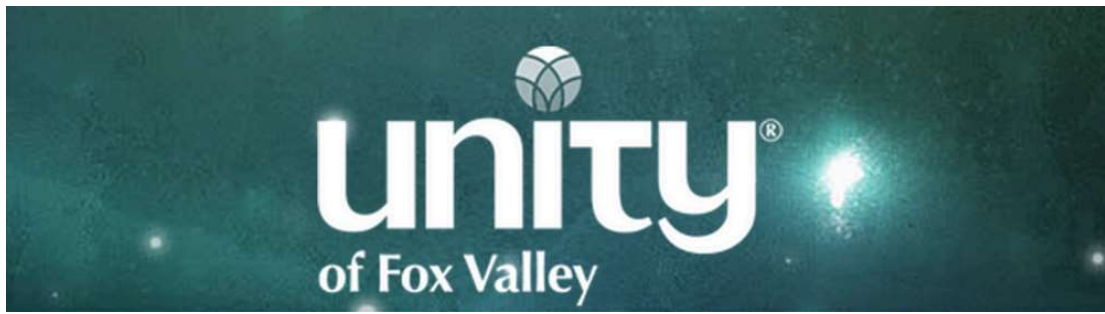




December 2024

Ministerial Musings



The Stockings Were Hung

My entire life I have pondered over the poetic line: "The stockings were hung by the chimney with care." Why? I understand hanging the stockings. That is how we would get the goodies from Santa. But why with care? Just put the darn stockings up so they are up when Santa comes along.

But today as I reflect upon it, I have a different insight. There is so much hustle and bustle in our lives. We are bombarded with information, advertisements, social media and technology. It is hard to remember days before cell phones and Google and texting. Many times it seems to be overwhelming at least to me.

Have you ever had the experience of going to your computer to look something up or to do something only to become so distracted that you lose track of why you went to the computer? Have you ever walked into a room and then forgot why you went into the room? Please do not tell me I am all alone here.

I think doing something "with care" has become a lost art. Good enough has become good enough. How many things during the day do you do routinely? That is, you do them but without a sense of mindfulness of what you are doing. You do them without making the connection that what you are doing is connected to your very soul.

It is the mindfulness that your being, your soul, is engaged that elevates even the most mundane task to holy and sacred. It is through consciously blessing what you are doing that you become blessed. It is in this state of awareness that what you do becomes energizing rather than fatiguing.

By now perhaps you are thinking, "What's the big deal? You're only hanging the dumb stockings." But that perspective reflects an attitude of separation between what we do and God. The more we go about our business with such an attitude the more we habituate the perspective of distance between our lives and our true Being.

There is nothing trivial about our relationship with Spirit. We are here to participate in creation and make miracles. We are here to birth the Christ within us and not just sometimes, but always. Our rest and peace come to us not in going through motions but rather in putting things into motion. In the motion of the Word taking Flesh, the angels chanted, "Peace to those of good will." Our will is good when we use it willfully.

It is in anticipation of receiving a gift that our mindfulness should be at a high point. It is in this awareness that we hang our stockings with care. There is power and glory in being grateful even before we actually receive a gift. I invite you to make the hanging of your stocking a prayer. Make it a prayer of gratitude for the Christ within that is yet to be made manifest. Give it a try and see if your Christmas becomes even more meaningful.

Peace,
Rev. Mike
revmike@unityoffoxvalley.org

Festival of Giving Fundraiser



FESTIVAL OF GIVING FUNDRAISER

Our end of the year fundraiser, Festival of Giving, is now in progress. We need to cover operational expenses that exceed our regular stream of revenue. The expenses

referenced are basic and include items such as repairs, maintenance, utilities and insurance costs.

We are sensitive that the cost of living has increased for everyone, and we all are forced to make decisions based upon our dearest priorities. We respectfully ask that our spiritual home be included in your mindfulness as you reflect upon this process for yourself. Please give some thought and choose an amount that you can afford to contribute over and above your regular gift to our church.

Envelopes are provided each week for your convenience. You may deposit this in the general area outside of Rev Mike's office. Or you can click on the link below and make a donation online.

Your participation makes a difference not just to the brick and mortar that we call home, but also to one another. We acknowledge that prosperity is a frame of mind, and we claim it accordingly.

