

October 2025

2025 THEME: Discover Your Divinity OCTOBER: Authenticity

Sunday Service at 10:30 a.m.

In This Issue

Spiritual Leader's Letter	1
October Happenings	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
Anita Stehmeier	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.

AUTHENTICITY

Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.

— Brené Brown

SPIRITUAL LEADER'S LETTER



"I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do that which is mine to do."

Charles Fillmore

Charles Fillmore was in his 9th decade when he wrote those words. When I first heard them, I was a bit puzzled by the word "zeal". To my mind, it was such an old-fashioned word, zeal. And I'd only associated it with "zealot" But over the years I've come to like it! It is the Power this month and I want to take it in and live from it. I looked up the definition and got,

Zeal: Great energy or enthusiasm in pursuit of a cause or an objective.

Oct 1st marks one year for me as Spiritual Leader here at Unity Des Plaines. Pretty sure we all agree that the time has flown. I'm happy to say my contract has been renewed! I'm honored and so happy, thank you!

So, this year I too fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do, with all of you, that which is *ours* to do.

I look forward to co-creating our vision for Unity Des Plaines as we continue moving in the direction of a loving welcoming Spiritual home where all paths are honored, and we share a consciousness of Oneness, harmony, collaboration with a community committed to the healing power of prayer and inclusion every day.

The theme for Unity Des Plaines this month is *Authenticity*. I love that because I can honestly say that there is a lot of authenticity here. Naturally, I looked up that word, too, and had to smile at one of the definitions—

True and accurate, made to be or look just like an original.

Oh, I think we not only look like the Original, but we also act like the original every time we are in prayer, in service, and One in consciousness.

Yours in Spirit and Faith,

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.

OCTOBER HAPPENINGS

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)

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.

(Continued on page 2)

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

See the list of October Events in the Board Letter on page 2.

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

October 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

The privilege of a lifetime is being who you are.
~ **Joseph Campbell**

Our theme for the month of September is *Authenticity*.

The Board would like to welcome our new Board Member, Anita Stehmeier, and we are looking forward to another great year! We also want to thank Gail O'Neil for her service on the Board for the last two years. And thanks to all who attended the Annual Congregational Meeting. If you missed it, you can find notes and the Power Point presentation on the bulletin board in Fellowship Hall. It was a great meeting!!!

The Board has reviewed with Brenda Smith and Paul Humpfer the building's maintenance and projects along with timeframes. The carpeting outside the main entrance door has been replaced, and the tile in the hallway by the door is to be replaced. We are awaiting the drainage project to be completed with Brenda following up with the contractor. The air conditioners and furnaces are to receive maintenance, and the kitchen cabinets need to be secured. The Board approved funds for this maintenance, and Brenda has scheduled both. Brenda and the Board have set a tentative date in the spring of 2026 for plumbing maintenance and additional plumbing projects if needed (we are affirming healing for any plumbing issues).

In October we will celebrate Megon being our Spiritual Leader for one year!! The Board has completed evaluation for Megon with Rev. Carla McClellan and are very grateful for all that Megon has accomplished in her first year as Spiritual Leader. The Board and Megon continue to define and refine role expectations as we move forward.

If you have any questions, please see a Board Member or email Unity Des Plaines at unitydp@yahoo.com. The minutes from all Board meetings and Ask The Board are posted in Fellowship Hall. Events to keep in mind are:

October

- 10/05 – Annual Pet Blessing
- 10/05 – Vera Lopez Sacred Tour Zoom meeting 12 pm in Sanctuary
- 10/08 – Healing Prayer Circle
- 10/18 – Fall Clean Up 9am—12pm
- 10/26 – Annual Halloween Y.O.U. Pizza Fundraiser

November

- 11/02 – Crystal Bowl Sound Healing
- 11/09 – Ask The Board
- 11/12 – Healing Prayer Circle
- 11/16 – Grateful Voices during Sunday service
- 11/26 – Thanksgiving Eve Service

Chris Schaefer, Secretary
Board of Trustees

OCTOBER HAPPENINGS

(Continued from page 1)

Monday Morning Metaphysics

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

Current book for study *Spiritual Economics* by Eric Butterworth

Zoom link:

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

Call in:

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

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* is a companion guide to Singer's *The Untethered Soul*. Extra copies of the book are 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 are all welcome. 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, Unity Des Plaines family, and welcome October.

I am one of those people who love fall "most of all."

These are some of the changes I embrace: cool crisp days, trees blazing red and gold, pumpkins, children counting the days until Halloween. I am happily planning for our Unity Des Plaines annual Halloween party for all on October 26 after the service. Young and adult can wear a costume to church and join in the fun for a good cause. Once again we will offer pizza for a love offering to raise funds to help our teens attend Y.O.U. rallies. A bake sale will also be held, and we welcome any contributions. You won't want to miss this!

