

April 2024

2024 THEME: LED BY A VISION APRIL'S THEME: RENEWAL

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
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 Email: unitydp@yahoo.com

Board of Trustees

Leslie Johns	President
Carol Stanley	Vice President
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Kate Kapolnek	Admin. Asst.
Tatiana Naumova	Pianist
Carolyn Dunoon, CSE	Director Youth Education / Family Ministry
Meghan Butler	Social Media Mgr.

* * *

Stay up-to-date with Unity Des Plaines Church

visit our website at
<https://www.unitydesplaines.org>
 and
 Watch past Sunday talks at
<https://www.youtube.com/user/unitynorthwestchurch>

VISION

Empower an evolving consciousness that spiritually transforms the world through an awakening oneness.

MISSION

Welcome diverse communities and embody spiritual principles through prayer, learning, social action and outreach.

BOARD OF TRUSTEES LETTER

Spring is in the air at Unity Des Plaines Church!!!! This past month we have been at work on the following:

- The Board in conjunction with the Audio/ Video Team is working to move forward with sound and streaming improvements per A/V consultant recommendations.
- The Board has adopted Worldwide Unity's "Disruptive Behavior Policy." A copy of this policy is posted on the bulletin board in Fellowship Hall. You may request a copy if you wish. Also posted on the bulletin board is a copy of the Unity Des Plaines Dream List.
- Two new members have joined the Ministerial Search Committee, and they will receive training. The Board and the Search Committee will be meeting this spring.

- A Marketing Team will begin working on a fundraiser for this summer—details yet to be finalized. Leslie Johns will be the Board liaison for this new committee, and she is seeking members to join in this effort.
- Lastly, the Board approved updates for the women's bathroom and is seeking quotes/bids on other plumbing maintenance needs.

Spring events/dates to keep in mind are the May 4 Spring Clean Up Day; the May 17-19 Women's Retreat; and the June 15 Circulation Day.

Please let us know if you have any needs or concerns. You may call the church office or talk to a Board member!!! Happy Spring!!!!

Chris Schaefer
Board of Trustees Secretary

Please join us on Sunday mornings in the sanctuary at 10:15 a.m. before the church service for Prayer Circle led by one of our Prayer Chaplains. ALL ARE WELCOME!

UPCOMING IN APRIL

Minister Search Update

The Unity Des Plaines Minister Search packet on the Unity Worldwide Ministries website is accessed via the link below at the "Open Ministries" section at the bottom of the web page. <https://www.unityworldwideministries.org/openings>

Never Stop Learning!

We are actively looking for topics and facilitators for new classes! There are Class Topic Request slips in the lobby on the small shelves by the entrance. Please complete the slip and leave it in the mail bin on the Minister's door so we know what you prefer.

ONGOING PROGRAMS

(Continued on page 2)



APRIL SUNDAY SPEAKERS

4/7 Rev. Bruce Moore
 4/14 Rev. Dr. Glory Heyde
 4/21 Bobbi Wilsyn
 4/28 Rev. Dr. Mary Beth Speer



Unleash your Peace
 facilitated by Chris Selvik

Mondays
 April 1st & 15th
 7:00 p.m.

the *untethered* soul

Michael A. Singer

**Unity Des Plaines
Mission Statement**

Empower an evolving consciousness that spiritually transforms the world through an awakening oneness.

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

**April 2024
Contributing Writers**

Leslie Johns Chris Schaefer
Carolyn Dunoon Ruth Trailer

Website

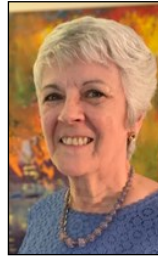
Leslie Johns Webmaster

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>.

SOMEONE YOU SHOULD KNOW AT UNITY DES PLAINES



My name is Jeanette Gordon. My husband Hal and I have attended Unity Des Plaines for about 8 years. My passion has been to teach.

I grew up in the Lutheran Church and attended Pacific Lutheran University for 2 years prior to getting my bachelor's degree at Portland State University. Upon graduation, I married a Costa Rican with Jamaican heritage. A mixed marriage was very unusual in 1972, particularly for someone who grew up in Montana. My husband and I taught Sunday school classes to teens in the states, and we attended his Episcopalian church in Costa Rica. However, after disturbing racially and religiously biased experiences in the states as well as in Costa Rica, I became spiritually very disillusioned. For example, a friend told me once that a coworker at a private school had said, "Jeanette is such a nice person. It's too bad she is going to hell."

