

November 2025

## Ministerial Musings



I was scanning weird holidays for November when one caught my eye: [Marooned Without a Compass Day](#) celebrated this month on November 6th. Since I was looking for a direction to write about, this one immediately intrigued me.

November always has seemed strangely unique. It has only 30 days. It does contain Thanksgiving which far and away is my favorite holiday, but aside from that, November seems in many ways to be a downer. The days continue to grow shorter, a phenomenon accentuated by the end of Daylight Savings. Heating bills are on a steady rise because temperatures are on a steady decline.

While it is more of a midseason season – autumn – it in some ways seems like a filler sandwiched between October and December. Mother Nature pretty much has ended her colorful artwork with the leaves and trees. Merchandisers very much discount November in an attempt to stir up Christmas by displaying goods early in October or sooner. Outdoor activities dwindle compared to October and December which flank it. Mums are no longer the word. Can anybody name three distinct decorations that accentuate November? Maybe you can...

Hence, here comes Marooned Without a Compass Day. It is a day designed to awaken within us a mindfulness we might move toward if we were literally stranded on an island somewhere. In such a case we would be examining alternatives and options geared toward shelter, sustenance, safety and survival. After a while, we may well become reflective and introspective over some deeper contemplations like the meaning of life

and the meaning of our lives – you know those things we do not have time to do in the midst of the hustle and bustle.

Marooned Without a Compass Day or MWCD, has been created and designed explicitly for that purpose. It is a day to ask ourselves those hard questions. Where is my life taking me? Do I even dare to ask myself if I am happy? Is that all there is, or might there be something more? Is it too late to remedy those regrets that I hold? Am I making the most of what I have at my disposal? Am I taking for granted my most treasured relationships?

MWCD was created to help us move from a place of feeling hopelessly trapped to a place of an ecstatic gloom which is about finding the miracle in the nothingness. It is the sense of seeing mountaintops in the foreground instead of in the background when we are at bottom and feeling invited to climb upwards. It is when you are lost or marooned without a compass that you get to become the compass and move in any direction you may choose.

There always are other alternatives. You can try to wait it out. It won't be long until Christmas decorations and songs appear, and you can disappear in all of the hoopla. Or, you may just sit and wait until somebody comes along and rescues you. In which case when it happens, you can breathe a sigh of relief and just return to being and doing what was. Of course, you still will be marooned...



I have come to find that embracing that which are things or times that I dread always bring me the greatest joy. I shudder at the thought of being stranded or marooned, and to consider becoming so seems so, well, not me. November is a divine blessing that forces me to discover Spirit and me in the nothingness. I think MWCD is a day of prayer. I will be praying that prayer thanking God for the desert island I know as November.

I am so grateful for each and every one of you. Happy Thanksgiving!!!

Rev Mike

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

## Notes from the Board

At our October 13 Board Meeting we approved the September minutes and September Treasurer's Report including discussion about unexpected expenses and income and identifying those amounts.

We discussed recent and current activities: [Invest in Our Future](#), [Trunk or Treat](#), [Abbey Farms Outing](#), Lizzardo Museum, [BBQ Drive-thru Fundraiser](#), [Essential Oils](#), 2026 Budget, new procedure for handling larger income with information going with funds to

the office, a copy to the coordinator of the event, and the Treasurer (2 person count signature with form), and job description and search for office manager.

We began discussions about the Annual Meeting, Yearly Board Retreat (January 10 at Lazareth Spirituality center, Batavia with Ellen Schnur).

Our next meeting will be November 3, the first Monday of the month instead of the second to prepare as a group for the Annual Meeting.

We will be meeting in December to evaluate Annual Meeting and approve November reports to decrease the extra time which would be necessary at the Retreat.

We continue to get to know each other better. This month's question, should you want to think about it too: "If you were to name the teacher who had the greatest positive influence on your character, who would it be?"

