

July 2025

2025 THEME: Discover Your Divinity JULY: Freedom

Sunday Service at 10:30 a.m.

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Unity Des Plaines Church

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Affiliation: Unity School of Christianity
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Board of Trustees

Marne Chilstrom	President/ Treasurer
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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.

FREEDOM

For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.

— Nelson Mandela

SPIRITUAL LEADER'S LETTER



Don't seek happiness. If you seek it, you won't find it, because seeking is the antithesis of happiness. ~ Eckhart Tolle

UNDERSTANDING FREEDOM

Happy July! July might very well be my favorite month. I love it for its lush beauty, fireworks, lake time, relaxed gatherings and abundance. And Happy Birthday to Moon Children!

This month at Unity Des Plaines, our focus is Freedom, And the Power this month is Understanding. The disciple is Thomas, the center of this power is the front brain, (now known as the pre-frontal cortex) and the color is yellow.

In his book *The 12 Powers of Man*, Charles Fillmore writes on Understanding that the writings of the Hebrew prophets are good examples of original inspiration, which is wisdom.

Charles Fillmore, in his book *The 12 Powers of Man*, explores understanding and its significance.

The story of Solomon from the Old Testament offers a profound exploration of wisdom and understanding. When Solomon asked God for wisdom instead of riches or honor, the Lord granted him "a wise and understanding heart" along

with riches and honor that he had not requested.

In the dream where this occurred, Solomon displayed sincere humility and openness, which serves as a lesson for all to approach God, Source, or The All with a peaceful mind and an open heart. Solomon's wisdom was later demonstrated when two women came to him claiming to be the mother of a baby. Through his insight, the real mother was revealed.

Though this is Old Testament, it's one of my favorite stories in the Bible. Today I have new insight. To go to God/Source/The All with an open heart and a peaceful mind, as in a dream, and to ask sincerely is a good thing. Asking is vital. But a disconnect in this story for me is this: "Because you asked for 'this' and not for 'that' (understanding and wisdom vs. riches) I'm going to give you the good stuff. Now this seems to make God humanly judgmental and punitive. On the other hand, in Luke 12:32 Jesus said, "It is your Father's good pleasure to give you the kingdom." And lastly, it was after all, Solomon's dream, and that makes it everyone's dream.

So in this month of July let us ask for, well, all of it. This July, let us embrace the wisdom of asking wholeheartedly for all things that align with our dreams and aspirations.

Sweet dreams to all!

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.

JULY ANNOUNCEMENTS

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.

(Continued on page 2)

* New and Upcoming Events *

Two ongoing book study meetings are ready to begin new books! See page 2 for details.

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

July 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

May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.
~ **Peter Marshall**

We had another successful Circulation Day! Thank you to all who participated in Circulation Day!! Check out the pictures on Facebook! Special thanks to Mark Boston for coordinating this event.

Membership forms will be mailed out on July 3. Please make sure to have your forms completed and turned in by Aug 3 — no exceptions. All must be in by 45 days prior to the Annual Meeting in order for one to vote at the Unity Des Plaines Annual Meeting per our bylaws. In addition, the Nomination Committee will begin work nominating 2 new Board members. The Board to review in July with Brenda Smith a project to fix the drainage issues in the front of the building.

As always, please feel free to share your concerns/questions with The Board by emailing unitydp@yahoo.com or speaking with a Board member. Below is our calendar for the remainder of summer and beginning of Fall (YIKES!!)

JULY 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 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

We are beginning a new book for study on July 7. 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 a powerful source of inspiration for a group coming together to share and grow with these principles. **All are welcome!**

Zoom link:

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

Call in:

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



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

July Events:

07/03 – Membership forms to be mailed out for those who have not completed them in June and due **August 3**.

August Events:

07/03 – 09/21 Annual Congregational Meeting to be announced with all membership forms DUE in office

08/03 – Ask the Board

08/10 – Jim Carrane to be at the service and hold Improv Workshop after the service — \$25

08/24 – Annual Unity Des Plaines Picnic Stay tuned for details.

September Events:

09/21 - Unity Des Plaines Annual Congregational Meeting

November Events:

11/02 – Crystal Bowl Sound Healing

Chris Schaefer

Secretary, Board of Trustees

* 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.pranaconnection.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, 2 blocks if you have them.

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

(Continued on page 3)

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 ones at Unity Des Plaines.

I hope you are savoring summer and taking time to be outdoors. What a blessing to live where we get to experience four different seasons, and I know that summer is the favorite of many.

Have you had the opportunity for grounding with your family? This is a popular alternative health practice of walking barefoot on grass, sand or soil for relaxation and health benefits. I am waiting for the perfect weather on a Sunday morning to practice this with the children as a part of our summer program of seeing God in Nature. We can use all of our senses to see that nature is truly

a Sacred Space. Let us reaffirm the holy interconnection of all of God's creation and rejoice.

We are also celebrating all the special times of summer; last month was Fathers Day and Juneteenth, and this month Independence Day on the Fourth. We will look back to the founding of the United States and the principles we continue to fight for: democracy and freedom. I pray that our children grow up in a country that respects all people equally and guarantees their rights.