Your Board of Trustees

Please click [here](#) to take you to our Fundraiser website.

Notes from the Board

At our latest Board Meeting we discussed the fundraiser and how we might energize support to cover expenses exceeding income in 2024. We evaluated the Annual Meeting for changes to make it better. Fun Fall Outing was declared a success, another in the line of Activities showing the most interest which we were able to provide members with the help of tireless volunteers and their endearing spirit. 2025 Budget was reviewed and approved with some clarification and minor adjustment. Ongoing insurance cost increase is being shopped for relief. Finalized discussions on adjacent property.

We also made plans for the January 11 Board Meeting/Retreat. One of the items to be worked on at the retreat is a plan and committee to prepare for welcoming potential new members from a new 880 household development being built in Batavia: all part of visualizing our future at Unity of Fox Valley.

The text "The Board" is written in a large, blue, cursive script. The word "The" is positioned above "Board", and both are slanted to the right. The letters are thick and have a hand-drawn, artistic feel.

Youth Education for a Younger Crowd

As we embark on the holiday season, our youth will celebrate the **Power of Life** by exploring the story of Jesus' birth as depicted in the Gospels of Matthew and Luke. The symbolic color for this Power is **Red**, represented by **Judas the Disciple**. Through prayers, meditations, music, crafts, and especially in our upcoming Pageant

performance, the youth will reflect on how the Bible narratives of Jesus' birth symbolize the unfolding story of our own spiritual paths.

Our annual **Christmas Pageant** will soon be here! It will take place on Sunday, *December 15th*, during the 10 am service. This year's theme, *The Comfort of Christmas*, is inspired by the Unity Advent 2024 booklet title, and it will be celebrating the metaphysical meaning of the Nativity Story.

Rehearsals will be held on Sundays, *December 1st* and *8th*, during our 10 am class time, as well as on Saturday, *December 14th*, at 9 am. Youth of all ages are invited to participate, and sign-up sheets are available downstairs in the Youth Ed area. We look forward to a joyful and unforgettable pageant that celebrates the true loving spirit of the Christmas season!



Parents and grandparents, please be sure to save the date for Sunday, *December 22nd*! On this day, all of our classes will gather together for an exciting ***Gingerbread House Decorating Party*** – the same day as our church's ***Ugly Sweater Day!*** Each youth will have the opportunity to design their own unique gingerbread house. We are graciously asking for donations – candies, pretzels and cookies – to make these edible masterpieces both delightful to see and delicious to taste!

For questions concerning the Pageant or for donating Gingerbread House items, please contact me at marynowroozi@comcast.net. As always, I am deeply grateful for everyone's support and encouragement of our youth's spiritual growth.

***I envision for you and your loved ones a beautiful
and joyful Holiday Season!***

"When they saw the star, they rejoined with exceedingly great joy."
Matthew 2:10

With heartfelt blessings,
Ms. Mary, LUT, CSE
marynowroozi@comcast.net

Prayer Chaplain Ministry

Starting with the August newsletter I chose specific themes to carry us through the months ahead. I started in August with *faith*. September's topic was *hope*, leading to *action* in October. Last month's touched on Unity's eleventh and twelfth powers (*release & life*), culminating with *trust*. We're now in December, moving into the winter holiday season of Christmas, Kwanza and Chanukah, to name a few of the special days that are celebrated.



And, despite the fact that what I had had faith in, had hoped for, and trusted would be, did not turn out as I had envisioned, in my heart of hearts, as a Truth student, during this Christmas season I am setting my intention to focus on *love* and *joy*!

(In light of the month we've just experienced, if you're not ready to go there, it's ok. {This writer continues to have her ups and downs, since you know when...} But, if you don't choose to read the rest of this piece, please do read the essay on Grief by Maria Cosentino, LUT, Spiritual Education Director, and PC Emerita.)

