



October 2022

Ministerial Musings

pet peeve week

Not too many people know about it, but the second week of October is Pet Peeve Week. Just to clarify, this has nothing to do with your dog getting into the trash or your cat accidentally tipping over and breaking your favorite whatever. It is all about those petty little things that annoy you. We all have them about somethings and about some others. Whoopie Goldberg said, "I don't have pet peeves, I have whole kennels of irritation."

During pet peeve week, I suggest a fun exercise. Do some digging, sort them out, and then write them out. What drives you up a wall? High on my personal list of annoyances is at the store when somebody obviously leaves their shopping cart in the middle of the aisle while taking what seems like an hour to decide which can of soup they want. Another is when somebody tells someone else, "Don't feel that way." But if I were to set my mind to it, I am guessing I could easily come up with a dozen or so others that I have repressed.

So why am I suggesting that you deliberately call to mind those little things that drive you crazy? Because they are little things, that's why. They provide an opportunity to practice the art of turning things around. They can be kindergarten steps in which we become skilled at changing those thoughts that hold us back or down on a much larger scale. They might even help us learn how to deal with our biggest disappointments and hurts. The only way to get to the next highest level is one step at a time. Plus, there may be a

bonus benefit, we may come to realize those things that we do that others may find annoying – definitely a relationship builder.

Finally, the process is easy. All you have to do is convince your brain that you are going to try a little experiment, a different approach. Starting on a smaller scale, the brain will be more receptive. The last time somebody blocked the aisle at the store, I tried it. I took a breath and asked myself, “What difference does it make?” After a while the person whose cart was in the way, looked at me and apologized. I smiled and said, “No worries, I’m always in too much of a hurry anyway.” We then exchanged smiles. The next two minutes I felt happy instead of peeved.

There is a large gap between a pet peeve and a crushing hurt. But in both cases, the remedy lies in de-energizing it. It is a process of shutting down our knee-jerk reactions and remembering what really is important. With the smaller things, it may just take a moment. On a larger scale, it involves much more concentration. My company had a motto: “If it is difficult, we will do it immediately. If it is impossible, it will take longer.” A silly concept like Pet Peeve Week reminds us that it is within our reach.

My biggest pet peeve? Not taking my own advice. I guess I should be doing some serious journaling the week of October 9th.

Rev Mike

revmike@unityoffoxvalley.org

Youth Education for the Younger Crowd

The **Power of Zeal** is the perfect power to be honored for this month of October! The Color for this Power is brilliant, fall **Orange** and the disciple is **Simon the Zealot**. The youth will explore how the Power of Zeal helps us achieve our heart’s desire in practicing the presence of God with joy and enthusiasm. Also, during this month of October, we will be reflecting on the “*Metaphysics of Halloween*” which is a deeper, more positive, spiritual approach to the meaning of this “evening before All Saint’s Day”.

Please join us for the following upcoming events:

- **Pet Blessing**: *Saturday, October 1, at 11 am.* All God’s Creatures (animal and human) are invited to join us outside in the church lot for uplifting songs and prayers. Please bring your beloved pet or a photo of your pet. We will honor and bless all pets

including those who have made their transitions. For inclement weather, our Blessing will be held indoors.

- ***“Let Your Christ Light Shine!” Intergenerational Service: October 23, 10 am Service.*** The youth will be presenting a parable that incorporates the metaphysical message of how we express our God-Light through our loving thoughts, words and actions.
- ***“Tail Gate Trick or Treat”:*** *Sunday, October 30, after service in the Church Lot! We invite everyone - infant to adult - to come dressed in costume. Please bring wrapped treats (no nut products)! Instead of saying “Trick or Treat”, the youth will be saying a “Wing Word” such as “love, peace, or joy.” We are so looking forward to all witches, ghosts and goblins (as well as pretty princesses, Ninjas, etc.) to join us for this fun, family event!*

With deep appreciation and blessings,
Ms. Mary, L.U.T., C.S.E.

marynowroozi@comcast.net



High 5 Fundraiser



Dear Unity of Fox Valley Family and Friends,

At the last meeting the Board of Trustees voted to have a fall fundraiser under the name [High Five Fall Fundraiser](#). Please note this fundraiser is unrelated to pending improvements to our sanctuary. The fundraiser is necessary to replenish funds needed for normal operations such as utilities, mortgage and salaries.

