

www.unitydesplaines.org

Sunday Service at 10:30 a.m.

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Unity Des Plaines Church

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 Affiliation: Unity School of Christianity
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Board of Trustees

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Rev. Carla McClellan	Interim 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>
 and
 Watch past Sunday talks at
<https://www.youtube.com/user/unitynorthwestchurch>

MINISTER'S LETTER



Rev. Carla McClellan suggests we put off the annual congregational meeting and election of new board members until September 2023 in order to complete training with those already on the board and to settle organizational/structural work in the church. This action will in no way delay the search for a new minister. A search team is in place which will begin in earnest to search for our minister.

In order to proceed, annual membership letters have been mailed to current Unity Des Plaines members for the usual purpose of renewal and also for the purpose of a vote to agree or disagree with the postponement of the annual meeting and retention of current board members until September.

Return of the membership forms is required no later than Sunday, March 5, 2023.

JANUARY ANNOUNCEMENTS

White Stone Ceremony

Sunday, January 8, 10:30 a.m.

Rev Carla McClellan will lead this traditional new year's ceremony during our Sunday service.

UN-Deck the Halls

After the service on Sunday, January 8, we will un-deck the halls. Please stay after the service and help take down and put away all our holiday decorations.

New Members Class

Saturday, January 14, 9:00 a.m.—2:00 p.m.
 Led by Rev. Carla McClellan

This class is for those interested in becoming members or for those simply wishing to refresh their commitment to the spiritual community. Bring a lunch so we can keep on working.

New Members Sunday

On Sunday January 22, the new members will be inducted during the service. Please be there to bless them into our family.

Youth and Family Ministry Assistants WANTED!

The Youth and Family Ministry needs classroom assistants. Even once a month would be helpful, and training is provided. Email Carolyn Dunoon at cdunoon2@gmail.com.

Community Outreach

Please continue to bring food items to help the Des Plaines Food Pantry. If you check the list posted in the Fellowship Hall, you will see high-lighted items that they need most.

Along with food items we are asking that you donate either new or gently used men's, women's and children's winter coats. The clothing items most needed are also highlighted on the list in Fellowship Hall.

ONGOING PROGRAMS:

A Course in Miracles

Resumes Sunday, January 8

Sunday mornings, 9:00 a.m.

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

Sunday School

10:30 a.m. every Sunday. No masks required.

Monday Morning Metaphysics

Mondays, 10:30 a.m.-12:00 noon

Facilitated by Rev. Mary Beth Speer, CSL

Our current book selection is ***The Four Agreements: A Practical Guide to Personal Freedom*** by don Miguel Ruiz. Author Ruiz explores self-limiting beliefs that rob us of joy and create needless suffering and then offers a transformative guide toward personal freedom, true happiness and love.

Zoom link:

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

Call in:

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

Tuesday Evening Silent Meditation

Resumes Tuesday, January 10

Tuesdays, 6:00 to 6:45 p.m.

Facilitated by Dr. SheilaJoy Wilkins, PHD.
Please come join us!

Donate to Unity Des Plaines Church

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

If you want to awaken all of humanity, then awaken all of yourself.

If you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself.

Truly, the greatest gift you have to give is that of your own self-transformation.

— Lao Tzu

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

January 2023 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

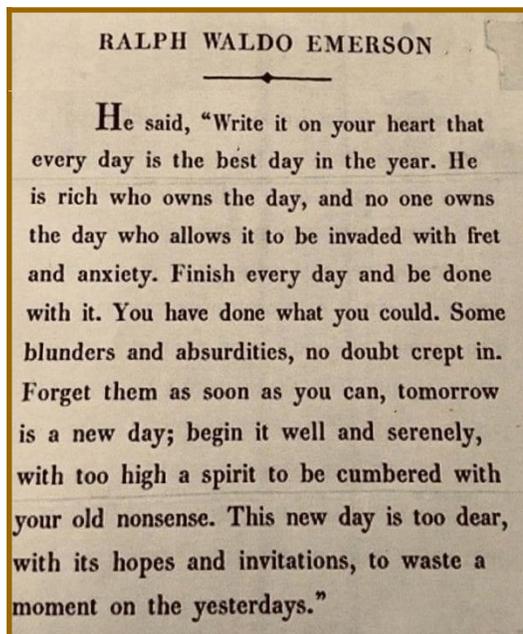
If you want to fly, give up everything that weighs you down. — Buddha

As we say goodbye to 2022, we do so with gratitude for those who have volunteered their time to support our Church and to make us better. We want to specially thank the Chaplains for our beautiful Thanksgiving Eve service. Their hard work produced a truly lovely and inspiring service. Thanks for all you do for our hearts and souls at Unity Des Plaines!

