



Happy Easter

Unity Northwest Church NEWS

www.unitynorthwest.org

We inspire and embrace the soul evolution of everyone in our church community.

April 2022

SUNDAY SERVICES AT 10:30 AM

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Unity Northwest Church

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BOARD OF TRUSTEES LETTER

Love, Communicate, Respond

A Message from your Board

Spring cleaning isn't just about sorting through things and getting rid of clutter. It's about taking stock of who you are and how others see you. It's a chance to redefine yourself, to change expectations, and to remember that it's never too late to recapture who you were, or to aim for who you want to be.
 ~ unknown.

While winter is not done with us yet, spring is clearly on the horizon. As we anticipate the new season we continue to work toward the new Unity Des Plaines as a blend of the best of who we were and the expectation of who we want to be: a vibrant, energetic, growing, spiritual home to all who join us here.

As we continue forward:

- We extend our thanks and appreciation to outgoing board members Jeanette Gordon and Sheilajoy Wilkins. Their generous donations of time and talent were critical to where we are today. Thank you, Sheila and Jeanette!
- Please join us in welcoming Leslie Johns and Cindy Ganze as our new board members. We are so grateful for their courage and commitment to helping us grow into the new Unity Des Plaines!
- Our new Board of Trustee members are Mark Boston, President; Teddie Campanella, Vice President; Brenda Smith, Treasurer; Cindy Ganze, Secretary; and Leslie Johns and Cindy Georgoulis will serve as Members at Large. Please feel free to discuss any issues or questions with any of us.
- Watch the website, eblast and Facebook for upcoming classes. Chris Selvik (An Untethered Soul, a video discussion group), Leslie

Johns (A Course in Miracles) Dr. Sheilajoy Wilkins and Don Dangremond (various topics) and Megon McDonough (Story Songs and Conflict Resolution for Recovery) have all stepped up to offer their wisdom for our continued growth! Additional classes will be made available as opportunities manifest.

- We are also investigating the possibility of hosting musical events soon!
- We have expressed our intention to rent out our facilities, and Spirit has responded! We have been spontaneously approached by three parties who would like to use our building! It is clear that this could be a viable new revenue stream for us, and we will continue to pursue it as such.
- We are all looking forward to Easter Sunday when Megon McDonough will once again bless us with her spirit and her wonderful music! Mark your calendar!
- Our new sound system should be installed and ready by early April. Please plan on attending a demonstration once the system is functional. You'll be surprised how simple it is to use (anyone can do it!).

Your new Board of Trustees is looking forward to the next year with open hearts, ready to receive the many blessings of Spirit and the reengagement of our community in the growth and future of Unity Des Plaines!

Overflowing blessings,

Your Board of Trustees

Mark	Brenda	Leslie
Teddie	Cindy	Cindy

APRIL SCHEDULE OF EVENTS

Sunday Services at 10:30 a.m.

Join us every Sunday at 10:30 am for music, inspiration, meditation and community time. We are pleased to announce we will be featuring various guest speakers over the next 2 months.

We encourage you to continue to wear masks in the sanctuary in consideration of our elderly and immuno-challenged congregants.

Weekly Meditation

Tuesdays, 6:00—6:45 p.m.

We are pleased to announce that our Weekly Meditation is meeting once again. Meditation is a core Unity practice that furthers awareness and opens mental and spiritual space for new energy.

Please come join us in the powerful experience of "going within" in the quiet, sacred space of our sanctuary.

Sunday School at 10:30 a.m.

Please note the time change to 10:30 a.m. We have now resumed weekly, in person classes. Per State of Illinois guidelines, younger children will wear masks. At this time, we will not be able to accommodate babies or children too young to wear masks. Email for more information: cdunoon2@gmail.com

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Unity Northwest is a center for spiritual growth that offers tools for living at every level of expression.

Stay up-to-date with
Unity Northwest Church
 Visit our website at
<https://www.unitynorthwest.org>
 AND
 Watch past Sunday talks at
<http://vimeo.com/unitynorthwest>
 or at
<https://www.youtube.com/user/unitynorthwestchurch>

Our Mission Statement

We inspire and embrace the soul evolution of everyone in our church community.

What Is Unity?

Unity is an interdenominational Christian church based on the practical teachings of Jesus Christ, which are often referred to as "Positive, Practical Christianity." Our main focus is not on "original sin" but on the "original blessing" of being children of God. We are created in the image and likeness of God, here to live life and live it more abundantly.

Silent Unity Prayer Line: 1-800-NOW-PRAY

Unity's Five Basic Principles

- There is only one Presence and one Power active in the universe and in my life, God the Good.
- Our essence is of God; therefore, we are inherently good. This God essence, called the Christ, was fully expressed in Jesus.
- We are co-creators with God, creating reality through thoughts held in mind.
- Through prayer and meditation, we align our heart-mind with God. Denials and affirmations are tools we use.
- Through thoughts, words and actions we live the Truth we know.

