

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

Sunday Service at 10:30 a.m.

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### Unity Des Plaines Church

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 Affiliation: Unity School of Christianity  
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### 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	

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### 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



Hello to All,

During my talk on Sunday, September 11, I suggested an assignment for each listener. The title of the talk was Time Travel. While physical time travel does not appear to be possible, at least for today, I remarked how we can use our imagination to travel back and forth in time. In fact, we do it regularly as we plan for the future and reminisce about the past.

I suggested we think ahead three months to December 11 and vision ourselves holding a conversation in which we excitedly state, "I am amazed! This has been one of the best three months of my life! I am so excited about the way things turned out!" I then posed the question, "What would have to happen for you to feel such amazement and excitement and speak that statement?"

The purpose of this assignment is to encourage the creation of specific goals and visions, with a time commitment. In the Gospel of Mark, Jesus is purported to have said, "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." (Mk. 11:24) Since every thought is a prayer, holding a specific vision, I mean really holding it, feeling it, experiencing it prior to it actually occurring, is a prayer for that outcome. It will be yours.

I invite us to keep the vision in the forefront of our awareness. How will it look and feel? How will it smell? Whom will we share it with?

Are we willing to be receptive and accepting of circumstances that will unfold leading us to our vision? We must be willing if we are to realize what we desire. And remember, opportunity can occur at inconvenient times. But whenever opportunity knocks, in whatever form, open the door and welcome it in. Perhaps you've heard it said, "There is no favorable wind for the sailor who lacks a destination." Let us allow the winds of life to propel us to the destination we desire.

In this specific instance, we are scheduled to arrive in three months, stating, "I am amazed! This has been one of the best three months of my life! I am so excited about the way things turned out!" Hold the vision, believe in it, and it will be yours.

In Christ,

Rev. Tom Wendt

## OCTOBER SCHEDULE OF EVENTS

### Fall Clean Up

October 8, 9:00 am — noon

Please come by to help us get the church ready for the changing seasons. Remember; many hands make light work.

### 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, and "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

### Weekly Meditation

Tuesdays, 6:00—6:45 pm  
 Facilitated by Dr. Sheilajoy Wilkins

### A Course in Miracles

Ongoing Sundays, 9:00-10:00 am  
 Facilitated by Leslie Johns

"a unique spiritual self-study program designed to awaken us to the truth of our oneness with God and Love." ([acim.org](http://acim.org))

### Donate to Unity Des Plaines Church

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

*Forgive your younger self.  
 Believe in your current self.  
 Create your future self.*

[WWW.YOURPOSITIVEOASIS.COM](http://WWW.YOURPOSITIVEOASIS.COM)

### 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

### October 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

*It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!" ~ Winnie the Pooh*  
(A. A. Milne)

As summer passes, autumn takes her place bringing gifts of bounty and beauty. The fact that nothing stays the same is in full view in autumn. We can see things change day to day, and it's beautiful! As we enjoy the new season and the richness of the harvest, we lean into the abundance of change that is before us.

- As we announced on Sunday, September 18th, Unity Des Plaines has secured the services of Interim Minister Rev. Carla McClellan. This is a significant step forward in our pursuit of a new full-time minister for our community. There will be many opportunities for our members to impact the future of our church! Please be sure to reach out to any board trustee with your ideas and input!
- We have scheduled an after-service Ask The Board meeting on October 9<sup>th</sup> to answer your questions and to report on the current state of affairs here at Unity Des Plaines. Please mark your calendars, and plan to join us. This is an

important occasion for you to get clarity regarding the Interim Minister and the many evolving opportunities before us as a church community.

- It is time again for our **Fall Clean Up**, and we have scheduled it for Saturday, October 8, from 9:00 a.m. through 12:00 noon. Much of the exterior landscape work has recently been done, but we have many surfaces to clean or dust and items to put away for the winter. Come and join us, even for an hour, and do what you can to help keep our property welcoming.
- Financial Update:
 

Income through August	\$100,746
Expenses through July	-100,217
Net operating revenue	\$ 529

We welcome the coming changes while knowing that we are not passive players but active participants in creating our future!

Thank You, God!

Your Board of Trustees,

<b>Mark Teddie</b>	<b>Brenda Cindy</b>	<b>Leslie Cindy</b>
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## SPIRITUAL PSYCHOLOGY

### Spiritual School Is in Session, Every Moment!

Are you aware of the spiritual school of life that is teaching you all the time? Every day you wake up is a new day in spiritual school. Your life is your classroom, and all those around you are your classmates! This spiritual school has structure, lesson plans, and homework!

