



Unity Northwest Church **NEWS**

www.unitynorthwest.org

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

March 2022

SUNDAY SERVICE AT 10:30 AM

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Unity Northwest Church

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Tatiana Naumova	Pianist
Carolyn Dunoon, CSE	Director Youth Education / Family Ministry

BOARD OF TRUSTEES LETTER

Love, Communicate, Respond

A Message from your Board

“Gratitude is a state of thankfulness.”
The Power of Gratitude ~ Marci

Despite the many recent changes in our church community we foster a state of thankfulness. With a deep, cleansing breath we call forth our know-ing that we are one with Divine Source and express our gratitude for all the good in our com-munity! Just a few examples:

- As this newsletter is being written, our new sound system is being installed! Despite numerous delays and unforeseen “solution opportunities,” we will now have state of the art technology for live streaming services. This will enable us to stay connected with our members, share our message and welcome those who cannot physically attend services. We are deeply grateful to Teddie Campanella for her tireless work over the past many months to make this project a reality for us!
- After a few false starts, we have finally been approved for the Unity Branding Program! We will soon have our new logo identifying our Church as Unity Des Plaines. This will more clearly identify our location and solidify our position in our local community.
- In addition, Unity Branding will allow us to take advantage of more Unity Worldwide resources in marketing, education, and support for our church. We are grateful to have

this support as we plan the future of Unity Northwest/Unity Des Plaines!

- Branding also let us apply for and receive some financial support for our new sound system through the Templeton Grant. We do not have the exact amount at this writing, but we all know every little bit helps, and we are grateful for every dime and dollar!
- We have enjoyed deep and meaningful mes-sages from a variety of speakers that have contributed to our spiritual growth over the past months and some beautiful music to lift us as well! We are thankful knowing that we will be able to continue these offerings for the next few months and beyond.
- The process of searching for a new minister has begun. We are grateful to again have the support of Unity Worldwide and well as the Eastern Regional Office as we delve into this complicated and critical process.

Life is often not what we would like or what we expected. Whenever you find yourself struggling, take a deep breath, and let your many blessings rise into your awareness. Divine Source provides not always what we ask for but what we need, and for that we are thankful!

With Love, Light, and Gratitude

Your Board of Trustees.

Cindy	Jeanette	Sheila
Mark	Teddie	Brenda

I trust the Process of Life to bring me my highest good.

Louise Hay

MARCH SCHEDULE OF EVENTS

SUNDAY SERVICE NOW AT 10:30 AM

Sunday School at 10:30 a.m.

We welcome teens and children in person! At this time we cannot accommodate babies or children too young for masks. Also, we are in need of volunteers to help in Sunday School. Please call the church office or call Carolyn Dunoon at cdunoon2@gmail.com

Sunday Fellowship after the Service

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

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>

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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 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

March 2022 Contributing Writers

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Ruth Trailer

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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

MEDITATION: YOUR PERSONAL SPIRITUAL E-BIKE

What do meditation and an e-bike have in common? They both will support you if you use them!

Recently, I rented an electric bike with a friend of mine, mainly to spend time with her, and having the attitude going in that e-bikes are cheating as far as bike rides go. As we were on our return trip, I noticed how effortless pedaling was when even the lowest electric gear was turned on. I would pedal a couple of rotations, then suddenly this gentle push from behind (the back wheel) moved me smoothly forward.

Wow, I thought to myself, this is just like meditation!

In meditation, we open ourselves to the extra energy "push" from the Universal Energy (call it what you will). We are lifted, and we can tune in for the answers that we seek. Sometimes we try so hard in life, don't we? It can feel like we are pedaling uphill both ways! Meditation helps us slow down, coast for a minute, then remember that we have support we can call on anytime of the day or night!

When you need that support, stop what you're doing—stop pedaling all by yourself for a minute! Release the situation, breathe, speak your support need. For example, you might say, either aloud or silently within, "I don't know how to handle this. I need help!" Or, "What do I need to know/do/say in this situation?" Then

What does my soul want to do?

listen. Be receptive to the gentle push of support that is coming. It might be so subtle, you hardly know it's there, but it is. Trust it; and trust the support you receive.

We don't have to pedal through life's ups and downs alone. We have the internal and eternal push of the Universe! Tap into it! Remember that you are equipped with this support already! Just remember to use it! Every day!

