

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

## Sunday Service at 10:30 a.m.

### In This Issue

Minister's Letter	1
November Schedule of Events	1
Board Letter	2
Spiritual Psychology	2
Youth Ministry	3
It's An Inside Job	4

### Unity Des Plaines Church

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Affiliation:	Unity School of Christianity
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### Board of Trustees

Mark Boston	President
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### Church Staff

Rev. Tom Wendt	Part-Time Minister
Wendy Walsh	Admin. Asst. Music Director
Tatiana Naumova	Pianist
Carolyn Dunoon, CSE	Director Youth Education / Family Ministry

\* \* \*

### Stay up-to-date with Unity Des Plaines

visit our website at  
[https://www.unitydesplaines.org](http://https://www.unitydesplaines.org)  
and

Watch past Sunday talks at  
[https://www.youtube.com/user/unitynorthwestchurch](http://https://www.youtube.com/user/unitynorthwestchurch)

## MINISTER'S LETTER



Hello to All,

From the May/June *Daily Word* comes an article by Eleanor Ferris about her enjoying a bike ride at Unity Village, MO. She speaks of the verdant grounds, sacred gardens, chapels, awe-inspiring fountains, trees, lakes, and woodland paths, and the beauty of her experience.

I have walked those same paths many times and can attest to the beauty and the fact that part of the adventure can be hilly.

She shares one incident where the hill was very steep so that in spite of shifting gears and pedaling hard, halfway up the hill she came to a dead stop. She could ride no further. Frustrated, she decided to ride back down the hill and try again. Once again, she became up short.

On her third try and at about the same spot, she simply rested. She then received spiritual guidance to get off the bike and walk it up the hill. Obvious, right? But not when you think you're stuck! But her bike was not stuck or impaired. It simply needed to be used differently.

I can say that I've had similar experiences. How about you? To me, her message clearly states that when I'm so focused on the problem that I am unable to entertain options, it's like viewing the world through a straw. All I can see is the problem. So, I quickly have asked myself—am I

currently focused so intently on a problem that I'm unable to see options somewhere in my life? I can gladly say, not at this time. But I will be on alert.

For me, Eleanor Ferris's message is also a reminder of paradigms that float around in my consciousness. Bikes are made for riding, not walking. And yet, as she stated, sometimes walking a bike is the appropriate move to make.

She reminds me to explore my consciousness and the paradigms that I'm subject to, often without knowing or realizing them. That's a hard one. I mean, if I don't know about them or realize them, how am I going to find them?

The best answer is to be mindful throughout my day. Be mindful of those times when I feel anxiety or tenseness in my gut or a sense that circumstances just don't feel right. That's the time to go mining for paradigms. That's what works for me.

I feel blessed by my involvement in Unity. While I would not consider myself wealthy, I can say that I am rich—living a life of countless blessings. I am aware of many of these blessings coming about as a result of inward reflection. When I am influenced by the Divine Spirit within, as opposed to circumstances in the outer, I see an array of options that leads me to new attitudes and a change in consciousness. I am blessed!

Rev. Tom Wendt

## NOVEMBER ANNOUNCEMENTS

### The Hospitality Team — A new way to serve!

The Hospitality Team has openings for volunteers. Team members make coffee, bring snacks purchased or homemade, set up for fellowship after the service and clean up when finished for one Sunday per month. If you're interested, please contact the office, or see Janice Rowe.

### ONGOING PROGRAMS:

#### *A Course in Miracles*

Sunday mornings, 9:00 a.m.