Unfortunately inflation had had a real effect on us while contributions have not increased. Without a fundraiser the projected deficit for 2022 is near \$15,000.

We are sensitive and respectful that there are those in our church family who also are feeling the effects of inflation and doing their best they can. We choose the High Five slogan to inspire at least a \$5 per week increase to what you have been giving. If you can contribute a multiple of \$5, it would provide much needed help. If you prefer a one time extra contribution instead of a weekly increase, that too would be appreciated.

You may expect a more detailed explanation as to our financial situation to be given at a Sunday service soon.

Thank you for listening and for your kind consideration.

Your Board of Trustees

Please contact [Rev. Mike](#) or any of the [members of our Board](#) with any questions.

For more information, please click [here](#).



How to donate to the High 5 Fundraiser:

- **PAYPAL:** Just click [here](#)! 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. You will have the option to help offset those fees as you process your donations)
- 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. Please write 'High 5' in the memo of your check.

Pet Blessing

Pet Blessing Service



Saturday, October 1st , 11am



All God's creatures welcome!

*This event will be held on the church lawn.
For inclement weather, it will be held indoors
downstairs in the Fellowship Area.*

***This will be a fun, spiritual time for all
of God's creatures (animal and human)!***

Please contact Mary Nowroozi with any questions
or for more info.: marynowroozi@comcast.net

Sunday Services

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.

Part of our responsibility in answering that call is a mindfulness of the world around us, and doing what we can to insure the safety and well-being of all who join in our Sunday worship.

We also remind everyone to adhere to the [Covid Protocols](#) that have been set in place. Your understanding and cooperation will contribute to being able to continue to meet in person.

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.

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)

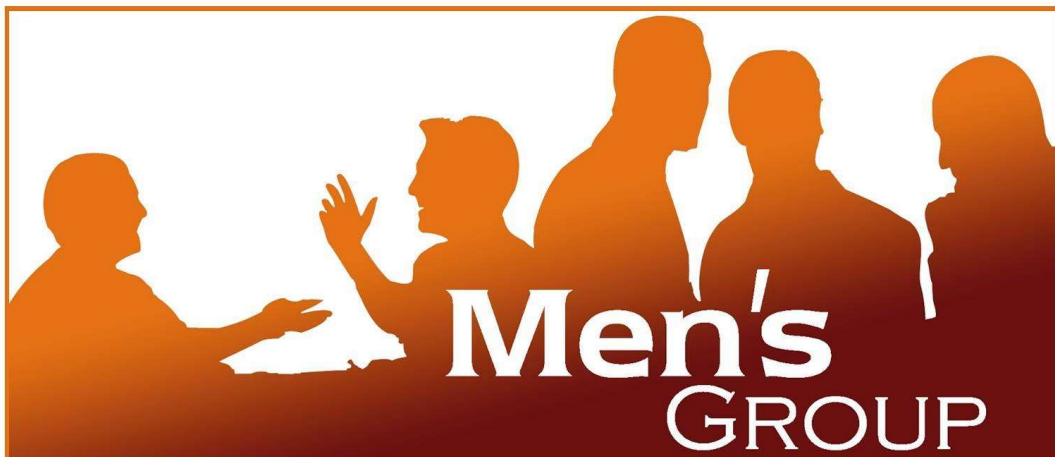
Parents are welcome to join in on the fun, too!

Any questions/concerns, please contact

Mary Nowroozi: marynowroozi@comcast.net

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

Men's Group



1st & 3rd Tuesday, 7:00 pm, Online

This group explores spirituality and religion in diverse and exciting ways.

Newcomers are ALWAYS welcome!

Zoom login information will be forthcoming or you may contact the church office for more information: churchoffice@unityoffoxvalley.org

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

Coffee & Tea with Myrtle & Me



Every Thursday, 10:30 am, on the Church Lawn

Dear UFV Family & Friends,

Please come and join us! Bring with you a lawn chair, 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.

If it rains or is too cold/hot, don't let that stop you. We will hold this event inside.

Peace,
Mike

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.

Healing & Wholeness Service



**HEALING AND WHOLENESS
SERVICE**

Friday, October 14th, 7:00 pm

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

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

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

Intergenerational Service

"Let Your Christ Light Shine!"



Intergenerational Service

Sunday, October 23, 10 am

We invite you to attend this Service where the youth will be role-playing a parable and singing a song related to the "Christ Light" inherent in each one of us. This will be a memorable, heart-warming metaphysical message for all.

