

August 2025

2025 THEME: Discover Your Divinity **AUGUST : Joy**

Sunday Service at 10:30 a.m.

In This Issue

Spiritual Leader's Letter	1
August Announcements	1
Board of Trustees 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

Marne Chilstrom	President/ Treasurer
Olga La Luz	Vice President
Chris Schaefer	Secretary
Sharon Vaczek	Member
Gail O'Neil	Member

Church Staff

Megon McDonough	Spiritual Leader
Kate Kapolnek	Admin. Asst. Pianist
Carolyn Dunoon, CSE	Director Youth Education / Family Ministry

Stay up-to-date with Unity Des Plaines Church

Visit our website at
<https://www.unitydesplaines.org>
and



our Facebook page at
https://www.facebook.com/unitydesplaineschurch/?ref=br_rs

Watch past Sunday talks at
<https://www.youtube.com/UnityDesPlainesYouTube/streams>

VISION STATEMENT

Empower an evolving consciousness that spiritually transforms the world through an awakening oneness.

Joy

Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.
— **Greg Anderson**

SPIRITUAL LEADER'S LETTER



August! Yes, it's hot, and life is in full bloom.

Our theme this month here at Unity Des Plaines is Joy, and the Power is Will. Fitting for this month I'll be talking about "Is God Funny?" and "Did Jesus Laugh?" We will lean into the courage it takes to be happy and live the 11th Commandment: "Thou Shalt Lighten Up!"

Won't be hard to do when on Sunday, August 10, Jimmy Carrane will not only be our Guest Speaker but will also facilitate his Improv Workshop. I consider improvisation to be a Sacred practice because Spirit is always present IN THE MOMENT!

People are asking what there is to laugh about, but Joy is not always about laughing and joking around. It's about saying "Yes" to life and being present for joy when it does appear for ourselves and others. Quite often "the funny" will show up when you're open

and happy in spite of the state of the world. Being happy for no reason starts the wheels in motion.

We also want to take this time to thank our pianist and longtime musician, Tatiana Numova, for her many years of wonderful service. Hers are not easy boots to fill. We bless her on her journey.

Thank you for your participation, dear congregation, for your love and consciousness. We love you and are grateful for you. We are growing in so many beautiful ways.

Megon McDonough, Spiritual Leader
Unity Des Plaines Church

Telephone: 847-297-0997

Email: unitydpsl@yahoo.com

Office hours: Tuesdays, 10 a.m.-1 p.m.

If you are interested in private coaching with Megon, email her at megon@comcast.net.

AUGUST ANNOUNCEMENTS See [Upcoming Events](#) list in Board Letter on page 2.

ONGOING PROGRAMS

A Course in Miracles Study

Sundays at 9:00 a.m., Fellowship Hall

"Remember that no one is where he is by accident, and chance plays no part in God's plan." (ACIM Teachers' Manual-9.1:3)
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.

Families Anonymous

This Twelve-Step Group is holding meetings every Sunday at 7:00 p.m. **All are welcome!**

Monday Morning Metaphysics

On Zoom, Mondays, 10:30am-12:00 noon
Facilitator: Rev. Dr. Mary Beth Speer CSL

In *Spiritual Economics* Eric Butterworth does a masterful job of clearly getting to the heart of prosperity in an accessible and relevant way. This is a book for the individual engaging in spiritual practice and transformation as well as for a group coming together.

Zoom link:

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

Call in:

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

(Continued on page 2)

Check your weekly eBlast for this month's speaker announcements.

Please join us on Sunday mornings in the sanctuary at 10:15 a.m. before the service for a **PRAYER CIRCLE** led by one of our **PRAYER CHAPLAINS.**

Unity Des Plaines Mission Statement

Empower an evolving consciousness that spiritually transforms the world through an awakening oneness.

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 Contributing Writers

Megon McDonough Ruth Trailer
Chris Schaefer Carolyn Dunoon

Website

Kate Kapolnek 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

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.