There's another of the Twelve Powers that I invite you to tap into in the coming days, months, and years - the power of Strength. In a Unity book, *PowerUP*, the Reverends Paul Hasselbeck, D.D.S. and Cher Hilton, Ph.D. describe strength as the "ability to endure, stay the course, last, be persistent, persevere, and be stable." We can use this power of strength to adopt **Amor Fati**, "love of (one's) fate," an ancient concept Deb McQuaid, LUT and Prayer Chaplain Emerita, shared with us in her talk on Sunday, November 17th. Quoting Google, "Some say that this mindset can help ... put one's energy and emotion where they'll have the most impact."

No matter what your mindset is at this moment, I suggest you use **Prayer and Meditation** to help you touch into your *strength* as you experience a meaningful Christmas season. These tools may not seem to change the world *outside* you, but they can, and will, change the world *within* you...

Your Prayer Chaplains - Pam Verner Skaar, Denise Hage, Wanda Faye Holmes, Bobbi Severson, and Marie Manella - are here to support you with your prayer needs. When we pray with you, we hold everything said in confidence, placing your requests in the sacred space of limitless possibilities in God's love; that place we often are unable to see for ourselves.



A Prayer Chaplain is available to pray with you after the service each Sunday. We also make periodic Wellness/Caring Calls. If you have not been receiving prayer calls and want to start now, please contact the church office at 630-879-1115 or churchoffice@unityoffoxvalley.org and a Prayer Chaplain will be in touch.

With love,
Marie and Bobbi
Author and Editor

God, sometimes when I feel sad or disappointed, I imagine myself being held in the warm embrace of Spirit's unconditional love. I feel safe and peaceful. In these moments of solitude with You, I feel a soul connection with my loved ones and friends.

This awareness lingers with me to become a part of my interactions with others. I know what to do to encourage harmony. I know when to speak and when to listen, doing both with love and understanding.

God, I know You are with me to bring harmony to every situation. My heart's desire is to express love and harmony every day of my life.

Source: 2018 Unity booklet, *Healing Thoughts*

The sacred prayers used by the Unity Prayer Ministry this December.

Inner Peace - Divine peace is my path and my true nature.

Guidance - I follow the star and respond to the light of divine wisdom.

Healing - God is the flow of life within my body and being.

Prosperity - I rejoice in abundant possibilities.

World Peace - The Christ born in me is a gift to the world.

Managing Grief & the Holidays



Please click [here](#) for an article by Maria Cosentino, LUT about grief and the holidays.

Please contact Maria with any questions or for more information:
mlcosentino@gmail.com

Name Tag Sunday

**NAME TAG
SUNDAY!**



1st Sunday of the Month

Before the Service, please stop
& write up your name tag!

Sunday Service



Every Sunday, 10:00 am, In Person & Online

Dear UFV Family & Friends,

Come and join us as we explore wherever God and Spirit may lead us. Our coming together is an affirmation to answer that call collectively.

Subscribe to our
You Tube Channel

If you cannot attend the service in person, you still can be a part of it by tuning in to our YouTube channel. All you have to do is click [here](#).

Whether you opt to join us in person or [online](#), we look forward to having you with us.

Peace,
Rev. Mike

Please click [here](#) to take you to the Sunday Service website.

Online Sunday Bulletin

Our Sunday Bulletins are available online!

Just click on the link [here](#) and scroll down to the Online Bulletin section.

The bulletin will be updated on Thursdays,
& all content is subject to change without notice.



Sunday School



Every Sunday, 10:00 am

We are welcoming youth of all age groups to join us for an hour of uplifting spiritual connection through prayer, story, meditation, songs, game, and craft:

Nursery (3 months to age 2)

Children's Church (ages 3 to 6 – preschool to 1st grade)

Juniors (ages 7 to 10 – 2nd to 5th grade)

Uniteens (ages 11 to 13 – 6th to 8th grade)

Y.O.U. (ages 14 to 18 – 9th to 12th grade)

Parents are welcome to join in on the fun, too!

Any questions/concerns, please contact Mary Nowroozi, Youth Director:

marynowroozi@comcast.net or Dawn Staszak, Teen Youth Director:

dawn_311@yahoo.com

Please click [here](#) to take you to the Youth Ministry website.

Secret Santa



For the 21st year, Unity of Fox Valley will be providing gifts for children who are served by CASA (Court Appointed Special Advocate) Kane County. These are children who might otherwise find their Christmas trees bare.