***We appreciate your loving presence
in supporting our youth.***

For more info, please contact Mary Nowroozi: marynowroozi@comcast.net

There will be no Sunday School this day.

Tailgate Trick or Treat



Sunday, October 30st, 11:30am

Come Join Us for Halloween Fun!

We will be calling all “witches, ghosts and goblins” to celebrate!

Registration is due no later than Wednesday, October 26 by contacting Mary at marynowroozi@comcast.net with the exact number of youths attending.

On Thursday, October 27, an email will be sent out to inform everyone the number of children participating to determine how many treats each family will need to bring.

Please bring only store-bought, wrapped (no peanut/tree nut) treats!

We appreciate everyone's cooperation to make this a fun, safe
Tail Gate Trick or Treat” with our Unity Family!

Looking forward to a spectacular, fun family event!

Any questions/concerns, please email Mary at marynowroozi@comcast.net

Please click [here](#) to take you to the Tailgate Trick or Treat website.

Prayer Chaplain Ministry

Well, it's here again - autumn! Daylight is ending 1-2 minutes earlier every afternoon and nights are lengthening daily. Although I lament the end of summer's "lazy, hazy days" ambiance, I am now surrendering to what is and appreciating the pleasures that come along with this season. To name a few: Moderating temperatures; nature's colorful

