

August 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 |
| Interim Minister's Letter | 1 |
| August 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>

MINISTER'S LETTER



Dear Friends,

It is with profound gratitude mixed in with some grief that I say "until we meet again" to all of Unity Des Plaines. This community has really shown their love to me during our time of physically being together. I am touched.

It was lovely to be among you on Sunday, July 16th. You have formed a new community of connection. The Way lies within each of you to demonstrate your love of each other as you draw to you your next minister.

May you feel deeply loved, for indeed you are. Every one of you makes a difference as you create your future. Know that we are connected at depth.

Joyfully,

Carla

AUGUST 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 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.

Minister Candidate Jeff Berry

Remember to save the first weekend of August for Jeff Berry's audition as Senior Minister. On Saturday, August 5th, from 9:00-11:00 a.m., Jeff will present a workshop on "The Five Principles in Ten Words." Then on Sunday, August 6th, he is our speaker, and after the service Jeff will be available for a question-and-answer session so members can get to know him better.

Annual Summer Picnic

Our Summer Picnic will be held on Sunday, August 13th, after the service! Sign up sheets are in the lobby. Please bring a dish of food to share. You can also make a donation to help with the cost. Plan on some good food and fun!

ONGOING PROGRAMS

(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

August 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

Summertime is always the best of what might be.
~ Charles Bowden

The best of what might be is on its way to Unity Des Plaines! We continue to work toward becoming the best version of our Church and community. Here's the latest:

- We have a Ministerial applicant and are fortunate to be already familiar with Rev. Jeff Berry. He will facilitate a workshop on "The Five Principles in Ten Words" on Saturday, August 5th and will also be our guest speaker on Sunday, August 6th. After the service there will be a question-and-answer session in the sanctuary. Please plan to attend one or both events and be part of this important part of designing our future!
- Our Annual Summer Picnic is scheduled for August 13th, after the service. Signup sheets for bringing food and for help setting up and cleaning up are in the lobby. Please plan on joining us for some summer fun!

- We are asking for your suggestions about classes that you would like to attend. There are suggestion slips in the lobby. 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 May | \$ 8,496 |
| Expenses for May | <u>-32,017</u> |
| Net operating revenue | \$ -23,521 |

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 |

AUGUST ANNOUNCEMENTS

(Continued from page 1)

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

Please come join us for beneficial weekly silent group meditation. **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.easytithes.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 Unity Des Plaines Family!

We hope you will enjoy every last drop of summer, just like we have in Sunday school. We are so grateful to the families who took time out of their busy schedules to bring in the children and teens. Nothing else can replace the value of your children learning that they are children of God who are here to shine their light!

July was enjoyed by all the kids and teachers, as we honored God's creation in nature. We gazed at clouds, talked about trees, took nature walks, planted seeds, made sun prints of nature and more. We cannot overstate the importance of spending time outside, relaxing, appreciating and being thankful for the God connection in ALL.

I am thankful to Rev Diane Venzera, who trained me with her wonderful lessons, which

I have adapted. The children request these lessons repeatedly because they make an important connection between their souls and the beauty of the earth.

August's power is Will, which is our ability to follow Divine Ideas. Let us be willing rather than willful, linking our minds to the Divine Spirit. God is present in our lives and in the world. We can observe this in nature most certainly.

In August we can continue these lessons and expand them. Let's paint some rocks and bless them before we distribute them. Let us become willing to respect Nature and help our environment. How about creating beauty with sand art? We will learn and enjoy.

August 13 is our Annual Church picnic, and we hope you can all stay for this fun event. I will offer some special outside fun for kids after we have eaten, weather permitting. These events bring us closer as well as entertain us. Look for the picnic signup sheets in our lobby, and volunteer to bring something or

help with setup/break down. I have found that volunteering gives me a greater sense of belonging and engagement. See you there!

Finally, looking forward to Labor Day we plan for the children to party outside, as is usual, before we settle down to our Spiritual Play-Date-based curriculum. Summer, like childhood, goes by in a flash, which I can tell you as a grandmother. Slow down, treasure these special moments and make memories to last always.

Peace and Love,

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



We are the children.

A SPECIAL Y.O.U. REPORT by Julia Core



In June, our YOU (teens) group went to the Great Lakes Region June Rally, which was held at Wesley Woods Conference Center in Williams Bay, Wisconsin. The theme this year was "Growth," and was focused on various aspects of personal and spiritual growth, including trust, courage, and power. Through these core themes, attendees learned about growing through Spirit.



In July, one of our YOUers, Apryl Hanneman, attended the International YOU Event (IYOU), which was held at Unity Village. The theme was "Appreciation" and focused on understanding that through appreciation and gratitude we learn more about our past, our future, and ourselves in order to connect to the Divine universe within and without. The attendees learned to appreciate Unity and other religions and spiritual philosophies and to know how interconnected we all are.

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

SPIRITUAL PSYCHOLOGY

Spiritual Psychology by Lynn Barrette, LCSW, LUT, will return in September.

IT'S AN INSIDE JOB

The measure of life is the ability to change.

Albert Einstein

I recall a time while strolling along the paths of the Japanese gardens and islands at the Chicago Botanic Gardens that I came to the zig zag bridge. Well, the ancient tradition of this bridge having right angle turns in it is that evil spirits can only travel in a straight line and fall into the water when they can't make the zig, much less the zag. And I suddenly thought (light bulb moment!) that maybe life has its zigs and zags for the same reason. The ego's course is determined by linear thinking—one-dimensional, lacking options, and only the unexpected twists and turns in life can loosen its grip.

Picture downhill skiing. I've never skied, but I've watched the winter Olympic Games on TV. What would happen if skiers went straight downhill? They'd pick up so much speed they wouldn't be able to stop, and they'd crash at the bottom of the slope. But they don't ski straight down. They make turns around marker poles which cause them to angle back and forth down the course.

This tells us that the unexpected twists and misadventures in life may scare us or trip us up, but they make us pause, exhale and take notice. They cause us to become flexible—supple—to help us bend in the wind. The obstacles in our lives are the marker poles, and when we look back we can see how that led to our next opportunity. But if we move along too fast with all the confidence of ego, our lives become unmanageable, and we crash and burn. Also, we miss the sacredness of life, the experience of Divine Love moving through us and everyone and everything around us.

At the end of Victor Hugo's *Les Misérables*, the police officer Javert, having shown mercy to Jean Valjean, cannot reconcile that action with his absolute belief in law and retribution and kills himself. His rigidity of mind can't follow Valjean over the zig zag bridge of growth and change, and he plunges into the water.

God, help me to appreciate the back and forth angles and even the ups and downs of life for the purpose of extending Your love in the world through me. Amen.

Ruth Trailer

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



**Change is the law of life,
and those who look only
to the past or present are
certain to miss the future.**

John F. Kennedy



Be God's Love in Action. VOLUNTEER! Call the church office at 847-297-0997.

 **unity**[®]
Des Plaines

*A positive path
for spiritual living*

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

