



Unity Northwest Church **NEWS**

www.unitynorthwest.org

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

February 2022

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Unity Northwest Church

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 Affiliation: Unity School of Christianity
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BOARD OF TRUSTEES LETTER

Love, Communicate, Respond

A Message from your Board

I love you not because of who you are, but because of who I am when I am with you.

~ Roy Croft

And so it is with our beloved Unity Northwest Church. It's not what Unity is, but who we are with Unity and each other that keeps us coming back to be with our beloved community.

February is traditionally the month of romantic love, but it is also a good time to reflect on all the things that we love and be grateful to those who make our church possible.

It has been a joy to have Megon McDonough with us during the holidays and through January. Her spiritual messages and inspired beautiful music have carried us through a difficult time. And through the years one of our greatest blessings is the consistent, thoughtful and uplifting beautiful music that Tatiana Naumova provides for us week after week. Her talent elevates us all, and we are grateful to her for who we become when she shares her heart-felt music with us.

Our gatherings would not be possible without the generous contribution of time and attention from our usher, video, health and safety, youth,

hospitality and platform assistant teams, not to mention the Board—all volunteers too! We remain a vital spiritual center thanks to the contributions of each of the dedicated people who give so much.

That said, we need additional volunteers to round out the Youth ministry, usher and video teams. If you can offer one Sunday a month to help keep your church running smoothly, please reach out to any board member, team leader or the office. Training and support are always provided.

The Outreach ministry keeps us in touch with those in need in our immediate community and provides an opportunity for us to give of what we have and so make space for new prosperity to come to us. Watch for eblast, Facebook and website notices about upcoming food drives and other opportunities to participate.

Our new sound system will provide an opportunity for us to live-stream services and classes and expand our reach beyond our property lines. That said, the saga continues. The components have arrived for installation, but a significant item was damaged in transit and must be replaced before installation can begin. In the

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FEBRUARY SCHEDULE OF EVENTS

—Ongoing at Unity Northwest—

Sunday School at 10:00 a.m.

We welcome teens and children in person! At this time we cannot accommodate babies or children too young for masks.

We are in need of volunteers to help in Sunday School. Please contact Carolyn Dunoon at cdunoon2@gmail.com

Sunday Fellowship

Fellowship Hall will be open for visiting; however, no coffee, tea or treats will be provided. Masks must stay on—another way to keep us safe. When we get the all-clear we will resume the treats.

Watch Previous Sunday Services

<https://www.youtube.com/user/unitynorthwestchurch>

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.

Donate to Unity Northwest Church

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

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:

+13126266799,,85251930920# US Chicago
+13017158592,,85251930920# US Wash DC

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>

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

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 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

February 2022 Contributing Writers

Brenda Smith
Ruth Trailer
Carolyn Dunoon
Lynn Barrette

Website

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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>.

BOARD OF TRUSTEES LETTER

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interim, we have started Facebook live-stream services from the sanctuary on Sunday mornings. Our Wi-Fi signal is not consistent from that space, and we're working on improving it so that watching the service in real time is again an option.

In the coming weeks the Board will be structuring the New Minister Search Team. This team is made up of congregational members and one Board member acting as liaison. If you would like to be part of the energy that attracts our new minister, please reach out to the Board, or contact the church office at 847-297-0997 or unitynw@yahoo.com to let us know. It is so important that we take an active role in determining the future of our church!

SPIRITUAL PSYCHOLOGY

PURE AIR IN, EVERYTHING ELSE OUT

One of the purposes of a meditation practice is to learn to be in charge of your mind instead of your mind being in charge of you. Thought thinking is going in the mind all day long, 24/7, whether we are aware of it or not. When we are not aware of it, those unconscious thoughts lead our emotions, behaviors and other thoughts in all sorts of directions that we may or may not want for ourselves.

There is a popular phrase out there—we know it well in Unity—that states, “Energy follows thought”—meaning that where our thoughts go, we follow. For further understanding of this, I add, “and thought follows attention.” When we are conscious of our thoughts, paying attention to them, they can also lead us in directions that can be more or less desirable.

For example, this morning, I had the song “Amie” by Pure Prairie League pass through my mind. Suddenly, all of my internal focus was on this song and the parts of it I recalled, and the mild frustration around the parts that I did not. So what did that attention to that thought process ignite in me? Picking up my phone, searching for “Amie” on my Spotify app, and listening to the whole song to satisfy some random, restless thought! Did I need to listen to that song? Of course not; but I allowed the thoughts to control my behavior.