The Christmas Tree will be on the back wall of the sanctuary for the whole month of November.

Please select a tag or tags from the tree and return your gifts on or before Sunday, December 1st.

Please contact Kathleen in the Church Office with any questions: churchoffice@unityoffoxvalley.org

Please don't be late!
Only ONE delivery trip will be made to CASA.

Please contact Kathleen in the Church Office with any questions: churchoffice@unityoffoxvalley.org

Please click [here](#) for the Christmas website.

Soup Sunday



**Please sign up for Sunday, December 1st,
after the Service**

Contact Bob Anthony with any questions: banthony103@comcast.net

Please click [here](#) to take you to the Cafe website.

ONLINE Men's Group



1st & 3rd Tuesdays, 7pm, ONLINE

This group explores spirituality and religion in diverse and exciting ways.
Newcomers are ALWAYS welcome!

**Please contact the Church Office with any questions & to request the login
information: churchoffice@unityoffoxvalley.org**

**If you have trouble accessing the meeting, please contact Zoom:
<https://support.zoom.us/hc/en-us>**

We are asking you to use your 1st & last names for your Zoom account. Please click [here](#) for instructions.

If you want to invite a friend/guest, please let the Church Office know ASAP so they know to admit them into the Zoom meeting.

Please click [here](#) for the Men's Group website.

Coffee & Tea with Myrtle & Me



Every Thursday, 10:30 am

Dear UFV Family & Friends,

Please come and join us! Bring your drink of choice, a sweet treat perhaps, questions, ideas, curiosity, imagination and a friend or, you may just come to hang out for a bit. We hope to see you! All are welcome!

Peace,
Mike

Please click [here](#) to for the Coffee & Tea w/Myrtle & Me website

ONLINE A Course in Miracles



**Every Thursday,
7:30 - 9:00 pm, Online**

The emphasis for this session will be the Workbook from A Course in Miracles. The Course invites us to retrain our minds so that we can experience more peace in this world.

Everyone is welcome - you may join in at any time!

Just look for the weekly email with the login information sent out every Tuesday evening.

Please contact Warren Wakerlin with any questions & to request the login information: wwakerlin@aol.com

Please click [here](#) to take you to the ACIM website.

**There will be NO Coffee & Tea w/Mrytle & Me
and A Course in Miracles on 12/26!**

Service of Remembrance



SERVICE of
Remembrance

**Sunday,
December 8th, 10am**

*A day to remember and
celebrate the life of a
loved one, who has
moved on to his or her
next life experience.*



Please click [here](#) to take you to our Service of Remembrance website.

Healing & Wholeness Service



HEALING AND WHOLENESS SERVICE

Friday, December 13th, 7pm

Please join us in our once-a-month service filled with music, chant, prayer, and hands on healing conducted by members of our music team and our prayer chaplain team.

If you've ever wanted a time and place where you could just be open and surrendered to the healing power of Spirit this will a wonderful opportunity to be surrounded in love, prayer, and peace.

Second Friday of every month!

For more info., please contact Rose Maxson: singingalong77@gmail.com

Please click [here](#) for the Healing & Wholeness website.

This Service will not be [Live Streamed](#).

Christmas Pageant

Youth Christmas Pageant



Sunday, December 15th, 10 am Service

Our annual Christmas Pageant will soon be here! This year's theme, *The Comfort of Christmas*, is inspired by the Unity Advent 2024 booklet title. The pageant will celebrate the metaphysical meaning of the Nativity Story. Youth of all ages are invited to participate, and sign-up sheets are available downstairs in the Youth Ed area.

Rehearsal dates and times:

- Sundays, December 1st and 8th, during our 10 am class
- Saturday, December 14th, at 9 am



*We look forward to a joyful and memorable pageant
that celebrates the loving spirit of the holiday season!*

For questions, please reach out to Mary at marynowroozi@comcast.net.

Please contact Mary Nowroozi with any
questions: marynowroozi@comcast.net

Please click [here](#) for the Christmas website.

Ugly Christmas Sweater Sunday



Please click [here](#) for the Christmas Fun website.

Christmas Eve Candlelight Service



This is a sacred service of inspirational music, scripture readings, carols and candle lighting as we joyously celebrate the coming of the light to a world waiting to be reborn.

