

September 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

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

Transformative: Courageously changing and growing individually and collectively

www.unitydesplaines.org

Sunday Service at 10:30 a.m.

In This Issue

UDP Vision, Mission, Core Values	1
Minister's Letter	1
September Announcements	1
Board Letter	2
Youth Ministry	3
It's An Inside Job	4

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

Board of Trustees

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

Church Staff

Guest Speakers	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 World Day of Prayer

September 13-14, 2023

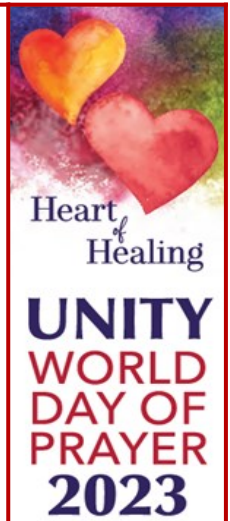
Unity Des Plaines brings together prayer, music, meditation, and more to celebrate the power of prayer to transform our lives. It is a 24-hour period of prayer and meditation that joins thousands of people worldwide. Together we unite hearts and minds with people from around the globe.

Our church vigil begins on Wednesday the 13th at 5:45 p.m., and from 7 to 8 p.m. we will tune in to the Unity Worldwide web page to view the opening service. We will then continue our vigil in church until 9 p.m.

Affirmation:

I open my heart to healing in this moment.

handouts in the lobby



SEPTEMBER ANNOUNCEMENTS

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!

Annual Congregational Meeting

Sunday, September 17, after the service
 Led by the UDP Board of Trustees

Only those who renewed their church membership last spring may vote.

Some Items for Discussion:

- Building Repairs
- Vote on New Bylaws
- Thank you to exiting Board Members
- Introduction of New Board Members

Unity Des Plaines Church Campfire

September 30, 2023

Please mark your calendars! More information is coming soon!

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>

Never Stop Learning!

We are actively looking for topics and facilitators for new classes! There are now Class Topic Request slips in the lobby on the small shelves by the entrance. Please complete the slip and leave it in the mailbox on the Minister's door so we know your preferences.

(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

September 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>.

BOARD OF TRUSTEES LETTER

Happily we bask in this warm September sun, which illuminates all creatures.
~ Henry David Thoreau

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

- This year's Unity World Day of Prayer will be on Wednesday, September 13, to Thursday, September 14, 2023, and Unity Des Plaines brings together prayer, music, meditation, and more to celebrate the power of prayer to transform our lives. It is a 24-hr. period of prayer and meditation that unites thousands of people worldwide.
- Our Annual Congregational Meeting will be held on Sunday, September 17th after the service. Only members may vote. Some items for discussion are building repairs, voting on new Bylaws, a thank you to exiting Board members and an introduction of new Board members.
- We're looking forward to holding a Church

Campfire on September 30th, 2023. More information coming soon!

- And next month, Fall Clean Up on October 7th
- We'd like your suggestions about classes you would like to be held here. There are slips in the lobby for your suggestions. If there's a book, class, or instructor you are especially fond of or interested in learning more about, please let us know.
- Financial Update:

Income for July	\$ 7,354
Expenses for July	<u>-7,515</u>
Net operating revenue	\$ -160

We continue to grow and evolve into the vital community that we all envision! Thank You, God!

With love and appreciation,

Your Board of Trustees.

Mark	Teddie	Brenda
Cindy	Leslie	Cindy

SEPTEMBER ANNOUNCEMENTS

(Continued from page 1)

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
The book we are currently reading/studying is *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
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!

~ ~ ~

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.easytith.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.



Visit our Facebook page at

https://www.facebook.com/unitydesplaineschurch/?ref=br_rs

YOUTH EDUCATION MINISTRY



Greetings dear Unity family and welcome to my favorite month, September!

I love fall: returning to school and all the energy of this change.

I prayed with the children last month that they love to learn and do their best this year. Set an intention to make this year's classes a happy, growing, great experience. September's assigned power is Will, which is the power to choose Divine Ideas. I choose to try my best in school this year!

August was a fun month of continuing to honor God's creation through our study of nature. Many people feel closer to Spirit outside, admiring the beauty and wonder of our natural environment. We had books, videos, and crafts and most of all, time outside. Some of our highlights were a scavenger hunt and bingo, sand art, watercolor flowers and fun.

September will start off with out of doors play, weather permitting. Let's make bubbles, draw with chalk, hula hoop, and play games on the Sunday of Labor Day weekend or have some cool fun indoors with games or a movie. Celebrate the joys of childhood in the summer and enjoy our friendship. We will have lessons based on Rev Diane Venzera's Living curriculum. The other weeks of September are a good time to go over Unity basics. We will review and illustrate the meaning of the Five Basic Unity principles as expressed for children.

