

In This Issue

Minister's Letter	1
Coming Up in November ...	1
Board Letter	2
Youth Ministry	3
Spiritual Psychology	3
From the Inside Out	4

Unity Northwest Church

Member: Association of Unity Churches
 Affiliation: Unity School of Christianity
 Address: 259 E Central Rd
 Des Plaines IL 60016
 Phone: 847/297-0997
 Prayer Line: 847/297-0997 x2
 E-mail: unitynw@yahoo.com

Board of Trustees

Sheila Budd President
 Mark Nissen Vice President
 Wendy Walsh Treasurer
 Yolanda Merges Secretary
 Stephanie Bartels Member
 Dallas Trailer Member

Church Staff

Gregory Barrette Minister
 Betsy Nickerson Admin. Asst.
 Megon McDonough Music Director
 Tatiana Naumova Accompanist
 Rev. Diane Venzera Director
 Youth Ed / Family Ministry

MINISTER'S LETTER



THE PRECIOUS NOW

Every moment is the gateway to the now.
 Every situation is a precious chance to awaken.
 Every person encountered is a gateway to God.
 Every opportunity begs to be taken.

When Jesus said, "Many of the first shall be last, and many of the last shall be first," he wasn't just speaking of individuals. He was pointing to those opportunities that we sometimes judge as being significant or insignificant, good or bad, according to the evaluation of our egos.

Many of our "last" or least favorite experiences may be our greatest gateways into spiritual growth. And many of our "first" experiences really aren't that big of a deal and may even serve to clutter our lives.

A friend of mine spent every New Year's Day reflecting on his prior year and giving it a letter grade, according to how well he liked that year. He did this for several years and then fell out of that practice as he grew spiritually.

Many years later he found his list of letter grades and discovered to his amazement that many of the years that he had thought were awful now benefited him greatly in terms of his learning experiences and growth; and many of the years that he had thought were so good now seemed to be just frivolous and anemic. Many of his "last" years were now "first."

Eckhart Tolle tells the story of the Zen master who was awakened into enlightenment when he was walking through the village market and overheard a woman ask the butcher for his very best piece of meat. The butcher replied, "Every piece of piece of meat I have is my very best piece of meat. There is no piece of meat here that is not

We are souls in evolution

my best piece of meat." In that moment the Zen master was enlightened!

Every moment is equally the gateway to the now, an equal opportunity for growth, just as "every piece of meat is the very best piece of meat."

So let's take advantage of every opportunity that life offers us to awaken. Let's stop judging and start cooking!

Bon appétit!

Greg Barrette

Talk Titles for November

November 5 Another Chance to Shine
 Life is always giving us infinite opportunities to choose and to grow.

November 12 It's all About the Joy
 We THINK we know what life is about. Our hearts ALREADY know.

(Talk Titles continued on page 2)

Giving Thanks Anyway: Thanksgiving Eve Candle Lighting Service

Wednesday, November 22, 7:00 pm
 Led by Greg Barrette with special music by Megon McDonough and Tatiana Naumova

Those who attend will have an opportunity to share their gratitude with the congregation as they light a candle. Even in times of difficulty, we can join together for support and comfort. The simple act of lighting a candle can be a powerful reminder that an attitude of continual thanksgiving can move mountains of old energy and can free us from problems and ailments that may be keeping us stuck in our everyday lives.

COMING UP IN NOVEMBER ...

Meditation Practices

Thursdays, 7:00-9:00 pm
 Remaining Sessions: November 2, 9 & 16
 Facilitated by Peggy Dhont, LUT

Extensive research on meditation practices has revealed that regular meditation has many mental and physical benefits and that there are many effective ways to meditate. This course explores the practice and the experience of various forms of meditation. Benefits of these various forms of meditation will be explored as well as methods

to deal with resistance to it. There will also be helpful tips for developing a regular meditation practice. Practicing the Silence, Unity's meditation practice, is fundamental and foundational to Unity teachings. Therefore, it will be the primary meditation practice for the duration of the course.

Recommended Text/Readings:
 Davich, Victor. Best Guide to Meditation. Foster City: IDG Books Worldwide, 1999

(Continued on page 2)

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
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, 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 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

November 2017 Contributing Writers

Greg Barrette Sheila Budd
Diane Venzera Ruth Trailer
Lynn Barrette

Website

Kelby Pruchnick Web Master

BOARD OF TRUSTEES LETTER

Greetings church family,

All is well. Our church is humming right along with Om love. You make the positive happen. We remain fiscally sound and heading into the holiday season in the black. Yea, God!

