

March 2024

2024 THEME: LED BY A VISION MARCH'S THEME: STRENGTH

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
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 Email: unitydp@yahoo.com

Board of Trustees

Leslie Johns	President
Carol Stanley	Vice President
Chris Schaefer	Secretary
Marne Chilstrom	Treasurer
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Kate Kapolnek	Admin. Asst.
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.

BOARD OF TRUSTEES LETTER

The Board would like to thank all who participated in State of the Church 2024 Congregational Meeting, and we are keeping in mind all that was accomplished in the last year by our church.

We want to mention that our By-Laws were updated/reviewed and approved by Worldwide Unity last year. The Board would also like to thank all who completed DreamLists. One list from all the DreamList feedback will be available to the congregation.

As the current year commenced and continues, the Board approved the following:

- a new column in our newsletter—"Someone You Should Know";
- "Untethered Soul" monthly meetings led by Chris Selvik;
- In The Flow class led by Peggy Dhont;
- Y.O.U. Lock-In on March 2;

- Women's Retreat the weekend of May18;
- Circulation Day June15.

A Board member has met with the current Ministerial Search Team and will be seeking a few more members for the Team.

Planning for fund raising is underway with plans to hold two fundraisers this year.

As always, the Board would like to thank all of you!!! Please feel free to contact a Board member with any questions/concerns. Rev. Carla McClelland remains our minister of record and is also available for spiritual counseling to all Unity Des Plaines members.

We are truly led by a vision!!!!

Chris Schaefer
Board Secretary

UPCOMING IN MARCH

Minister Search Update

The Unity Des Plaines Minister Search Packet on the Unity Worldwide Ministries website is 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!

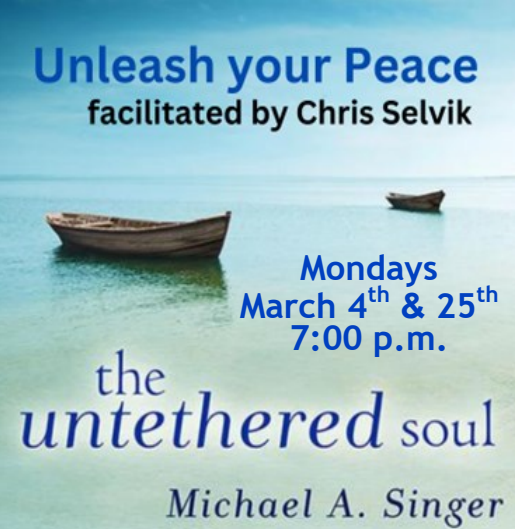
We are actively looking for topics and facilitators for new classes! There are Class Topic Request slips in the lobby on the small shelves by the entrance. Please complete the slip and leave it in the mail bin on the Minister's door so we know what you prefer.

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!**

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



Unleash your Peace
 facilitated by Chris Selvik

Mondays
 March 4th & 25th
 7:00 p.m.

the *untethered soul*
 Michael A. Singer

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Unity Des Plaines Mission Statement

Empower an evolving consciousness that spiritually transforms the world through an awakening oneness.

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

March 2023 Contributing Writers

Leslie Johns Chris Schaefer
Carolyn Dunoon Ruth Trailer

Website

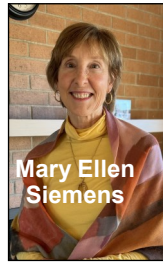
Leslie Johns Webmaster

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>.

SOMEONE YOU SHOULD KNOW AT UNITY DES PLAINES



Mary Ellen Siemens

I came to Unity Des Plaines five years ago after hearing about the church for almost twenty years through *A Course in Miracles* group in Mundelein. From the moment I stepped through the doors and experienced the warmth and joy radiating from Greg Barrette, Megon McDonough, and Tatiana, I knew I had found a special place. The music, words and songs resonated deeply within me and truly uplifted my spirit. I feel that same sense of elevation each time I attend a service today.

Before officially becoming a member of Unity Des Plaines, I was at a service when Betsy Nickerson made an announcement about an upcoming Prayer Chaplain training. My inner voice immediately said "YES!" Without hesitation, I signed up for the Chaplain training program and simultaneously became a member of the Unity community. These two decisions have deepened my spiritual journey. Not only have I have found a vibrant community of kindred spirits dedicated to living the principles of love, compassion, and unity, but I have the opportunity to pray with people!

Being a Prayer Chaplain is an honor and fosters a soulful connection that I truly cherish.

In my outside life I am employed as a certified Personal and Professional Development Coach at R.J. O'Brien & Assoc., a global commodities brokerage firm home-based here in Chicago. I have had an amazing career at this company for over 40 years. All along the way, in the many roles I've held, I've always been committed to serving, always believed in this company and always consciously held God by my side. My career has turned out better than I ever imagined, and it is truly a highlight in my life. I am so blessed to be able to say that.