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

## Youth Education for a Younger Crowd

During the month of November, our youth will reflect on the *Power of Letting Go*, a spiritual theme represented by the color **Russet Brown** and symbolized by the disciple *Thaddeus*, who was believed to have been a relative of Jesus and the brother of James the Lesser. During this time, all of our youth will explore what it means to truly *let go* by releasing thoughts, emotions, and habits that no longer serve their highest good so that they can open their hearts to renewed spiritual strength and love. Through stories, songs, prayers, and creative activities, they will learn to trust that God is always at work, shaping something beautiful and good in their lives.

As we enter this season of Thanksgiving, we will encourage our youth to recognize the blessings in their lives, not only the joyful moments, but also those that challenge us. To deepen their understanding of gratitude, the youth will create their own Thanksgiving cards to share with family and friends. This activity is a simple yet powerful way to celebrate the true spirit of Thanksgiving.

The joy of the Christmas season will soon be upon us, and preparations are underway for our annual Pageant. This year's theme will be "With Love at Christmas," inspired by this year's Unity Advent booklet. This uplifting presentation will take place on Sunday, December 14th, during the 10 am Service, retelling the heartwarming, metaphysical adaptation of the Nativity story. We invite youth of all ages and any adults who feel called to join us to be part of this performance. The sign-up sheet is available downstairs in the Youth Ed area. Rehearsals will be held during class time on Sundays, November 30th and December 7th, with a final practice on Saturday, December 13th, at 1 pm in the sanctuary.



## Great Lakes Unity Regional Teen Fall Retreat, Elkhorn, Wisconsin

At the time of this writing, our Uniteens and Y.O.U. along with their sponsors, Dawn, Missy, and Nate, had just returned from the Great Lakes Fall Weekend Retreat. From all that I heard, it was a wonderful experience! The teens spent the weekend connecting with peers from other Unity churches across the region while participating in uplifting and memorable activities created to strengthen their inner spiritual awareness and deepen their sense of Oneness. As you can see from the photo included, it was truly a fun and inspiring time for everyone involved.

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

happy  
THANKSGIVING

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

## Fundraiser

### 2025 Fundraiser

- Our expenses are more than our income
- Significant Insurance Increase
- Very Costly Sprinkler Repair
- Inflation (utilities...)
- Building Updates Needed



## **Unity of Fox Valley needs YOU!!**

**Goal \$15,000 ~ Raised \$10,153**

**Help move our home out of the red, into the Black!**

### **There are several ways you can donate:**

#### Cash or Check:

- Envelopes are provided for your convenience right outside the Conference Room.
- Cash – Please write your name on the envelope if you would like your donation to show on your Contribution Statement.
- Checks – Please write 'Investing in Our Future' in the Memo section of your check.
- You may deposit this right outside the Conference Room or mail it in (address is below-we do not recommend sending in cash).

#### Credit or Debit Card:

- Just click [here](#).
- 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.
  - Please write 'Investing in Our Future' in the Memo section of your check.

**Please contact Mickey Koziol with any questions: [RMKoziol@aol.com](mailto:RMKoziol@aol.com)**

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

## **Prayer Chaplain Ministry**



November 2025 - a month we traditionally celebrate *gratitude* in a year like no other in most of our lifetimes! Personally, I have much to be grateful for in my life, yet at this time my zeal is tempered because so many are experiencing loss, pain, fear, and at the least, uncertainty about their futures...

Considering how to compose this missive tonight I looked back at previous newsletters. Two years ago I commented on the numerological meaning of this month. Eleven - November's position in our calendar - one of only 3 Master Numbers, is "the bringer of spiritual awareness and a devout supporter of humankind. It is truly a messenger of the

universe.” ([numerology.com](http://numerology.com)) As I strive to look at the wider *spiritual* picture, this brings me a tiny harbinger of hope.

In this same newsletter I quoted an article in a Unity booklet, “Gratitude and Grace,” written by Rev. Kelly Isola. Rev. Isola, in her “deep dive” into Myrtle Fillmore’s poems, hymns, articles, and lessons, “discovered something fascinating about the rhythm of her replies to prayer requests.” The essay, too long to include in its entirety, is titled, **Grit, Grace, and Gratitude.**

“The *grit* is the heart of someone’s prayer request... Each person who writes a letter brings the grit of their world and lays it at the altar of prayer, the altar of life.”

