

November 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](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

Leslie Johns	President
Carol Stanley	Vice President
Chris Schaefer	Secretary
	Treasurer
Mark Boston	
Gail O'Neil	

### Church Staff

Guest Speakers	Minister
	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>

### Holiday Schedule

Wednesday, November 22 **Thanksgiving Eve** – time TBD

Sunday, December 24 **Christmas Eve**, Regular Sunday Service

Sunday, December 31 (NO regular Sunday morning service)

**New Year's Eve Burning Bowl Ceremony,**  
5:00 pm



### UPCOMING IN NOVEMBER

#### Sunday Guest Speakers

November 5	Megon McDonough — "What's the More You're Looking For? — Choosing between the Head and the Heart."
November 12	Bobbie Wilsyn
November 19	Rev. Bruce Moore
November 26	Rev. Dr. Mary Beth Speers



#### Vision Board

Sunday, November 12  
12:30—2:00 p.m.

Bring **Your Vision** to Fellowship Hall after the Sunday service, and join our Unity community in visualizing the coming year. You will need to bring magazines, a glue stick, scissors, colored paper and anything else you may want to include on your Vision Board. We will provide the tag board. **Come join the fun!**

**Please join us on Sunday mornings  
at 10:15 a.m. 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 on the Unity Worldwide Ministries website can be 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 your preferences.

#### Angel Tree

This year we will sponsor the Angel Tree to benefit needy children, and Wendy Walsh is the team leader. Wendy will need two team-member elves to help her organize this project. So if you would like to help make some young children very happy this holiday season, see Wendy for details, or email the office at [unitydp@yahoo.com](mailto:unitydp@yahoo.com).



(Continued on page 2)

### 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

### November 2023 Contributing Writers

Leslie Johns Lynn Barrette  
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>.

## BOARD OF TRUSTEES LETTER

*Wear gratitude like a cloak, and it will feed every corner of your life. ~ Rumi*

We continue to work toward becoming the best version of our church and community. Here are the latest events:

- Last month's first Annual Unity Des Plaines Campfire was a great experience! The weather was perfect, and the company was even better! Thank you to all who made this such a fun event! See you next year!
- We are exercising our outreach by sponsoring Angel Tree. Wendy Walsh will serve as team leader, and she will be needing two volunteer helpers.
- We have planned a Vision Board session for Sunday, November 18, 12:30-2:00 p.m., in Fellowship Hall. Its purpose is to gather our Unity Community to visualize the coming year personally and/or congregationally.

• We are still looking for suggestions regarding classes you would like to attend here. There are suggestion slips in the lobby for you to list your ideas. If there is a book, class, or instructor you are especially fond of or interested in learning more about, please let us know, and put your suggestion slip in the bin on the minister's office door.

• Financial Update:

Income for September	\$ 14,335
Expenses for September	<u>-17,098</u>
Net operating revenue	\$ -2,763

Thank you, God, for our growth and evolution as a vital purposeful church community!

With love and appreciation,

Your Board of Trustees.

<b>Leslie</b>	<b>Carol</b>	<b>Chris</b>
<b>Mark</b>	<b>Gail</b>	

## NOVEMBER ANNOUNCEMENTS

*(Continued from page 1)*

### ONGOING PROGRAMS

#### 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.**

#### Monday Morning Metaphysics

Mondays, 10:30 a.m.—12:00 noon on Zoom  
Facilitated by Rev. Dr. Mary Beth Speer, CSL  
Our current book for study is *THE FIVE PRINCIPLES—A Guide to Practical Spirituality* by Ellen Debenport. *The Five Principles* is available via Amazon and at some Unity church bookstores.

#### 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

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!**

### Unity Des Plaines Weekly EBlast

If you haven't already signed up, you can do so on our website, [www.unitydesplaines.org](http://www.unitydesplaines.org), or email the church at [unitydp@yahoo.com](mailto:unitydp@yahoo.com), leave a message that you want to receive the Weekly EBlast and include your name and your email address.

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### Help with Food

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

### Donate to Unity Des Plaines Church

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

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 dear Unity Des Plaines Family. Welcome to November in the Youth and Family Ministry.