The focus of my life is personal and spiritual growth. I can't think of anything better. My learning is slow but steady as I look for opportunities contained within the challenges as well as in continued trainings, which began many years ago through a 12-step program. I am grateful for every day and try to follow the positive, practical teachings of Jesus Christ and to live by the Fruits of the Spirit. Life is good!

MARCH ANNOUNCEMENTS

(Continued from page 1)

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!**

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!**

Join the Usher/Greeter Team!

We're looking for new members! If you'd like to welcome the regulars of our Unity community and the newcomers, call or email the church office.

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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* by Ellen Debenport. In a few weeks we will begin *The Power of Decision* by Raymond Charles Barker.

Zoom link:

<https://us02web.zoom.us/j/85251930920>

Call in:

+13126266799,,85251930920# US Chicago
+13017158592,,85251930920# US Wash DC

All are welcome!



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

EASTER SUNDAY



Greetings dear Unity Des Plaines family!

And welcome March! The power of March is strength, the disciple is Andrew and the color is spring green. We will

study the importance of Spiritual strength over physical, using some awesome lessons of Rev Diane Venzera. March is the host month for Palm Sunday the 24th and Easter on the 31st, and we will definitely be learning about overcoming trouble and renewed life, using the example of our way-shower, Jesus Christ. I look forward to our annual egg hunt on the 31st during service time, around 11:00 a.m. after our circle time and lesson. You don't want to miss the fun and fellowship!

February was lovely as we learned about the power of Love in all forms. What fun we had at our Valentine's party on the 11th, and many thanks to those who helped us —Julie, Gemma, Stefan, Michelle, Max, Jean, Sima and Elena. We even looked at ourselves in a mirror for some loving self-affirmations. By the way, I mistakenly wrote last month that the color of February was red, but it was actually pink.

We also high-lighted that God's Love is in ALL people, no matter what our differences. For example, the Good Samaritan went out of his way to help a hurt man who was not like himself. Jesus taught us to love our neighbor as ourself. Black History month was also highlighted the last Sunday of February, and we paid respect to the many contributions of our Black brothers and sisters.

The unusually warm weather of February has had me hoping for an early spring. Wouldn't it be great to have a March Easter egg hunt outside? At any rate, spring is a state of consciousness, of rebirth and joy. Come celebrate joyfully with us.

Peace and Love,

Carolyn Dunoon, CSE

Director of Youth and Family Ministry



Photos from our Valentine party



Resurrection follows crucifixion. No life escapes this process. The Easter story is about an old way being crucified so something new can be born.

James Trapp

MARCH ANNOUNCEMENTS

(Continued from page 2)

Unity Des Plaines Weekly Eblast

If you haven't already signed up, go to our website, unitydesplaines.org, and do so, or email the church at unitydp@yahoo.com and leave a message that you want to receive the Weekly Eblast, and include your name and your email address.

Help with Food

The Des Plaines Food Pantry especially needs boxes of cereal.

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.easytithe.com/App/Giving/unw>

May 17- 19, 2024

MINDFUL SPRING WOMEN'S RETREAT

Mark your calendars and stay tuned for details!

Co-creating our health & prosperity.

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

You must be the change you wish to see in the world.

Mahatma Gandhi

Following are some quotes about life and living and how I endeavor to learn from them..

Perspective One:

- The way I see it, if you want the rainbow, you gotta put up with the rain. ~ Dolly Parton
- Life is 10% what happens to you and 90% how you react to it. ~ Charles R. Swindoll

Accentuate the positive, and eliminate the negative. Angry, resentful and fearful reaction to circumstances only intensifies negativity in life. So we must watch our thoughts. If we find ourself often in the complaining mode, we are digging ourself a deep hole that collects muddy self-pity for us to wallow in.

Perspective Two

- If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough. ~ Oprah Winfrey
 - Life is from the inside out. When you shift on the inside, life shifts on the outside. ~ Kamal Ravikant
- What we focus on increases, and choosing to look at what we have with gratitude and seeing the blessing in it attracts more of the same. We must remember that we have this choice. When we change our focus from cursing to blessing, our life attracts greater abundance.

Perspective Three

- Love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down. ~ Roy T. Bennett
 - Not in doing what you like, but in liking what you do is the secret of happiness. ~ J.M. Barrie
- Loving ourself brings out the best in us and attracts what we desire. But when what shows up isn't totally desirable, like what's pleasing, learn from what isn't and move on. Life is a process.

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.



The course does not aim at teaching the meaning of love, for that is beyond what can be taught.

It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance.

A Course in Miracles



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

