

UNITY DES PLAINES CHURCH VISION, MISSION AND CORE VALUES

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
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 Phone: 847/297-0997
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Board of Trustees

Leslie Johns	President
Carol Stanley	Vice President
Chris Schaefer	Secretary
Rev. Michael Speer	Acting Treasurer
Mark Boston	Member
Gail O'Neil	Member

Church Staff

Guest Speakers	Minister
Kate Kapolnek	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>

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

Holiday Schedule



Sunday, December 03

Deck the Halls: Decorate for Christmas after the service

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 p.m.



UPCOMING IN DECEMBER

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

by the entrance. Please complete the slip and leave it in the mail bin on the Minister's door so we know your preferences.

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.

Angel Tree

This year we are sponsoring the Angel Tree to benefit needy children, and Wendy Walsh is the team leader. There's only one young child's name left so visit the Angel Tree table in the lobby to acquire their name and wishes.



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

(Continued on p. 2)



BOARD OF TRUSTEES LETTER

Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values.
~ Thomas S. Monson

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

- The December speakers are as follows:
 - Sun. 12/03, 10:30 am Bobbie Wilsyn
 - Sun. 12/10, 10:30 am Rev. Bruce Moore
 - Sun. 12/17, 10:30 am Rev. Dr. Mary Beth Speer
 - Sun. 12/24, 10:30 am Rev. Bruce Moore
- Christmas Eve**
Sun. 12/31, 05:00 pm Peggy Dhont, L.U.T. *no Sun. am service*
- New Years Eve**
- We are sponsoring Angel Tree this season. Wendy Walsh is our team leader, and she

reports that as of December 1 there were only 2 children's names left. So check in with her if you wish to be an angel and give.

- 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 and put it into the mail bin on the minister's office door.
- Financial Update:

Income for October	\$ 9,359
Expenses for October	<u>-9,845</u>
Net operating revenue	\$ - 486

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

With love and appreciation,

Your Board of Trustees.

Leslie	Carol	Chris
Mark	Gail	

DECEMBER ANNOUNCEMENTS

(Continued from page 1)

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, or email the church at 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. 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>



Stopping by Woods on a Snowy Evening

by Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.



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

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

December 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>.



YOUTH EDUCATION MINISTRY



Greetings, dear Unity Des Plaines family, as we welcome the most wonderful time of the year!

This is when we celebrate the rebirth of the Christ Spirit within us. Yes, we always have that Little

Light shining, but how sweet it is to stop and honor that presence and power as we retell the wonderful story of the birth of Jesus Christ.

I recently offered the Sunday school children some options for our December lessons, including worldwide festivals of Light, but I was not surprised when they picked the comforting old story of the donkey and the long voyage, the humble birth of a king in a stable, a star and some wisemen.

We will use our Advent wreath and candles, stories and crafts to metaphysically share

the reason for this season. We will enjoy our celebrations in this darkest time of year to renew our commitment to our own Spiritual Journey. Please join us. Also, remember that on Sunday, December 31, New Years Eve, there is no morning service or Sunday school.

November was wonderful with the children as we focused on the Power of Gratitude with extra attention. We wrote thank you cards to our families, made a thankfulness chain, read stories and made fall crafts. We thank Miss Gemma for arranging our children's underwear drive for the Des Plaines Food Pantry, which was a great success. If you missed our collection, you may still drop some size 3T-small adult underpants into the Food Bank boxes in the community room. The needs of our community continue.

As always, we practiced how to shine our Light at Thanksgiving gatherings of all types—especially to say grace and "Thank You!"

Miss Carolyn shared some meal blessings with the congregation, encouraging a return to this practice.

To conclude, I want to extend my gratitude to all of Unity Des Plaines for their support, especially to Gemma, Stefan, Max, Julie, Jean, Michelle, all our parents and grandparents and our Board. A recent speaker said that the children are our future and the hope of the Unity movement to grow and expand. Amen to that.

May all have a blessed holiday season filled with joy and light.