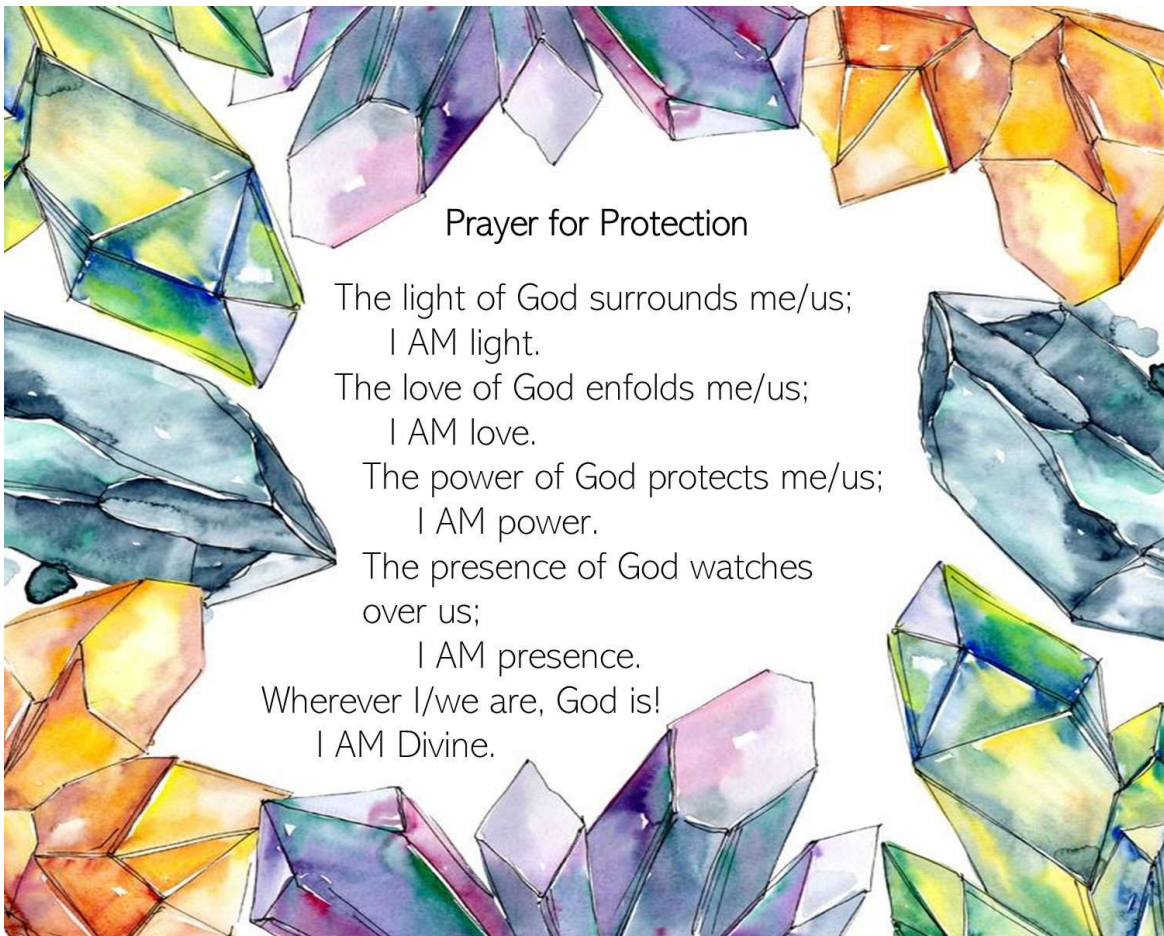


panoramas; pumpkins, scarecrows, witches and ghosts popping up on front lawns; and the wonderful aromas of fall - pumpkin spice and chrysanthemums being a couple of my favorites. Henry Ward Beecher, a 19th century American clergyman and abolitionist, once said, "October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month."

Although the [Prayer Class](#) has had the first meeting, it's not too late to join in and enhance your "picture-month." If it's your soul's desire to deepen your spiritual practice, and widen your understanding of affirmative, meditative prayer, at the heart of Unity's teachings, please consider joining our Licensed Unity Teacher and veteran Prayer Chaplain, Maria Cosentino, on the remaining October Sundays. We're meeting after service, at 11:30 in the Adult Ed room.

Your Prayer Chaplains, Wanda Faye Holmes, Maria Cosentino, Mary Nowroozi, Bobbi Severson and Marie Manella, are committed to making periodic Caring Calls to support you, our spiritual family, with your prayer needs. There is at least one prayer chaplain available after service each Sunday. When we pray with you, we hold everything you share 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. If you have not been receiving prayer calls and want to start now, please contact the church office at 630-879-1115 or send an email to churchoffice@unityoffoxvalley.org and a PC will be in touch. Remember, Silent Unity, is available anytime, day or night, at 816-969-2000 or unity.org/prayer

Blessings and hugs,
Marie and Bobbi



Prayer for Protection

The light of God surrounds me/us;
I AM light.

The love of God enfolds me/us;
I AM love.

The power of God protects me/us;
I AM power.

The presence of God watches
over us;
I AM presence.

Wherever I/we are, God is!
I AM Divine.

Unity Prayer Ministry's October Prayers

Inner Peace - I pause; I breathe; I enter a sanctuary of peace.

Faith - By faith, I perceive the true and real within every
circumstance.

Wholeness - Centered in divine life, I flourish in every way.

Prosperity - I am one with and now realize divine abundance.

World Peace - I am at peace with all humanity.



Volunteer Ministry

Happy Fall Y'All!!! It sure seems like this summer flew by pretty quickly. Cooler weather and color changes are a sight to behold and a time to release and let go, harvest the last of the flowers and vegetable gardens and prepare for the winter months ahead.

Fall is also a time when we step up our activities around church and need our volunteers even more so over the next few months leading up to Christmas. If you are a newcomer to our Spiritual family, this is an excellent way to meet your fellow congregants and get



to know one another a little better. If you have been here awhile, but haven't been very active on the volunteer scale, now is the time to jump in with both feet!!

VOLUNTEER OPPORTUNITIES FOR OCTOBER AND NOVEMBER:

LANDSCAPING: Fall is always our cleanup month and we really need help in this area. Please contact Larry Sheaffer (larrysheaffer@sbcglobal.net) if you would like to be on this team and lend a hand. He will get you on the list and send out emails when we start our cleanup this month.

SPECIAL EVENTS: We are back in business with our full **THANKSGIVING FEAST** WITH ALL THE TRIMMINGS. Thank you **DEB MCQUAID** for chairing this event. She will need your help with set-up, cleanup, and of course yummy food! A sign up poster will be up as we get closer to this event, so please sign up and help in any way that you can.

SOUP SUNDAY???? **Bob and Mary Ann Anthony** would like to have a soup Sunday the **FIRST SUNDAY OF EACH MONTH**. They have a sign up sheet downstairs in our café area. A wonderful way to warm our belly and our hearts, so dig out those recipes and sign up for a future Sunday.

PRAYER CHAPLAIN TRAINING (for current and new chaplain candidates) will take place **October 14 & 15th and November 18th & 19th**. It is not too late to join the Prayer Class and just plant the seed for your ongoing spiritual discovery.