Please click [here](#) to take you to our Christmas website.

McDonough & Nahmod Concert

McDONOUGH & NAHMOD CONCERT



**Sunday,
December 29th, 12:30pm**



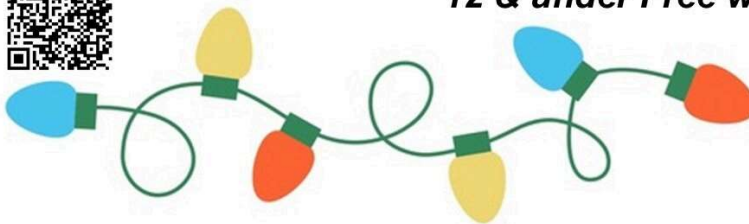
**Megon McDonough
and Daniel Nahmod** are two
prominent composers and musicians
that are teaming up to do a special
concert at Unity of Fox Valley!

*Be a part of our continued
holiday celebrations!*



\$25/adult

12 & under Free w/adult



www.unityoffoxvalley.org churchoffice@unityoffoxvalley.org

Click [here](#) to purchase tickets!

Any questions? Please contact the Church Office
or Rev. Mike: revmike@unityoffoxvalley.org.

Please click [here](#) to take you to the website.

World Healing Meditation



Tuesday, December 31st, 6am

On December 31, 1986, noon Greenwich time, people around the world gathered to participate in the most comprehensive prayer activity – a planetary affirmation of peace and love, forgiveness and understanding in a simultaneous global prayer link to achieve a critical mass of spiritual consciousness.

Thus was the birth of World Healing Day or World Peace Day. Whatever the term or label, it was a new beginning in restoring this world. It was and continues to be shared moments of oneness to dissolve the sense of separation and return humankind to Godkind.

Today this positive consciousness is practiced and celebrated throughout the year with the accumulation of positive energy wafting over the planet and all its inhabitants on World Healing Day, when millions of people gather together as one to usher in a new era of peace and love on earth.

All gatherings begin at precisely the same moment all around the world, each group praying in their native languages, each praying in their own traditions. We all are affirming Peace and committing to do our part to heal the world.

This Service will not be Live Streamed.

Please contact Bobbi Severson (bsever4785@gmail.com) or Marie Manella (mleduc7@yahoo.com) with any questions or for more info.

Please click [here](#) to take you to the World Healing Meditation website

Volunteer Ministry

SHOUT OUT!!

Thank you to all that helped with the Thanksgiving feast this year!! So many people give so generously to make this traditional feast a happy festive occasion and we are blessed!!



BUSY DECEMBER:

Not only personally but for our church community as well! Lots happening!!

Church Decorating on Nov. 29th & 30th. Pre "Thank you" for all that came and helped decorate and make us beautiful!! Not sure this will hit your inbox before the 30th!!

Kitty is inviting anyone who would like to sing with the **Music Team** for our Christmas celebrations on Christmas Eve and December 22nd. Contact Kitty for more details!!

We need help with ticket sales for the **McDonough/Nahmod Concert** coming up December 29th. Please contact Bobbi Severson, Bsever4785@gmail.com, if you can help on the Sundays leading up to the concert and at the door on that afternoon!

GIVE YOURSELF A BREAK DURING THE RUSH OF THE HOLIDAY! Join us for a beautiful **Healing & Wholeness Service**. Let the music surround you with peace and give you rest. Join us on December 13th at 7:00 PM

WHAT VOLUNTEERING MEANS TO ME:

And we end this newsletter with our "Why I Volunteer" quote of the month!!

"Volunteering, what it does for me....Spreading light in any way I can allows me to reflect on what I call my "Spiritual Benefits Package". Lately the benefits keep increasing. It leads to bigger/better for me and the good of all." ~ Laura

I can't think of a better reason!! Thank you, Laura for sharing from your heart!!

My Christmas prayer for all of you this Holy Season. . .

May you carry on the Light of the World through your heart expression of Love, Peace, and Joy. Let your light illumine the way for those in darkness. Let your light bring hope to the hopeless.

Let your peace surround the chaos. Let it shine throughout the coming year!! And for your life, impacting my life, I am grateful!!

