

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
 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

Rev. Carla McClellan	Interim Minister
Wendy Walsh	Admin. Asst. Music Director
Tatiana Naumova	Pianist
Carolyn Dunoan, 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



A Simple Reminder

As we continue to ready Unity Des Plaines to find and hire a new minister, annual membership letters were mailed to current Unity Des Plaines members for the usual purpose of renewal and also for the purpose of voting to agree or disagree with postponing the annual meeting and the retention of current board members until September.

Please return your membership forms no later than Sunday, March 5, 2023.

Sharon Vacek and Carmen Cauciuc, our new members, with Rev. Carla → on Sunday, January 22, 2023



**WITH OUR APPRECIATION
Unity Volunteer Recognition**

Presented by Teddie Campanella

We are pleased and proud to recognize our Platform Assistant Team. We offer our thanks for their dedicated volunteer support of Unity Des Plaines Church and its congregation.

deliver the ever-popular announcements, bring the service to its musical and prayerful close and much more. Our presence, woven throughout, helps to enhance and move the service along while also helping to hold it together. It is our honor to fill this role, and we appreciate your trust in us to do so.

Our Platform Assistant Team Leader is Ruth Trailer. She says:

As Platform Assistants we are privileged to stand at the podium on Sunday mornings as we heartily welcome and pray-in the attendees, read the Daily Word, introduce the speaker,

Platform Assistant Team Members:

Jean Boston	Gail O'Neil	Dallas Trailer
Peggy Dhont	Chris Selvik	Ruth Trailer

FEBRUARY ANNOUNCEMENTS

Tuesday Evening Silent Meditation

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

For the next four weeks every Tuesday evening we will focus on **powerful meditation for your healthy mind, body and spirit and for your heart**. That's for the entire month of February, **02-07-23 to 02-28-23**, with Dr. Sheila-Joy.

helpful, and training is provided. Email Carolyn Dunoan 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 highlighted items that they need most.

The Cube

Sunday, February 26, 12:15 p.m.
 Facilitated by Brenda Smith

Along with food items we ask 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.

"The Cube" is an ancient visualization exercise designed to reveal your true view of reality. It's fun, easy, enlightening, interesting and thought-provoking. You may be surprised what you learn about yourself! **All are welcome!**

ONGOING PROGRAMS:

A Course in Miracles

Sunday mornings, 9:00 a.m.
 Facilitated by Leslie Johns in Fellowship Hall.
All are welcome!

HELP WANTED!

Youth and Family Ministry Assistants
 The Youth and Family Ministry needs classroom assistants. Even once a month would be

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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

February 2023 Contributing Writers

Rev. Carla McLellan 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

February reminders:

Your time is too valuable for self-doubts and worries.

You are already and will always be loved. It's okay to do what's best for you.

The only person you can't afford to lose is you.

No worries, no hurry; you'll get there step by step.

We open our arms and hearts to the changes and evolution of Unity Des Plaines, fully fueled by the love of each of our members, ministers, trustees, and enfolded in the Love of the Divine! There is a wonderful energy in our Church, and here are some activities we look forward to:

- The New Minister Search Team is coming together. It is our goal to have the packet ready to send to Unity Worldwide Ministries by the first of March. This is the first step toward receiving applications from potential ministers. It is our stated intention to have our new minister in place by early June, if not sooner.
- If you have not already returned your membership registration form, please do so as soon as possible. Only members may vote on the new minister selection and the election of new board members. This is your opportunity to take an active role in shaping our future!
- On Sunday, February 26th Brenda Smith will facilitate a workshop after the service. "The Cube" is an ancient visualization exercise designed to reveal your true view of reality. It's fun, easy, enlightening, interesting and thought provoking. Please plan on joining us. You

may be surprised what you learn about yourself!

- If you are following Unity Des Plaines on Facebook, you may have noticed that our page has been showing more activity. Our new Social Media Manager is keeping our page current with upcoming events and inspirational posts. She is also redesigning our website! Keep an eye out to see what's new!
- Financial Update:
Income through year end 2022 149,392
Expenses through 2022 -155,984
Net operating revenue \$ -6,592

This is an exciting time for us all. For more than a year we have anticipated the next best version of Unity Des Plaines. Now we are ready to begin construction of that vision.

May February bring you an awareness of how very much you are loved by your spouse, significant other, friends, family and most importantly, Divine Source. We love you too!

Overflowing blessings,

Your Board of Trustees

Mark	Brenda	Leslie
Teddie	Cindy	Cindy

FEBRUARY 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. The children are again being asked to wear masks.

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 **The Four Agreements** by don Miguel Ruiz. Author Ruiz explores self-limiting beliefs that rob us of our joy and create needless suffering, and then he offers a trans-

formative 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

Donate to Unity Des Plaines Church

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

Love is the bridge
between you and everything.

— Rumi

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



Dear Unity Des Plaines Community,

Greetings and Happy Valentine's Day from the Youth and Family Ministry Team! We always enjoy sharing love and teaching our children about this topic.

