

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

Transformative: Courageously changing and growing individually and collectively

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

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
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Board of Trustees

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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>

BOARD OF TRUSTEES LETTER

*The bad news is time flies.
The good news is you're the pilot.*
~ Michael Altshuler

Suddenly it's May! Together we continue to use our time to pilot our church into the future with intention, purpose, and amazing results!

- We are pleased to announce that the wonderful Megon McDonough will be joining us on Mother's Day to gift us with her beautiful music and message! She has graciously agreed to join us once a month through August! We're grateful to her and are looking forward to having her with us again!
- Your generous response to the sign fundraising campaign exceeded our goal! Your donations totaled \$8,000 against a goal of \$7,300! We are so grateful for the commitment of each of you to upgrading our property. Soon the contractor will pick up the old sign, and at that point we are two to three weeks away from a beautiful new sign! Thank you again for your contributions!
 - ◇ The excess funds will be used to create a beautiful base around the sign with perennial flowers to welcome members and guests!
- May 20th will be dedicated to planting new flowers around the church. We are asking for donations of perennials for our sunny flower beds and annuals for our entryway and patio pots. Watch for a signup sheet in the lobby in the next week or two. Mark your calendars, and come to help us continue to beautify our property.
- Circulation Day is back! You may drop off your donations of usable clothes and household items on Friday June 2nd between 5:00 p.m. and 8:00 p.m. Then come on Saturday,

June 3rd, from 9:00 a.m. to 1:30 p.m. to find new treasures! Volunteers are needed to help set up on Friday and to assist visitors and clean up on Saturday.

- We will also be holding a Bake Sale on Saturday, June 3rd, to raise money for our Youth Ministry! Members are encouraged to drop off donations of baked goods on Friday evening for sale Saturday morning.
- Financial Update:

Income through March	\$34,732
Expenses through March	-25,349
Net operating revenue	\$ 9,383

Spring is a time of renewal and growth. Our recent hard work on behalf of Unity Des Plaines is producing a new look for our property and new energy within our membership. There is a sense of anticipation as we continue the momentum we have generated and move ever forward!

With love and infinite anticipation!

Your Board of Trustees.

Mark	Teddie	Brenda
Cindy	Leslie	Cindy

TUESDAY EVENING MEDITATION

**Tuesday, May 4, thru Tuesday, May 25
6:00-6:45 p.m.**

Dr. SheilaJoy Wilkins, PhD

For the next four Tuesdays in the month of May, we will focus on powerful meditation for our healthy mind, body, heart and spirit. Come join in this opportunity for spiritual healing!

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

May 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>.

SPIRITUAL PSYCHOLOGY

FOMO No More!

You may be familiar with the concept of FOMO, Fear of Missing Out—an external pull towards doing everything—or as much as we possibly can—out of a fear of missing an event or activity in which others are participating. It's the ultimate "Keeping up with the Joneses" drive.

Pre-pandemic, FOMO kept us busy and disengaged from our wise, quiet centers and from being connected more presently with others. We were compelled to do, do, do. Do for our kids and their overbooked schedules. Do for work just a little more every day. Do on the weekends so we don't miss out on the "time off." Do whatever else, just so we can cross it off a list of some sort.

Then came the pandemic that reintroduced staying home and re-learning how to occupy ourselves. The pandemic did, if you recall, have its own FOMO issues, such as the (made-up) social pressure to become the best gardener/baker/crafter/closet organizer/home remodeler/ and so forth. Not that there is anything wrong with being active, crafty, or handy! However, activity—going out all the time to restaurants and more restaurants, concerts, and other various activities, kept us from remembering what is important: Real connection.

FOMO is when we use those activities to forget our inner life, believing that what's on the outside is more important than what's on the inside, while at the same time trying to feel fulfilled. It isn't fulfilling, but, darn it, we sure do keep on trying with gusto!

As our country and world continue with life, let's remember a few valuable lessons we learned from our time of sheltering in place:

1. Quiet is the way we listen to and strengthen our intuition. When we are too busy, that still, small voice within is drowned out by noises, worry, rushing, and over-scheduling. Plan your daily quiet time. There is nothing more restoring than that.
2. Remember JOMO, the Joy Of Missing Out. Did you really miss all that activity? Or, was it refreshing not to have to be on the go all the time? What were you glad you were able to stop doing during our shelter-in-place time? Don't feel obligated to re-commence everything. Pick the ones that fit the lifestyle you want, and leave the rest for the FOMOists!
3. Remember the value of connection. When we couldn't gather with our loved ones, remember how precious that became. Remember how we longed for human touch and togetherness. A crowded concert is not the same as a quiet gathering with family or close friends.
4. Remember the nature that flourished while humans were quiet. Remember how a walk outside was a unique experience filled with wonder and was deeply refreshing to our concerned minds and hearts. Appreciate those moments of breathing in the quiet stirrings of nature.

Let's not return to busyness at all costs! Remember what is truly nurturing: connection with our loved ones, connection with nature, connection within.

