about prayer can *be* a prayer; *feeling* a need to pray can *be* a prayer.

There's an excerpt in the Unity booklet *The Comfort of Prayer* that I shared in the newsletter 3 years ago that seems to be appropriate for this time, too.

In the midst of every question and concern, divine wisdom is an active force for my discernment. I am never without a sense of direction, for God is wisdom. In the quiet of prayer, I open inner space for all that I need to know going forward.

As far as what appropriate action to take in these times, well, "let Spirit guide and Spirit will provide." The Daily Word for June 22, 2025 was, *coincidentally*, **Guidance!** The last paragraph is written as an affirmation and as such, I invite you to let these words be your words:

I commit to remaining open and receptive as I receive my guidance. Even if the call of my heart surprises me, even if I doubt I can do what I am called to do, I trust the still, small voice within. I affirm: *I am divinely guided and faith-filled.*

If you feel in need of more support during these times we invite you to reach out to your Prayer Chaplains - Denise Hage, Wanda Faye Holmes, Marie Manella, Luna Ninò, Bobbi Severson and Pam Skaar.

We make periodic Caring Calls to support you, our spiritual family, with your prayer needs and 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.

Praying for a less eventful July!!!

Blessings,
Marie, author
Bobbi, editor

A special note to all who receive Prayer Chaplain Monthly Caring Calls - When Luna has completed her "apprenticeship" and is ready to make calls on her own, we will need to re-assign congregants. Bobbi, myself, and your current chaplain will let you know, via email and/or phone call, when that time comes. We appreciate your understanding, patience and flexibility.

A prayer I wrote for a Prayer Chaplain group text:

Holding all in our world in the light, love, and healing circle of God's grace and peace. Seeing the Christ in all and praying that those who are making decisions in these moments open their hearts and minds to the One Presence and One Power that is within them, leading them to Wisdom, to Love, to Oneness, to Understanding, to Compassion, to Truth, to Peace...

Let us open our hearts to the Peace, Love, Oneness, Truth, Understanding, Wisdom, and Compassion, that are within us as we express what we want for all in our world. Amein and amen and so it is!

The sacred prayers used by the Unity Prayer Ministry this July.

Inner Peace - I dwell in divine peace.

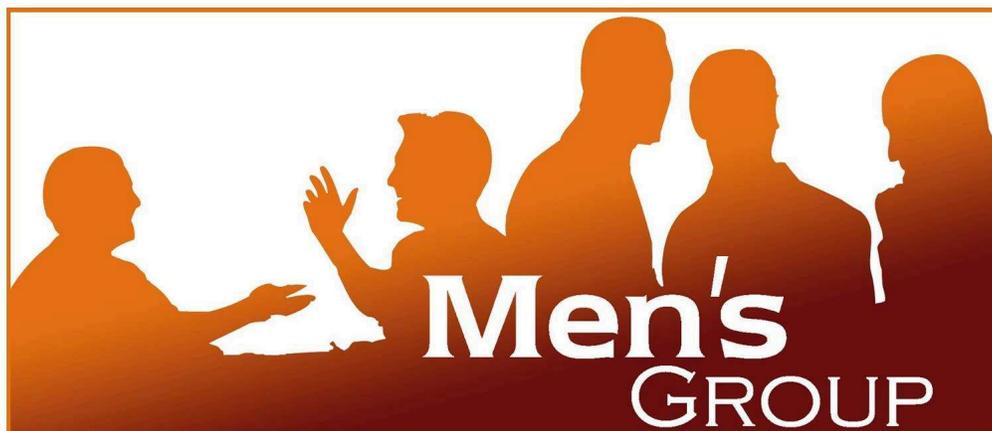
Wisdom - The light of divine wisdom is my guide.

Freedom - I am whole and free.

Prosperity - I celebrate divine abundance.

Love - I am a harmonious presence.

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.

Church Office Closed

The Church Office will be closed on:

- Thursday, July 3rd - Monday, July 7th
- Monday, July 21st

Subject to change without notice.



Coffee & Tea with Myrtle & Me



Every Thursday, 10:30 am

Dear UFV Family & Friends,

Please come and join us! Bring your drink of choice, a sweet treat perhaps, questions, ideas, curiosity, imagination and a friend or, you may just come to hang out for a bit. We hope to see you! All are welcome!

Peace,
Mike

Please click [here](#) to for the Coffee & Tea w/Myrtle & Me website

Name Tag Sunday

ONLINE A Course in Miracles



**Every Thursday,
7:30 - 9:00 pm, Online**

The emphasis for this session will be the Workbook from A Course in Miracles. The Course invites us to retrain our minds so that we can experience more peace in this world.

