

June 2025

2025 THEME: Discover Your Divinity JUNE : Kindness

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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Sharon Vaczek	Member
Gail O'Neil	Member

Church Staff

Megon McDonough	Spiritual Leader
Kate Kapolnek	Admin. Asst.
Tatiana Naumova	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.

KINDNESS

Guard well within yourself that treasure—kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness.

— *George Sand*

SPIRITUAL LEADER'S LETTER



Happy Summer Everyone!

Our theme this month at Unity Des Plaines is Kindness, and the Power is Imagination. And our focus is creativity.

Kindness is the thread that connects us all, and imagination is the spark that ignites boundless possibilities. This June, we invite you to explore how these two elements intertwine to create magic in our communities and within ourselves. Whether through random acts of kindness or by unleashing the power of your imagination, we encourage everyone to embrace the spirit of creativity in all its forms.

Unity Des Plaines is filled with so many creative people! This summer, we aim to deepen our understanding of artistic expression. Creativity doesn't merely entertain; it empowers, allowing us to transform dreams into reality and to see the world with fresh perspectives.

I am grateful to Unity for introducing me to the concept of "co-creating with Source." Our creativity is a gift and how The Universe lives, moves, and has Its Being in, as and through us! We are the faucet. God is the water. I have always loved the Mother Teresa quote: "I am a little pencil in God's hand."

I will be conducting the Amazing Things

Creativity Workshop on Saturday, June 21st from 12:00 to 1:30 PM. The workshop will include activities such as improvisation games, vocal exercises, singing, songwriting, and storytelling. Participation in singing is optional and only for those who wish to do so. This workshop aims to provide a safe, supportive, and non-judgmental environment. If you have material that you would like feedback on, please bring it along with an open mind and heart. The objective of this workshop is to help participants connect or reconnect with their inner creative selves and enjoy the process. We're keeping the class size to 18, so everyone has a chance to share their work. The fee for the workshop is \$25.

Thank you for your consciousness and loving support. And Happy Birthday to all you creative Geminis. (Both my parents were born under the sign of Gemini, and I like to say it was like having four parents!)

Blessings, and Gratitude, Megon

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

JUNE 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.

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New and Upcoming Events

Saturday, June 14 — CIRCULATION DAY—
Free Yard Sale:

Drop off items—Fri., June 13, 3:30-8:00PM

Pick up free treasures—Sat., June 14, 9:00AM-3:30PM

Sunday, June 15 — SPECIAL MUSICAL
GUEST Jack Kennedy and **NEW MEMBER CEREMONY** during the service

Saturday, June 21 — AMAZING THINGS
CREATIVITY WORKSHOP with Megon—
12:00-1:30 pm; Fellowship Hall; \$25

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

June

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

My religion is very simple. My religion is kindness. ~ Dalai Lama

The Unity Des Plaines theme for June is Kindness. We begin the month of June with Circulation Day which is an extension of our kindness to the community. Please attend, and if you have a story from the event, please share. We have great stories every year. A huge thanks to Kate Kapolnek, Mark Boston, Gail O'Neil and Sharon Vacek for organizing this event.

The Board approved our new members—Gerri Framberg, Kate Kapolnek, Kelly White, Judy Pales, Kristen Page and Paul Humpfer who participated in our first in-person New Member class with Megon. Those transferring membership from another Unity community do so at the discretion of our Spiritual Leader's requirements for membership transfer. The New Member ceremony including those who have transferred membership will be held on June 15 during the Sunday service. Let's welcome all to Unity Des Plaines!!!

The Board also reviewed the Bylaws regard-

ing new members joining committees. Gail O'Neil along with Teddie Campanella as consultant are working on updating these bylaws. A special thanks to both!!!

A nominating committee has been formed to begin their work in July of nominating congregants for the Unity Des Plaines Board 2025/2026. A congregant needs to have been a member for at least one year in order to be chosen by the nominating committee to serve on the Board. Also, our Spiritual Leader will interview each candidate nominated by the committee.

Our Spiritual Leader, Board President and a member of the Audio/Visual team have reviewed facility rental procedures with these to be updated. It is agreed that Unity Des Plaines will focus on holding Celebrations of Life. The Board is also gathering ideas for Unity Des Plaines In Reach and reviewing input from Ask The Board meeting held on May 4. If you missed that meeting, the notes are on the Bulletin Board in Fellowship Hall.

(Continued on page 3)

JUNE 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 CT
Facilitator: Rev. Dr. Mary Beth Speer CSL

Our current book for study is *The Shortcut to a Miracle* by Michael C. Rann and Elizabeth Rann Arrott. The co-authors explain that miracles happen through natural and normal circumstances, and the "new science" of quantum physics is proving that we all are already wired for miracles. **All are welcome.**

Zoom link:

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

Call in:

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

Awareness Awakening: A Look into The Untethered Soul by Michael A. Singer

1st and 3rd Monday of the month, 7:00 p.m.
A roadmap to achieving mental clarity, emotional freedom and spiritual growth. We help

each other transform our inner experience and live a more intentional, liberated life.