~ Rabindranath Tagore

Our theme for the month is JOY, and the Board has been joyfully reviewing feedback from our last Ask The Board and updating efforts for In Reach. We're also looking into the best way to go forward with having name tags be they paper for the day or made more permanent. The Board has approved and discussed having a monthly Healing/Prayer Service starting in September and proceeding through November followed by a break for the holidays. Stay tuned for more details.

Our Nominating Committee's activities are underway as we prepare for the Annual Congregational Meeting, which includes voting for new board members for 2025-2026. The Board has two openings for each coming year. Updates and activities will be posted in Fellowship Hall.

The Board is continuing to review finances by looking at where we are/where we want to be and how to get there. We have determined at this time that it takes about \$15,000 a month to run Unity Des Plaines. We will continue to review and ensure budget/fund-raisers/projects are in line with our mission/vision. One pending project for the building that the Board is reviewing with Brenda Smith is to fix a drainage issue in the front of the building. Stay tuned for more details.

If you have any questions or concerns, please

let a Board member know. Someone recently asked about *The Daily Word* being sold in our bookstore and why this practice was stopped. Good question, so the Board is looking into it. Our next Ask The Board is scheduled for Sunday, August 3—the same day that Annual Membership forms are due in the office. Please remember to turn in those forms because yearly membership renewal is required prior to the Annual Meeting in order to vote for new board members.

Dates to keep in mind:

AUGUST

Aug 03 – Annual Membership Forms DUE
Aug 03 – Ask The Board 12 pm Sanctuary
Aug 10 – Jimmy Carrane Interview during the service and workshop after the service
Aug 24 – UDP Annual Picnic

SEPTEMBER

Sept 10-11 – Unity World Day of Prayer
Sept 17 – UDP Healing/Prayer Service
Sept 21 – Annual Meeting

OCTOBER

Oct 04 – Fall Clean Up
Oct 05 – Pet Blessing

NOVEMBER

Nov 02 – Crystal Bowl Sound Healing

Chris Schaefer

Secretary, Board of Trustees

AUGUST ANNOUNCEMENTS

(Continued from page 1)

Awareness Awakening

Living Untethered: Beyond the Human Predicament by Michael Singer

1st & 3rd Mondays of the month, 7:00pm
Facilitated by Chris Selvik

Our new book, *Living Untethered*, offers powerful, practical insights on how to detach from negative thoughts and emotions. It's a companion guide to Singer's *The Untethered Soul*. At each meeting we read a chapter together and discuss how to apply these transformative practices in our daily lives.

All are welcome! We have extra copies of the book available for you

Yoga for All

Tuesdays 9:00—10:00 a.m.
Facilitated by Grace Kellawon, Ayurvedic Counselor & Reiki Master
www.pranacconnection.com

Beginners, elderly and those needing to be healed—**All are welcome.**

This class will leave you better than when you began. Please bring: a yoga mat, 1 large towel & 1 small towel, and 2 blocks if you have them.

- 4 classes for \$40, valid for 60 days
- Drop in for \$15/class

Healing Meditation

1st and 3rd Tuesdays of the month
7:00-7:45 p.m. in the sanctuary
facilitated by Elizabeth Romo, O.M.C.

"Meditation is a vital practice to access conscious contact with your highest self."

– Wayne Dyer

Come join us! **All are welcome.**

elizabeth@elizabethromo.com

A free will offering will be accepted at most classes and workshops.

For more information call 847-297-0997, or visit www.unitydesplaines.org.

YOUTH EDUCATION MINISTRY



Greetings dear Unity Des Plaines Community!

Welcome to August and more summer fun! I hope that all of our children and youth will use the last weeks before school starts again for fun, relaxation and time to spend outdoors.

Our Sunday school students have really been enjoying seeing God in Nature. Highlights are our scavenger hunt, painting pots and planting, walking barefoot in the grass,

called "grounding" these days. We will fill all the days we can with our love of nature this summer. We will also talk of the importance of protecting the environment and what we can do. We will enjoy watching "The Lorax" together in August and talking about trees.

Our teens of the Y.O.U. had a great time at the IYOU Conference at Unity Village in July, accompanied by Julie and Anita, who look forward to giving you a report. We greatly appreciate the support of our Board in helping with these costs.

