

July 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

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

Transformative: Courageously changing and growing individually and collectively

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

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

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

## BOARD OF TRUSTEES LETTER

*Go confidently in the direction of your dreams.  
Live the life you have imagined.*

~Henry David Thoreau

And so it is! Unity Des Plaines Church continues to realize the community we have imagined while working together in transition to the mission-based ministry of our dreams. It's been hard work, and there is much yet to be done. We are grateful for the support and resources that have been manifested for us. Here's the latest:

- The board has been working to update the By-Laws, the document that details the framework of how our church works. The revision must be approved by our members so stay tuned for details. In the next few weeks, we will mail a copy of the updated By-Laws to members so you can understand exactly what's involved. We will also have a Town Hall meeting to answer any questions.

- If you haven't already seen it, our sign is complete! The Garden Team has planted flowers and it is a beautiful beacon for our church. Thank you God!

- Circulation Day was a huge success! We had so many generous donations and lots of volunteers to help with the work! We are pleased to have put this event back on our calendar.

◇ Every Circulation Day sponsors a miracle! This year it was for a woman who came on crutches. We learned that she had severe arthritis and had broken her back. When she spotted the donated upright walker and realized it was free, she burst into (happy) tears! She had needed one for over a year, but they were too expensive. She left, walking upright for the first time in over a year, repeating, "I can't believe this!" This is why we love our amazing Circulation Day!

- One of the challenges of having a physical church is that the maintenance is persistent! We will have a bit more landscaping done in the coming month or so and make other minor repairs, including having the east window frames painted (outside). We are also gathering quotes to update and repair the parking lot lights and repair the roof and gutters. We'll keep you posted!

- Financial Update:
 

Income for May	\$ 13,181
Expenses for May	<u>-15,343</u>
Net operating revenue	\$ <b>-2,162</b>

*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  
Cindy**

**Teddie  
Leslie**

**Brenda  
Cindy**



[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  
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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

### Church Staff

Rev. Carla McClellan	Interim Minister
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>

## 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

### July 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

### Are You a Pirate?

There is a fun little song called "You Are a Pirate" with the chorus as follows:

**Do what you want 'cause a pirate is free  
You are a pirate  
Yar-har-fiddle-de-dee  
Being a pirate is alright with me  
Do what you want 'cause a pirate is free  
You are a pirate.**

The song originally comes from a children's television program in which the town villain disguises himself as a pirate to lure the children away from their good behavior. He makes being a pirate sound fun with his happy pirate song and promises of freedom from discipline and rules. The children, of course, enthusiastically take their places as his crew mates. Who doesn't want freedom?

On the spiritual path, one of the skills we learn is distinguishing between short-sighted egoic impulses and the true promptings of our soul. We start learning this by more closely observing the thoughts and feelings that arise and incite us to act. When our ego pulls us toward personality freedom, often it can excite us and feel good on a short-term basis. Ego pulls don't take into consideration the needs of those around us or long-term consequences of our actions. We can liken this to the pirate from the song, and the children who happily followed along.

Soul freedom leads us toward greater responsibility for what is ours to do in this lifetime. It also aligns us with our higher potential. Hmm... Not as enticing at first, is it?

Paramahansa Yogananda, the great Indian mystic, once said, "The mind is so powerful, it can make you taste salt and think it is sugar,

and when you eat sugar, it can make you think you taste salt." Our ego pulls are the salt that tastes sweet at first, but then we feel disappointed when we discover it wasn't what was in our best interest. Our soul promptings taste a bit salty at first, but as we stick with them, how sweet it is! Everything flows better when we are aligned with our soul responsibilities!

How much time and energy do you spend following the piracy impulsiveness of your personality self? How long does that satisfy you?

The children who followed the pirate to his false "freedom" (and were subsequently captured) quickly learned that the rules they ran from actually provided structure so they could play more freely! Likewise, our intuition is there to help us learn the best structure and steps to take to free our souls from ego-captivity, which allows greater energy to flow into a more joyful expression of who we truly are!

How often are you following the true freedom of your intuition?

**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)

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### Freedom

**Living as the divine being I am  
is the sweetest freedom.**

My prayers affirm my worth and my freedom. I release thoughts and beliefs that bind me. Centered in God, I choose how I will meet life's circumstances. I am freed from seeking the approval or acceptance of others. I am free to be myself.

### 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**

**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 Community!

We hope you are enjoying the glorious days of summer as much as our children and teens have. Our June meetings were fun out of

doors and in, including many celebrations such as Memorial Day, Father's Day, June-teenth, birthdays and the beginning of our Earth Care lessons, based on the writings of Rev Diane Venzera, M.Ed.

The biggest news of June was our fine representation at the YOU Great Lakes Region June Rally in Eastern Wisconsin, June 23-25. Not only did we have teens to send this year, but I am also proud to say that Mark Boston, Julie Core, and Gemma Nissen went as adult leaders. "Great job" to all, and we expect to hear about your adventures soon.

