

April 2023

UNITY DES PLAINES CHURCH CORE VALUES, VISION AND MISSION

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

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

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
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Board of Trustees

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

Church Staff

Rev. Carla McClellan	Interim 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>

CORE VALUES

Inclusive: Accepting all spiritual paths and welcoming with celebration all ages, genders, ethnicities and cultures

Compassionate: Demonstrating love and caring kindness with one another in our communities and the world

Transformative: Courageously changing and growing individually and collectively

Positive: Being contagiously optimistic and choosing to see the good in everyone

Open-Minded: Exploring and expanding new ways of thinking, being, and doing

APRIL ANNOUNCEMENTS

We are excited about having a new outside sign, which represents the visible transformation of change that we are creating. We encourage you to become a part of this change by donating to support what we are building here. Be a **BRICK!**

Out with the Old, In with the New

Saturday, April 1, 10a.m.—2p.m. in the sanctuary
 Facilitated by Rev Carla McClellan

This is a most unique prayer workshop. Our own Contemporary Shaman, Carmen Sauciu, will be facilitating a shamanic cleansing ceremony to help clear away emotional burdens and mental challenges so we can be fully open to our new minister's arrival. This workshop will provide a supportive environment for those seeking to heal and grow spiritually. Dress comfortably, bring a snack and eye covering. Love Offering will be added to the sign fund. **All are welcome.**

Finding Yourself in Transition

Sundays, April 16, 23, 30, 1:00-2:30 p.m.
 Facilitated by Jeff Berry

This class is based on the book *Finding Yourself in Transition* by Robert Brumet. Participants will grow their awareness and begin applying an understanding of life transitions without fear in their own experiences. The book will be available for purchase in the church bookstore.

The goal of the class is to be able to recognize change as spiritual growth and to welcome it by knowing the process is ultimately for good.

A New Opportunity to Serve Our Youth!

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. The list posted in Fellowship Hall shows most needed items.

The Pantry also has a great need for gloves for men and women. Please bring in a warm pair in good condition, or purchase new ones, and we will be grateful and appreciative.

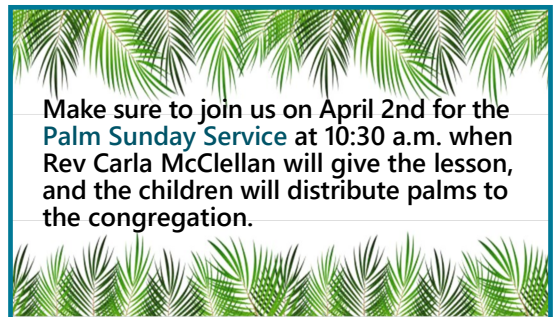
ONGOING PROGRAMS

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!**

(Continued on page 2)



Make sure to join us on April 2nd for the **Palm Sunday Service** at 10:30 a.m. when Rev Carla McClellan will give the lesson, and the children will distribute palms to the congregation.



Join us on Sunday, April 9th, at 10:30 a.m. to hear Rev Carla McClellan's Easter Lesson "Rise Up."

The celebration will be enhanced by the music and songs of Megon McDonough. Bring the family and friends to share this joyous occasion.



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

April 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

April Showers bring May flowers!
~ Tomas Tusser

While that may be true, Unity Des Plaines is not waiting for May to blossom! We have been planting the seeds of our new vision for a while now, and it's exciting to see what's "springing" up!

- Our fund-raising campaign for the refurbishment of our outside sign is going strong in its second week! If you haven't already donated, please consider supporting this project. Our sign is one of the first things one sees when passing by our property, and we want it to be welcoming and beautiful!!
- One of the next things one notices is the landscaping. Our three beautiful cedar trees near the mailbox had to come down because they were no longer healthy. At the same time we asked the arborist to give our magnolia tree some TLC and also to remove the mulberry trees outside Fellowship Hall. (Let The Light Shine!!) Details on fresh, new landscaping is coming soon!
- The Unity Des Plaines website is almost finished! We have a fresh, new look, and it's beautiful! Check it out!
<https://www.unitydesplaines.org/>
- Mark your calendars:
 - ◇ On April 1, Reverend Carla McClellan and Carmen Sauciuc will lead a Shamanic Healing Circle from 10:00 a.m. to 2:00 p.m.

