

June 2023

UNITY DES PLAINES CHURCH VISION, MISSION AND CORE VALUES

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

CORE VALUES

Inclusive: Accepting all spiritual paths and welcoming with celebration all ages, genders, ethnicities and cultures

Positive: Being contagiously optimistic and choosing to see the good in everyone

Compassionate: Demonstrating love and caring kindness with one another in our communities and the world

Open-Minded: Exploring and expanding new ways of thinking, being, and doing

Transformative: Courageously changing and growing individually and collectively

Integrity: Modeling Truth using Unity Principles and being accountable for our actions

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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Des Plaines IL 60016
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Board of Trustees

Mark Boston	President
Teddie Campanella	Vice President
Brenda Smith	Treasurer
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Leslie Johns	Member
Cindy Georgoulis	Member

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Wendy Walsh	Admin. Asst. Music Director
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>

BOARD OF TRUSTEES LETTER

June is the time for being in the world in new ways, for throwing off the cold and dark spots of life.
~ Joan D. Chittister

We are certainly seeing our church in a new way that is full of warmth and light! Our new sign is up, welcoming all with an exciting representation of the energy within our community.

Since the tree removal our building is enjoying full sunlight, and the established flowers are in full bloom along with the new plantings of cone-flower black-eyed Susans, Shasta daisies and coreopsis that will come back year after year. Our entry walk will be lined with beautiful blooms all summer long!

We continue to bloom in other ways as well:

- June 3rd is Circulation Day, our free yard sale! We're excited about the return of this long-standing tradition of putting our unwanted or unneeded items back in free circulation to be used by others. Drop off your donations of usable clothes and household items on Friday, June 2nd, between 5:00 p.m. and 8:00 p.m. Then come on Saturday, June 3rd, 9:00 a.m. to 1:30 p.m. to find new treasures! Volunteers are needed to help set up on Friday and to assist visitors and clean up on Saturday. Please sign up in the lobby.
- On June 4th we will hold a Town Hall Meeting after the service, to answer your questions and to be sure our members know about all the work, repairs, and planning that is going on behind the scenes. Join us at the Town Hall meeting for more details and activities!
- The Board has set the following intentions for success in 2023:
 - ◇ Completing a successful Minister search

- ◇ Improving the overall results of our Audio/Visual function
- ◇ Restructuring the church office
- ◇ Holding our 2023 Annual Meeting and Board elections in September
- ◇ Dealing with a number of pressing building maintenance issues

Financial Update:

Income for April	\$ 12,259
Expenses for April	<u>-12,611</u>
Net operating revenue	\$ -352

"We are filled with gratitude and joy for our right and perfect minister. Thank You, God! Thank You, God! Thank You, God!"

With love and infinite anticipation!

Your Board of Trustees.

Mark	Teddie	Brenda
Cindy	Leslie	Cindy

TUESDAY EVENING MEDITATION

Come One, Come All!

For the best time ever in your life!
Be in frequency, energy and vibration of releasing stress and anxiety with Dr. SheilaJoy Wilkins, PhD!

Join us every Tuesday in the month of June from 6:00 p.m. until 6:45 p.m.

Email: drsheilajoy@gmail.com
Website: www.drsheilajoy.com

Unity Des Plaines Mission Statement

We welcome diverse communities and embody spiritual principles through prayer, learning, social action and outreach

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

June 2023 Contributing Writers

Rev. Carla McLellan Brenda Smith
Carolyn Dunoon Ruth Trailer
Lynn Barrette

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>.

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 thirty 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 **B**oundaries do I need so that I can stay in **I**ntegrity with myself and be as **G**enerous 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 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 a couple of 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 to you; plus, you have time to prepare your boundary beforehand and have it ready when needed.

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 Millie. 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 know necessarily 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 exasperated 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 Millie, we don't have to tell her how obnoxious her behavior is—she probably already knows, and she might thrive on the negative exchange if we did tell her! In both cases, we simply set our boundary so as to not get entangled with 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 are you going to put in place today?

Lynn Barrette, LCSW

Center for Dynamic Healing
www.CenterForDynamicHealing.com

Certified Center for Enlightenment Teacher
www.CenterForEnlightenment.com

Some Guidance from Taoism for Fathers and Everyone

Knowing others is intelligence; knowing yourself is true wisdom.
Mastering others is strength; mastering yourself is true power.

Be content with what you have;
rejoice in the way things are.
When you realize there is nothing lacking,
the whole world belongs to you.

When you are content to be simply
yourself and don't compare or compete,
everybody will respect you.

Lao Tzu (5th Century B.C.)
Tao Te Ching
or *The Book of the Way*

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



Greetings dear Unity Des Plaines Church community, and welcome June!

The children of our church had an awesome and busy May.

- We learned about affirmations and the strength of our words.
- We celebrated Mothers Day with a finger print poem for all who nurture us.
- We also celebrated Memorial Day with some summer out of doors fun, including watermelon, bubbles, chalk, etc.
- Our YOU Teens prepared for June Rally, and Julie and Gemma are delighted to be attending along with four teens!!