Lynn Barrette, LCSW

Center for Dynamic Healing
www.CenterForDynamicHealing.com

Certified Center for Enlightenment Teacher
www.CenterForEnlightenment.com

MAY ANNOUNCEMENTS

**Please join us on Sunday mornings
at 10:15 in the sanctuary for
a prayer circle lead 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>

Spring Planting Day

Saturday, May 20th
9:00 a.m. to 12 noon.

Join us to put the finishing touches on our beautiful garden. Please bring your own tools, gloves and knee pads.

Let's make Unity Des Plaines' garden the best in the neighborhood!

Please sign up in the lobby.

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**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 dear Unity Des Plaines family!



It is already May, one of the most beautiful and busiest months of the year. May brings the end of school and so many special activities taking place. Be sure to take the time to enjoy our lovely spring blooms and sunshine as you celebrate spring occasions like concerts and graduations. Our Sunday school and Y.O.U. teen group are here to support our families in all seasons and occasions, and we hope to see you soon.

April was a wonderful month of celebrating Easter, the environment and the Power of Strength as defined by Unity co-founder Charles Fillmore. We know that true strength is not physical but is spiritual. We have the strength to remember and use what we learn at Unity, especially to love ourselves and others. We can use tools we learn in Sunday school to be better people and grow in our Spiritual

knowledge and practice. Let us also be strong in our respect for the earth.

"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not," says Dr Seuss in the *Lorax* movie, which the children enjoyed watching. We discussed and made a project of the Trufulla trees. April 23 we celebrated Earth Day with the congregation, educating them on the importance of using recyclable shopping bags and then handing them out. Many thanks go to Sally Witt for suggesting this project and donating the bags. Look in the community room for the posters we made to help inform the congregation about the need to use our recyclable bags. (See photos below.)

May brings us to the color purple, and the 12 Powers of Man which is Power. Our real power lies in our thoughts and words so we will study Affirmations, as presented in Spiritual Playdate and various other Unity lessons. How can we use this power to improve ourselves and our world? This is part of the Five Basic

Principles of Unity, "I create my experiences by what I choose to think and what I feel and believe. Through affirmative prayer and meditation, I connect with God and bring out the good in my life." The Y.O.U. teens are studying these principles this spring. We will, as usual, work on our May theme with children's literature, discussion, crafts and activities.

The last Sunday in May will be our usual Memorial Day fun. I hope we will be able to have games, bubbles and treats outdoors.

Once again, I am grateful to our Youth Education team; Gemma, Stefan, Julie and Michelle for their dedication to the children and teens of Unity Des Plaines. Thank you also to the parents and grandparents who bring in their children to learn and grow in Spirit. We are marching in the Light!

Peace and Love,
Carolyn Dunoon, CSE
Director of Youth and Family Education



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



MAY ANNOUNCEMENTS

(Continued from page 2)

Community Outreach

Please continue to bring food items for the Des Plaines Food Pantry. The list posted in Fellowship Hall shows their most needed items.

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!**

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 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, which imparts life-changing ideas in a simple, direct and dynamic manner that are both relatable and practical to the reader.

Zoom link:

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

Call in:

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

All are welcome!

Donate to Unity Des Plaines Church

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

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!**

Every breath we take, every step we make, can be filled with peace, joy and serenity.

We need only to be awake, alive in the present moment.

Thich Nhat Hanh

IT'S AN INSIDE JOB

The union of feminine and masculine energies within the individual is the basis of all creation.
Shakti Gawain

All of us, female and male, have been mothered, and all of us—women and men—have mothered others, and on Mother's Day we acknowledge aspects of the feminine in everyone, not just in women. That's the yin and the yang of it all!

Now what does that mean—humans having both masculinity and femininity? We are all expressions of God, and God is not this or that. Duality exists only in time, not eternity. God is a continuum, a blending. God is All That Is, and, again, as we are expressions of God, we participate in all aspects of God, i.e., the Christ consciousness.

Limits are human-made, ego-made. They are attempts at categorizing and controlling the shifts and variations in life. However, if you want to accept the ups, we must also accept the downs. What happens is what CAN happen. We can't force all surprises to be ego-approved miracles. Besides, we weren't invited to incarnate in order to become less and to experience less than we truly are but rather to embrace our true identity as the image and likeness of God. We thereby come to understand that God WILL express in and through us as us. What we've tried to ignore or control will break free in some form. What we've buried will emerge, and the wall we've hidden behind will crumble. Somehow a speed bump or pot hole in the road of life will trip us up, slow us down or abruptly stop us. We will be forced to acknowledge what we've overlooked, underplayed or denied.

Our culture is over-balanced towards the masculine so that softness, suppleness and surrender are discouraged at best. But we can do better than that. Every time we exercise compassion toward ourselves or others, we allow the Eternal Female to express itself into the world. Every time we withhold judgment, respectfully give way to another, choose gentleness over aggression, or finally ease our stranglehold on life and let it be, we come closer to our God Self within.

Ruth Trailer

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



Each and everyone of us is absolutely complete. We all contain both masculine and feminine polarities. Nothing can exist incomplete. You can only love another appropriately when you understand your own completeness.

Shalom Melchizedek



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