- ◇ Jeff Berry will lead a class series based on the book by Robert Brumet, *Finding Yourself in Transition*, on three Sundays, April 16th, 23rd and 30th, after the service from 1:00 to 2:30 p.m.
- ◇ Circulation Day prep will begin June 2nd for setup and donation drop off and then will open on June 3rd for distribution and breakdown. Volunteers are needed for setup and breakdown and to help our visitors. We will have sign-up sheets in the lobby in the coming weeks.
- ◇ Our annual Summer Picnic will be held on August 13th after the service. Watch for more info on this event as we get closer to the date.

◇ Financial Update:

Income through February	\$ 8,465
Expenses through February	-11,528
Net operating revenue	\$ -3,117

The past 18 months have been a time of healing, contemplation, visioning and growth for our church community. Everyone has worked hard to discover and generate a new vision for Unity Des Plaines. It is exciting to see that vision begin to manifest! We celebrate the new season with love and infinite anticipation!

Your Board of Trustees.

Mark	Teddie	Brenda
Cindy	Leslie	Cindy

APRIL 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 am every Sunday.

Families Anonymous ... **NEW!**

This Twelve Step Group will hold meetings on 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

We are currently reading *Your Invisible Power* by Genevieve Behrend who was the only personal pupil of the great Thomas Troward, whose compelling concepts provided much of the groundwork for the spiritual philosophy known today as New Thought. In *Your Invisible Power*, she imparts life-changing ideas in a simple, direct and dynamic manner that are both relatable and practical to the reader. *Your Invisible Power* is available from Amazon, both new or used copies.

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

6:00-6:45 p.m.
Facilitated by Dr. Sheila Joy Wilkins, PHD

Did you know that being supported by a group makes meditation much easier and beneficial? Come join us in the church sanctuary for our weekly silent meditation. **All are welcome!**

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 to the Unity Des Plaines Community!

We are springing forth to our new season of good, and I am confident of the many blessings coming our way!



March was a great time for the Youth and Family Ministry. We showed our strength to love one another through service. Many thanks to Miss Gemma for organizing our Birthday Bags project and to all who contributed cake mixes, frosting, candles, etc. The children really enjoyed assembling the bags to make a birthday celebration possible for child clients of the Des Plaines Food Pantry. We made sure to bless the recipients, the donors and all the

children in need in our community. In giving, we receive a thousand-fold, and the pleasure of helping is a joy to learn as children.

April is a special month for the power of Wisdom and the color yellow. We discussed the importance of wisdom in our thoughts and deeds. Our divine wisdom helps us shine our little light and grow in understanding of Truth, no matter our age. Of course, the highlight of April is Palm Sunday and marching into the sanctuary with palm branches. We discussed the meaning of the resurrection on Easter and the triumph of God's love. We certainly told the children that Easter is so much more than a bunny, but what fun they had on our egg hunt. (Miss Carolyn loves to celebrate. Sunday school should be fun.)

We were blessed in March with some new faces and some much missed faces. Unity Des Plaines Sunday school is a hidden treasure, teaching children to know that they are God's beloved children with infinite possibility. Spread the word; invite your friends. How much better to teach the children than to wish we could change confused and angry adults. Whenever you can bring a child in for spiritual education, you are saying YES to a better world.

Peace and Love,

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



**We are the world.
We are the children.**

SPIRITUAL PSYCHOLOGY

Sherlock Your Changes

"I confess that I have been blind as a mole, but it is better to learn wisdom late than never to learn it at all."

Sherlock Holmes, The Man with the Twisted Lip

Change happens. Sometimes we change because we want to; sometimes we change because we have to. When dealing with a change that is out of our control, one of the best approaches is to Sherlock it.

"My name is Sherlock Holmes. It is my business to know what other people don't know."

Sherlock Holmes, The Adventure of the Blue Carbuncle

You know Sherlock. He's the odd, people-challenged character who sure knew how to solve mysteries. Don't some changes feel like mysteries to you?

Recently, my favorite yogurt brand changed the consistency, flavor and protein content of their product, and I wasn't happy! I will use this silly example to walk you through the process of moving through a change that is out of your control so you can get a feel for the process. If it can work with yogurt, maybe it will transfer to any bigger change you may be dealing with!