1. God is good and active in everything everywhere.
2. I am naturally good because God's Divinity is in me and everyone.
3. I create my experiences by what I choose to think and what I feel and believe.
4. Through affirmative prayer and affirmation, I connect with God and bring out the good in my life.

5. I do and give my best by living the Truth I know. I make a difference!

Many thanks to all teachers, parent helpers and especially to the families who value Spiritual Learning and make the time to bring their children. You are planting the seeds for a better world.

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



SPIRITUAL PSYCHOLOGY

Your Meditation Practice – What Are You Waiting For?

So here we are in the second half of 2023. Have you made a daily meditation practice a part of your routine yet? There is enough evidence now, both objective and subjective, that incorporating meditation into your daily routine can provide support and aid in maintaining mental and physical well-being regardless of the circumstances. Physical health benefits include reduced blood pressure (when practice is ongoing), reduced stress levels (lower cortisol in blood levels) and better sleep, to name a few. Mental health benefits include more stable mood, greater ability to manage fluctuating emotions, greater patience with life situations, increased compassion for self and others, to name a few in this category.

Spiritual benefits include being more fully present with your Higher Self and tuning in to your body's needs—being present with your whole Self! Meditation increases your ability to listen to your intuition that is talking to you all the time and enables you to heal old wounds through forgiveness and letting go of tricky emotional states.

Meditation is not solely about seeking relief from uncomfortable feelings. It is a practice that involves being fully aware of our entire being. While some individuals may meditate in an attempt to escape their feelings, it is only when we truly listen to ourselves and engage with our emotions that we can find lasting and meaningful solutions to our problems. Meditation helps to develop and strengthen that vital ability of self-awareness and support.

Furthermore, it is valuable to acknowledge and address any emotions that may arise during

meditation, such as anger, sadness, or disappointment. Instead of trying to suppress these emotions, it is more effective to write about them in a journal and explore their underlying messages. By doing so, you may find that your mind becomes calmer, and your internal space feels clearer when you return to your meditation practice. If you feel overwhelmed or anxious, take a moment to focus on your breath and acknowledge any tension or anxiety you may be experiencing. Simply recognize that these sensations are likely a result of mental responses and not let them deter you from your practice or your peace of mind.

If your mind is preoccupied with various concerns or tasks during meditation, it can be helpful to redirect your focus to a central point. This could involve concentrating on your breath, visually engaging with an object like a candle or picture, or attentively listening to calming music. Often, our minds are busiest when our soul is attempting to communicate with us. Therefore, taking the time to slow down and listen to that inner voice can be a truly valuable and worthwhile endeavor.

Meditation is not a quick fix. It is a long-term practice that yields countless benefits. If quiet meditation time is not already an integrated part of your daily routine, I invite you to give it a try and experience the positive impact it can have on your overall well-being!

Lynn Barrette, LCSW

Center for Dynamic Healing
www.CenterForDynamicHealing.com

Certified Center for Enlightenment Teacher
www.CenterForEnlightenment.com

UDP Church Picnic 08/13/23



IT'S AN INSIDE JOB

Safety is not a gadget, but a state of mind.

Eleanor Everet

A safe is something you keep valuables in—your stocks or bonds, your grandmother's diamonds, your Bicentennial silver dollars, your 1950s Mickey Mouse watch. A safe is sturdy and strong and locked up tight. Okay, but those are things. How do you make your Self safe? We suppose that safety means to eliminate danger from our lives, but can we really do that? What we can do is look at "danger" differently by examining the belief that people and things provoke fear in us.

Actually, we have decided on some level that certain (or sometimes all) people or circumstances are threats to our safety. I was taught early on that only our little world of home was safe and that venturing into the outside world was scary, and being within the captive audience of childhood I took that in. Yes, it's an inside job. Our inner beliefs dictate that we label people and circumstances as good or bad, safe or scary. Then our efforts to avoid those dangers leave us mentally always on the defensive while we hide our vulnerability. And that means living negatively.

If fear is an inside job, so is safety. What's truly inside us is the Love of God, nothing else, but if we're focused "out there," looking for dangers to avoid, we're not feeling the only safety there is. True safety comes from embracing that Love, knowing that its light guides our way and helps us make appropriate, beneficial choices in life. *A Course in Miracles* helps us to "remove the blocks to the awareness of love's presence," those blocks being our faulty beliefs. All we need is the willingness to question them and embody the Love. And that means living positively!

This is not to imply that we shouldn't lock our doors, secure our valuables, watch over our children, get our flu shots or change our passwords. The prophet Mohammed said, "Trust in Allah, but tie up your camel." We have personal responsibilities to which we apply our spiritual/emotional intelligence, upheld by the presence of the Love of God within us.

Remember that when fear arises and challenges our inner sense of safety, we can breathe deeply, thank the fear for sharing and let it go, and then take that challenging step forward. **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.



**You have to take risks.
We will only understand
the miracle of life fully
when we allow the
unexpected to happen.**

Paulo Coelho



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

