

October 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

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

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

Leslie Johns President
Teddie Campanella Vice President
Mark Boston
Gail O'Neil
Chris Schaefer
Carol Stanley

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>

UPCOMING IN OCTOBER

Please join us on Sunday mornings at 10:15 a.m. 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.

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

Annual Fall Cleanup!!

Saturday, October 7, 9 a.m.



Come and help with general cleanup, gardening and some chores, both inside and outside the church.

Let's get autumn's joy flowing!

All are welcome!

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

We are finishing up *The I of the Storm* by Gary Simmons and will begin a new book on Monday, October 9—*THE FIVE PRINCIPLES – A Guide to Practical Spirituality*, by Ellen Debenport. *The Five Principles* is available via Amazon and at some Unity church bookstores.

Zoom link:

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

Call in:

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

All are welcome!

(Continued on p. 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

October 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

There is no better time than the autumn to begin forgetting the things that trouble us, allowing them to fall away like dried leaves.
~ Paulo Coelho

We continue to work toward becoming the best version of our Church and community. Here are the latest events:

- At our Annual Congregational Meeting in September, we thanked the three board members who have stepped down: Cindy Ganze, Cindy Georgoulis and Brenda Smith. We then welcomed the three new members: Gail O'Neil, Chris Schaefer and Carol Stanley.
- We are now looking forward to giving autumn a hearty welcome with our Annual Fall Cleanup on Saturday, October 7th, at 9:00 a.m.
- We are still looking for suggestions of classes you would like to attend here. There are suggestion slips in the lobby for you to list your ideas. If there is a book, class, or instructor you are especially fond of or interested in

learning more about, please let us know, and put your suggestion slip in the bin on the minister's office door.

Financial Update:

Income for August	\$ 9,579
Expenses for August	-9,443
Net operating revenue	\$ 160

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.

Leslie **Teddie** **Mark**
Chris **Gail** **Carol**

OCTOBER ANNOUNCEMENTS

(Continued from page 1)

Tuesday Evening Meditation

Tuesdays, 6:00—6:45 p.m.
Facilitated by Sheila Joy Wilkins, PHD

Meditation is a core Unity practice that furthers awareness and opens mental and spiritual space for new energy. Please come join us in the powerful experience of "going within" in the quiet, sacred space of our sanctuary.

All are welcome!

Unity Des Plaines Weekly EBlast

If you haven't already signed up, you can do so on our website, www.unitydesplaines.org, or email the church at unitydp@yahoo.com, leave a message that you want to receive the Weekly EBlast and include your name and your email address.

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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.easytithe.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.



THE ROAD NOT TAKEN

by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.



Visit our Facebook page at

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

YOUTH EDUCATION MINISTRY



Greetings, dear Unity Community!

We welcome October, which will feature our annual Halloween pizza party at 11:30 on the 29th.

Please wear your costumes, and be prepared for fun. We will again sell pizza slices for a donation to the teen and children's program.

In September we enjoyed celebrating Labor Day. Our topic has been the Five Basic Unity Principles, which we will finish up this

month. It has brought up some good discussion and activities for the group. How amazing, as I told one of the adults, that these children can grow up knowing that they are GOOD and that Spirit is everywhere present. I myself grew up in Unity Sunday School and didn't have to unlearn ideas to the contrary.

October is the power of zeal and the color is orange. It is never hard to get our children and teens to express enthusiasm, especially as Halloween approaches. Our study when we are done with the 5 Principles will be from Spiritual PlayDate on Connections. Lets

acknowledge and give thanks for them as well as reaching out to make new ones (a great way to let our Light Shine.)

The number attending families is growing and many thanks to our teachers, assistants and parents for making that happen. We have a wonderful program that can benefit so many kids and teens. Spread the word!

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

YOUTH OF UNITY UPDATE by Gemma Nissen

YOU just finished reading *The Five Principles of Unity* in order to gain an understanding of Truth principles, allowing them to utilize these practical applications in their lives.

Now we are venturing into recognizing how each of the Twelve Powers of the Christ Consciousness acts in their lives by discussing

how each one works so they can use them to enhance their lives.

YOU is looking forward to sharing their Spiritual Truths at Great Lakes Youth Retreat, October 20-22 in Elkhorn, Wisconsin, and looks forward to sharing news of their joyous event.



We are the children.