Here's a guided meditation that can help you: <https://youtu.be/3ryf0TPMzhg>

Lynn Barrette, LCSW, LUT



VOLUNTEERS NEEDED!

Our church is in critical need of people to record the service and to usher the service.

As a recorder of the service you provide those members not able to come in person to get the full benefit of the lesson on Youtube with easy access.

As an usher you will meet new people, new friends and be of general service to all who enters our doors. Ushers serve once a month and are trained.

Please take the time to consider either of these ways to be of service and call the church office at 847-297-0997. Your reward will far outweigh the effort you put in.

MARCH SCHEDULE OF EVENTS

(Continued from page 1)

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

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

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

Annual Congregational Meeting

March 13

Renew Your Membership!

Membership renewal forms have been mailed to you. There are also blank forms available in the lobby for your convenience. Please complete and return it as soon as possible. Our Annual Congregational Meeting will be held after the service on March 13, and only members on record may attend and vote.



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 family and friends.

Thank you all for your kind comments about my talk, "What I learned by teaching Sunday school," on February 6, the 30th anniversary of my teaching here at Unity Northwest Church. My talk was from the heart and with much appreciation for all my teachers, volunteers, parents, and, of course, the children. My talk is available on the Unity Northwest Facebook page. Many thanks also to all the ministers and Board members over the years who have supported the Youth and Family Ministry here at the church, especially in these difficult times of pandemic.

We had a blast in February! After my talk on the 6th I invited the adults to bring out their inner child, and we had so much fun in the community room making Valentines and decorating cookies. On Sunday the 13th, Katalena had the wonderful idea of giving the grownups a Valentine. We scrambled to create them and to set them up on the table

outside the sanctuary. The grownups received their expressions of love with thanks and emotion: "Haven't gotten one of these for a long time." "I will put this on my fridge." It really touched my heart, and as I said in my talk, love grows when we give it away.

PLEASE NOTE THAT OUR SERVICE AND SUNDAY SCHOOL WILL BEGIN AT 10:30 A.M. STARTING MARCH 6!

So welcome March! We hope that our 10:30 a.m. start will give you more time to get to Sunday school! We will still be asking that our children wear masks since we are not all vaccinated. The power of community and the blessings of Spiritual education are worth it!!! Few churches of any kind have in-person learning for children at this time so invite your friends and neighbor families. We are nondenominational—teaching children that they are good and how important it is for them to shine their light! This month we will finish our study of Unity's Five Basic Princi-

ples and the importance of applying them in our lives.

One last comment: there is an opportunity for you to "shine YOUR light" and volunteer once a month as an assistant in our Sunday school class. I will train you and explain the lessons and class routine. It is amazing what we learn and the love and friendships we receive when we volunteer. Be God's Love in action! You will be glad!.

Peace and Love,

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



IT'S AN INSIDE JOB

Encourage, lift and strengthen one another.

Life is simple. Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon nor too late. You don't have to like it. It's just easier if you do.
—Byron Katie

I suspect that many of us were raised on the concept of "not enough," and that's why we so often have a vague feeling of dissatisfaction or letdown. And TV commercials prey on our discontent and promise us true happiness if we buy what they're selling. Well, I'm tired of it!

Because ... if our looks or intelligence are not enough, or our job or income are not enough, or our possessions or relationships are not enough, then our life must not be enough either. And what has created our life? Either God or happenstance, depending on your belief, right? Wrong. We have created it; that is, our belief in "not enough" has created the expectation of "not enough" so that's what we end up with. Even what we thought was ideal may eventually seem inadequate, and this trend can lead to disappointment, discouragement and depression.

What can we do about it? Well, first off, we can stop looking backwards at the perceived insufficiencies of the past and embrace the present moment with "thank you" and "amen," and the future will fill itself up. Yes, embrace the present moment no matter how untrustworthy that attitude may feel in the circumstance. Can we look around ourselves and say, "yes, this will do?"

I remember an episode of the TV sitcom *Mad About You* in which Jamie's sister Lisa has gone to meet her blind date. She's standing around waiting and grumbling as usual and happens to bump into some guy behind her. She hollers at him for "his clumsiness," he walks away, and—you got it—he was her date! The lesson? Being positive now—today—helps us open up to and see and experience more positivity tomorrow.

Dear Mother Father God, ... Yes, this will do. Thank you, and amen.

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.



Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.

Wayne W. Dyer




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