The sound system and microphones are all working now and the building is in good shape. Our website redesign is complete and looking good thanks to Kelby Pruchnick and Diane Venzera. Our social media advertising is also bringing in new people thanks to Nick Novak's efforts.

Also, have you noticed that the driveway entry, sidewalk and parking areas are more visible? Thank you to the many hands that worked to clear away the brush and the overhang from trees. Our volunteers are awesome! We have a lot to be grateful for.

NOVEMBER TALK TITLES

(Continued from page 1)

November 19 A Sneaky God
Sometimes God's disguises are incredible!

November 26 Knowing Your Way Home
It's not enough to believe. How can you KNOW?

COMING UP IN NOVEMBER ...

(Continued from page 1)

The Center for Enlightenment in You

Tuesday, November 14, 7:00 pm
Facilitated by Greg Barrette

Greg will have just returned from a five-day meditation retreat with Jane Elizabeth Hart at the Center for Enlightenment in Tarpon Springs, Florida. These teachings have helped countless individuals connect with their own inner light—enabling them to participate consciously in their own evolution and work in the best interests of their soul. Greg will present spiritual teachings that will inspire and challenge you to move your consciousness.

The **Simple, Reverent Prayer Circle** gives participants an opportunity to spontaneously speak aloud heartfelt prayers for others.

Sundays at 10:20 a.m.

As we support each other in prayer, we experience the power of healing that Jesus said happens when 'two or three are gathered.'

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

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

Love, Communicate, Respond

Check the church calendar for the many events we have coming up in November, and schedule them in. We hope to see you helping our Youth Education at the Crafts Sale and expressing gratitude at the Thanksgiving Eve service.

Blessings always,

Sheila Budd
President, Board of Trustees

Arts, Crafts & Vendor Sale

A YOUTH OF UNITY Fundraiser

Sunday, November 19, 10:00am-1:30pm

Please join us for our Arts, Crafts & Vendor Sale at Unity Northwest! If you are an artist, craftsman, or vendor, come and participate.

Pick up a registration form in the church lobby, or contact Anita Stehmeier at 847-715-6624 or at astehmeier@gmail.com.

Gratitude makes sense of our past,
brings peace for today,
and creates a vision for tomorrow.

Melody Beattie

Weekly Silent Meditation Service

Ongoing—Tuesdays, 6:00–6:45 pm

Facilitated by Greg Barrette

Being supported by a group makes meditation much easier. Numerous studies by research labs at major universities have confirmed the effectiveness of meditation to heal and reduce stress. We have witnessed healings of mind, body and circumstances that can be attributed to this group practice.



The Interfaith Counseling Center (ICC)

offers counseling to individuals, couples and families on a love offering basis for up to three visits. By the third visit, you may choose to end counseling, continue offsite, or be referred to a therapist or other community service agency that will best serve your needs.

ICC is available to people of all religious, cultural and socioeconomic backgrounds and provides support for a wide array of issues: spiritual, personal, relationship, parenting, stress release, depression and anxiety.

Call today for an appointment: 847-297-0997.

YOUTH EDUCATION MINISTRY

We are the world. We are the children.

We continue with our exploration of *Lessons in Truth*. This collection of lessons explores basic Truths that are universal and, when applied to life, lift us higher.

Topics include:

- All Things are Possible, If We Believe
Faith is the power we use to focus our attention and concern, and we put our attention not just on the thing needed but on the Truth that God has already prepared and is giving that which is our highest good.
- Will the Real Me Please Stand Up?
Personality is God's expression on this plane. Your individuality is your spiritual identity and is seen as personality when it is expressed on the physical plane.

- The Great A-Ha!
Spiritual understanding is the realization of the presence of God within us.
- Meeting Your Senior Partner
The secret place of the most-high is within us and is where we find Spirit. When we sit in the silence, we know God's presence within.

With love,

Rev. Diane Venzera
Director, Youth Education



SPIRITUAL PSYCHOLOGY

What does my soul want me to do?

DETACH AND COOPERATE

Detachment is a difficult thing to do. I'm talking about spiritual detachment—being "in the world, but not of the world." This is different from being aloof or disengaged from people or situations in our lives.

Picture a core of light with strings moving out from that core, attaching themselves to all sorts of things. One string attached to our partner. Another attached to our children. Another attached to our job. Another to money. And others to friends, resentments, good things, difficult things, and on and on!