What does spiritual school structure look like? Since you don't have a specific, physical classroom to go to everyday, you have to create your own daily structure that supports the rest of your learning. Lessons are always coming your way; having a daily structure in place gives you the mental and emotional space to be aware, receptive, and ready to tackle the lessons that arise.

**Lesson #1:** Do you have a daily prayer or meditation time—a 10-minute time set aside to journal about your day, what came up for you, what you learned, or what you're grateful for? Do you make your bed in the morning as an outer ritual representing setting the intention to be responsible for what belongs to you in the day's lessons?

Having structure holds the space for everything else you do during your day. If you don't have at least an idea of how each day flows,

you have to spend time each day figuring out your structure—with less time left to handle the lessons that are taking place all around you!

**Lesson #2:** And oh, those spiritual life lessons! The major lesson in spiritual school is mastering yourself. There is a lot floating around in your mind/body system. Your job is to learn to sort out what is real and what is not.

There's a saying that goes, "God made man in God's image, and man returned the favor." Everyone has a false "god" or authority figure in their minds that erroneously critiques along the way. Your spiritual school lesson is to kick out that negative voice and replace it with what is real and true about you. If you believe what created this universe is loving and wise, then so that must be true about you.

Spend some time daily "marinating" in the feeling of being 100% okay while you are learning and growing every day. Have a meditation practice as part of your spiritual school structure, and sit with the feeling of peace, even if you have to pretend what that might feel like. Cultivate the sensations opposite of "I'm not okay," and watch that new experience support you fully!

*(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](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



Greeting friends old and new!

What an exciting September we had as we finished our study of Nature, relaxed on Labor Day weekend, and began our Spiritual Play Dates. Highlights of our nature time included acknowledging God as the creator of all, the power of seeds, fun painting a stepping stone that we placed in the Angel garden behind church and more.

We are grateful for the support of our Board and members as we have begun our association with Spiritual Play Date. Our first topic is Justice, and we have read books about Malala, Martin Luther King, the Rainbow

Flag and Harvey Milk, etc. This topic is so important today because without Justice how will we establish Peace in our homes, towns, our country? The children have asked very thoughtful questions and shared many ideas. Of course, the highlight of these weeks was our Church and Community event, Footprints for Fairness, cosponsored by the Spiritual Play Date people. We joined to create a giant banner of our footprints (done in paint on the paper) with quotes about great leaders in the Justice Movement such as Ghandi, Mandela, etc. We signed our names and pledged to let justice begin with us. Coming after the International Day of Peace, this was a timely event of our desires for a better, safer, kinder world.

October will bring us the study of the Golden Rule, as presented through Spiritual Play Date

Lessons. All major religions have a version of this. Remembering to apply this spiritual truth will surely lead to more justice and peace.

Finally, I can't let October pass us by without our Annual Halloween Party, which will be on Sunday, October 30, immediately following the service at 11:30. We invite everyone to come in costume and join us in the community room for spooky games, crafts, and fun. Like last year, we will be selling slices of pizza to raise funds for the Youth and Family Ministry. It's always fun, and we look forward to seeing you there.

Peace and Love,

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



## SPIRITUAL PSYCHOLOGY

*(Continued from page 2)*

**Lesson #3:** The next chapter to that lesson in mastering yourself is to practice forgiveness. The need to forgive is all around! Parents, kids, siblings, coworkers, neighbors, other drivers on the road, pets... Ev. 'Ry. Where.

Our family dog had issues with his ears since he was a pup. My job was to put the medicine in his ears, a process he aggressively resisted. We had some pretty serious tussles back in the day. We regularly struggled and growled at each other (I never bit him back). I discovered that there was a very thin line between "I'm not a violent person" and "Totally worth it". I finally resolved that as the more evolved species, I had to do forgiveness work on this canine so that at least one of us was mature and calm. After that I was able to take his survival instinct struggles less personally and administer his ear medicine. He was eventually patient and happy to get his bribe/ treat afterwards.

**Lesson 4:** There's a couple tools that I like to use, both personally and in my practice, to help master emotions. So here are handouts for your spiritual school assignments! The first is the **Spiritual Thermometer** at [https://cfenlightenment.org/spiritual-power-tools/#my\\_link\\_18](https://cfenlightenment.org/spiritual-power-tools/#my_link_18). You can use this graphic to measure where you are on the emotional mastery scale at a given moment. A "5" on the thermometer is a neutral state. Anything below a 5 is emotional overload, whether the emotion is anger, fear, sadness, or ecstasy (read: mania). Above the 5 is your clear-thinking state. The higher you go, the more intuitive a connection you can experience. When you feel yourself in your emotions, or below a 5, don't take action. Check in with yourself throughout the day. Ask, "What emotion, if any, is running me right now?" Use the emotion to discover, process,

and release what you need to as part of your spiritual school homework. Lighten your load!