We are looking forward to this month of gratitude and will

certainly be doing some lessons from Spiritual Playdate to highlight this topic with stories, activities and crafts. All year long we go around our sacred learning circle and say what we want to give thanks for that week, followed by shaking our egg shape noise makers to celebrate our many blessings. As I tell the children, when we acknowledge our blessings the Universe listens and sends more our way.

In October we studied Unity's Five Basic Principles, including the 3rd, which is the law of Mind-Action. When we acknowledge our good, we make room in our lives for an increase. So bless your food, say a prayer at bedtime, praise God in ALL. What a wonderful habit

to establish with our families!

November's power as defined by Charles Fillmore, Unity cofounder, is Release and the color is russet. Let us release our worries and thank Spirit in advance for Divine Order in all situations. Unity Principle number one is "God is Good and always with us." Wow, that is certainly something to be grateful for, isn't it?

As leader of the Youth and Family Ministry team I am SO thankful for all of those who help make our program run: Gemma, Max, Julie, Michelle, Stephan, Jean, and Carol. Many thanks to the parents and grandparents who bring their children to learn and grow spiritually. I also appreciate the support of Board members over the 30+ years I have taught the children here. Yes, we can be noisy, messy, costly (but our parents do contribute financially and by volunteering), but we are the HOPE of a better world! As such we are invaluable, right?

To finish, I must invoke the Fifth Principle, which is to act!!!! It isn't enough to know all

we learn in Unity if we do not apply it for the greater good. We shared our love with the entire congregation by hosting our annual awesome Halloween pizza party after the service on October 29. A church family that plays together, stays together and enjoys one another. The proceeds from the love offerings will help us send more teens to YOU events.

Our ongoing collection at this time is in co-operation with the Des Plaines Food Pantry which reported a shortage of children's underwear. Please open your hearts to the kids in need and pick up some pairs in sizes 3T to adult small. They are inexpensive and so important to the kids served by our Food Pantry. Look for the collection box back by the nursery, and use your Unity Principle 5 to share the love with others.

Peace, Love, and Gratitude,

**Carolyn Dunoon, CSE**  
Director, Youth and Family Ministry  
[cdunoon2@gmail.com](mailto:cdunoon2@gmail.com)



**We are the world.  
We are the children.**

## SPIRITUAL PSYCHOLOGY

### Get Ready to Move into 2024 with an Open Mind and Heart!

It's that time of year again! Time to release the year so we are clear, open, and ready for the new year! This month, as a special tribute to the year 2023, I offer a special message from Jane Elizabeth Hart, founder and spiritual leader of Center for Enlightenment, and author of "Seven Steps for Successful Life Transitions," and *Spiritual Power Tools: Support for Your Soul*. You can join Center for Enlightenment for the online course "Seven Steps for Moving into the New Year" starting November 26. Check out their website for more information.

<https://www.centerforenlightenment.com>

Beloved Soul in Evolution,

It's that time of year again! Time to release the energy from this year to prepare yourself for the new year using the "Seven Steps for Releasing the Year" process. Taking time to look at the many ups and downs from this year helps to release thoughtforms: decisions, attitudes, disappointments, anger, and resentment from the year. Even if you had a wonderful year, it's important to recognize the challenges along the way. Thoughtforms have energy that sits in your consciousness, potentially blocking you from your greater good in your new year. They keep you going back and forth in the opposites and reacting from false concepts from the past. By working this process, you release these

limiting thoughtforms and move into the new year with a clear slate, open to new opportunities in the new year.

With all my love,

Jane Elizabeth Hart  
Center for Enlightenment

Journal your responses to the questions under each step below. Take time with this. Write a little every day, so by December 31<sup>st</sup> you are ready to say good-bye to 2023 and embrace 2024 with joyful expectation! Celebrate the growth you have accomplished this year, and open yourself to new possibilities in the new year!

#### Step One: Disappointments and Difficulties

1. What do you feel most disappointed about regarding this year?
2. What is the most difficult thing you had to do this year?
3. What decisions, attitudes, and beliefs do you have about the year?
4. How are these decisions affecting your life?

#### Step Two: Unfulfilled Hopes and Missed Opportunities

1. What were your hopes and dreams for this year?
2. How did you hope the year would end?
3. What remains unfulfilled?

#### Step Three: Forgiveness

1. What is the hardest thing to forgive about

this year?