OOPS! I can't forget our **PET BLESSING** ON **OCTOBER 1ST**. Thank you Ms. Mary and all of your volunteers for hosting this special event where we can honor and bless our fur babies.

AND OUR **TAILGATE TRICK OR TREAT** in the parking lot after the service on **October 30th**. This is an easy way to "volunteer". Just open your trunk and be creative to surprise our wonderful children with some yummy treats and see them in full costume!!

That just about sums up this month. Further information about these events can always be found on the **UFV web page**, Sunday announcements and bulletin, and sign up sheets

in the hospitality area.

Blessings and have a great month!! We are grateful for you!!!

Bobbi Severson

bsever4785@gmail.com

WSC - Ethio Bean Outing



Date to be determined

This years experience is Ethiopian food which caters to both vegetarians and non-vegetarians. Please visit ethiobeans.com to learn more about their history, cuisine and menu options.

We hope all the ladies of UFV (past and present members, family, and friends) will join us.

Once we know how many ladies are interested we will look a the best day that works for the majority.

Ethio Beans Ethiopian Restaurant & Café

[171 S. Schmale Road, Carol Stream, IL 60188](#)

630-868-3964

If we've learned anything from this global pandemic, we've learned the importance of stayin in tough and following through with what we say we most desire in our lives. This is going to be a fun, good food eating, heart healthy laughter afternoon. We hope you can join us!

To RSVP or if you have any questions, do not hesitate to call or text Wanda Faye at 586-604-6043 or Bobbi at 630-632-2368.

Please click [here](#) to take you to the Women's Social Club website.

The [Women's Social Club](#) is for any woman that wants to attend events and have some fun with one another! Events are planned as they come up and we are always open to new ideas. Come out and have some fun with friends!

Feel free to contact Kathleen Malick
for more info. about this group:
churchoffice@unityoffoxvalley.org



Just Ask Ministry



***Ask and you shall receive.
People Prospering People!***

CURRENT OFFERINGS:

-

CURRENT REQUESTS:

-

*Please click [here](#) to follow up with any
of the above or for more info.*

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.*

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 10th of each month!

For more info. or any questions, please contact Kathleen:

churchoffice@unityoffoxvalley.org

Upcoming Events



- [Grief Class](#): 11/2
- [Open Your Heart & Sing!](#): 11/5, noon
- [Annual Meeting](#): 11/13, after the Service
- [Thanksgiving Feast](#): 11/20, after the Service
- [Thanksgiving Eve Service](#): 11/23, 7pm
- [Christmas Decorating & Chili Party](#): 11/26, 10am

AmazonSmile



Support Unity of Fox Valley with your Amazon Purchase!

AmazonSmile is a simple and automatic way for you to support Unity of Fox Valley every time you shop, at no cost to you. Just click on the link below and make a purchase!

AmazonSmile will donate a percentage of the purchase price of eligible products to Unity of Fox Valley.

Please click on the following link to start shopping & help raise money for Unity of Fox Valley!

<http://smile.amazon.com/ch/36-2889899>

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](https://smile.amazon.com/hz/charitylist/lr/5I9LM5FXITZG/ref=smi_ext_lnk_lcl_cl) to see what we need!

or, copy and paste this link:

https://smile.amazon.com/hz/charitylist/lr/5I9LM5FXITZG/ref=smi_ext_lnk_lcl_cl

Tithes & Offerings



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

Please click [here](https://www.paypal.com/biz/fund?id=44UC5B8W64KBQ) 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.



Alright, I got my 'Tall Person' (a.k.a. my kid) off to college. I left Ava in Georgia to see if she can survive Hurricane Ian apparently - YIKES!

Can we all say a prayer for her though?
The hurricane will probably be on top of her when you get this newsletter& this mama is concerned.

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>



On Going Activities

Please contact each group for more info. regarding their meetings. Click on any of the events below to bring you to their individual web pages.

- [A Course in Miracles](#) - 7:30-9:00 pm every Thursday evening, Unity of Fox Valley facilitates A Course in Miracles discussion group. This is an ongoing class rain or shine.

Each week a new topic is discussed. Everyone is welcome at any time and the class is always open to new attendees.

- [Alcoholics Anonymous](#) meeting. Tuesdays at 6:00pm. Please contact AA for more info regarding their meetings.
- [Men's Group Meeting](#) - the first and third Tuesday of each month at 7:00pm, September through May.
- [Unity Green Team CommUnity Event](#) - Events to be determined

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.

