

[www.unitydesplaines.org](http://www.unitydesplaines.org)

Sunday Service at 10:30 a.m.

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### Unity Des Plaines Church

Member: Unity Worldwide Ministries  
 Affiliation: Unity School of Christianity  
 Address: 259 E. Central Rd  
 Des Plaines IL 60016  
 Phone: 847/297-0997  
 Prayer Line: 847/297-0997 x2  
 Email: [unitydp@yahoo.com](mailto:unitydp@yahoo.com)

### Board of Trustees

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Rev. Tom Wendt	Part-Time Minister
Wendy Walsh	Admin. Asst. Music Director
Tatiana Naumova	Pianist
Carolyn Dunoon, CSE	Director Youth Education / Family Ministry

\* \* \*

Stay up-to-date with  
Unity Des Plaines

visit our website at  
<https://www.unitydesplaines.org>  
and

Watch past Sunday talks at  
<https://www.youtube.com/user/unitynorthwestchurch>

## MINISTER'S LETTER



The first time I set foot upon that southwest corner of South Dakota which is labeled as the Pine Ridge Lakota Reservation, in 2012, I was struck by the poverty, lack of basic services, such as trash pickup, and the amount of "junk" strewn about the Res. I was additionally struck by the judgments I experienced within myself about these things and more.

I viewed a landscape that could be fixed by cleaning it up. I witnessed a people I wanted to help. I've learned a lot since then.

During one of the education sessions (we have one each day) of our recent trip to the Res this summer, the director of operations Corey True, shared with us an essay by author Rachel Naomi Remen. The subject matter of the essay was "Helping, Fixing, or Serving?"

Fixing and helping create a distance between people, but we cannot serve at a distance. We can only serve that to which we are profoundly connected.

When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service is the work of the soul.

Helping is not a relationship between equals. A helper may see others as weaker than they are, needier than they are, and people often feel this inequality. The danger in helping is that we may inadvertently take away from people more than we could ever give them. We may diminish their self-esteem, their sense of worth, integrity, or even wholeness.

When we help, we become aware of our own strength. But when we serve, we don't serve with our strength; we serve ourselves, and we draw from all of our experiences. Our limitations serve; our wounds serve; even our darkness can serve. My pain is the source of my compassion; my woundedness is the key to my empathy.

Service is not an experience of strength or expertise. Service is an experience of mystery, surrender and awe. Helpers and fixers feel casual. Servers may experience from time to time a sense of being used by larger unknown forces. Those who serve have traded a sense of mastery for an experience of mystery, and in doing so have transformed their work and their lives into practice.

So now, I only **serve** during trips to the Res. No helping or fixing. I leave my judgments behind and feel honored to serve a people who had the

*(Continued on page 2)*

## AUGUST SCHEDULE OF EVENTS

### Monday Morning Metaphysics

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

Led by Rev. Mary Beth Speer (Center for Spiritual Living Minister) the class reading and discussion considers the spiritual reality underlying the physical realm. We are currently reading *The Universe is Calling* – Opening to the Divine Through Prayer by Eric Butterworth. Come join us "to release your imprisoned splendor."

**OPEN TO ALL!**

### Zoom link:

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

### Call in:

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

### Radical Forgiveness

Mondays, August 22 and 29  
Facilitated by Megon McDonough

Megon will lead us through two classes based on the book *Radical Forgiveness* by Colin Tippling. Mark your calendars and check the e-blast and announcements for details.

## Annual Church Picnic! Sunday, August 28

There are signup sheets in the lobby for bringing food and/or helping set up or take down.

We look forward to getting together with you **after the service!**

### Feed My Starving Children

Saturday, August 20

Volunteers requested for Feed My Starving Children in Schaumburg. It's a two-hour event involving packing boxes of nutritious food to be distributed around the world to children who may not otherwise have food. Please email the church office at [unitydp@yahoo.com](mailto:unitydp@yahoo.com) if you would like to join the group. Watch our e-blast for details, or pick up a flyer in the church lobby.

