

August 2025

Ministerial Musings

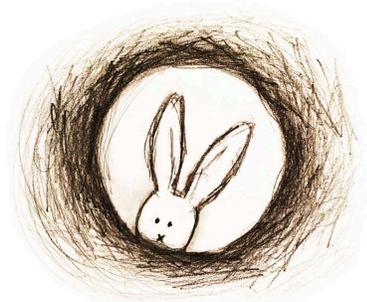


Hare Raising Experiences

This morning, I had the experience of entering a room to do something specific, only eventually to leave the room without ever doing what I had intended. I had allowed myself to be distracted by a half dozen other things causing me to lose focus. This was not the first time I did this, nor I am sure will it be the last. It used to concern me as I took it to be a sign of aging, but I no longer believe this to be the case. I do believe it is a matter of the brain directing me rather than the other way around. That sounds a bit ominous but perhaps that is not the case. There is in fact a thin line between being lost in thought and brainstorming.

Akin to the above-mentioned experience, there are other like times when I have lost focus and gone down different rabbit holes. This tends to happen very often when I am online researching something. A word or a phrase or an image leads me away and to different websites, particularly to Wikipedia. Often it sets off a chain reaction that moves me from one distraction to another, and it takes me on a journey that may vary from fifteen minutes to a couple of hours. The internet is nothing other than a conduit. Random streams of thought or daydreaming is an art unto itself.

The phrase, "Down a rabbit hole," or "Going down a rabbit hole," originated from the story of Alice in Wonderland written by Lewis Carroll and published way back in 1865. It has survived well the test of time. The story has been told and reenacted on the silver screen, radio, visual art, ballet, opera, musical theatre and even in board games and video games. The plot opens with a young girl curiously following a vested rabbit with a pocket watch



down a large rabbit hole. From there she encounters all sorts of anthropomorphic characters one after the other. The links between the sequencing seem fleeting and nonsensical, much like my online ventures and often the zany dream scenes that come in our deepest dreams. One could write a couple of volumes on the power of the imagination and the metaphysics of it all.

Is it all a part of mindlessness? Perhaps. It could be viewed as a battle between rabbit holes and focus. Our first inclination would be to focus on focus being the better of the two. When we talk about prayer and meditation, we often speak of the frustration of not being able to maintain focus due to distractions that insist on invading our monkey minds. The source of those frustrations may well be due to failing to meet expectations as to what we have been told meditation is all about. We strive to listen to that still small voice. But real listening involves being open to whatever that still small voice is saying even and especially if the messages do not correspond to any pre-conceived notions.

The nothingness is in fact nothing. It is a clean blank slate. The nothingness is in fact the deepest and most sacred of all rabbit holes. We enter it with the anticipation and excitement of a child. We allow ourselves to freefall into the mystic. If we encounter our deepest concerns and worries, we need not treat them as distractions but rather as opportunities to empower our creative juices at a high level. It can be an intimate interaction between Spirit within and the world without. From a practical view, it can bring us to know forgiveness and healing. Our dreams can bring with them joy.

Alice's journey down the rabbit hole brought her a myriad of ups and downs much like any day or days might bring to our lives. We can choose to respond to any situation anywhere from deep and dark frustration to our highest and greatest good. Contrary to popular notions, rabbit holes are not bad. They never can be as long as you remember to bring God along the next time you go down one.

Rev Mike

revmike@unityoffoxvalley.org

Notes from the Board

After approving June Minutes and Treasurer's report we discussed the continuing expenses over income. A fundraiser will be necessary taking priority starting next month. The extra expense of required sprinkler replacements and increasing insurance cost have had the most impact in unexpected additional expense.

We continue to be updated on Marketing activities, and move ahead with other Board Member coordinated activities: Summer Concerts, Cougar's ballgame, CPR/First Aid class, Lizzardo Museum, Abbey Farms, Women's Retreat and we are entertaining the idea that another BBQ Fundraiser may be helpful.; we made a profit of about \$1200 and besides working together in camaraderie, the time investment of volunteers is limited to part of one day.

Rev Mike and Mickey will be attending a Batavia Councilors meeting in the fall (when they meet again in person) to bring cards for attendees and reach possible clients who could benefit from attending Unity.

The idea of the Picnic being held at Unity will be revisited in the future. We may add an activity in the Spring which would have fun activities for all on site.