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. We will go slowly and learn Yogic breath. 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

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.

Please come join us! **All are welcome.**



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

**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 family and friends from the Youth and Family Ministry Team.

Throughout the history of the Unity Movement and of our specific home of worship, teaching the children has been given great priority. Myrtle Fillmore, the co-founder of Unity, asked "Who will teach the children?" as she recognized the importance of the next generations. We are here to guide children and youth on their spiritual journey and to know their own Divine nature, the little light that shines in all. We enfold all children in the love and light of God.

After a lovely month of May together discussing Fair and Unfair (using the Spiritual Playdate lessons), we honored all the mothers in our lives and discussed the meaning of Memorial Day. The Youth of Unity studied the Beatitudes and prepared for their June Rally. Many thanks to all the teachers (Julie, Max, Anita, Amy, Gemma, Stefan), parents and leaders of our church for your on going support.

This summer I will return to the children's favorite and requested lessons, Seeing God in Nature. I will mix old favorites, i.e. scavenger hunts, studying seeds and plants, cloud watching, nature art projects, and saving the earth. etc., with new ways to discover the importance of Vitamin N—the healing properties of Nature for our physical and mental health. We will use

stories, movies, science and outdoor time to tune in to our Spiritual connection!

Please join us as often as you can, and we will hold you in the light during your times of family vacation and other activities that arise. We will also be honoring Fathers Day and Juneteenth this month. See you there!

Love and Peace,

Carolyn Dunoon, CSE
Director, Youth and Family Ministry



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

BOARD LETTER *(Continued from page 2)*

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 the calendar for summer. Note the changed Unity Des Plaines picnic date.

JUNE EVENTS:

June 14 – Circulation Day
June 15 – Special Musical Guest – Jack Kennedy and New Member Ceremony during service
June 21 – Amazing Things Creativity Workshop with Megon – 12:00-1:30 pm; Fellowship Hall; \$25

JULY EVENTS:

July 3 – Membership renewal forms to be mailed out to all and due August 3.
July 14–20 – Megon on vacation; Guest speaker to be announced for July 20

AUGUST EVENTS:

August 3 – Membership renewal forms due in office, and September 21 Annual Meeting to be announced
August 10 – Jim Carrane to perform at the service and hold Improv Workshop after the service - \$25
August 24 – Annual Unity Des Plaines Picnic

Chris Schaefer
Secretary, Board of Trustees

On Kindness

My religion is very simple. My religion is kindness.

~ Dalai Lama

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

~ Lao Tzu

When the norm is decency, other virtues can thrive: integrity, honesty, compassion, kindness, and trust.

~ Raja Krishnamoorthi

Let us more and more insist on raising funds of love, of kindness, of understanding, of peace. Money will come if we seek first the Kingdom of God—the rest will be given.

~ Mother Teresa

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**.

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



If you need a Transfer Membership form, please see Kate or Olga, or email the office at unitydp@yahoo.com.

IT'S AN INSIDE JOB

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. **ROMANS 8:28 (New International Bible)**

"... we know that in all things God works for the good ..." What does this mean? There are lots of unpleasant or hurtful things that happen all the time, like poverty and pain, suffering and death. Where's the good there? Louise Hay says, "I trust the Process of Life to bring me my highest good." It's not what happens to us. It's the attitudes/beliefs that create our response.

"... for the good of those who love him ..." What? We may love God but still get scared, hurt or anxious. And what does it mean to love God anyway? God is life, purpose and intention. God is **merging** and **expansion**: God is **evolution**. In order to "love" God, we embrace all experience of life, purpose, intention and growth in ourselves and others.

Now, about evolution ... Marianne Williamson says that the day you go to the grocery store and are nice to the clerk and the people in line, and they are nice in return, is not the day of your greatest growth. Our greatest growth is when we approach a challenge (**merging**) in a new and different way (**expansion**). That is, we may start to react in our old angry or fearful way but the situation seems to require a more accepting and compassionate response.

"... those ... who have been called according to his purpose." God's purpose for us is to live our lives with love and compassion, and all our resisting won't change who, what or where we are. Remember in the film *It's a Wonderful Life* when George Bailey says it would be better if he'd never been born? Well, by the end of the movie he's praying to go back to his life and loved ones despite the threat of bankruptcy and scandal hanging over him. This is because to live our life being who we are is our purpose, and the feelings we carry create our intentions. So we must quit our whining and bring out the love in our hearts. Living our lives is good, and letting God our Source guide and support us through life is the best. Right? Right. 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.



The workshop will include activities such as improvisation games, vocal exercises, singing, songwriting, and storytelling. Participation in singing is optional and only for those who wish to do so. This workshop aims to provide a safe, supportive, and non-judgmental environment. If you have material that you would like feedback on, please bring it along with an open mind and heart. The objective of this workshop is to help participants connect or reconnect with their inner creative selves and enjoy the process. We're keeping the class size to 18 so everyone has a chance to share their work. The fee for the workshop is \$25.



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