In my defense, I knew I was going to be talking and writing about this today, so I allowed myself to follow through with the urge. I could just as consciously and with just as much effort (probably a lot less effort, actually) have

A free will offering will be accepted at most classes and workshops.
For more information call 847-297-0997, or visit www.unitynorthwest.org.

Love, Communicate, Respond

Be well, be happy, and truly BE with the ones you love!

... There's nowhere you can be that isn't where you're meant to be... It's easy... All you need is love... Love is all you need.
~ The Beatles

With love,
Your Board of Trustees.

Cindy	Jeanette	Sheila
Mark	Teddie	Brenda

What does my soul want to do?

noted the song going through my head and simply allowed it to pass through without grabbing on to it. But, hey, it's a great song! No harm done!

Energy follows thought, and thought follows attention.

Energy follows thought, consciously or unconsciously. Our attention adds energy to thoughts

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HEALTH ALERT!!

Please keep our community safe and healthy!

While infection numbers are coming down, we continue to put your safety first. It's starting to look like this may ACTUALLY pass, but it's not over yet.

We love you; please be safe. Please continue to be diligent regarding COVID safety. Always keep you mask over your nose and mouth, be mindful of proper distancing, and take advantage of our hand sanitizers.

EMERGENCY CONTACTS REMINDER

Please be sure your contact information at the church is current. If you do not want to be included in the Emergency Contact text list, let us know that as well.

You may email updates and preferences to unitynw@yahoo.com or call the office at 847-297-0997 during office hours M-Th. 9am-2pm



Visit our Facebook page at

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

YOUTH EDUCATION MINISTRY



Greetings Unity Family.

I am sending you much Love this February. May the blessings of health, joy and wisdom be yours. It is my pleasure to give you an update of our Unity Northwest Church Sunday school.

In January, we included a lesson about Dr Martin Luther King, using a wonderful children's book called Martin's Big Words. We recognized our oneness with all through the Christ spirit within and talked about the importance of treating all people fairly.

We also began our study of Unity's Five Basic Principles last month. They can be summed up with the words God: goodness, thoughts, prayer and action. If you check out the pos-

ter on our bulletin board outside our room, you will see how these principles are restated in order to be youth friendly, as follows:

1. God is all good and active in everything, everywhere.
2. I am naturally good because God's divinity is in me and in everyone,
3. I create my experiences by what I choose to think and by what I feel and believe.
4. Through affirmative prayer and meditation, I connect with God and bring out the good in my life,
5. I do and give my best by living the Truth that I know. I make a difference!

Using Diane Venzera's curriculum we will explore these Five Principles with Bible stories, children's literature and with crafts and games.

Special events for February: I will be the guest speaker for the big kids in church on February 6. My talk is "What I Learned from Teaching Sunday School." Mark Boston will teach the Sunday School class that day.

Coming up on the 13th of February is our annual Sunday school Valentine celebration! You won't want to miss it! Fun surprises for sure.

Peace and Love,

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



SPIRITUAL PSYCHOLOGY

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more consciously, although we still may not be fully aware that we are adding energy to our thoughts by indulging them.

If you don't believe me, watch your thoughts today, and by the end of the day, you will see for yourself how thoughts and attention to them drag you around frequently during the day. If you have a worry, the more you think about that worry, the stronger it can feel.

Energy follows thought, and thought follows attention.

Here's the key: *Awareness* rules them all: thoughts, attention, and energy. However, awareness has to be turned on; it has to be given the authority within you. My spiritual mentor, Jane Elizabeth Hart, calls this, "developing the Observer Self." The Observer Self is that part of us that is awareness itself. It is what sees the thoughts and emotions within us, but is not caught up in those thoughts or emotions; it simply watches.

Observer Self practice can help stop us from being controlled unconsciously by the random energies flying through the mind. We can have an earworm like "Amie" wisp through our minds and not have to jump on our phones to listen to the whole song (not that there's anything wrong with that), and can instead redirect ourselves to something more important in the moment. The mind is very strong, but it is also easily manipulated! The Observer Self helps us stop ourselves from being manipulated by random thoughts.