A Saturday service may be tried to determine whether attendance would increase. (Other churches have found this to be the case.)

The Welcome Area entered off the parking lot is being updated with an arrow pointing upstairs (it has not been obvious to new people where to go), a new desk, Welcome Sign, and a few flowers...all donated!

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

Youth Education for a Younger Crowd

In August, all of our classes will explore the **Power of Will** and focus on the **disciple Matthew** and the color **Shimmering Silver**. To deepen our connection with this spiritual Power, we will read the story of Ruth from the Hebrew Scriptures. Ruth, a young widow, made the courageous decision to remain with her mother-in-law Naomi, and traveled to an unfamiliar land. Ruth's heartfelt words to Naomi, "Where you go, I will go," offer a powerful and relatable example for our youth. Through this story, we will reflect on how choosing love and faith over fear are meaningful expressions of the power of will within us all.



Mark your calendars for the **Kane County Cougar's Game** in Geneva on *Friday, August 29* at 6:30 pm. Similar to last year, the theme is *All Faiths Night*, where the youth will have a chance to "run the bases," and everyone will enjoy an amazing fireworks show. For anyone interested in attending, tickets are available downstairs and are \$9 each. We are encouraging everyone to wear their Unity of Fox Valley T-shirts and are looking forward to an exciting night for all!

Also, mark down our **Annual Church Picnic**, which will take place at Fabyan Park on *Sunday, September 7* at 10 am. Come ready to share a dish and enjoy a joyful day of fellowship with our Unity family!

Lastly, I want to extend my sincere thanks for your ongoing support of our Youth program. Your smiles and high fives as we make our way to our classrooms on Sunday

mornings truly brighten our youths' spirits, encouraging them to stay engaged and continue their spiritual endeavors with us.

Blessings,
Mary, LUT, CSE
marynowroozi@comcast.net

Please click [here](#) for the Youth Ministry website.

Prayer Chaplain Ministry



Welcome to August! Checking out the 10 day forecast it looks like the last full month of this summer Of 2025 might begin with a little relief from the steamy, sultry temperatures we have been experiencing these past weeks. For a change, a change I am gratefully anticipating...

As Ms. Mary shared in the [Youth Ed](#) portion of this newsletter, the *Power* for the month of August is *Will*. Rev. Linda Martella-Whitsett, a Unity minister and author featured in the Unity Booklet, *How to Stay Centered, No Matter What*, describes the power of will as “the spiritual capacity to choose, to commit, and to be willing.” She goes on to say, “Although choice involves effort, to choose is not to force. There seems to be a sweet spot in the balance between effort and allowing, where will becomes powerful. The power of will is less about exerting control over what is happening and more about choosing our response to what is happening.”

Finding that “sweet spot” and learning to allow may not always be easy, but, as Unity students know, Prayer and Meditation are good ways to start...

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 Bobbi or Marie will be in touch.

Praying for a pleasantly peaceful August!!!

Blessings,
Marie, author

Bobbi, editor

A poem by James Fillet Freeman, Unity's only poet laureate.

If Thoughts Had Shapes

If thoughts had shapes like things,
I wonder what they'd be—
would wonder not be wings
and reverie a sea?

If hope looked like a seed,
would lilies grow for grace,
would worry be a weed,
despair a barren space?

Would thoughts of Truth not find
a rainbow's radiant form,
and would not peace of mind
be sunlight after storm?

And love, what shape would show
love patient, warm, and true?
All you I love, I know
that love would look like you.

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

Inner Peace - My mind and heart are steeped peace.

Wisdom - Centered in divine wisdom, I discern my next steps.

Life - Attuned to infinite vitality, I thrive.

Prosperity - I live richly, in appreciation.

Worth - I am a divine human, worthy and wondrous.

Please click [here](#) for the Prayer Chaplain website.

Name Tag Sunday

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 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](#) for 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](#) for the Youth Ministry website.

Soup Sunday



**THE FIRST SUNDAY
OF EVERY MONTH**

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

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

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



Please sign up for Sunday, August 3rd

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

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

Church Office Closed

**The Church Office will be closed
every Monday in August.**

Subject to change without notice.

Please click [here](#) for the church calendar.



ONLINE Men's Group



**1st & 3rd Tuesdays, 7pm, ONLINE
August 5th & 19th**

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.

Safe Space



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 Safe Space website

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](#) for the ACIM website.