This year we will start by talking about the power of February according to Charles Fill-



Miss Gemma leads the Burning Bowl Ceremony.

more's *The Twelve Powers of Man*, which is, of course, *love*. We will also continue our Spiritual Play Date lessons on love. They point out in the lessons that the word "love" is used a lot, but what is love at its core essence? How can being a loving, kind person change lives? Let's see as we explore this theme with children's literature, videos, music, meditation and more.

Our annual children's Valentine's party will be on Sunday, February 12, during regular class time at 10:30 a.m. You won't want to miss the fun. Invite a friend.

January's lessons were about bullying—the whys, the whos, and the what-to-dos. We had some excellent books such as *Unlovable* by Dan Yaccarino and *Yoko Writes Her Name* by Rosemary Wells. Our reading of *Yoko*—all about an Asian little girl cat who is made fun of because of her sushi school lunch, coincided with the Lunar New Year so we tied it into our lesson. We discussed the bullying that some Asians have experienced. We watched some videos about how the Lunar New Year is celebrated, and we

created some art for the year of the rabbit. We even shared fortune cookies and imagined what affirmations we would write to put into a fortune cookie.

That's an example of teaching Unity lessons about loving one another and about how we are all united by the Christ light in us while we explore the world around us and work at being better people and enjoy this life together. Tell your friends about our awesome Sunday school, and invite them to join us—teens also!

Peace and Love,

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



Happiness isn't about getting what you want all the time. It's about loving what you have and being grateful for it.

The Positive Nation

SPIRITUAL PSYCHOLOGY

Love Encourages Change

Each new year brings new energy and a renewed desire for change!

Often when we have something we want to change in ourselves, the first response we have is excitement and zeal for our changes! But when change doesn't come as easily as we wanted it to, anger, frustration, and apathy can seep in. We then try to go about our desired change with a hammer over our heads (if we don't give up on it altogether)!

How many of us do well while being bossed around, criticized and rejected? It might work for a little while—or a long while, if we are over-tolerant—but after a time, we stop trying so hard or try to get away from the hammer, thus avoiding the project at hand altogether.

We are better at changing when we have encouragement, acceptance and a caring eye guiding us in the new behavior.

Who is the best person to do that for you? Maybe you have a supportive friend or an encouraging therapist or group you attend. But *you* are with *you* all the time! You are the one who will walk with you through all the ups and

downs of life—which includes those internal conversations!

Here are a few ways to encourage yourself through any change you want to make:

- **Love first:** Ask yourself, "What is there to love about the situation as it is?"
- **Take one change at a time.** Too many changes too fast wear us out! This is why so many New Year's resolutions are abandoned.
- **Visualize yourself already changed.** What does that look like? See yourself happy and enjoying the results of your efforts! Spend five minutes each day with this exercise. Take notes on how it feels. You will likely come up with new steps toward your goal!
- **Use lovingkindness.** Imagine what you would say to your best friend who was going through a change. Does your self-talk match what you would say to someone else? If not, write down encouraging statements, affirmations or mantras, and place them around your home, car and work.
- **Exemplify patience.** Remember these kindnesses when you are working with

others during changes. Patience with others helps us have more patience with ourselves.

A little love goes a long way to melt raw materials and create a masterpiece. Take a best friend with you throughout 2023...**YOU!**

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

If the way you feel depends on anything outside of you, you're in trouble—but if you depend only upon your connection with your own Inner Being, then everything in your experience falls into alignment.
Well-Being Cards ~ Abraham/Hicks

What is the cause? If you can't base your happiness on anything outside yourself, and you can't blame your unrest on anything outside yourself, then what is the cause? I was taught that the way to be happy was to get it right—act like others and get the kinds of things that others have—the people, the circumstances and the stuff. But even then you need lots of luck because you never know what may come along to mess things up and make you unhappy. So if life is about getting it right, but people and circumstances don't turn out right, then you're up the creek without a paddle—helpless, unhappy and unlucky. Life's a crap shoot! Or is it?

Shakespeare's tragic hero, the once great general Othello, says, before he murders his wife Desdemona, "It is the cause, it is the cause, O my soul." Othello thinks his cause is honor and justice, but those are just words. His conniving ensign Iago has convinced him that Desdemona was unfaithful. But instead of asking his soul and finding the deep love he truly feels for her, Othello is telling his soul it's all about justice because he is actually being ruled by the anger and jealousy possessing his mind. In his effort to smother those negative feelings, he smothers his wife. Then when Iago's plot is uncovered, Othello's love for Desdemona wells up and with it despair over his deadly deed, and he stabs himself to death. Melodrama, maybe?

Shakespeare was demonstrating that the only cause is Truth, which comes not from the changing circumstances outside us but from our heart inside us. Falsehoods cannot be imposed upon one who finds the Truth within. If we build our house on—if we align our Self with—the rock solid Truth of the Love and Light of God within us, we do not waver. Even when fear or anger come flooding to us, we can remind ourselves of that Love and Light and know that our only purpose—our only cause—is to live and express that Truth. All is well! Yes it is! Amen!

Ruth Trailer

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



Truth is within ourselves; it takes no rise
 From outer things, whate'er you may believe.
 There is an inmost center in us all,
 Where truth abides in fullness; . . . and, to know,
 Rather consists in opening out a way
 Whence the imprisoned splendor may escape,
 Than in effecting entry for a light
 Supposed to be without.

Robert Browning



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.

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