2023 is our year to fly! We have released everything that weighs us down at our Burning Bowl ceremony on New Year's Eve, and we now prepare for new growth, new perspective, and new, lighter energy!

Here are some of the exciting new items to look forward to as we begin to spread our wings in 2023:

- Rev. Carla will be with us for the entire month of January as she continues to help us prepare for the next, best version of Unity Des Plaines!
- We will hold a New Member Class on Saturday, January 14, 2023, 9:30 a.m.-2:00 p.m. This class is required for membership of Unity Des Plaines. And even if you have attended for years, plan on coming in order to refresh your understanding of Unity!
- Our new Social Media Manager is Meghan Butler, who has already started to update our online persona. She will continue to correct glitches, keep our info and our schedules



A free will offering will be accepted at most classes and workshops.
For more information call 847-297-0997, or visit www.unitydesplaines.org.

updated, and help us present the most positive image possible to the online public! Check out our website and Facebook pages regularly to see the latest!

- The Minister Search Team is taking shape. Several of you have already registered with the office to volunteer for this important project, and we will be in touch with you in the coming weeks as the search process continues to take shape! This is our highest priority project for 2023.
- Sunday mornings at 9:00 a.m. our *Course in Miracles* group has been a great success. We are looking forward to continuing this beautiful course of study with Leslie Johns's guidance into 2023.
- Financial Update:
Income through November 133,383
Expenses through November -143,281
Net operating revenue \$ -9,898

Believe in yourself, and you will be unstoppable. — Unknown

We believe in the divine promise of wholeness, love, and prosperity! We welcome this time of growth and know we have the strength, compassion and resources to create our future together. For this or something better, we thank You, God!

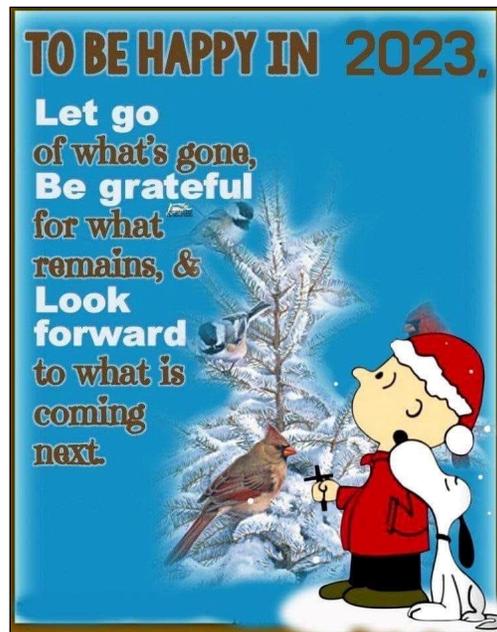
With blessings from Divine Source,

Your Board of Trustees,

**Mark
Teddie**

**Brenda
Cindy**

**Leslie
Cindy**



Visit our Facebook page at

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

YOUTH EDUCATION MINISTRY



Dear Unity Community and families,
 Gemma, Stefan, Julie, Michelle and I wish you a wonderful 2023 as we journey forward with Unity Des Plaines Church to find a new minister, to grow our Sunday school and congregation, to be a blessing in our community and in our world. We especially bless the families, teens and children that are waiting to discover us and benefit from Unity Spiritual Education.

After spending December celebrating Advent, we will return to Spiritual Play Date's excellent curriculum on January 8 when we meet again. This curriculum helps young people to know themselves

better and to face the challenges of the world today. On the 8th we will look at the topic of bullying and what a child should do if she experiences this. Let's remember kindness in 2023!

We welcome children of all ages and are looking for our teens. When we have enough children and teachers we will bloom into three age-based classrooms. I see it, and I know that this greater good is on its way for growing and learning in Unity.

Peace and Love,

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



SPIRITUAL PSYCHOLOGY

Keep It Simple, Keep It Spiritual

Ahhh, the New Year is upon us, and all the new light and hope it brings! Do you feel uplifted and refreshed at this time of year? If so, it is because there is Universal energy that pours onto us every year! It gives us that push to better ourselves each new year and is why so many of us create resolutions.