Unity Northwest News

Ruth Trailer Editor

April 2022 Contributing Writers

Carolyn Dunoon
Lynn Barrette

Brenda Smith
Ruth Trailer

Website

Leslie Johns &
Kelby Pruchnick

Webmaster /
Graphics

Prayer Support

Here are ways we may pray with you.

- Call the office at 847-297-0997 Mon-Thurs from 9 a.m. to 1 p.m.
- Submit a prayer request on our website:
<https://www.unitynorthwest.org/submit-a-prayer-request>.
- And Silent Unity is available 24/7 to pray with you: 1-800-NOW-PRAY or <https://www.unity.org/prayer>.

SPIRITUAL PSYCHOLOGY

WEAR YOUR TRANSITION LOOSELY, AND MOVE FREELY THROUGH LIFE!

Have you ever found yourself in transition? Let's reframe that question: How you ever found yourself in a transition that you chose? Have you ever found yourself in a transition that you didn't choose? The latter can feel a lot harder, can't it? Transitions we choose can sometimes feel exciting, empowering, refreshing. If we didn't choose it, we can feel like the rug got pulled out from under us. Those can also be the best spiritual lessons ever!

St. Francis advised his followers to "wear the world like a loose garment," What he meant was that to be free, you need to be in the world without being attached to how it hangs on you.

Transitions—times of change—are those times when we are pushed to hang more loosely, loosen our grip on what we thought was solid ground because change requires movement, flexibility, openness, and trying things out in a new way. It's the opportunity for the fresh start that your soul needs to expand. Wear the world like a loose garment. Jesus demonstrated being in the world but not of the world. That's not so hard when it's a change we have chosen and are excited to plan for; but what about losing a job, or a loved one, or a minister, or a house in a hurricane?

I learned from my meditation teacher, Jane Elizabeth Hart, to manage change with grace and wisdom. She taught me about her Seven Steps process soon after I first met her 25 years ago, right before I got married, because it was a big life transition, and the whole title of the original Seven Step process is "Seven Steps for Moving through Life Transitions." That's exactly what it's

What does my soul want to do?

for! The Seven Steps came to her in a vision when her mother passed. She was grieving and didn't know what to do. Then she saw these Seven Steps and the different facets of a grieving process: Gratitude, Good Times, Hopes and Dreams, Disappointments and Difficulties, Forgiveness, Release, and Completion. She knew she had to work those steps, too, so she journaled them and was able to move forward after losing that outer connection with her mother.

Over the many years of working with this process, for changes big and seemingly small, I learned that embracing any change is part of life, and it is possible to flow with it even when you puncture yourself with a tape gun!

In my therapy practice, I share the Seven Steps all the time because it's a great tool for working through the emotions and confusion that come up during times of change. Doing this work helps make the crooked road straight! I share it with everyone I possibly can, as often as I can!

Whenever we have something in our life in which we have invested time and energy, it becomes part of who we are, be it a relationship, a home, a car, a job, anything! When something becomes part of our identity, it's a garment we're wearing. When it's time to change, we need to take off the old garment, appreciate all its aspects, then let it go so we're ready to put on the new and improved garment of the next scene in our play.

Every time I've moved, I've taken the place I was leaving up those "Seven Steps" in order to release the attachment and emotion from the current situation so that I'm walking into my new circumstances as clear and open as I possibly

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APRIL SCHEDULE OF EVENTS

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Sunday Fellowship after the Service

Spending time in community with like-minded people is so appreciated after being separated for so long! Come join us for fellowship, coffee and a snack. We would love to see you there!

Monday Morning Metaphysics

Weekly *New Thought* Class on Zoom
Mondays, 10:30 a.m.—12noon

This class considers the spiritual reality underlying the physical realm. Rev. Mary Beth Speer (Center for Spiritual Living Minister) leads an interactive discussion of powerful teachings. Our current book is *The Power of Decision* by **Raymond Charles Barker**. **OPEN TO ALL!** →

Zoom link:

<https://us02web.zoom.us/j/85251930920>

Call in:

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Donate to Unity Northwest Church

<https://app.easytithethe.com/App/Giving/unw>

Stay in Touch by Text

To stay in touch with us, join our text program! Just text the word **CONNECT** to 847-908-5100. Then save this number to your phone so it will recognize us when we send you a message.

A free will offering will be accepted
at most classes and workshops.

For more information call 847-297-0997,
or visit www.unitynorthwest.org.



Visit our Facebook page at

https://www.facebook.com/unitynorthwestchurch/?ref=br_rs

YOUTH EDUCATION MINISTRY

Be good. ·Be patient. ·Be still.



Greetings, dear Unity Northwest Church families!

What a pleasure it is for us to move into spring! I hope you had the opportunity to be outside to witness the beautiful

changes in nature. Our church is also changing beautifully with new growth. We have recently welcomed some new children along with some familiar faces as we study the Five Basic Principles of Unity.