And all these strings are using our core energy, the energy we came in with to support us through everything. We have to work very hard to keep these attachments going. They have become part of our personality's identity and can get in the way of our seeing clearly. How can we make a good decision about our job if we are afraid of letting it go, even if it is for something better? How can we help our loved ones wisely when we are attached to them, or to the outcome of their situation?

Our awakening is about letting go of our attachments, and allowing those strings to connect to our inner soul force, soul energy. Not all at once. Not blindly. Slowly, wisely, and with conscious intention. Day by day, we release our limited ideas of what can be, to be aware of the grander scheme that we are usually not aware of.

When I was getting ready to have a second child, I was looking into midwives to assist the delivery. Our first child was born at home, and I wanted a similar experience. I also had MANY faulty judgments about hospitals, doctors and childbirth—none of them positive or worthy of repeating here.

My intuitive guidance as I looked for midwives the second time was, "You won't have this child at home." I felt afraid. Why not? My automatic assumption was that there might be something wrong with the birth, the child, or me. I tried to force the issue, but the guidance was too strong, and I backed off. I found a midwife, but one who worked with a doctor and delivered in a nearby hospital.

I started, before I was even pregnant, releasing my attachment to homebirth, which included releasing my fears about hospitals and doctors. Every time I would go in for a check-up, I would have another round of fears come up to be examined and released. For an entire year—before I was even pregnant!—I worked on this detachment.

By the time I went into the hospital to deliver, I was free of my fears and could embrace the experience! My spiritual mentor, Jane Elizabeth Hart, said to me, "Go into that hospital as if you were walking

into God's hands." I did and had no resistance to any of the medical personnel who helped me. Everything went smoothly because I got out of the way, released my fears and attachments to how the process was going to look, and trusted. I detached my soul energy from fears and reattached that energy into my Divine Self that knew what it was doing.

I released myself and my experience from fear and false judgments and plugged into Soul force. There is no outer picture that is the "perfect" scenario. We have to be open to what is the highest good for our souls—and all souls involved—in the moment, and that might just be very different from our human picture of what "should" be! Cooperation is perfection.

Knowing your highest good in the moment comes through gently detaching from lesser ideas each day, and plugging into your Soul that knows!

Lynn Barrette, LCSW,

We Plough the Fields

Matthias Claudius (1782)

We plough the fields and scatter
the good seed on the land,
but it is fed and watered
by God's almighty hand:
he sends the snow in winter,
the warmth to swell the grain,
the breezes and the sunshine,
and soft refreshing rain.

All good gifts around us
are sent from heaven above;
then thank the Lord, O thank the Lord,
for all his love.

FROM THE INSIDE OUT*Encourage, lift and strengthen one another.***Honor is a way of behaving. Sanctimony is congratulating yourself for that way of behaving.
Judy Markey, Just Trust Me**

So honor, I'm thinking, means a personal code of integrity, like in the Girl Scout oath I once memorized, which begins, "On my honor, ..." with your hand over your heart. That means you choose right thinking, and right thinking leads to right action. You do what's right for the right reasons. You think and act from your core or *coeur*, which is French for *heart*.

But if you're sanctimonious, you have an attitude of "holier-than-thou." You're patting yourself on the back like your status has been elevated due to your right action. Then you've crossed the line. I certainly have done that, but half the time it's been because I'm relieved that I've heard and followed my inner guidance. Then other times I may, once again, have been telling myself that I was oh so smart or oh so cool or whatever. Hmm.

When I was a kid, there was a girl, Linda Rogers, who was half a year ahead of me in grammar school. She was smart, cute and athletic, and some of us lower self-esteem types used to grumble, "She thinks she's so great." Well, du-uh, she was confident. She liked herself. What a concept! But we were into comparison, and "so great" really meant to us "greater than" even though I have no recollection that Linda Rogers ever acted "smarter than," "cuter than" or "more athletic than." She was what she was. No doubt she had issues—everybody does, but I never saw evidence of sanctimony (as if I even knew at the time what that word meant!).

Now, this is not to say that we should never be proud of ourselves but rather that we should not make pride our Source. Jesus says to "seek first the Kingdom of God," which means being centered in our Christ self which is the Source of all that we are—our true holiness—and then act. We are expressions of God, and if we embrace that truth wholeheartedly and love ourselves accordingly, we don't need comparisons or compliments. We can act from the guidance within our hearts and do what's right because it's right. Yes, we can simply do it, and move on! Thank you, God!

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

**It's what you
learn after you
know it all that
counts.**

Judith Kelman



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



Sunday Services: 9:00 and 11:00 am

Youth Education: Sundays at 11:00 am