### Donate to Unity Des Plaines Church

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

### Unity Des Plaines 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.

### Unity's Five Basic Principles

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

### Unity Des Plaines Newsletter

Ruth Trailer Editor

### August 2022 Contributing Writers

Rev. Tom Wendt Mark Boston  
Carolyn Dunoon Ruth Trailer  
Lynn Barrette Teddie Campanella

### Website

Leslie Johns Webmaster

### 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.unitydesplaines.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

*Live in the sunshine. Swim in the sea. Drink in the wild air.*  
~ Ralph Waldo Emerson

*In summer, the song sings itself.*  
~ William Carlos Williams

Ahhh...August already! Summer's grand finale, so to speak. Long, lazy, warm, days and soft, subtle nights that make us forget for a time that a new season is coming. At Unity Des Plaines we celebrate all that has been and look forward with hope to all that will be.

We celebrate the return of much-loved activities as well as look toward the "new season" of our church as we evolve and grow into all that we can be. Here's the latest!

- Our Summer Picnic returns on August 28<sup>th</sup> with fabulous friends, food, and fun within our community. It's been a long time since we have all been able to gather in celebration and appreciation. There are signup sheets in the lobby for food and service assistance. Please plan on joining us after the service!
- Classes are coming back! August 22<sup>nd</sup> and 29<sup>th</sup>, Megon McDonough will lead us through two classes based on the book *Radical Forgiveness*. Mark your calendars and watch the e-blast and announcements for information.
- We are also working with an instructor who may bring us a class on tapping. Stay tuned for dates and details!
- On August 20<sup>th</sup> those who are interested will volunteer at Feed My Starving Children in Schaumburg. This two-hour event will involve packing boxes of nutritious food to be distributed

around the world to children who may not otherwise have food. Please email the office if you would like to join the group ([unitydp@yahoo.com](mailto:unitydp@yahoo.com)). Watch our e-blast for additional details, or pick up a flyer in the church lobby.

- We are actively engaged with Unity Worldwide to meet their requirements in our search for a new minister. We will continue to keep you posted as the process evolves.

Details and additional information on classes, volunteer opportunities, and fundraising will be provided as they become available via email, Facebook, text, our website, and Sunday Announcements! Be sure you check these information sources frequently to stay current on all the activities and new programs!

As always, your board is available to discuss any ideas, questions, or concerns you may have as we work together toward our Divine Future!

We look forward and open our hearts to the evolution of Unity Des Plaines and quietly listen as UDP's new song "sings itself" into being.

With all the love, light, joy, energy, and hope that is the Divine Source in each of us,

Board of Trustees.

**Mark  
Teddie**

**Brenda  
Cindy**

**Leslie  
Cindy**

## MINISTER'S LETTER

*(Continued from page 1)*

misfortune to be born into a badly broken system. It is, for me, the final release of any idea of control. In that, I find immense freedom simply to be there and serve as best I can.

There's something about serving on the Res that gets into your psyche, your blood. In Unity we like to say we are all one, we are all connected. I never thought I could feel so connected to people who live in marginal conditions, but I can and I do.

I also experience a deep sense of connection with the other volunteers, some of whom traveled a thousand miles or more, also to learn and serve. Bruce, and Joy, and Horace, and fourteen-year-old Gracie, to name a few. These are

individuals I would not pay much attention to if passing on the street, but serving in the hot, dry and windy conditions of South Dakota, creates a bond. We had to rely on each other to complete the jobs we were assigned. We all came through.

This was Marypatrice's first visit to Pine Ridge, and she wants to return. Like I said, it gets into your blood. We plan to do so in early June, 2023. Perhaps you'll want to "save the date" and treat yourself to live the experience of connection and the mystery of service.

In service,

Rev. Tom Wendt

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

**For more information call 847-297-0997, or visit [www.unitydesplaines.org](http://www.unitydesplaines.org).**



Visit our Facebook page at

[https://www.facebook.com/unitydesplaineschurch/?ref=br\\_rs](https://www.facebook.com/unitydesplaineschurch/?ref=br_rs)

## YOUTH EDUCATION MINISTRY



Greetings Unity Des Plaines Family! Today I am excited to talk about a BIG VISION for our Youth and Family Ministry. What if we could re-energize our Sunday school, reach out to serve the children of our community, and help grow our church? What if we could really influence the adults of tomorrow to be less anxious, more accepting and nonviolent? Spiritual Playdate proposes to help us do these things. This is an Interfaith, holistic, social emotional learning program that provides tools and web resources to educators and families. It has been used in many Unity churches, including in Evanston. We used it for a time in the Zoom meetings during the pandemic when the church was closed, and I found it to be a great resource for exploring many relevant topics. We plan to expand to offer one lesson a month on Zoom, which could be called up at anytime.