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

Just look for the weekly email with the login information sent out every Tuesday evening.

Please contact Warren Wakerlin with any questions & to request the login information: wwakerlin@aol.com

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

NAME TAG SUNDAY!



1st Sunday of the Month

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

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  **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.

Online Sunday Bulletin

Our Sunday Bulletins are available online!

Just click on the link [here](#) and scroll down to the Online Bulletin section.

The bulletin will be updated on Thursdays, & all content is subject to change without notice.



Sunday School



Every Sunday, 10:00 am

We are welcoming youth of all age groups to join us for an hour of uplifting spiritual connection through prayer, story, meditation, songs, game, and craft:

Nursery (3 months to age 2)

Children's Church (ages 3 to 6 – preschool to 1st grade)

Juniors (ages 7 to 10 – 2nd to 5th grade)

Uniteens (ages 11 to 13 – 6th to 8th grade)

Y.O.U. (ages 14 to 18 – 9th to 12th grade)

Parents are welcome to join in on the fun, too!

Any questions/concerns, please contact Mary Nowroozi, Youth Director:
marynowroozi@comcast.net or Dawn Staszak, Teen Youth Director:
dawn_311@yahoo.com

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

Soup Sunday



Please sign up for Sunday, July 6th

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

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

Women's Group

Sunday, July 13th, Noon

*Sing A Long with Rose
and Susan R.*

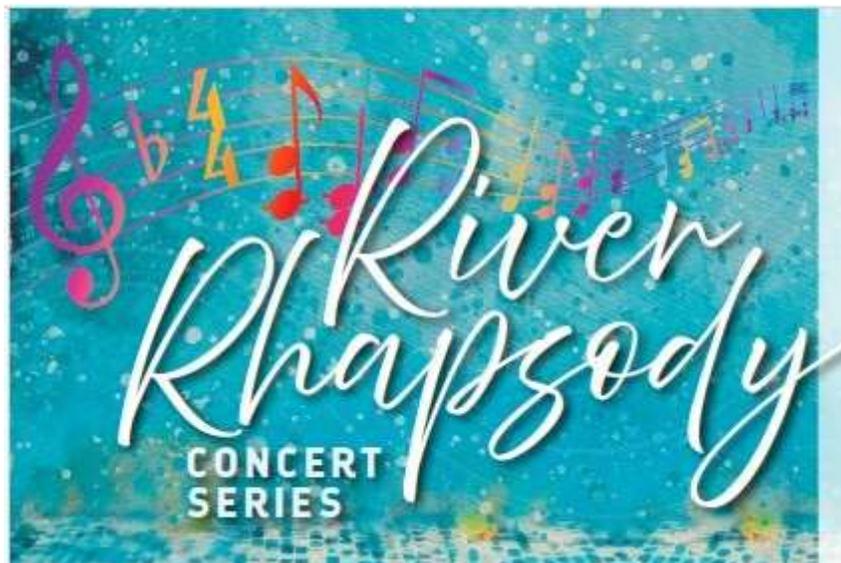


"We are a heart-based circle of women committed to empower, explore, and expand our spirituality both socially and in service to others. We do so in consciousness, while affirming Divine Presence inherent within ourselves."

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

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

River Rhapsody Concerts



Wednesdays, 7pm

***As a fun UFV activity join us for
a FREE concert at the Batavia Riverwalk.***

- **July 16th: Reckless.** This band is a high-energy rock, pop, dance and country cover band led by six multi-talented musicians, covering a wide range of hits.
- **July 30th: American Cash.** A dynamic performance delivering the authentic sound of Johnny Cash and the Tennessee Three.

Bring blankets or lawn chairs.

Food, wine and beer will be available for purchase.

The stage is on Houston Street and Island Avenue,
just a few blocks from UFV.

**Please contact Dave Rolison for more information or questions:
sue.rolison@yahoo.com**

Please click [here](#) for the River Rhapsody 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**

Saturday, July 19th 7pm

Joey Nelson tyloredurden@aol.com

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

Volunteer Ministry



MY THOUGHTS BEFORE WE BEGIN:

"Summertime and the Living is Easy", but that is anything but as we begin this summer filled with unrest and fear of War. Someone asked the other day, "how do we get through this?" Prayer is one way and support with friends and family is the usual fall back. But I feel we need to also be brave. Brave enough to join those protest groups, brave enough to write letters and make phone calls, brave enough to "get into good trouble". Are we at risk? Probably! But we will be more at risk if we don't, our USA will no longer be what we grew up with (it already isn't). Maybe step away from the "ain't that awful news" and make it a point to get out and about and find the good that is happening. It is there, I promise you!! So, keep the faith and make your summer as easy as possible! OFF MY SOAP BOX AND ONTO VOLUNTEER STUFF!!