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

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

This Service will not be Live Streamed.

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

Women's Group

Sunday, August 10th, Noon

*Pam Skaar will present on
Victim Consciousness/The
Drama Triangle from an
educational and psychological
perspective.*



"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.

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!

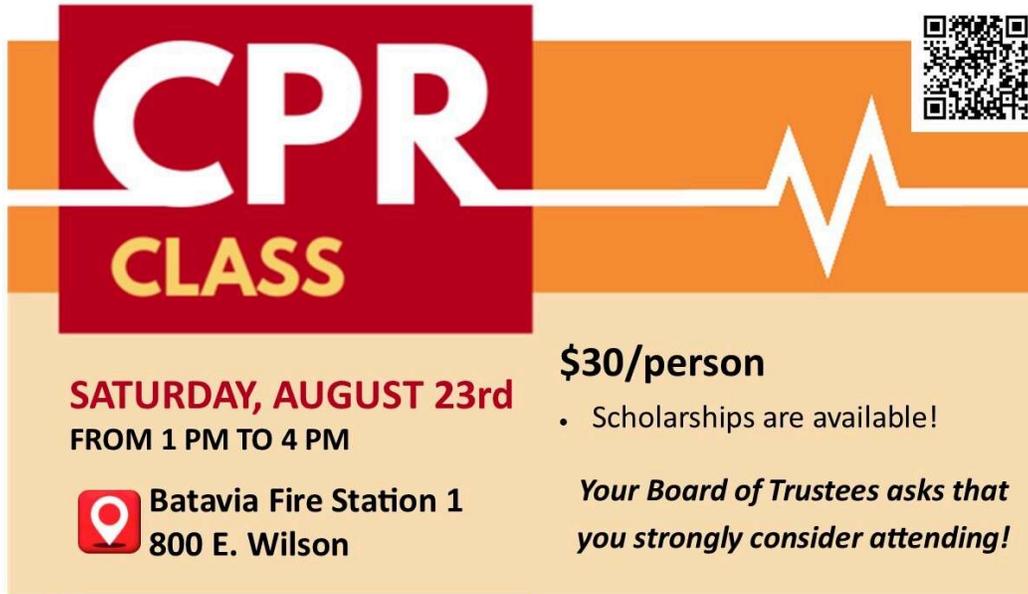
**For more info., please contact Joey Nelson:
tyloredurden@aol.com**

Saturday, August 16th, 7pm

Joey Nelson tyloredurden@aol.com

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

CPR Class

A promotional graphic for a CPR Class. It features a red and orange color scheme. The text 'CPR CLASS' is prominently displayed in white and yellow on a red background. Below this, the date and time 'SATURDAY, AUGUST 23rd FROM 1 PM TO 4 PM' are listed. The location 'Batavia Fire Station 1 800 E. Wilson' is provided with a location pin icon. The cost '\$30/person' is shown, along with a note that 'Scholarships are available!'. A QR code is located in the top right corner. A white ECG line graphic runs across the middle. At the bottom, a message from the Board of Trustees encourages attendance.

CPR CLASS

SATURDAY, AUGUST 23rd
FROM 1 PM TO 4 PM

 **Batavia Fire Station 1**
800 E. Wilson

\$30/person

- Scholarships are available!

Your Board of Trustees asks that you strongly consider attending!

For more info. Or any questions, please contact Mickey Koziol: RMKoziol@aol.com

CASH OR CHECK Only.

Make checks to 'Unity of Fox Valley'. Memo: CPR Class

Contact Mickey Koziol: RMKoziol@aol.com
with any questions or to register.

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

Kane County Cougars Game



ALL FAITH'S NIGHT



Friday, August 29th, 6:30 pm

Join us for a fun summer evening at the *Kane County Cougars Game*. The game includes "run the bases" and a fabulous post-game fireworks show! ***If interested, please contact Mary downstairs in the Youth Ed area to purchase your ticket at \$9 each.*** Please pay by cash or check made out to "Unity of Fox Valley."

We encourage you to wear your Unity of Fox Valley T-shirt and join us for an exciting night!

*Kane County Cougars Stadium:
Northwestern Medicine Field
34W002 Cherry Lane, Geneva, IL 60134*

**If you have any questions, please contact Mary:
marynowroozi@comcast.net**



If you have any questions, please contact Mary: marynowroozi@comcast.net

Please click [here](#) for the UFV Kane County Cougars Game website.