If you were one of the people who got to meet founder Edwina Cowell after the service on July 17, I am sure you were impressed with her enthusiastic vision to transform not only Sunday school but our world one child at a time. She met with me and fellow teacher Gemma Nissen for over an hour to inspire us and help us get started. We set a date on August 21 to meet with her again and any interested adults

## SPIRITUAL PSYCHOLOGY

### Boundaries: Loving Kindness in Action

What does setting boundaries mean to you? Selfishness? Gigantic confrontations? Plates thrown across the room? Hurt feelings followed by the silent treatment for days? An opportunity to unload 30 years' worth of baggage that you've been carrying?

When I say the word "boundaries" to my clients, I often sense the fear response that is common for many people when they think of putting in place even the healthiest of boundaries. Yet, setting boundaries is a loving gesture that allows us to take care of ourselves through clear and gentle communication of what we're willing to do or to allow around us.

Boundaries that we set are kind for the other person, too. They make our intentions clear and help each person to be respectful and respected. Brené Brown, PhD, author and human behavior researcher, uses the acronym BIG to formulate her boundaries with others:

*What Boundaries do I need so that I can stay in Integrity with myself and be as Generous as possible with you?*

We can't be generous with others—our time, resources, emotional energy, compassion—when we feel overburdened, taken advantage of or drained. We instead start feeling resentful and build protective

(especially parents, grandparents, board members, potential teachers) at noon for a lunch-and-learn meeting at noon. RSVP to me, please, so we can have numbers for lunch. Childcare will be available in the nursery during this time. GET READY FOR ENTHUSIASM AND INSPIRATION!

We will continue to study the environment and nature until Sunday, September 11, when we will have a KICK OFF to begin the Spiritual Playdate Program and our new class divisions and Zoom program. Also, please note that we will be doing a community event after church on Sunday, September 18 at 12 noon through the Spiritual Playdate: FOOTPRINTS FOR FAIRNESS! This will be an event for all in our church, and our community will be invited! We'll feature a Race for the Food Pantry as well. Look for more announcements to come next month.

HOW CAN YOU NOT BE EXCITED ABOUT THIS AMAZING OPPORTUNITY?!!!!!!!

Peace and Love,

**Carolyn Dunoan, CSE**  
Director, Youth and Family Ministry



walls between ourselves and the other person.

How do we set boundaries with loving kindness? We are in charge of ourselves: our time, our location, our finances, our sense of self and well-being. If any of those are being taken advantage of, it is up to us to protect the resource we feel is being drained. To do this, we define what we need or are willing to do, and determine the best way to communicate it, given the person with whom we'll be communicating.

Here are two examples:

Scenario #1: You have a friend in need whom you want to support, but he's not taking any action to support himself. After several rounds of hearing the same story and offering the same suggestions, you are beginning to feel drained.

Possible boundary: "I understand you are going through a hard time. You always have my support, and I know that you know what to do." Repeat as needed.

Note: I always encourage the use of voicemail as a boundary-setting tool. You can return the call at a time that is convenient for you; plus, you have time to prepare your boundary before-hand and have it ready when needed.

*(Continued on page 4)*

## WITH OUR APPRECIATION

Let's give a shout out to our nine member Prayer Chaplain Team!

Our Prayer Chaplain Team Leader is Betsy Nickerson who is celebrating her twentieth year as Chaplain Team Leader. WOW! She truly lives the special meaning of dedication to the Chaplaincy Program and its chaplains.

A note from Betsy,

To be a Unity Chaplain is a joy and a privilege. We are honored to serve our fellow humans on this planet by holding them in the light of highest good and greatest joy. This is transformative work for each chaplain as well, we have an iron-clad guarantee that all our own stuff comes up when we pray with others as God's healing works through all of us. We thank you all for giving us these opportunities. Many blessings and much love to all.