September was a great month for the kids at Unity Des Plaines as we had classes for three levels, offering a much needed group for our middle school students. The younger children had the Spiritual Play Date lessons on peace with Edwina Cowell, founder of this movement. Highlights were,

watching the original cartoon video of Peacock's method to find peace, making a Peace train, reading some excellent books and experiencing lovely meditations. We read about Jesus saying "Peace, be still" to stop the storm. I am also proud to announce that we collected a record number of socks and underwear for the needy children of Des Plaines school Districts 62 and 207. A BIG thank you to all who contributed!

A special two-year-old friend of mine recently shared her fear of the Halloween skeleton decorations near her house. I'm sure the older children delight in the huge display with its scary eyes. Real or unreal? Our perception changes it all. October seems the perfect time to use the Spiritual Play Date lessons on fear. We will look at our fears, how they affect our bodies, and how to self soothe. We will use discussion, books, crafts, stories and meditation. Please join us. Our teens will be preparing for their upcoming Great Lakes Regional Rally. We will finish off the month by enjoying our not so scary Halloween party and fundraiser on the 26th.

In October, we will shift our outreach pro-

ject to collecting hats, gloves and winter scarves at the request of the Des Plaines Community Backpack. They asked our help to help the needy children and youth prepare for the cold weather. All sizes are needed. Look for the announcement and the collection box again in the hallway across from the bookstore. No time to shop? You can give a donation to Carolyn or Gemma who will find more to add to our box. I believe that we are not only serving those in need, but teaching our children the importance of sharing.

I cannot close without appreciation for our parents and grandparents, volunteers, dedicated teachers, Board members and Megen for their support for Youth and Family Ministry. We can change the world, one child at a time. Share the word of our program and invite others.

Peace and Love,

Carolyn Dunoon, CSE
Director, YFM



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

Back to School Rally Ice Cream Social



Hosted by the Unity Des Plaines Youth & Family Ministry Team

Join us for the Sunday Service
October 7 at 10:30 AM with
ICE CREAM to follow at 11:30 AM

We are a non-denominational
Spiritual Center welcoming
children and youth ages 2-18

SCHOOL DISTRICTS 62 AND 207 AND THE
DES PLAINES FOOD PANTRY PRESENT



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



Be yourself. —
Everyone else is already taken.
Oscar Wilde

On Authenticity

Feelings or emotions are the universal language and are to be honored. They are the authentic expression of who you are at your deepest place
Judith Wright

People can see through crap pretty easily. Just go out there and be comfortable. Be you. Be authentic.

Dean Ambrose

Authentic power is the real deal. You can't inherit it, buy it, or win it. You also can't lose it. You don't need to build your body, reputation, wealth, or charisma to get it.

Gary Zukav

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/6d381cb52f26/mmm-weekly-email-sign-up>

Lynn Barrette, LCSW, LUT

IT'S AN INSIDE JOB

Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.
— Brené Brown

Henry David Thoreau said that "the mass of men lead lives of quiet desperation." Is that true? And if it is true, what is the cause? Perhaps, if we are meant to be true to our own selves as Shakespeare exhorted in his play *Hamlet*, somewhere along the line in our lives we were taught to fake it. You know the saying, "fake it 'til you make it?" Well, we may have forgotten to stop faking it even though we did sometimes "make it," thus leaving us to live uneasily.

Following is an excerpt from **The Daily Word**. Dated October, 17, 2024, the word is **Satisfied**, and the affirmation is "I am enough just as I am."

Living contentedly and in full acceptance of my life is satisfaction. This sweet feeling is one of inner and outer harmony with myself and the world around me.

Throughout my life there may be more to learn and many ways to improve myself. I am always growing, but when I am satisfied, I am patient with myself as I change and compassionate with myself if I stumble or fall.

Feeling satisfied with myself is my comfort and shield, protecting me from life's ups and downs. I keep moments of defeat and disappointment in perspective. They may happen to me, but they do not reflect the truth of who I am.

My awareness of the Christ within is my greatest satisfaction, now and forever.

I am as God created me as one with the Christ.

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.



"I am as God created me."

**A Course in Miracles
Lesson 94**



PET BLESSING

 Sunday, October 5 

Bring photos of your beloved pets!
We'll have special boards set up to display your cherished snapshots. Our pets (living and angels) bring joy, comfort and unconditional love into our lives. Let's honor them together!

Special Pet Blessing cards will be available for you to write a message to accompany your pet's pic. 

HEALING PRAYER CIRCLE

Wednesday, October 8

6:30—7:30 PM

Unity Des Plaines

Facilitator: Megon McDonough

Join us for a sacred hour of connection, community and compassion. Together we'll hold space for healing through prayer, intention and spiritual support.

All are welcome to share in this time of peace and restoration.
Come as you are. Leave renewed.

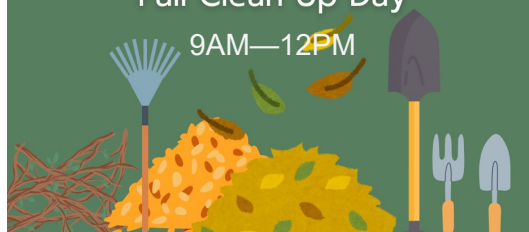
Saturday

October 10



Unity Des Plaines
Fall Clean Up Day

9AM—12PM



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