Facilitated by Leslie Johns in the Fellowship Hall. **All are welcome!**

#### *Sunday School*

10:30 am every Sunday

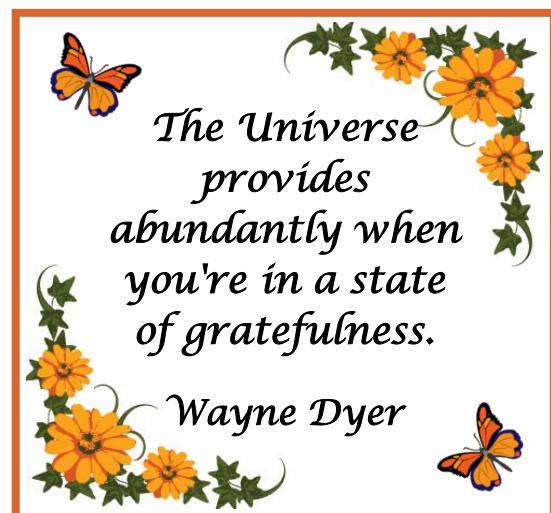
Our Youth and Ministry team led by Carolyn Dunoon, CSE, welcomes children and teens at church. Masks are no longer required.

### Monday Morning Metaphysics

Mondays, 10:30 a.m.

Facilitated by Rev. Mary Beth Speer, CSL

(Continued on page 2)



## 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

### November 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

Autumn shows us how beautiful it is to let things go. ~

[https://tinybuddha.com>wisdom-quotes](https://tinybuddha.com/wisdom-quotes)

It has been a magnificent autumn! The trees look exceptionally colorful! It is time now to let go of autumn with thanks as we get ready for a winter of rest, reflection, and preparation for the advent of new beginnings!

The Board has been working closely with Rev. Carla McClellan, our recently introduced interim minister, on the process of preparing Unity Des Plaines for a new full-time minister. We have also been working on upcoming events for the remainder of 2022. Here's the news:

- First, please be aware that when Rev. Carla is here with us she will hold office hours on Tuesdays, Wednesdays and Thursdays, between 10:00 a.m. and 2:00 p.m. If you would like to schedule time with her, please contact her directly at 816-572-2204. She will be with us through November 6th and from November 11 through December 24. Future dates will be published in the eblast and in this newsletter.
- Please mark your calendars for a Pet Blessing on Sunday, November 20th! Bring photos of your pets (past or present) for a special blessing by our Prayer Chaplains. You may also bless any or all the animals on the planet. The Chaplains will be available for individual prayer and/or blessings for your pet(s). We will also have an opportunity for you to display your

photos where the entire congregation may offer blessings to your special family member(s)!!

- Since both Christmas and New Years Day are on Sundays this year, and we don't normally meet on these two holidays, we have a special holiday schedule for services and celebrations.

◆ Christmas Eve, December 24, Potluck! Bring a dish to share if you can and come at 11:00 a.m. to help set up. Lunch will begin at 11:30 a.m. Christmas Eve Service will begin at 1:30 PM. Enjoy Christmas Day with your family and friends!

◆ New Year's Eve – The Burning Bowl service will begin at 5:00 PM, allowing time to celebrate the incoming 2023!

◆ Financial Update:  

Income through September	\$101,745
Expenses through September	-114,698
Net operating revenue	\$ -12,952

We look forward to the change of season and to the growth opportunities it brings each of us as we prepare for New Beginnings!

Thank You, God!

Your Board of Trustees,

*Mark  
Teddie*

*Brenda  
Cindy*

*Leslie  
Cindy*

## NOVEMBER ANNOUNCEMENTS

(Continued from page 1)

We are currently reading, *The Universe is Calling - Opening to the Divine Through Prayer* by Eric Butterworth.

### All are welcome!

#### Zoom link:

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

#### Call in:

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

### Tuesday Evening Meditation

Tuesdays, 6:00 to 6:45 PM

Facilitated by Dr. SheilaJoy Wilkins, PHD, in weekly silent meditation.

### Please come join us!

### Donate to Unity Des Plaines Church

<https://app.easytithing.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](http://www.unitydesplaines.org).



**Pet Blessings**  
by the  
Unity Des Plaines  
Prayer Chaplains

Sunday, Nov. 20, 2022

All congregants are invited to bring photos of their pets (living or deceased or both) to the Sunday service. Or if a participant would like to bless animals of the planet, those pictures are also welcome.