VOLUNTEER OPPORTUNITIES:

JULY AND AUGUST are kind of light, but there is always the ongoing need. . . GREETERS, LANDSCAPING, AND KITCHEN!! Please feel free to contact me with any questions.

SEPTEMBER... I know, I know, too soon! But it is time to start thinking about the Annual Picnic on Sept 7th. WE WILL NEED A CHAIRPERSON(S) to keep us on track that day and do the Prep shopping. Think about it and contact me for particulars!!

VOLUNTEER "SHOUT OUT"

So we had a big project in June! Chairs had to be moved out of the sanctuary. Thanks to everyone on Sunday that grabbed a chair. But most of all, a big thank you to John

Manella who moved them all back and Marie and JoAnne who straightened and arranged!! So many things that get done behind the scenes and we always have wonderful people who step up and get it done! We are so blessed!!

Thank you, Kathleen, for the cute Father's Day treats for the men in the house. You are a gift to us and always think of the little things creatively and with love!!

Mary McGinty has joined the AV Team and is quietly learning the ropes up above! Thank you for stepping up. Mary also helps out with the landscaping needs. We are grateful!!

It's HOT and the Landscape Team is working overtime to water and keep the weeds at bay!! We wouldn't look so pretty without you!! Thank you so much for all that you do!!

WHY DO I VOLUNTEER (DIRECT QUOTES FROM YOU)

"I really enjoy being helpful to Unity. It gives me great pleasure. I get much warmth from Unity Members. This is the most Welcoming church I've ever attended"
~ Michael Mays

Well Michael, you have really stepped up and became a dedicated volunteer to our Spiritual Home and we are so blessed and fortunate that you did!!

ENDING AS I BEGAN!! "LOOK FOR THE GOOD IN EVERYONE, LOOK FOR THE PEOPLE THAT WILL SET YOUR HEART FREE". . REMEMBER THAT SONG? FIND ONE GOOD THIS MONTH AND REPORT BACK TO ME!!

Love, Prayer and Blessings!!
Bobbi
bsever4785@gmail.com

Healing & Wholeness Service



**HEALING AND WHOLENESS
SERVICE**

NO HEALING & WHOLENESS SERVICE IN JULY!

Please join us on Friday, August 8th, 7pm

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

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

Second Friday of every month!

For more info., please contact Rose Maxson: singingalong77@gmail.com

Please click [here](#) for the Healing & Wholeness website.
This Service will not be Live Streamed.

Women's Retreat



Save the date for the 2025 Women's Retreat!

Saturday, September 13th

The theme will be 'Let it go! Let loose!' and will be held at the Nazareth Spirituality Center in Batavia. Registration will begin in August.

Mickey Koziol: RMKoziol@aol.com

Aurora Pride Parade

UFV in the Aurora Pride Parade!

We were excited to participate in the annual Aurora Pride Parade this year on Sunday, June 8th! The weather was sunny and warm, and the crowd responded to our presence and giveaways just as warmly! A huge "Thank You" to all who participated! It was a wonderful experience for all.



Dawn Staszak: Dawn_311@yahoo.com

Please click [here](#) for the UFV Aurora Pride Parade page.

Housekeeping

HOUSEKEEPING SCHEDULE!

Fridays, 11-2pm

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



Lawn Mowing



LAWN MOWING SCHEDULE!

Tuesdays, 8am

The lawn crew will have priority of the church grounds 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

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.

Sue has brought 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

Do you need us to order anything?
Place your order with Susan Korpan by the 12th of each month! auntsuz@gmail.com

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 doing of our Business Manager, Kathleen Malick.

Here is my first rose of the season. It's so beautiful and has a light rose scent. It's truly my favorite!

As I write this, we are amidst a heatwave and my entire property is suffering. I'm doing the best I can to keep up with watering but thankfully I installed irrigation (but not everything is on drip). 💧

We have our 'Project List' for this summer ready: Install a retaining wall for my Circle Garden ✓, install our Shade Patio, install a Spillway Bowl in the Windmill Pond ✓, rework the irrigation in the Cottage Garden, hopefully change our 2-car garage door to one & paint the garage and so much more!



All these projects are so very worth it. Galen & I have been adding, fixing, upgrading our house since we bought it 3 years ago and we have really noticed the difference! Such an immense improvement! 95% done with our own hands so when we sit and take it all in... well, the feeling of accomplishment was worth the sweat & planning.

Enjoy your summer!

**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>

Follow Us on Instagram

Connect with us on Social Media by following us on Instagram!

@unityoffoxvalley

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



Contact Information

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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.