We do appreciate the church's support of our YOU in their travels, and an especially sweet thank you to all who bake for our Circulation Day Fundraiser. There is no more effective way to heal our world than to teach our youth!

Coming in June:

- The teens will continue their study of the Five Basic Principles of Unity besides going to Rally.
- Our children will celebrate Fathers Day and Juneteenth.
- At the children's request, I will bring back the popular summer lessons on nature: clouds, nature, seeds and plants, etc. Our children are growing, and they enjoy relating that to nature.
- Luna, the spider plant, will return so look for

some fun plantings.

- The power of the month of June is Imagination so cloud watching will be perfect for a nice Sunday morning in June.

I am using the power of imagination to see you all having a blessed and safe summer. See you in church.

Peace and Love,

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



We are the children.

JUNE ANNOUNCEMENTS

Please join us on Sunday mornings at 10:15 in the sanctuary for a prayer circle led by one of our Prayer Chaplains. All are welcome!

Minister Search Update

The Unity Des Plaines Minister Search Packet is approved by Unity Worldwide Ministries.

Access via the link below. The "Open Ministries" section is at the bottom of the web page.

<https://www.unityworldwideministries.org/openings>

Plant Sale

On Saturday, June 3rd, along with Circulation Day (see on page 1 Board Letter first bullet point) we will have a plant sale to help fund our new landscaping around the church. We are going to literally "capitalize" on our healthy crop of ferns, hostas and daylilies! If you have plant pots 3 inches to 1 gallon size that you would be willing to donate for the sale, please bring them to church no later than Wednesday, May 31st. Pots do not have to be clean but please no chipped or damaged items. All pot donations may be dropped off outside the back door.

If you have plants, indoor or garden varieties, that you would be able to donate, please call the office so they can be properly stored before the sale.

Town Hall Meeting

On Sunday, June 4th, we will have a Town Hall meeting after the service. There has been a lot of activity behind the scenes, and we want everyone to know what's going on at Unity Des Plaines. Please join us at 12:15 p.m. in the sanctuary, and bring your questions!

ONGOING PROGRAMS

A Course in Miracles

Sunday mornings, 9:00 a.m.
Facilitated by Leslie Johns

Join us in Fellowship Hall for reading and discussion of this life-changing book.

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.

cdunoon2@gmail.com

Families Anonymous

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

Monday Morning Metaphysics

Mondays, 10:30 a.m.—12:00 noon on Zoom
Facilitated by Rev. Mary Beth Speer, CSL

We are currently reading *Your Invisible Power* by Genevieve Behrend, which imparts life-changing ideas in a manner that are both relatable and practical to the reader.

Our next book will be *The I of the Storm* by Gary Simmons.

Zoom link:

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

Call in:

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

All are welcome!

Tuesday Evening Meditation

Tuesdays, 6:00—6:45 p.m.

Facilitated by Sheila Joy Wilkins, PHD

Please come join us for beneficial weekly silent group meditation. **All are welcome!**

Donate to Unity Des Plaines Church

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



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

IT'S AN INSIDE JOB

A funny thing happened to me on the way to the post office. It was some years ago on a Saturday morning, and I was out for a mile and a half walk before the day got too hot.

Let me say up front here that I would let my mind meander while I was out walking, and I never knew what was going to be percolating through my head. Well, this particular Saturday morning it was "songs I have sung with Larry at church." I remembered when we sang a Peter, Paul and Mary song that goes, "*Jesus met the woman at the well, Jesus met the woman at the well . . .*" So with these words plus subsequent verses singing through my head for several blocks of walking down side streets—envelopes for mailing stuffed in my pocket, I got to Elmhurst Road and had to cross it to get to the post office. "*Jesus met the woman at the well . . .*"

Another thing I would do while out walking was check out the landscaping and overall curb appeal of the homes I passed. Some I approved, and some I didn't, being a great design expert and all—NOT! So okay, here I was at Elmhurst Road waiting for a break in the traffic so I could cross and just having noted the side yard of the house on my right and approved the flower beds and bushes but not the house trim paint color. I went to cross the street, but a car was coming too fast, and I knew I wouldn't make it so I stopped and waited again. "*Jesus met the woman at the well . . .*"

That's when I noticed the front yard of that house on my right facing Elmhurst Rd. Evergreen bushes bordered the bay window, and a small wishing-type well sat in front of the bushes. "*Jesus met the woman at the well . . .*" A small what? "*Jesus met the woman at the well . . .*" I was standing there looking at this well—you know, a round wooden thing with a pitched wooden roof. "*Jesus met the woman . . .*" Oh my God, I thought! Jesus! I'm here—at the well! What do you want?

To remind you, dear one, that solace is within, and anxiety is without. Resources are welling up to fill any and all needs. You always possess the Kingdom, which is the Christ mind, because it is within you. Herein lies the peace of God.

Ruth Trailer

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



And seek ye not what ye shall eat, or what ye shall drink, neither be ye of doubting mind. For ... your Father knoweth that ye have need of these things.

But rather seek ye the Kingdom of God, and all these things shall be added unto you. Fear not, little flock, for it is your Father's good pleasure to give you the Kingdom.

LUKE 12:29-32



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