Our Y.O.U. teens and sponsors have been very busy preparing for and attending important events: June Rally and I Heart YO.U., coming in July at Unity Village with teens from all over the nation. I am ex-

tremely proud that our very own Julia Core is in charge of this fantastic opportunity for young people to strengthen their ties to like-minded youth and continue their Spiritual growth. I have never talked to someone who participated in these events who didn't feel greatly and deeply affected by their experience. I look forward to our group reporting to the congregation upon their return. Many thanks to our Board for their financial assistance.

Love and Peace,

Carolyn Dunoon, CSE
Director, Youth and Family Ministry



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

JULY ANNOUNCEMENTS

(Continued from page 2)

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

Please come join us! **All are welcome.**
elizabeth@elizabethromo.com

THERE IS FREEDOM

There is freedom waiting for you,
On the breezes of the sky,
And you ask "What if I fall?"
Oh but my darling,
What if you fly?"

— Erin Hanson

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

Support the

DES PLAINES FOOD PANTRY

Items in short supply as of 05/06/25:

- oatmeal
- coffee, tea
- canned peaches, pineapple
- vegetarian and non-pork products
- spaghetti noodles & pasta sauce
- toothpaste & individual toothbrushes
- dry dogfood and cat food



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

Unity Des Plaines Prayer Team

The Prayer Team at our Church and Spiritual Center plays a significant and meaningful role in providing spiritual care and support to our congregation. Here's a quick summary of the key points:

1. Confidentiality: The names of the Prayer Team members are confidential. There are eight members, and you must be a church member to join the team.
2. No Meetings: There are no meetings, or Zoom calls, or training sessions for the team members.

3. Spiritual Care: The team members, while not trained like Chaplains, take on the role of providing spiritual care, holding spiritual space, and offering comfort and blessings through prayer requests.

4. Unity Church--Spiritual Center Involvement: They act as spiritual friends to the congregation; the Prayer Team leader summarizes these requests and sends the prayer requests (only first names included) each week.

5. Prayer Requests: Prayer requests are kept for 30 days of prayer. This Prayer Requests summary is sent to Silent Unity for an additional 30 days of prayer.

6. Confidentiality of Requests: Forms, enve-

lopes, and emails related to prayer requests are discarded after the Prayer Team Leader summarizes them to be sent to the Prayer Team.

7. Chaplain Support: Prayer Chaplains offer additional spiritual support, maintaining confidentiality and providing comfort and care.

8. Blessings Through Prayer: Every prayer request to God is considered a blessing.

9. Joining the Team: Interested individuals can express their interest in joining the Prayer Team by leaving a phone message at 847-297-0997 or sending an email to unitydp@yahoo.com. You may meet with me at the last Sunday of the month.

Prayer is indeed powerful, and it can make a significant difference in people's lives. If everyone prayed for someone, the world could indeed be a better place. Blessings to you on your journey as well! If you have thoughts or questions, feel free to share.

Teddie Campanella
Prayer Team Leader

IT'S AN INSIDE JOB

One must let go in order to be free. www.tut.com

So I've heard it before—let go and let God. Let go of what? Old ideas? Like ones we grew up with, maybe? Yeah, but what does it mean, let God? Hmm ... how do we do what?

My mother used to say "suit yourself" when one of us girls said we wanted to do something that was outside of her comfort zone—**my mother's** comfort zone—which was very small and very tight. Just about anything was scary to her. She might say something wasn't nice or it was bad, or imply that it wasn't proper—her point being not to do anything she wouldn't do, which wasn't much. But if we somehow persisted in a "scary" direction, she'd say in her dismissive and abandoning sort of way, "suit yourself."

So for years I went around trying to suit other people because I had been thoroughly taught that it was not just wrong but who knew how dangerous to suit myself. As a result, I didn't know much about myself or what I wanted. I looked to others for clues to how to be happy and successful, and I tried to do and think things that I thought were praiseworthy. Well, it took years of emptiness and unhappiness before I started to zero in on what I was thinking and doing wrong. And here's where "let God" comes in.

It is written in the God mind who we are and what our purpose is. And when we let go—when I started to release my fear around the concept "suit yourself"—the seeming emptiness that letting go creates actually starts to fill in the blanks. The love of God flows in and through us and pours forth all the sense of self and purpose each of us needs. But we have to let go of our tight little comfort zones in order to feel and recognize this within ourselves.

And now I know that when my mother grudgingly told us, "suit yourself," it was literally the best way, the only way she knew of to let us go and bless us on our way to becoming all we could be. Thanks, Mom. And thank you, Mother Father God. Amen!

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.



With grateful hearts, we honor all who gave, served, and received during Circulation Day – a sacred sharing of love, generosity, and community.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10



Your true work—in this perfectly balanced Universe—is to weigh, continually, your new stimulation of thought against the existing beliefs within you, thereby deciding what you now want.

**The Teachings of Abraham
WELL-BEING CARDS by
Esther and Jerry Hicks
www.abraham-hicks.com**



On Freedom

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl

Freedom consists not in doing what we like, but in having the right to do what we ought.

Pope John Paul II

May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.

Peter Marshall



259 East Central Road, Des Plaines, IL 60016
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Sunday services live and in person at 10:30 a.m.
Sunday School at 10:30 a.m.

www.unitydesplaines.org