SPIRITUAL PSYCHOLOGY

A Few SAD Ideas to Support Your Happiness

Northerners, it's that time of year again. The beautiful changing colors of the leaves trigger the awareness of the impending cold, dreary days ahead, in spite of autumn awe. My monthly therapy client-load often increases about now, due to what has become known as SAD, or Seasonal Affective Disorder; also known as the "Winter Blues". And, yes, it's a thing. Less sun, less vitamin D, increased isolation and home-bodiness, which may mean fewer interactions with friends and family. It's an imposed hibernation-mode existence . . . except, as humans, we don't hibernate.

So, what can one do to help keep spirits up throughout the cold months? If you are feeling depressed, can't get out of bed (versus not wanting to), feel hopeless, isolate from others, or feel suicidal, please get help immediately! You are worth every effort you make to feel better! Otherwise, I encourage my clients to tackle this season in mind and body.

- For the body, there are several recommendations out there for the efficacy of ingesting extra **vitamin D** supplements. Check with your doctor for specific dosage and type that would be best for your body.
- Another popular practice is using a **sun lamp** for the ultraviolet rays we miss out on when we are covered with layers of home and blankets. Twenty minutes a day, preferably in the morning (don't use it before bedtime—it may interfere with your melatonin production, and therefore sleep cycle!).

- Keep **healthy food** around. Since many food-focused holidays happen in winter, make sure your food choices are healthier ones. Keep bananas on the table and apples close by. Snack on fulfilling nuts rather than chocolates (although a little dark chocolate here and there can go a long way!). Try new healthy recipes to occupy the part of your brain that focused on food. As you may have noticed, pumpkin spice goes a long way!
- For the mind, **exercise!** Yes, this is great for your body, too, but exercise will help those good brain chemicals lift your mood throughout your day. Plus, it will get you moving and distracted from the cold temperatures.
- Every day, remember to acknowledge three things that you are grateful for in your life. Keep it simple, fun, and daily. You can **keep a gratitude journal**, or share your list of three with your partner or a friend. Studies have shown that three-a-day keeps the blues away and trains your brain to look for the good in your life.
- Maintain your **meditation** time! Just five minutes a day of breathing calmly from your belly will keep you steady in mind, emotions and body throughout the darker months. Join me at 9:00 a.m. CT weekly for **Monday Morning Meditation** for a peace-start to your week! (For the link to join, visit CenterForDynamicHealing.com.)
- **Go outside** anyway! Yes, I said it. Get out in the cold! Bundle up and take a twenty minute walk in the cold. You'll benefit from

the movement, the *bona fide* sunlight (even through the grey skies!), and overcoming your mind-body resistance to the cold.

Don't let feeling SAD get you down this winter! Get up, get moving, and keep yourself looking for the good in every situation! Winter won't last forever—even though it feels like it—and you'll be glad you spent it supporting your happiness!

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

***You are the I AM./ That's all you need to be.
Here to make a difference./ To set and be set free.***

Megon McDonough

When Moses, while tending his father-in-law's sheep, sees the bush that burns but doesn't burn up, he is not prepared for God to speak to him from it. Nor can he see himself following the command to go to Pharaoh and demand release of the people of Israel from Egypt. So Moses, fearful and trembling, asks the bush for its name.

And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you. EXODUS 3:14

Well, it's God essence, of course, in the fire of Spirit in the burning bush that burns but doesn't burn up. It is burning and represents the process of the present moment, which is where God abides. It defies ordinary naming because names come and go as all things come and go. But the present moment is the constant state of becoming—disappearing into the past while consuming the future—ever-evolving and never concluded. It is all of time in one—eternity, which is the God Heart of all existence. Take off your shoes, for all ground is holy ground.

God has sent us, just as God sent Moses, with a message of freedom to tell Pharaoh, or anyone or anything that restricts us and the flow of Spirit in and through us, to let go and let God. The urge of Spirit animates and ignites us, releasing us from and sending us past our burning fears if only we allow It. Fear is caused by the act itself of holding back and is extinguished only by extending the essence of God which is love. *A Course in Miracles* exhorts us: *Teach only love, for that is what you are.* And yes, this is who we are—who I AM, and it's our purpose and our life. In this truth lies our release. Namasté.

Ruth Trailer

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

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



Earth's crammed with heaven,
And every common bush afire
with God,
But only he who sees takes off
his shoes;
The rest sit round and pluck
blackberries.

Elizabeth Barrett Browning



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