While in college, I had independently read, *The Fire Next Time* by James Baldwin, an African American writer. His words rang so

true to me: "If the concept of God has any validity or any use, it can only be to make us larger, freer, and more loving. If God cannot do this, then it is time we got rid of Him." The biblical message that has always resonated the most with me is "God is Love." Consequently, in my mind, how could those who did not believe in Christ be unloved by God.

After 15 years of marriage, my first husband and I were divorced. I had two amazing children, a son and a daughter, a new cultural view, and wider perspectives. I met and married my current husband, Hilgrove (Hal) Gordon, who, while being born in the United States is of Bermudian heritage. My family certainly has grown and been enriched with his 7 children, 18 grandchildren, and yes, even great grandchildren.

Hal and I visited several churches, but I didn't feel comfortable with the "sinner" philosophy of so many. We were also seeking a diverse congregation, and we all know how uncommon that is. Then my daughter, Tania Dailey, introduced us to Unity. She told me, "Mom, you would like this church." My husband and I did visit, and I immediately felt, "Yes, this is for us". I had been seeking a church where EVERYONE truly is accepted and where people are perceived as inherently good.



I served on the Unity Des Plaines board for 3 years, was the head usher for a couple of years and served on the hospitality team. I encourage others to volunteer. What a wonderful way to get to know others and to be a leading part of this amazing community. A couple of years ago, we moved to Evanston, but it is important to us to make that drive to be with all of you on Sundays.

APRIL ANNOUNCEMENTS

(Continued from page 1)

A Course in Miracles

Sunday mornings, 9:00 a.m.
Join us in Fellowship Hall for reading and discussion of this life-changing book as facilitated by Leslie Johns. **All are welcome!**

Sunday School

Our Youth and Ministry team led by Carolyn Dunoon, CSE, welcomes teens and children at church at 10:30 a.m. every Sunday.

Families Anonymous

This Twelve-Step Group is holding meetings every Sunday at 7:00 p.m. **All are welcome!**

Tuesday Evening Meditation

Tuesdays, 6:00—6:45 p.m.
Facilitated by Sheila Joy Wilkins, PHD
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. **All are welcome!**

Monday Morning Metaphysics

On Zoom, Mondays 10:30am-12:00 noon CT
Facilitated by Rev. Dr. Mary Beth Speer, CSL
Our new book for study is *The Power of Decision* by Raymond Charles Barker.

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

Call in:
+13126266799,,85251930920# US Chicago
+13017158592,,85251930920# US Wash DC
All are welcome! *(Continued on page 3)*

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

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



Visit our Facebook page at
https://www.facebook.com/unitydesplaineschurch/?ref=br_rs

YOUTH EDUCATION MINISTRY

EASTER SUNDAY



Greetings to the Unity Des Plaines family, and happy April!

I hope that you are taking the time to enjoy this time of renewal of nature so

glorious this spring. I love listening to the birds singing their joy at our beautiful weather and remembering my own renewal of Spirit at Easter and always available to me in prayer and meditation.

Our children focused on the faith of Palm Sunday by handing out palm leaves and sharing a song.

Sing Hosannah, sing Hosannah
To the king, to the king

Riding on a donkey, riding on a donkey
Jesus comes, Jesus comes

What kind of king rides a donkey? The kind who demonstrates the eternal life of Spirit by surrendering his own body to rise again. Big concepts for our children, but better understood perhaps by our teens.

Speaking of our teens, I am delighted to share with you the successes and growth of our Youth Of Unity. After a lock in early March, our numbers have grown and our group will be attending a regional rally this month along with sponsors Julie, Gemma and Max. Helping teens figure out their spiritual path is a sacred goal, and we bless them and appreciate them.

April's designated power is Wisdom, and its color is yellow. Can we be still and access

our spiritual wisdom? What tools can we use to do this? There will be lots to discuss and practice in April using Diane Venzera's lessons and Spiritual PlayDate. Can we use some of that wisdom to find peace? Let's see.