Visualizations in meditation help the practice of the Observer Self and being in charge of

What does my soul want to do?

our thoughts and energy. Today, we are using a visualization that is great when there is a lot of busyness going on in your mind. We are using the acquiescent nature of the mind to strengthen our focus, presence and inner autonomy. I learned this visualization from a beautiful spiritual teacher from Portugal named Mooji. I am so happy to share the video where he is teaching this technique. It is quite wonderful.

"Simple Guidance for Anyone Struggling with the Mind" <https://www.youtube.com/watch?v=KcBujwXvGC8>

And here is an article and video by my spiritual mentor, Jane Elizabeth, talking about the Observer Self:

"Tips on Being Your Observer Self" <https://cfenlightenment.org/2011-6-15-tips-on-being-your-observer-self-html/>

"Observe Yourself and Embrace Your Changes" <https://www.youtube.com/watch?v=T80rQeClXqg>

Please enjoy this video meditation on this topic. Thank you for reading and watching! May you practice being in your Observer Self every day!

[This article is a supplement to a "Monday Morning Meditation" by the same title with Lynn Barrette, LCSW. You can find it on YouTube: <https://youtu.be/lmJSpEBtAI>.

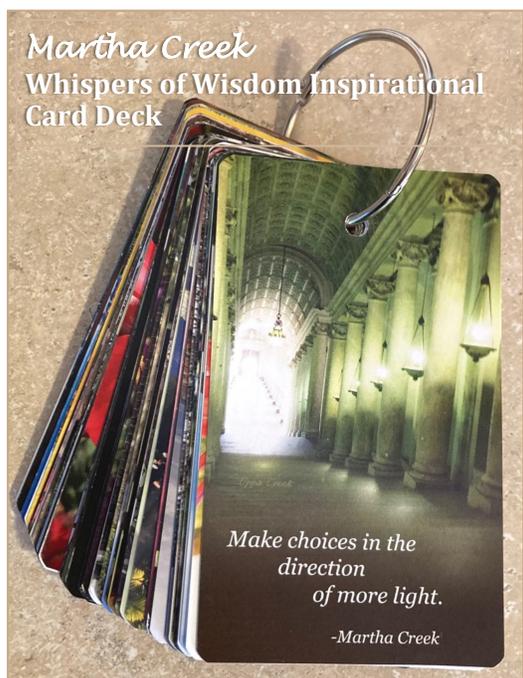
You can sign up to join Monday Morning Meditations at www.CenterForDynamicHealing.com

Be good. · Be patient. · Be still.

I Love My Church

When we give to Unity Northwest, we are really giving to ourselves, to our spiritual growth and to our church community. A donation in any amount is a blessing.

To make a donation, please click here: <https://app.easyithe.com/App/Giving/unw>



IT'S AN INSIDE JOB

Encourage, lift and strengthen one another.

When you live with an open heart, unexpected, joyful things happen. Oprah Winfrey

I saw Bonnie Rait in concert a number of years ago with her smooth bluesy voice, and I remember her chatting with the audience between songs. She talked about her new love relationship and said, "Keep your heart pure, and love will come to you." I thought, "Oh, is that all it takes?"

So what's a pure heart? Bonnie Rait meant relationship love, but our primary relationship is with ourselves. It seems to me that a pure heart is one that's open and receptive to all the good that the Universe can give us. *A Course in Miracles* exhorts us to align ourselves with love, not fear—the fear that we're not good enough, smart enough, strong enough, good-looking or successful enough to be worthy of anyone's love, much less God's. That's a belief that we may accept or reject. If we were raised to believe in our personal inadequacy, we can choose to undo that belief by envisioning ourselves as perfect, whole and complete.

A pure-hearted person knows and welcomes the divine truth that, being created in God's image, we are one with the Christ spirit. A pure-hearted person, when faced with negative people or situations in life, knows that there's no power in the reactions of fear, envy, anxiety, anger or resentment no matter what we've ever thought or done. Anyway, negativity is only the fear that we're unworthy, and fear is a phantom, not reality. As *A Course in Miracles* states: "The opposite of love is fear, but what is all-encompassing can have no opposite." Love is all there is. There is nothing more.

A pure heart is an open heart, a settled heart, a compassionate heart. It's a heart receptive to God's will and intention for us—in us, through us and as us. So let's replace that fear and welcome love! I know and trust that we can—with all my heart!

Ruth Trailer

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.


Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

Rumi





Our Sunday services are live and in person at 10:00 a.m.