Please note the photos below of some of our children, who are happily working together as they did on their affirmations project. We are

now studying the Fifth Principle which affirms putting our beliefs into action. The children also enjoyed putting our candles into a beautiful circle to make an altar for our opening.

In April we will learn about the Easter story, of course, starting with Palm Sunday on April 10. Our Easter lesson this year is based on a lesson by Rev. Diane Venzera about transformation. The transformation of nature into spring, of a caterpillar into a butterfly and the transformation of Jesus into eternal life--this is the story for our children to learn and live. With God's Love inside us, we are transforming our lives to change the world, one by one.

I am happy to introduce our new Youth Ministry Team! Gemma Nissen, Stefan Nissen

and Angela Reinhofer have joined in service to our children. Please take a moment to say hello and thank you!

Peace and Love,

Carolyn Dunoon, CSE
Director, Youth and Family Ministry
cdunoon2@gmail.com



Candle Circle Altar



Affirmations



Children's Prayer Garden



Hal Gordon in the Community Room after the Sunday service on 3/27 shares : "I saw Jesus walk on water—twice!"



A VERY SPECIAL ANNOUNCEMENT!

Join us on April 15, 2022 at 6:00 p.m. for a special Good Friday service led by the always inspiring *Megon McDonough*.

Immediately following the service we will have a social hour *POTLUCK* with deserts, cheese, crackers and fruit in the Community Room.

Please bring a dish to share with your Unity Family.

IT'S AN INSIDE JOB

Encourage, lift and strengthen one another.

For you are the I AM./ That's all you need to be./ Here to make a difference./ To set and be set free.

Megon McDonough

I remember in my high school days telling a Catholic girlfriend that Jesus was a fertility myth, but I omitted saying "mythologically speaking." Well, that wreaked a little havoc with her, I must say, but I wasn't really wrong—mythologically speaking. Jesus dies and is resurrected just as the green of the earth dies back from autumn into winter and then returns to life in the spring into summer. This cycle of the seasons has been celebrated by diverse cultures since ancient times.

But what does the Easter teaching mean to us? We've already celebrated the Christ being born in us at Christmas time. Doesn't that take care of it once and for all? Isn't that initial vaccination good for life without booster shots? Why did Jesus have to be killed on Good Friday in so nasty a way, and then be reborn on Easter Sunday? Are we all so thick in the brain that we need a refresher course?

There are so many distractions in the human experience that we lose focus on the Christ within and turn our attention to the shiny golden calf out there. And this is after having fallen into that same hole so many times that you'd think we'd be walking down a different street by now.

Well, the good news is that the Christ is always here with us and working in us, through us and as us. We can't misplace it or drop it, no matter how many times we fall down. It's who we are! But we do forget, and, yes, we need refresher courses now and then. Our reminders, however, don't have to be as harsh as falling into a hole with bitter tears and angry words. They can be as gentle as an evening prayer or a morning meditation.

God, help us to remember who we are—the embodiment of the Christ, and this our identity can never be lost or stolen. There is no separation between us and the Christ no matter how deep the hole or high the cross. The only obstacles are those that we have created and haven't yet let go of. Wherever we go, we are on sacred ground, for you are everywhere present, and all is well. Amen.

Ruth Trailer



**I Am that I Am has sent me
To this moment—here I am,
To be the voice, to be the
heart
Through which heaven is
made known on earth.**

Cari Norman/Richard Levy



Thoughts become things... choose the good ones! ® © www.tut.com ®

Be God's Love in Action. VOLUNTEER! Call the church office at 847-297-0997.



**Our Sunday services are live and in person at 10:30 a.m.
Sunday School at 10:30 a.m.**



SPIRITUAL PSYCHOLOGY

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can. When I left my condo, I took it up the "Seven Steps" to let it go and move forward before I started packing my coffee filters prematurely.

Our road is clearer when we aren't taking our old emotions, positive or negative, into our new situation, but we have to do our part on that. We can prepare ourselves for our next step so we don't end up missing something very important—like making our transition much easier on ourselves! In times of transi-

tion there is so much going on already, why would we want our emotional baggage to interfere and create a hindrance that isn't necessary? Why do that to ourselves instead of doing what I call the "front-end maintenance" of the spiritual/emotional/mental work of releasing the old and preparing for the new?

Right now, think of a life transition that may be coming in the future, maybe making a job change, getting a new car, moving to a new home, or perhaps someone in your life is preparing for a life transition that will somehow take them out of your life. What in your life

needs releasing? What garment needs to be worn more loosely or replaced altogether? Use the "Seven Steps" or some other conscious and thorough release process to let it go so that you can walk forward free and clear. You can help yourself adjust and keep moving forward!

Lynn Barrette, LCSW, LUT

The Seven Steps by Jane Elizabeth Hart
www.CenterForEnlightenment.com