“When she composed her thoughts and words of prayer, what emerged was Myrtle’s *grace*... While Myrtle rarely uses the word grace, I (Rev. Isola) see grace as the energy of life in her healing words. To Myrtle, grace becomes simply another word for God.”

“From this place of grace Myrtle’s prayer then moves into the energy of trusting life, trusting principle, and finally culminates in praising the divinity and wholeness of all things... *This is gratitude* for Myrtle.”

*Elimination* is our power for this month. As November progresses and Thanksgiving approaches, I invite you to “let God and let go.” In the words excerpted from a prayer by Rev. Linda A. Martella-Whitsett, a Unity author, know...

#### *I Am Enough*

*I affirm my strength of character to know that every circumstance  
and every experience appears for love.*

*Love is the great magnet of the universe, my calling to be unified  
and whole in every experience whether labeled “good” or bad.”*

*I am enough of divine love for everything and everyone I encounter every day.  
And so, I AM. And so, it is!*

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](mailto:churchoffice@unityoffoxvalley.org) and Bobbi or Marie will be in touch.

Praying that November brings you nuggets of wisdom and peace...

Blessings,  
Marie, author  
Bobbi, editor

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*A breath of prayer in the morning  
Means a day of blessing sure;  
A breath of prayer in the evening  
Means a night of rest secure...*

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

Inner Peace - I am at peace no matter where I am.

Strength - The strength of God moves through me in every breath.

Gratitude - All that I say and do is an expression of gratitude.

Prosperity - I have more than enough, and I am grateful.

World Peace - I dedicate my Christ light to a world that is safe for everyone.

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

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

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

**Secret Santa**



# Secret Santa

For the 22<sup>nd</sup> year, Unity of Fox Valley will be providing gifts for children who are served by CASA (Court Appointed Special Advocate) Kane County. These are children who might otherwise find their Christmas trees bare.

*The Christmas Tree will be on the back wall of the sanctuary for the whole month of November.*

**Please select a tag or tags from the tree and return your gifts on or before Sunday, November 30th.**

If you are unable to get your gifts to the church by Sunday, November 30th, please contact Amy McTeague at CASA so you can work out arrangements to deliver your gifts: [amym@casakanecounty.org](mailto:amym@casakanecounty.org)

Please contact Kathleen in the Church Office  
with any questions: [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org)



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Please click [here](#) for instructions.

Please click [here](#) for the Christmas 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, November 2nd**

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

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

## ONLINE Men's Group

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**1st & 3rd Tuesdays, 7pm, ONLINE  
November 4th & 18th**

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.

## 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

## Annual Meeting

## 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](#) for the ACIM website.

# Annual MEETING



**Sunday, November 9th, 11:30 am**

The Board of Trustees of Unity of Fox Valley cordially invites you to attend our Annual Family Meeting, in the Sanctuary.

The meeting will begin after the service at approximately 11:30 a.m. and last for about one hour. We will be reviewing our goals and financial status and electing new officers to the board.

Everyone is welcome and encouraged to attend; however, you must be a member to vote at the election.

The Annual Meeting will not be Live Streamed.

Please click [here](#) to take you to the Annual Meeting website where you will find the documents you will need.

**If you have any questions, please contact the church  
office: [churchoffice@unityoffoxvalley.org](mailto:churchoffice@unityoffoxvalley.org) or any of the Board Members.**

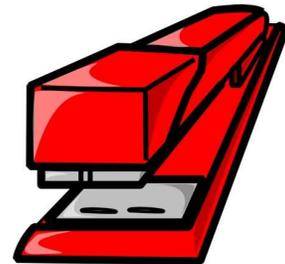
Please click [here](#) to take you to the Annual Meeting website.

## Office Closed

**The Church Office will be closed  
November 10th & November 26-30th**

Subject to change without notice.

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



## Healing & Wholeness Service



## HEALING AND WHOLENESS SERVICE

**Friday, November 14th, 7pm**

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

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

Second Friday of every month!

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

This Service will not be Live Streamed.