"...[W]hen a fact appears to be opposed to a long train of deductions, it invariably proves to be capable of bearing some other interpretation."
Sherlock Holmes, A Study in Scarlet

1. What is the change that is happening around you? Describe the facts. What exactly is different?

This company changed the protein content of my favorite yogurt went from 15 grams of protein down to 12! Plus, the consistency is more

watery, and the flavor tastes watered down as well, but it's cheaper!

2. Now you get to expand a little. How do you feel about this change? Are you angry, afraid, sad, or frustrated? Let it out, and include why you are feeling the way you do about this change.

I feel really disappointed about this. I counted on those 15 grams of protein in the mornings when I didn't have time for a larger breakfast. I would eat it at work as well, but now it isn't satisfying as it was before. I don't understand why they made these changes, and I feel angry. I feel especially frustrated because the only comparable yogurt is at an inconveniently located grocery store!

3. What about this change is in your control? What about it is out of your control? (Keep to the facts here, too!)

I can control whether or not I continue to purchase this brand of yogurt. I don't have control over how it is made. I can write an email to the company voicing my dissatisfaction, but I can't control whether or not they do anything about my dissatisfaction either.

4. What would be the best way for you to manage this change? What steps are you willing to take to make the necessary adjustments?

I can consider other options, such as trying a different brand of yogurt or making the trek to the other grocery store. I can also find other sources of quick proteins for my food intake needs, like protein bars.

"Eliminate all other factors, and the one which remains must be the truth."
Sherlock Holmes, The Sign of Four

Now it's up to you to decide what to do. You can always choose to continue with emotional responses, such as disappointment, anger,

frustration, sadness. If that's the route you take, be sure also to answer this question: "What good purpose would it serve for me to continue feeling (frustrated, sad, angry, hurt, etc.) about this change?" That can be an eye-opener and can lead to your choosing not to hold on to that reaction any longer than you need to.

"What object is served by this circle of misery and violence and fear? It must tend to some end, or else our universe is ruled by chance, which is unthinkable."
Sherlock Holmes, The Cardboard Box

When you have completed the process and made your adjustments, kick back like Sherlock and feel good about solving the mystery of change!

"Let me run over the principal steps. We approached the case, you remember, with an absolutely blank mind, which is always an advantage. We had formed no theories. We were simply there to observe and to draw inferences from our observations."
Sherlock Holmes, The Adventure of the Cardboard Box

Lynn Barrette, LCSW

Center for Dynamic Healing
www.CenterForDynamicHealing.com

Certified Center for Enlightenment Teacher
www.CenterForEnlightenment.com

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

Whatever you believe about yourself on the inside is what you will manifest on the outside.
—John Assaraf

I remember in my high school days once telling my Catholic girlfriend that Jesus was a fertility myth. Well, that wreaked a little havoc with her, I must say. But was I so far from wrong? I mean, Jesus dies and is reborn just as the fruits of the earth die back in winter and return to life in the spring. This cycle of the seasons has been celebrated by diverse cultures since ancient times.

So what do the Easter doings mean to us? We've already celebrated the Christ being born in us at Christmas time. Doesn't that take care of it once and for all? Isn't the initial vaccination good for life? Why do we need booster shots? Are we all so thick in the brain that we need a refresher course? And why did Jesus have to be killed, and in so nasty a way, and then be reborn?

Well, Jesus had to demonstrate to us that even the worst of happenings can be overcome—that we always have the choice to choose love over fear. There are so many distractions in the human experience that we all too easily turn our heads from love—the Christ within—to the shiny golden calf out there. And this is after having fallen into the same hole so often that you'd think we'd be walking down a new street by now.

The good news is that the Christ is always here inside us, and we can't misplace it or drop it no matter how many times we fall down. We do forget so, yes, we need reminders and refreshers, but for us they don't have to be as harsh as falling into a hole with bitter tears and angry words. They can also be as gentle as an evening prayer or a morning meditation.

God, help us to remember who we are—a temple for the Christ, and that this our identity can never be lost or stolen. There is no separation between us and You no matter how deep the hole or high the cross, and the only obstacles inhibiting us are those that we believe in and haven't yet released. Wherever we go, we are on sacred ground, for you are with us—within us, and all is well. Amen.

Ruth Trailer

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



You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages.

Michelle Obama



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