Furthermore, Julie Core is the IYOU director and will be leading the International Event,

Appreciation, July 9-13, at Unity Village. She will be bringing a couple of our teens. We deeply appreciate the support of our Board in these invaluable events. The more support we give children and teens today, the more we can heal our world.

So what's up for our younger ones? We started with seeds at the end of June. We read Eric Carle's *Tiny Seed* which is a children's classic. Seeds are a metaphor for our children, our Divine Ideas and all of growth. We guessed the identity of seeds from packages, germinated some in baggies and even ate some yummy ones. The Earth Care topic is a favorite with our kids, and at their request it's back again and lots more to come, including new topics like the sun, water, trees, etc.

The month of July's power is Understanding, and its color is gold. Understanding is our ability to know and comprehend Divine Ideas. We especially want the children to understand that the Little Light in them is the Christ Presence, and we want to let it shine. One way we will shine this month is with our

celebration of Independence Day on Sunday, July 2. Weather permitting, we will be out of doors again.

In closing, let me thank our wonderful YFM team: Julie, Gemma, Stefan, Michelle, and moms and grandmas like Jean and Carol who help. Thank you also to the parents who bring their children. Your contributions to the children go deeper than you may ever know, and we appreciate you.

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



**We are the children.**

## JULY 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—approved by Unity Worldwide Ministries—may be accessed via the link below. The "Open Ministries" section is at the bottom of the web page.  
<https://www.unityworldwideministries.org/openings>

### Unexpected Income Program

Join in the Unexpected Income Program, now through July 23, 2023. Pick up the form in the lobby, fill it out, and drop it in the offering basket. This powerful program based on affirmative prayer can work wonders. Believe in the unending supply that comes from God! When tithing on unexpected income, please write Unexpected Income on your check or donation envelope.

## 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](mailto: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 *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!**

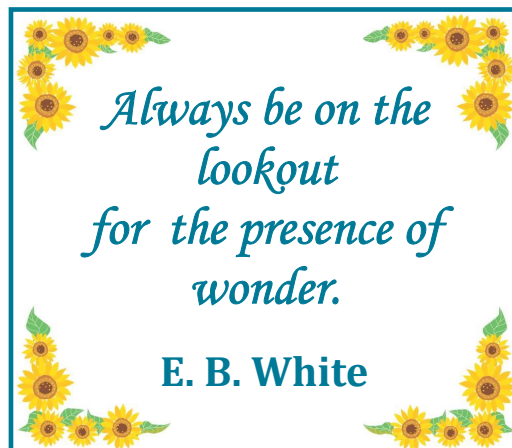
### Our Food Drive Continues.

Hunger is year round, and we need your help. There is a revised list of needed items in the Fellowship Hall. Thank you for your support. The next pickup is July 5, 2023.

### Donate to Unity Des Plaines Church

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

**REMINDER:** Our new email address is [unitydp@yahoo.com](mailto:unitydp@yahoo.com).





## IT'S AN INSIDE JOB

***And ye shall know the truth, and the truth shall make you free.***

**JOHN 8:32**

Once upon a time while in a family therapy setting, I said I wanted to be free. But what was that all about? Dictionary.com says that freedom is the power to exercise choice without constraint from within or without. Okay, it's easy to see restriction and limitation coming at us from outside ourselves—that's the blame game—but constraint from within?

How is it that we can be restricted from inside ourselves? Well, the first culprit that comes to my mind is our own beliefs, which are the impetus for our thinking! Beliefs? Yes! We were brain-washed by family and by general society when they constantly implied or we were told outright that we weren't good enough or good-looking enough or cute enough to be loved, that we weren't smart, clever or quick enough to succeed in school or get a really good job. We were different, undeserving, didn't belong, and didn't fit in so we need not apply. And since we were fed this and in time believed it, we became like slaves—slaves to the opinions of others and, worse, to the opinions of ourselves. We may never have worn iron shackles on our ankles nor cuffs on our wrists, but we were enslaved by our beliefs that we were inadequate.

The old song "Oh Freedom" says that the way to be free is to die and go to heaven. But we have learned—so now we know—that we can free ourselves by embracing God's truth about us that we are spiritual beings created in God's image. We go home to our Lord when we follow Jesus's commandment to love God, our neighbor and ourselves, and we go home every time we go within to pray or meditate.

In God's garden of life there are no weeds—only Divine offspring, ever growing and ever blossoming. In this Truth lies our total freedom no matter where restriction seems to come from. We no longer have to be deceived by appearances and worn out beliefs. No! Let freedom ring! Amen!

Ruth Trailer

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



Oh freedom! Oh freedom!  
Oh freedom over me.  
And before I'd be a slave, I'd  
be buried in my grave  
And go home to my Lord and  
be free.

Traditional Spiritual



**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)