In love & light!!

Bobbi

bsever4785@gmail.com

Just Ask Ministry



Ask and you shall receive!

Do you need something?

Do you have something to offer? Let us know!

churchoffice@unityoffoxvalley.org

Please reach out to the contact person directly.

The church will not be managing any transactions.

(unless the item is offered by the church)

CURRENT OFFERINGS:

- 4 flats of feline ProPlan Urinary Tract Health canned food 3 oz., almost 1 flat Purina UR feline prescription (from the vet, anyway) 5.5 oz., 1 large unopened. Royal Canin SO kibble.
- Two Chromolux 72 watt full spectrum flood light bulbs. About 16 railroad ties located on the west side of the Unity parking lot (was Larry's flower garden).
- 2 sets of pet stairs, 18'h x 24"d x 16"w, 4 stairs on each, each step is 5 1/2" deep; the stairs can be separated into 2 and 2; they are foam covered in stretchable grey fabric; suitable for chihuahuas, maybe other cats would like them.
- Variety of cassette tapes of various artists. Please click [here](#) to see the list.
- Cardboard Cactus. Please click [here](#) for a photo.

CURRENT REQUESTS:

- Old denim jeans. Size & condition isn't a factor.

Please click [here](#) to follow up with any of the above Offerings/Requests or for more information.

Young Living



Did you know that when you purchase Young Living products Unity of Fox Valley benefits in more ways than just the cost of the item purchased? Young Living products are the highest quality and have many health benefits.

We have a good selection of Young Living Products available for sale. From agave nectar to an array of toiletries and cleaning products! We also have Essential Oils available for calm & healing.

Do you need us to order anything? Place your order with Kathleen in the Church Office by the 12th of each month!

For more info or questions on the products, please contact Sue Rolison:
sue.rolison@comcast.net

For more info. or any questions on ordering, please contact Kathleen:
churchoffice@unityoffoxvalley.org

Upcoming Events

- **Burning Bowl & White Stone Ceremony** 1/5
- **Men's Group** 1/7 & 21
- **Healing Service** 1/10
- **Women's Group Meeting** 1/12
- **Online Class - Stay tuned!** 1/14
- **Volunteer Fair** 1/19 & 26



Amazon Lists

Donate items from our Charity List
Shop Now

charity lists
amazon smile

Occasionally, we need to restock our supplies. You can help!

Just click [here](#) to see what we need!

or, copy and paste this link:

<https://a.co/6W4z8xs>

Tithes & Offerings



Nothing is possible without your commitment and generous financial support. Thank you so very much!

Please click [here](#) or copy and paste the following link in your browser:

<https://www.paypal.com/biz/fund?id=44UC5B8W64KBQ>

- You may contribute any amount and you do not need to have a PayPal account to contribute but you do need an email address.
- ***Paypal does take a fee from your donation.*** If you would like to be sure your entire donation is given to the church, feel free to mail in your donation: Unity of Fox Valley, 230 Webster Street, Batavia, IL 60510.
- ***If your donation is for a specific event, please be sure to write that in the Memo area of your check.***

News from the Church Office

*A section in the Newsletter to fill you in on some of the fun doings
of our Business Manager, Kathleen Malick.*



Thank you so much to all that signed the sympathy cards for my dad's passing. I truly appreciated the warm words of comfort.

**Please remember that it is NEVER too late to eat right, get up and get moving!
Love yourself by treating your body right! It's the ONLY one you have!**

Kathleen Malick

If you click on my photo or my name above, it will take you to my Instagram page for more photos of my life. (FYI - This is my personal IG account. Although it is quite tame, please know that I do not censor it for anyone.)

Follow Us on Facebook



Connect with us on Social Media by liking our Facebook page! There you will find updates on our events and general news.

<https://www.facebook.com/unityoffoxvalley>

Contact Information

phone: 630.879.1115 churchoffice@unityoffoxvalley.org

fax: 630.879.1728 www.unityoffoxvalley.org

prayer line: 630.879.1129

Forward this email

Join Our Mailing List

A Note about Unsubscribing: If you unsubscribe to any email you receive from UFV, you will no longer receive any email notifications from us - including Sunday Service links.