Another handout for this spiritual school lesson is called the "Agitated Energy Process." I use this simple 3-step process frequently in my practice, as well as with myself. It goes like this:

1. When you feel agitated (stressed, tense, emotional), ask yourself, "What is the emotion that I am feeling?" (Use emotion words to label what you're feeling; i.e., anger, hurt, sadness, fear, frustration, etc. This is a brief one or two word response. Take emotions one at a time and keep it simple.)
2. Then ask, "What story am I telling myself that is causing me to feel this way? What is the emotion telling you/saying? Remember, sometimes this story has some facts to it, but that doesn't mean it's always telling the truth about those facts. Even when it is telling the truth, the awareness that the "truth" is agitating you means that there's a perspective shift that needs to take place.)
3. Then, "What new perspective could I take that would be calming to me?" (What comes up as your new way of looking at the situation?)

Do you feel calm once you've walked through the process? If so, you're done! If not, repeat the process until you feel relatively peaceful and calm in your body. This is a great daily emotional/mental/spiritual hygiene practice!

Spiritual school is like a Montessori-style classroom: No matter where you are, there is someone you can help along the way; and there is someone who can help you take your next step. Spiritual service to others is part of our spiritual school homework!

When you wake up in the morning, spiritual school is in session! Set your intention for the



stepping stone painted by kids for angel garden

### Calling all teens!

Would you like a group just for you? Friendship, discussion of today's issues, service, retreats and fun!

Miss Julie and Miss Gemma want to get the Uniteens and YOU going. We have a lot of cool ideas you do not want to miss.

Write us at [cdunoon2@gmail.com](mailto:cdunoon2@gmail.com)

day. Make your bed and say, "Okay, Universe, help me see my lesson today, and give me the support to master it!"

Happy new spiritual school year!

Lynn Barrette, LCSW, LUT  
[www.centerfordynamichealing.com](http://www.centerfordynamichealing.com)

## IT'S AN INSIDE JOB

**"And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you." EXODUS 3:14**

What's that supposed to mean—I am that I am? Um ... I am **that which** I am, I am **what** I am, I am **who** I am? I **yam** what I **yam**? What's that all about?

Well, Moses is not used to God talking to him and is feeling pretty insecure. He's thinking he might need to do some name-dropping if he's going to get permission to lead his people out of Egypt. Why should Pharaoh or anybody else listen to him, a nobody? "Did I tell you the one about the burning bush, heh, heh? Did I?" Right. So Moses, very worried, has asked, "Who will I tell them sent me?" **I AM THAT I AM.** Oh, that's a big help.

Well, the **I AM** is the Light of God, which is the exact opposite of a "nobody." The bush burns with fire, but doesn't burn up. It is the process of burning and represents the acting out of the present moment, which is life and which is God. It defies ordinary naming because names come and go as all things come and go. But the present moment is the constant—the state of change and of becoming. It disappears into the past while igniting the future—ever evolving and never concluded. It is all of time at once—eternity, which is the heart of all existence. Take off your shoes, folks. At all times you're on holy ground.

God has sent us, just as God sent Moses, with a message of freedom. We are to tell Pharaoh, or anyone or anything that restricts the flow of Spirit in us, through us and as us, to let go and let God. The fire of Spirit animates us, releasing us from our burning fears if only we will let It. Fear is caused by mentally holding back and is extinguished only by feeling, thinking and moving in love. *A Course in Miracles* exhorts us to "teach only love, for that is what [we] are." This is who we are—who **I AM**, and it is our purpose and our life. Namasté!

*Ruth Trailer*

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



**I AM that I AM  
Has brought me to this  
Present Moment  
To be the Voice and the  
Heart  
Through which Heaven is  
made known on Earth**

**Rev. Richard Levy  
Seattle Unity Church**



Lynn Barrette, LCSW, LUT

### Monday Morning Meditations (Mmm...!)

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

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

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



### Special Announcement!

We have a new email address to match our new name. We ask that all future emails be sent to [unitydp@yahoo.com](mailto:unitydp@yahoo.com).

**Thank you!**

**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)