Volunteer Ministry



VOLUNTEER OPPORTUNITIES:

Annual Picnic Sunday, September 7th!!
The Men's Group will be grilling....BUT, we still need a Co-Chair to help me with shopping and prepping!! Please contact me at Bsever4785@gmail.com if you can help.. There will be a sign-up sheet for food items you might bring and to help set up on Sunday morning!!

GREETER TEAM. . . . We could really, really, really use a few more greeters on Sunday mornings! I have said it before and I will say it again; this is a key church ministry! First impressions of our church are key and the Greeters are pretty much our "first impression" team!! Please search your heart and if it is calling to you at all, then let's talk!!

SHOUT OUT:

Thanks to Mickey and her Women's Retreat Committee worker bees, (Deb, Susan W, & Singing Susan)! They have been meeting and planning so that you can relax, *LET LOOSE AND LET GO!!!* Sign up starts this month and it is first come, first serve with cash in hand!!

You won't want to miss it!! **SEPTEMBER 13TH!!**

WHY DO I VOLUNTEER (DIRECT QUOTES FROM YOU)

"FUN TO WORK WITH OTHERS AND TO FEEL MORE CONNECTED TO CHURCH FAMILY". ~ ANONYMOUS.

I don't know who wrote this quote, but I couldn't agree more!! Whenever we work in groups on a project or event, we always learn a little more about each other and form lasting relationships!! **SO, STEP UP, STEP OUT, AND HELP US OUT!!** You won't be disappointed!!

Blessing and appreciating each and every one of you today!!

Bobbi

bsever4785@gmail.com

Click [here](#) for the Volunteer Ministry website.

Sunday Service & Annual Picnic

EVERYONE is invited!

For the whole family!

Sunday Service & Church Picnic

**Sunday, September 7th
10am: Service 11am: Picnic**

*Bring a dish to share!
Bring a friend!*

Fabyan Forest Preserve - West
This is just North of Fabyan Parkway
on Route 31. At the shelter.
Look for Unity of Fox Valley signs.

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



We will need volunteers to help set up and clean up. If you are willing to help, please contact Bobbi ASAP and find out what needs to be done.

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

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



Women's Retreat

Unity of Fox Valley Women's Retreat 2025



Let It Go!
Let Loose!

Saturday, September 13th, 8 to 5pm[^]

NAZARETH SPIRITUALITY CENTER

717 North Batavia Avenue, Batavia, IL 60510

Register after
Sunday Service
in August BEFORE
SEPTEMBER 1st!

Join us for a day full of music, camaraderie,
fun, play, and tools to let loose!



- Discover more about each other.
 - Experience what it's like to let go.
 - Build courage muscles
 - Sleep enhancement
 - Yoga & meditation
- \$60 Cash or Check^{*}**
- Cash or Checks only
 - Make Checks to 'Unity of Fox Valley'
Memo: 'Women's Retreat'
 - Scholarships are available!
 - Optional: + \$50 overnight
& private room⁺

[^] Later if you want to stay

[^] Limited Scholarships available

⁺ 1st come, first served-limited #

Contact Mickey Koziol with any questions or to register: RMKoziol@aol.com

Please click [here](#) for more information about the Nazareth Spirituality Center.

Contact Mickey Koziol with any questions or to register: RMKoziol@aol.com

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

Housekeeping

Lawn Mowing



HOUSEKEEPING SCHEDULE!

Fridays, 11-2pm

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



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:

- Samsonite Leather Briefcase, "New" condition. Click [here](#) for photos. Marie Manella:
mleduc7@yahoo.com 7/28/25

CURRENT REQUESTS:

- I'm looking for the entire 4T Prosperity Program. Preferably on disc but tape, if playable, will do. Wanda Faye Holmes:
geminiangoddess2000@yahoo.com
m 7/14/25

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.

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**

Please click [here](#) for the UFV Young Living website.

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

tithes

AND 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.

Woooo - Made it to 54! Yay! Another fantastic birthday! Let's see...what did I do? Hubby drove me to some plant nurseries (Got a sango kaku japanese maple). Had my Starbucks free treat. Picked out a new garage door and front door 🤩 Tried a new brewery out. Had some cake! Tried not to drown from all the rain. Tried not to die of heat and humidity. 🌞

LOVE that I am another year older!



**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 the 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

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.