Prayer Chaplain Team Members:

Betsy Nickerson	Cindy Ganze	Kent Stanton
Chris Schaefer	Deborah Judge	Teddie Campanella
Chris Selvik	Gail O'Neil	

The chaplains are available to pray with you after each service, or you may leave a prayer request in the prayer box in the lobby for the Prayer Team. To leave a prayer request for a prayer chaplain call the church office at 847-297-0997. All prayer requests are kept confidential, and all prayers with chaplains in person or by phone are kept confidential.

If you are interested in becoming a chaplain, keep an eye out in January 2023 when information about joining the Prayer Chaplain Team will be available.

**Teddie Campanella**, Volunteer Coordinator

## IT'S AN INSIDE JOB

### Clean, Separate, Cook, Chill ...

I fell asleep with the television on and woke up at about 4 a.m. to see a young woman hawking her wares in an infomercial. She was certain she could teach me, as my mentor, how to have what I wanted most, how to be happy all the time, no matter what. I got up and trudged past the television to the bathroom. Mentor, eh? If I needed a mentor, God would send me one. Then I heard a different voice on the TV. It was a commercial I had heard before by the Food & Drug Administration, represented by a former Miss America. She was talking about proper handling of food. The repeated slogan was "clean, separate, cook, chill." *Food handling?* Maybe, but she was talking to me about *life handling*. Here was my *mentor*, whose message was "clean, separate, cook, chill," or how to take charge of my life.

**Clean** – Straighten up your act. How's your integrity, your dedication, your self-discipline? Are you true to yourself, to your heart, to your God?

**Separate** – Sort your belief systems. Honor all that has touched your life, but let go of whatever is out of step, out of date, or detrimental. Cherish what nurtures you.

**Cook** – Work on yourself. You are the only thing you have any control over. Let people and circumstances be. They have their evolution; you have yours. Do you react intensely or respond respectfully? Enhance your own evolution with study, prayer and meditation.

**Chill** – Let go, and let God. Once you make the decision to take charge of your life, and you shoot your arrow of intention into the air, it's gone. You aimed it, and now you must hold a space for Spirit to work with it. If you missed the target, don't assume you've failed. Take a look at where your arrow landed. Are you worse off or better off? What's the lesson either way? If you did hit the target, don't glom on to your "success." Hold it lightly, and let it speak to you.

We never know where our learning comes from, do we? We have to keep our eyes and ears open, right? Right. Namasté.

Ruth Trailer

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

## SPIRITUAL PSYCHOLOGY

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**Scenario #2:** That obnoxious family member will be at the dinner gathering you are going to. She is always in everybody's business and has something to say about it.

Possible boundary: "Thank you for asking, Aunt Mildred. Things are going well with me. What have you been up to lately?" (Notice the deflection and redirection. You only have to share what you want to, and with those you want to share it with. In this case, turning the focus back onto Aunt Mildred kindly redirects her attention, at least for a while.

In either scenario, the other person wouldn't necessarily know that we are setting a boundary with them. We are communicating the limit clearly, but less directly. We don't have to wait until we are so exas-

perated with our friend, frozen in crisis, that we stop talking to him altogether or end up saying something that is more hurtful than helpful. With Aunt Mildred, we don't have to tell her how obnoxious her behavior is. She probably already knows and might thrive on the negative exchange if we did tell her! In both cases, we set our boundary so as not to be entangled in the other person's emotional state.

Boundaries are kind, compassionate, loving ways to maintain our own integrity while respecting where the other person might be on their journey of self-awareness. What boundary will you put in place today?

Lynn Barrette, LCSW, LUT  
Center for Dynamic Healing

<https://www.CenterForDynamicHealing.com> or  
<https://www.ChicagoBrainspotting.com>.

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



259 East Central Road, Des Plaines, IL 60016

Sunday services live and in person at 10:30 a.m.

Sunday School at 10:30 a.m.

[www.unitydesplaines.org](http://www.unitydesplaines.org)



If you want to awaken all of humanity, then awaken all of yourself.

If you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself.

Truly, the greatest gift you have to give is that of your own self-transformation.

Lao Tzu