We look forward to seeing old friends and new this month. Don't forget to look for the photos of our Easter egg hunt posted at church.

Peace and Love,

Carolyn Dunoon, CSE
Director of Youth and Family Ministry



We are the children.

Renewal

Do not be conformed to this world, but continuously be transformed by the renewing of your minds so that you may be able to determine what God's will is— what is proper, pleasing, and perfect. ROMANS 12:2

THERE WILL BE NO TUESDAY EVENING MEDITATION



TUESDAY, APRIL 2ND

Monday Morning Meditation

You are invited to bring your presence and energy every Monday morning at 9:00 a.m. Central Time.

Start your week clear and settled and more open to new possibilities!

<https://mailchi.mp/de2f2dd3f2d2/monday-morning-meditation-mmm-5240348>

Lynn Barrette, LCSW, LUT

APRIL ANNOUNCEMENTS

(Continued from page 2)

Join the Usher/Greeter Team!

We need **TWO** new members! If you'd like to welcome the regulars of our Unity community and the newcomers, call or email the church office.

Unity Des Plaines Weekly Eblast

If you haven't already signed up, go to our website, unitydesplaines.org, and do so, or email the church at unitydp@yahoo.com and leave a message that you want to receive the Weekly Eblast, and include your name and your email address.

Help with Food

The Des Plaines Food Pantry especially needs sugar and flour.

Our Food Drive continues. Hunger is year round, and we need your help. A list of items needed is posted in Fellowship Hall. Thank you for your support.

Donate to Unity Des Plaines Church

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

Spring Women's Retreat!

Health, Joy and Prosperity Workshop May 17-18, 2024

Please join Peggy Dhont, Karin Tarte and Mary Ellen Siemens for this 2-day retreat on the beautiful grounds of the University of Saint Mary of the Lake in Mundelein, IL. The workshop is designed to empower you with quick and easy-to-learn healing techniques to enhance your overall well-being and happiness in life.

- Guided Meditations
- Emotional Freedom Technique (EFT)
- Release and Affirming Techniques
- Morning and Evening Healing Rituals
- Grounding Exercises
- Raising Your Vibes

Check in is on Friday, May 17 at 4 p.m. Our retreat will end at 5 p.m. on Saturday.

The cost is \$150. This includes the workshop, lodging, Friday dinner, Saturday breakfast and lunch. (Saturday night dinner is optional off-campus.)

Address: 100 Maple Ave., Mundelein, IL

Questions? Peggy: 847-542-0548
Karin: 847-772-2535
Mary Ellen: 773-852-6229

RSVP: unitydp@yahoo.com



IT'S AN INSIDE JOB

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?
PSALMS 27:1

I recall a time when I needed extra money years ago, and I found an evening job at an office super store working a cash register. That's when I started to learn how not to get involved in someone else's drama. Before that I tended to get angry that they were trying to impose their feelings on me. When you're raised to echo your parents at all times, it's hard to draw boundaries.

At this office super store I would occasionally have customers come to my register who were crabby about waiting in line or who got impatient with me for being inexperienced. Then it occurred to me one evening that all I had to do was stay professional. I could even smile at them and just keep checking their purchases through. I didn't have to be nervous, apologetic or defensive with them. How they felt was their issue. I could just keep doing my job.

And what does that ultimately mean—do my job? Well, to me it means to stand in love and feel my heart beating with Spirit. If I remember to ground myself in that feeling, I can be myself and respond from my center, not from my periphery where someone is pushing buttons or pulling strings. You know those buttons and strings—the remains of old hurts and resentments that we've never released and that can flare up again like new.

We weren't put here to be the pawns and pleasers of the world—to take our cue from others' emotional bullying. We're here to play our harmonious part in the grand symphony of life, no matter how trivial or out of tune we've ever been made to feel. We're here to contribute our own thoughts, feelings and actions—to put on the glass slipper or sneaker that fits us perfectly and become a princess or prince. We're all entitled, right? Right!

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.



²⁴ Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

²⁵ The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall because it had its foundation on the rock.

²⁶ But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand.

²⁷ The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.

MATTHEW 7:24-27



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