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

### Saturday Service



**Saturday, November 15th, 5pm**

Dear Unity of Fox Valley Family and Friends,

Unity of Fox Valley in keeping with its Spirit of embracing newness will be coming together on Saturday afternoon. As always, we will come together in a Spirit of Prayer and uplifting music. We will be blending traditional parts of the service while also adding bits of newness into the mix.

Unity of Fox Valley is a warm and welcoming community. This Saturday service is an excellent time to invite a friend or neighbor to join you in a spirited and meaningful experience whether you are attending in person or by our [YouTube channel](#).

The post service fare will be different than usual but good, nonetheless.

Peace,  
Rev. Mike

***Whether you opt to join us in person or online,  
we look forward to having you with us.***

**Please contact Rev. Mike with any questions: [revmike@unityoffoxvalley.org](mailto:revmike@unityoffoxvalley.org)**

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

## Saturday School



**Saturday, November 15th, 5pm**

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 go to the Saturday School 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, November 15th, 7pm**

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

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

**Thanksgiving Feast**



# THANKSGIVING

# Feast

Sunday, November 23rd  
After the Service

Join us for a time of fellowship and  
celebrate what we are thankful for!  
Sign up in the fellowship area to  
help set up, clean up and bring  
a dish to share.

Please contact Carl and Lucy Klemaier  
for more info.: [colonelklay@yahoo.com](mailto:colonelklay@yahoo.com)



Please contact Carl and Lucy Klemaier for more info.: [colonelklay@yahoo.com](mailto:colonelklay@yahoo.com)

Please click [here](#) to take you to our Thanksgiving website.

## Thanksgiving Eve Service

Wednesday  
November 26th  
7pm

# Thanksgiving Eve Service

Please join us for a time of expressing gratitude. A time to show from our hearts appreciation for many gifts we have received. A time to open our hearts to even greater good. A moment of quiet and reflection to give thanks for many blessings we receive each day.



Please click [here](#) to take you to our Thanksgiving website.

**Christmas Decorating & Chili Party**

# CHRISTMAS DECORATING & Chili Party!

SATURDAY, NOVEMBER 29TH, 10AM,

PLEASE JOIN US  
FOR SOME FUN  
AND FELLOWSHIP  
AS WE PREPARE  
OUR CHURCH HOME  
FOR CHRISTMAS!



DO YOU HAVE A FAVORITE  
CHILI RECIPE? BRING  
A POT TO SHARE!



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

Women's Group



**There will be NO Women's  
Group Meetings in  
November & December**

“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.

## **Volunteer Ministry**

NOVEMBER being the month of gratitude, we are most grateful to ALL of our VOLUNTEERS who abundantly bless us with their time and talent!! A church family cannot survive without this network of DEDICATED VOLUNTEERS who always sign up, step up, and get things done!! We are humbled, we are blessed, and we are GRATEFUL!!!



### **VOLUNTEER OPPORTUNITIES:**

- **GREETER MINISTRY**
- **THANKSGIVING FEAST (SEE SIGNUP SHEET)**
- **CHRISTMAS DECORATING NOVEMBER 29TH**



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

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

## Housekeeping



### HOUSEKEEPING SCHEDULE!

*Fridays, 11-2pm*

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

## Just Ask Ministry

**THE LAST LISTING FOR JUST ASK WILL BE  
NOVEMBER 17th!**

**JUST ASK WILL BE ENDING THIS NOVEMBER!**



**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:**

- Lilies and other perennials from the garden. We can set a date where I can be available to help them dig out what they want

#### **CURRENT REQUESTS:**

- Small table. No more than 2' long and 3-4' high. With or without a shelf.

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](mailto: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](mailto: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



***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.*

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I hope everyone picked up a pumpkin this past month. The ones there are the last of them and I am already planning my crop for next year. Thank you to all that gave a love offering to help upkeep the Cut Flower Garden that I built a few years ago.

My time here is coming to a close! My retirement clock jumped, and my departure will be *sooner* than I planned. Now is the time to really speed up cleaning up my office of my things to get ready for the new!



**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

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.