Peace and Love,

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



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

SPIRITUAL PSYCHOLOGY

Time to Release the Year!

In the midst of Christmas light, love, laughter and their inevitable opposites of sadness, resentment, and other human foibles, I invite you to join me in releasing the year 2023 with joy, gratitude, relief, and peace.

My mentor and spiritual teacher, Jane Elizabeth Hart, offers this course, **Seven Steps for Moving into the New Year**, every year to help hundreds (and over the many years, thousands!) of people release their old year so they can step into the new year clear, whole and ready for the opportunities to grow!

If you would like to participate in the 5-week course, just sign up for the email list at her online spiritual education resource:

Center for Enlightenment,
<https://cfenlightenment.org/>

In the meantime, here is a taste of the work that must be done to move powerfully forward into 2024:

Each year brings about some difficulties and disappointments. In order to flush out those old thoughts it is necessary to observe and journal these disappointments and learn what your Soul is trying to tell you. I learned the most about myself through my difficulties, and so will you. ~ Jane Elizabeth

Seven Steps for Moving into the New Year
by Jane Elizabeth Hart, Center for Enlightenment

Step One: Thank You, God!

What are you thankful for regarding this year?

What did the year give you?
How has this year been important in your life?

Step Two: Good Times

How did this year bring new and joyful experiences to your life?

Write down specific times that you were especially happy.

To jog your memory, look through photo albums, listen to special songs, etc.

Step Three: Unfulfilled Hopes and Missed Opportunities

What were your hopes and dreams for this year?

How did you hope the year would end?

What remains unfulfilled?

Step Four: Disappointments and Difficulties

What do you feel most disappointed about regarding this year?

What is the most difficult thing you had to do this year?

What decisions, attitudes, and beliefs do you have about the year?

How are these decisions affecting your life?

Step Five: Forgiveness

What is the hardest thing to forgive about this year?

How is unforgiveness going to affect your life?

What is causing you not to forgive?

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—and open yourself to new possibilities in the coming year.

Lynn Barrette, LCSW

Center for Dynamic Healing
www.CenterForDynamicHealing.com

Certified Center for Enlightenment Teacher
www.CenterForEnlightenment.com

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

When we give cheerfully and accept gratefully, everyone is blessed. **Maya Angelou**

So just what is this giving thing anyway, and what does it have to do with Christmas? Well, first off, the apparent theme of Christmas is giving, but some people give in order to get something back. When I was a teenager, I babysat a little boy whose mom told him he had to sing happy birthday to Baby Jesus on Christmas morning before gift giving. So he did by starting singing in his bedroom and continuing it down the stairs so he'd be finished by the time he reached the living room and the Christmas tree with the presents underneath. Yes, he was just a kid, you may say, but inside we're all kids, and many of us haven't grown past the getting thing.

But real giving isn't about getting; it's about being in the flow of giving and receiving—an energy field that is an aspect of the continuum of Divine love. What you give, you do get back, and we aren't talking here about the toaster you gave your mom one year, and then she gave it back some-time later because she bought herself a better one (wider slots for bagels!). What I mean is that our giving is an expression of our thoughts and feelings, and that's energy. If we give from a loving heart, we'll receive some kind of loving return, but if we give out of obligation or spite or to get something back, we'll receive things that have similar strings of negative intentions attached.

Allow me to repeat: it's about being in the flow of giving and receiving, but we can't necessarily just jump in with both feet. It's like when we watch an escalator rolling upwards and time our first step onto it. Or like when we check our car's mirrors before merging into traffic on the high-way. So we might pray for Divine guidance as to right action for ourselves and the recipient or simply check our motives. If there's a question, we can pray for healing of our resentments.

It's Christmastime, and there are lots of opportunities for giving money, food, hugs or stuff. Opportunities for us to choose to come from the heart where love abides and let Divine order handle what comes back to us. We brighten our own lives when we brighten someone else's so let's go for that and have a Merry Christmas and a Happy New Year!

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.



***We make a living by
what we get,
but we make a life
by what we give.***

Sir Winston Churchill



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