My motto about New Year's resolutions has always been: Keep It Simple; Keep It Spiritual.

Keep It Simple:

Ask yourself the following questions for each resolution you want to make.

1. What is my goal? (Keep it *simple, realistic and attainable*.)
2. What would keep me from achieving this goal?
3. What do I have to give up in order to make this goal happen?
4. What do I have to begin doing in order to make this goal happen?
5. What would support me in achieving this goal?
6. How can I break this goal down into manageable steps?
7. What is a good first step toward this goal?

This process will help you narrow down your list before it becomes overwhelming and ultimately unachievable.

Keep It Spiritual:

Every year brings ample opportunities for each of us to courageously grow, change, love, forgive, help, and to be kind and generous. Why not commit to an open heart, or listening more to your intuition? With a resolution like that, everything else will follow!

For 2023, keep it simple and spiritual:

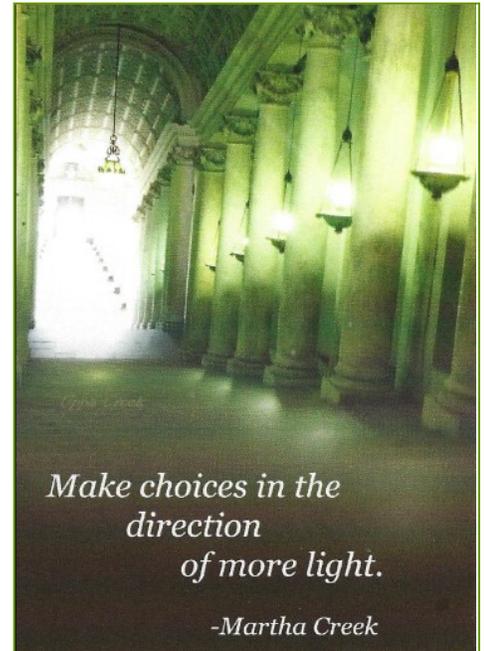
Commit to yourself, to your conscious awakening—which includes a greater awareness of not only your true self but of those around you who need more (or something different) from you!

Happy New Year!

Lynn Barrette, LCSW

Center for Dynamic Healing
www.CenterForDynamicHealing.com

Certified Center for Enlightenment Teacher
www.CenterForEnlightenment.com



Make choices in the direction of more light.

-Martha Creek



Monday Morning Meditation



You are invited to bring your presence and energy every Monday morning at 9:00 am 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

O sing unto the LORD a new song. PSALMS 96:1

How can we look upon the world with new vitality and vision in the New Year instead of seeing only the tired old past and repeating it? Well, as we all know, it's thought that counts so first we have to take an inventory of the old year and ditch those outdated or negative beliefs in appearance that don't work. Maybe they never did work, but we kept slugging away, trying harder and harder and just wearing ourselves out.

What next? Remain open to possibility. We don't know everything although, if we have control issues, we probably try to know or try to pretend to know all, or we stay in our comfort zones so we won't encounter what's unknown or new. But what we think we know or try to know is based on past experience, and tying ourselves to the past is what we need to ditch.

Let's review: we don't know everything. And guess what! We don't have to because God does, and our mind is one with God-mind. God knows our problems and their solutions, and if we stay open to possibility instead of our tired old beliefs and methods which technically we can't do anymore because we've already ditched them (see paragraph one), God brings us a **new** perspective which creates new worlds for us.

Trusting that God knows all and delivers what we need is a leap of faith. Remember Indiana Jones in *The Temple of Doom* when he sees no visible way to cross the chasm between himself and the cave of the Holy Grail? He closes his eyes, steps forward and lands on an invisible bridge that was already there although he didn't know it without taking that first trusting step.

We can let people and circumstances be **new** and full of possibility—even those we think we know and have written off. God doesn't write us off; God opens **new** doors for us to find **new** strengths in ourselves. The Holy Grail, filled with Spirit, is ours for the taking, and as Jesus said, "... whoever drinks the water I shall give will never thirst." JOHN 4:14 And so it is! Happy New Year!

Ruth Trailer

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



If we can change ourselves,
we can change the world.
We're not the victims of the
world we see; we're the
victims of the way we see
the world.

This is the essence of
compassionate listening:
seeing the person next to
you as a part of yourself.

Dennis Kucinich



I am not the victim of the
world I see.

A Course in Miracles



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