2. How is unforgiveness going to affect your life?
3. What is causing you not to forgive?

#### Step Four: Good Times

1. How did this year bring new and joyful experiences to your life?
2. Write down specific times that you were especially happy.
3. To jog your memory, look through photo albums, listen to special songs, etc.

#### Step Five: Thank You, God!

1. What are you thankful for regarding this year?
2. What did the year give you?
3. How has this year been important in your life?

*(Continued on page 4)*

### 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

*For all that has been, thanks. For all that will be, yes. Dag Hammarskjold (1905 - 1961)*

Several years ago a friend suggested that a bunch of us go to the Good Friday service at a little Unity church in Des Plaines. My friend said that he'd been attending the Sunday services for a while and liked it. He said, "They have a good choir, and the director has a phenomenal tenor voice. You have to come and hear them." This was Ira, one of my friends from the Codependents Anonymous group I regularly attended, which happened to meet at that same Unity church. So four or five of us agreed to give a church service a try.

I know that the saying, "Today is the first day of the rest of your life," became a cliché in the sixties, and this was the late nineties, but I didn't know until then just what it meant. Attending that church and listening to the minister's message made me sit up and take notice. And when I heard the choir sing, I said to myself, I could do that. I knew I belonged there.

Did you know that God is absolute, unchanging good, everywhere present? I learned that at church! Did your mama and daddy teach that to you when you were growing up? Uh, neither did mine. But I know now that the proverbial glass is not just half full but continually filling to the point of splashing and flowing over. And we can dance in the puddles and be cleansed by the cascade—cleansed of whatever has blocked us from experiencing the love of God that binds us all together. We can say yes to the abundance of good that flows to us and through us, no matter what our circumstances.

Let Life and Love flow, and say yes to what they bring, for all is of God. On our sunniest day or our darkest hour, God's love moves in us, through us, as us. "This is the day which the Lord has made; we will rejoice and be glad in it." PSALMS 118:24 Yes, we will rejoice and be glad and grateful! Thank you, God, thank you, God, thank you, God, 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.

## SPIRITUAL PSYCHOLOGY

*(Continued from page 3)*

### Step Six: Review & Release

To help you release, write a letter to God releasing the year. Say a prayer releasing all persons, events, and situations. If this step is too difficult to do sincerely, more work in the previous steps needs to be done.

### Step Seven: Completion

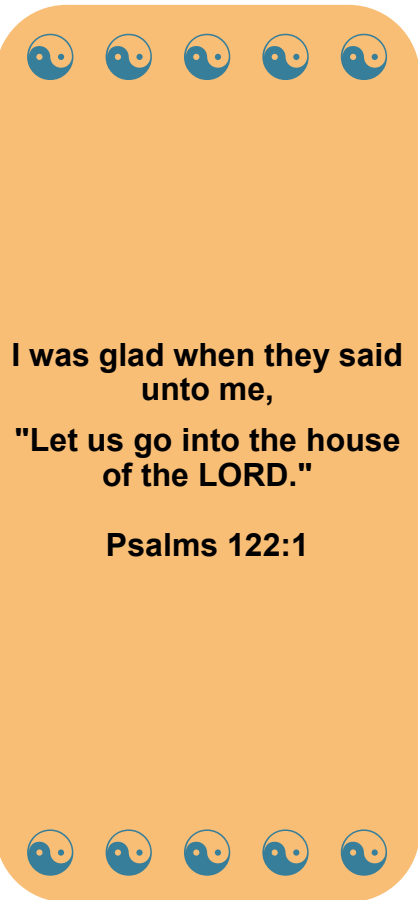
Surrender the year to God. Have a special ceremony (like a Burning Bowl ceremony!) to shred, burn, and dispose of the energy of

those experiences at the end of your process. Open yourself to wonderful possibilities in the new year!

**Lynn Barrette, LCSW**

Center for Dynamic Healing  
[www.CenterForDynamicHealing.com](http://www.CenterForDynamicHealing.com)

Certified Center for Enlightenment Teacher  
[www.CenterForEnlightenment.com](http://www.CenterForEnlightenment.com)



Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation.

John Ortberg



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)