After the service, all prayer chaplains will stand around the sanctuary, and congregants who wish to have individual blessings may go to a chaplain of their choice, and the blessing will be given.

A bulletin board will be set up outside the sanctuary where congregants may place their pet pictures as they exit Sunday services, and all are welcome to bless the pets as they pass by.



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 welcome November, and we have so many blessings to count at Unity Des Plaines! I am giving thanks for all the children, the parents, and our wonderful helpers—Gemma, Stefan, Julie and Michelle. I am grateful for our board and congregation who support youth ministry when so many programs elsewhere have shut down.

I am grateful for Edwina and Spiritual Play Date for our awesome new curriculum, our Footprints for Fairness event and all their support. I am also grateful for our annual YFM hosted Halloween Party—almost 30 years of fun for all to celebrate.

Youth and Family Ministry is alive and growing at Unity Des Plaines .Invite your friends who are looking for open minded, supportive and relevant spiritual education for their children. In the spirit of the season, our Sunday school will be doing the excellent lessons on Gratitude from Spiritual Play Date.

We had a wonderful October together studying the Golden Rule lesson from Spiritual Play Date. Highlights include children books like *Beads on a String* and *Giraffes Can't Dance*, which are wonderful starting points for discussions on how to treat others. In addition, we welcomed a new family and were able to separate the younger and older children into two classes!

We decorated and hosted a Halloween party for the congregation—intergenerational fun!

As always, Miss Carolyn both photographs and posts many happy memories for all to see on the bulletin boards in the community room and in the hallway outside the Sunday school classroom. Check them out, and share our joy!

In closing, I am so thankful that my children and I were able to grow up in Unity Sunday schools and experience the difference it has made in our lives. It is a great blessing for me to be able to share these teachings with hundreds of children over these thirty years at Unity Des Plaines, knowing, most importantly, that we are born as children of God, innately good and here to bless our world.

Peace and Love,



**Carolyn Dunoon, CSE**

Director, Youth and Family Ministry

## SPIRITUAL PSYCHOLOGY

### The Secret to Smooth Holidays

The holiday season is upon us, and for all the joy the holiday brings, for some of us it is the time we gather with people we likely shouldn't be around. Alas, blood is sometimes thicker than one's mental health.

Most likely you know your family members pretty well. You know who is going to get drunk and embarrassing, who will get nasty, who will be emotional and demanding, and who will be enjoyable to be with. Chances are they haven't changed all that much since last year!

So why not proactively enter the holidays with an attitude of forgiveness and resiliency? We are here to evolve into more conscious, responsible individuals. Often, mental health issues arise when we resist what's happening around us, and our equilibrium gets out of whack. It is restored as we embrace and adjust to life situations, knowing when to be accepting of others' less-evolved personalities, and when to get the heck out of their way. A difficult discipline and a soul-strengthening one!

Having a new experience of the holiday season requires us to examine past decisions and expectations, learn from them, and move on. Uncle Delbert the Drunk will probably not have changed, unless he has successfully gone through treatment. Bringing our old ways of thinking into a situation where we want change can lead to depression: not clearing the air of our own inefficient and undesirable beliefs and patterns, but expecting new results!

A powerful forgiveness and resilience tool is Jane Elizabeth Hart's *Seven Steps for Successful Life Transitions*. Jane Elizabeth created this method for releasing old patterns, beliefs and other life situations, based on her personal experiences of change, loss and spiritual growth. Each of the Seven Steps deals with an aspect of the situation at hand.

For holidays, she suggests working with the family system as a whole (rather than each person individually) through each step. Journaling is suggested, tissues should be on hand, and laughter at some point is a must. (<https://www.cfenlightenment.org>)

**Step one** is **Gratitude and Acceptance** and deals with all that we are grateful for in regards to our family gatherings and members thereof. Write down all the aspects of these events that you are grateful for. What joy have these situations brought to you? Don't worry if you can't think of anything; simply return to it when you can.

**Step two** looks at the **Good Times**. Think of specific situations in the past that have been enjoyable for you at these family gatherings. There might be something that keeps bringing you back for more. Again, skip it if you need to.