At the church picnic on August 24, Miss

Carolyn will have some fun for the kids, hopefully outside. You won't want to miss this Unity Des Plaines family event.

Peace and Love,

Carolyn Dunoon, CSE, Director
Youth and Family Ministry



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

SUNDAY, AUGUST 10, 2025

IMPROV CLASS
WITH JIMMY CARRANE
AT UNITY DES PLAINES

INTERVIEW WITH JIMMY CARRANE DURING 10:30AM SUNDAY SERVICE

IMPROV CLASS TO FOLLOW AFTER FELLOWSHIP

class size: 24
cost: \$25

**SIGN UP IN THE LOBBY OR
EMAIL UNITYDP@YAHOO.COM**

On JOY

The best way to find joy is to give it to others.

Robert G. Ingersoll

Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.

Greg Anderson

Let your joy be in your journey - not in some distant goal.

Tim Cook

Joy is prayer; joy is strength; joy is love; joy is a net of love by which you can catch souls.

Mother Teresa

Support the DES PLAINES FOOD PANTRY

Items in short supply as of 07/04/25:

- Urgent need for empty egg cartons
- men's summer clothing
- sheets
- towels in good, clean condition
- canned pineapple & peaches
- salt
- ketchup, mayo



U D P GARDEN COMMITTEE

is in need of help watering and keeping the front garden tidy.

- * Come **ONCE A WEEK** to water. **OR**
- * Come **ONCE A MONTH** to meet us for 2 hrs. tidying.

Contact Elizabeth: 847-921-6977 or
angelhometwo@gmail.com

A Poem on Joy

The Orange

At lunchtime I bought a huge orange—
The size of it made us all laugh.
I peeled it and shared it with Robert and
Dave—
They got quarters and I had a half.

And that orange, it made me so happy,
As ordinary things often do
Just lately. The Shopping. A walk in the
park.
This is peace and contentment. It's new.

The rest of the day was quite easy.
I did all the jobs on my list
And enjoyed them and had some time
over.
I love you. I'm glad I exist.

— Wendy Cope



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

Confidence is preparation. Everything else is beyond your control. Richard Kline

When I was in college, I avoided taking Speech 101 even though it was required for my bachelor's degree. I fast-talked my advisor into waiving it based on all the literature courses I had taken. Then, a couple of decades after college I had grown up a little, and the idea wasn't so scary, and I really wanted to be able to do it. So I went to my local community college and registered for Speech 101, Fundamentals of Speech Communication - 3 credit hours. Yes, I did!

And I was nervous speaking in front of that class, but I had been taking the lead in my Codependents Anonymous group pretty often so I had gained ground. But I still got nervous in class, and my mouth always went dry. One evening in class after we had each given a two-minute speech (I think mine was a demonstration of "The Art of Origami"), we were invited by the teacher to ask a question of our classmates about our presentation. So I asked, "How can I project confidence?"

I know now that was the wrong question. Projecting confidence or appearing confident is working from the outside in while having confidence or being confident is working from the inside out. Actor and director Richard Kline says that confidence is preparation, which to me means internalizing what we've set out to do by study, observation and practice. Kline then says that everything else is beyond our control, which tells me that we can't achieve inner confidence and success by trying to force a particular outcome.

So what is our best grounding for confidence? It's the dedication and courage within us, which arise in our heart. It's not the fear of what's outside us—the judgment of others. The introduction to *A Course in Miracles* says, "Nothing real can be threatened. Nothing unreal exists." Coming from our authentic selves, foibles and all, grounds us in what God has created, which is our ultimate Truth. The *Course* introduction concludes, saying, "Herein lies the peace of God." And so it does! Absolutely! Amen!

Ruth Trailer

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



Positivity, confidence, and persistence are key in life, so never give up on yourself.

Khalid



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



259 East Central Road, Des Plaines, IL 60016
847-297-0997

Sunday services live and in person at 10:30 a.m.
Sunday School at 10:30 a.m.

www.unitydesplaines.org

