

September 2025

2025 THEME: Discover Your Divinity SEPTEMBER: Service

Sunday Service at 10:30 a.m.

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Unity Des Plaines Church

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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.

SERVICE

The best way to find yourself is to lose yourself in the service of others."

— Mahatma Gandhi

SPIRITUAL LEADER'S LETTER



Happy September, and
Happy Birthday Virgo!

Do you have a desire to buy new notebooks, pens and a day planner? I do. My life long learner pops her head up to say "Let's go to the library," as the sun shifts, the leaves turn and school buses full of yelling kids lumber down the streets.

The focus of Unity Des Plaines this month is Service. The Power is Order. I think they go together beautifully.

I'm here in my office today, and we're getting a lot accomplished. There are many moving parts to putting a Sunday service together, as well as building repairs to be discussed. We have an amazing team! So, I'd like to take a moment to praise and thank everyone who gives their time, talent and consciousness in Service to this church. Especially our commitment to Divine Order.

From Charles Fillmore we have:

Order is the first *law* of the *universe*. Indeed, there could be no *universe* unless its various parts were kept in perfect *order*. The facts of *Spirit* are of *spiritual character* and, when understood in their *right* relation, they are orderly. Orderliness is *law* and is the test of true *science*. Surely there can be no Service without Order, and the Universe of Unity Des Plaines is a Universe of Order, fellowship, love and Service.

Here's to a wonderful month! See you in class!

In Joy,

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.

SEPTEMBER ANNOUNCEMENTS See [Upcoming Events](#) list in Board Letter on p. 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 3)

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

September 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>.

Unity World Day of Prayer 2025

Wednesday, September 10, 6:30-8:30 PM

Be Still and Know

Unity Des Plaines Church & Spiritual Center
259 E. Central Rd., Des Plaines, IL

In the stillness,
I awoken to divine
wisdom.

During these precious hours, our hearts and minds converge with thousands of fellow seekers. We recognize the transformative power of prayer—the way it shifts our perspectives, heals our wounds, and ignites hope within us. As we affirm that faith propels us to move mountains, we step into a realm beyond the ordinary.

Vigil at Unity Des Plaines Church & Spiritual Center

- We gather in our sanctuary, creating a sacred space where intentions take flight. The flicker of candles, the hush of whispered hopes. It all weaves into a tapestry of collective faith.
- At 7:00 PM, we'll tune in to Unity Worldwide for the opening service, just as we did last year. Across continents, hearts beat in unison.

Open Doors for All

- Between 6:15 and 8:30 PM, the doors swing wide open. You, your family, friends, neighbors, colleagues—everyone is welcome. Come as you are, for this is a global prayer event that transcends labels.
- Spread the word! Let your circles know that unity knows no boundaries. Invite friends, colleagues, and kindred spirits to join us.

BOARD OF TRUSTEES LETTER

Give your hands to serve, and your hearts to love.

~ **Mother Teresa**

Our theme for the month of September is SERVICE. The Board would like to recognize Gail O'Neil and thank her for her service on the Board of Trustees. Gail will continue as leader of the Usher Team and continue her role as chaplain. On September 21 we will hold our Annual Meeting in which the Board will report on various topics, and the new Board for 2025-2026 will be installed. We invite all to attend whether or not you are a UDP member. Only members may vote on any items that need a vote.

The Board approved a project to fix the drainage issues in front of the building. Brenda Smith will coordinate with the contractor and keep the Board and congregation informed on this project. Brenda will meet with the Board in the Fall and review the needs of our building and plan a timeframe with the Board and a list of priorities/maintenance schedule. Paul Humpfer will lead the Finance Committee and is meeting with the current Finance Team to review reports. He will also be looking into new Internet service and report to the Board on options/pricing. One suggestion at the last Ask The Board was fiber optic. Monthly Birthdays of all congregants will be celebrated at the beginning of each month

with those celebrating a birthday that month given Hershey Kisses with Affirmations. If you have any questions, please see a Board Member or contact Unity Des Plaines at unitydp@yahoo.com. The minutes from all Board meetings and Ask The Board are posted in Fellowship Hall.

Dates to keep in mind:

SEPTEMBER

Sep 10-11 – Unity World Day of Prayer
Sep 17 – Healing/Prayer Service – NEW
Sep 21 – ANNUAL MEETING

OCTOBER

Oct 05 – Annual Pet Blessing
Oct 18 – Fall Clean Up 9am-12pm
Oct 26 – Annual Halloween Y.O.U. Pizza Fundraiser

NOVEMBER

Nov 02 – Crystal Bowl Sound Healing
Nov 09 – Ask The Board
Nov 26 – Thanksgiving Eve Service

Chris Schaefer

Secretary, Board of Trustees

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

The Youth and Family Ministry Team sends blessings to all as we move into September.