**Step three** allows us to look at our **Hopes and Dreams**. What do you hope will happen? What have you dreamed that these gatherings would be like? Who do you hope you don't have to see when you're there? Who do you hope will behave differently? Who have you wanted to get to know, but never have approached? Get those thoughts from swimming around in your head creating unnecessary stress! It doesn't mean that these hopes and wishes will necessarily come true; this is to help you let them go.

**Step four** deals with those **Disappointments and Difficulties**. Ah, yes, the confrontations, the embarrassments, the arguments, the losses—everything. Can you see why you have dreaded these events? Can you see any unresolved issues within yourself that are surfacing to be healed?

**Step five**, the most important step, is **Forgiveness**. This is how we heal. Who or what circumstance is the hardest to forgive? Why?

What does it mean for you if you don't forgive? What does it mean for you if you do? If we can find it in ourselves to forgive obnoxious behavior, we can handle it much better when it greets us with a wet kiss. We are not condoning unacceptable behavior. Dealing with that is a whole other article. I'm talking about the annoying and the petty. Forgiveness requires a certain leap of faith, whatever ours may be, into a space of allowing another to be what they choose to be without it throwing us off-center. Forgiveness pulls us out of the mindset that someone can ruin our day by not meeting our expectations and puts us into a space of compassion and non-resistance toward less conscious behavior in others and ourselves! It's tough, but if we are willing, it could just save our holiday.

Finally, we **Release** all these in **step six** and affirm our **Completion** with the process in **step seven**. I like having a ritual for my completion process, sometimes burning my journaling notes, or using Hart's *Seven Step Meditation*.

The most important relationship is the one we have with ourselves, and when we are okay with ourselves, we can be open to better possibilities. If you get stuck on a situation that has happened in your family, be sure to seek professional help.

No matter what happened in the past, every new year—every day!—opens new doors for us. Our job is to prepare our minds and hearts for those opportunities to come forth, not so Delbert the Drunk will change, but so we can.

Happy Thanksgiving!

**Lynn Barrette, LCSW, LUT**

[www.centerfordynamichealing.com](http://www.centerfordynamichealing.com)

## IT'S AN INSIDE JOB

**For all that has been, thanks. For all that will be, yes.** Dag Hammarskjold (1905 - 1961)

Several years ago a friend suggested that a bunch of us go to the Good Friday service at a little Unity church in Des Plaines. My friend said that he'd been attending the Sunday services for a few weeks and liked it. He said, "They have a good choir, and the director has a phenomenal tenor voice. They're doing an Easter cantata on Good Friday." This was one of my friends from my Codependents Anonymous group, which met at that same Unity church. About four or five of us agreed to give the Good Friday church service a try.

I know, I know. The saying "Today is the first day of the rest of your life" became a cliché in the sixties, and this was the late nineties, but I didn't know until just then what it meant. Sitting in the church I listened to the minister, and his message made me sit up and take notice! And when I heard the choir sing, I said to myself, I could do that—I can do choir singing! And I started to think that maybe I belonged there.

Did you know that God is absolute, unchanging good, everywhere present? I learned that! Is this something your mama and daddy taught you when you were growing up? Well, neither did mine! But I know now that the proverbial glass is not just half full, but is continually filling up to the brim and running over and splashing. We can dance in the puddles and be cleansed by the cascade—cleansed of whatever has blocked us from experiencing the love of God that binds us all together. We can say yes to the abundance of good that God offers to us and through us, no matter what our circumstances.

Gratefully let Life and Love flow, and say yes to what they bring, for all is of God. On our sunniest day God is here. In our darkest hour God is here. "This is the day which the Lord has made; we will rejoice and be glad in it." PSALMS 118:24 Yes, we will! Thank you, God, thank you, God, thank you, God! And so it is!

*Ruth Trailer*

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



**I was glad when they  
said unto me,  
"Let us go into the  
house of the LORD."**

**PSALMS 122:1**



**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)