We are back to Sunday school now using the wonderful curriculum of Spiritual Play-Date. In September we will focus on Peace. What is Peace? How do we find it within ourselves? How can we contribute to world peace? A deep and timely topic for certain. We will use children literature, discussion and activities to explore peace.

Now that we are establishing our Back to School Routine, we look forward to seeing our wonderful families more often. We are a hidden treasure, I have been told. It is hard to find spiritual education without reli-

gious sanctions. Bring your neighbors, your grandchildren. We are here for you. Now is the time for your children and teens to shine that Light within!

August was a lovely month of seeing God in nature. We had fun outdoors and in with many activities. Sand art was a favorite in August, as was watching The Lorax, we need those trees! We are so proud of our YOUNG's presentation on August 24 about their June Rally and IYOU in July. What wonderful young people they are! I am so proud of our leadership roles in the region by Alex last year, and Kyra this year. Parents, remind your children that their attendance in Sunday School can lead to these opportunities and amazing growth.

Finally, much love to Julie, Gemma, Max, Anita, Stefan and Amy for their excellent

volunteer service to the YFM. I personally have taught Sunday school here for 34 years and what a blessing it has been. If you want to help our youth and dive more deeply into Unity teachings, please join our volunteer team. Your training will be provided, and you can commit to as little as one Sunday a month. Your rewards will be many: from a huge parents thank you, joy seeing our children grow in love, to honoring a wonderful senior who has graduated and will move on to college to share his light. I urge you to talk to me about volunteering. You will not regret it!

Peace and Love,

Carolyn Dunoon, CSE
Director, YFM



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

SEPTEMBER 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



On Service

I cannot do all the good that the world needs. But the world needs all the good that I can do.

— Jana Stanfield

Help others and give something back. I guarantee you will discover that while public service improves the lives and the world around you, its greatest reward is the enrichment and new meaning it will bring your own life.

— Arnold Schwarzenegger

If you really want to receive joy and happiness, then serve others with all your heart. Lift their burden, and your own burden will be lighter.

— Ezra Taft Benson

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



IT'S AN INSIDE JOB

One's destination is never a place, but a new way of seeing things.

Henry Miller

When I read *The Celestine Prophecy* by James Redfield several years ago, I especially noted that in one chapter he talks about kids having to work through the unresolved issues of their parents to find their own life purpose. So I got to thinking about my parents' biggest issues (mind you, my sister sees something different). My mother never knew how to be happy. Actually I think she set out to be unhappy. My father stuttered and couldn't speak smoothly. So "not happy" and "not speaking well." And I came up with joining their opposites—"joyful communication."

It sunk into me strongly along the way—this having to move past our parents' issues if we want to be ourselves. But this stuff is hard core ingrained. If Daddy acted out failure during his life, is it okay for us to be successful? If Mommy was shy, is it okay for us to be outgoing? If either was loud or angry, is it okay to be soft spoken or accepting? And even if it is finally okay to be ourselves, is it possible? In my case, it took me a long time to discover and accept that I had any sense of humor and that I had something to say. Then I had to work on giving myself permission to laugh and speak up.

Some people struggle all their lives with their parents' issues either by taking them on or rebelling against them, but the good news is that neither is necessary. We are all something like each of our parents both physically and mentally, yes, but what we do with what we have is entirely our choice. Inside us is the truth that we are one with God the Source, and that we may choose how we act as the expression of Creation that each of us is. It's okay to transcend our parents' limitations no matter how insistently they were fed to us. Then as we embrace God working in us, we can turn it outward by letting God work through us as us. Which is our ultimate life's purpose—to express the love of God as only we can—each of us a spark of Light in the ever-shifting kaleidoscope of creation. Yes, it's okay to be you and me! We can do it and be it! And so it is!

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.

Back to School Rally Ice Cream Social

**Hosted by the Unity Des Plaines
Youth & Family Ministry Team**

**Join us for the Sunday Service
September 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**



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



A Course in Miracles Lesson 94

"I am as God created me."

This is the Self That never sinned, nor made an image to replace reality. This is the Self Which never left Its home in God, to walk the world uncertainly. This is the Self Which knows no fear, nor could conceive of loss or suffering or death.

**"I am as God created me.
I am His Son eternally."**



CENTER FOR DYNAMIC HEALING

TODAY IS A NEW DAY TO DISCOVER YOURSELF

Weekly Meditation Resumes!

Monday Morning Meditation resumes this Monday!

9:00 am Central 10:00 am Eastern

Bring your presence and energy each Monday morning and start your week open to new possibilities!

Lynn Barrette, LCSW, Center for Dynamic Healing

<https://mailchi.mp/6f9d1b7ef74b/monday-morning-meditation-resumes-mmm?e=3263d9f823>

