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Unity Northwest Church

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MINISTER'S LETTER

We are souls in evolution.



YOU ARE OPEN TO A NEW POSSIBILITY

"I let go of my limited picture of a miracle. I am open to my new possibility. Thank you God." With these words, you have just moved from

limitation and impossibility into the realm of unlimited possibility. Just like that! For your prayer will find its answer at the point in which your faith meets God's ideas, which are always greater than your imaginings.

If you could already know what God had in store for you, you would have it by now. Your limited mind wants to know what is coming, but your mind can only conceive of what it has experienced in the past, because that is all it knows. You cannot base your miracle on what has happened to you in the past—otherwise, your miracle would have to be just like what has already happened in the past. You have to trust that something brand new is coming through. And it is! Open up to your new possibility!

"Do not dwell on thoughts of the past. Do not even think about the old ways of doing things. Look! I am doing something entirely new. It is

springing forth right before your eyes. Can't you see it? I will make a way for you in the wilderness and rivers in the desert." Isaiah 43: 18-19

All my love,

Greg Barrette
Minister

Sunday Talks

10/02/11 Prescription for Spiritual Growth
 You are aligned with the presence of God within you—and protected by God's love, wisdom, knowledge and grace.

10/09/11 Getting Off of It and Getting On with It
 What steps are you taking to get ready for your new life?

10/16/11 Moving from Thought into Action!
 You are moving past your present limited understanding into a direct EXPERIENCE of life!

10/23/11 Your Connection with the Life Force
 You are one with the source of all healing—use this power to make changes in your world and in yourself.

10/30/11 Hooking Up with Your Intuition
 You are already equipped with intuition. Use this natural gift from God.

WHAT'S UP IN OCTOBER?

The Keys to the Kingdom

Tuesdays, Oct. 4 – Nov. 15, 7-9 pm
 Facilitated by Greg Barrette

Build a new consciousness and acceptance of true abundance. This course offers:

1. a new vision of your highest potential and a greater sense of power
2. a new understanding of spiritual law and your partnership with Spirit
3. a greater appreciation for the goodness of life and freedom from the past
4. a new way of living that will keep you in the flow of true abundance.

This journey of spiritual growth requires your pre-registration and a powerful inner commitment to these principles. If you make this commitment, you will profoundly alter your experience of life's

abundance and awareness of your highest potential. And if you do not have this experience, your tithe will be returned to you at the conclusion of the course—without question.

The Power of Now

Thursdays, Oct 6 - 20, 7 to 9 pm
 Facilitated by Lynn Barrette, MSW, LUT

The class is based on the book of the same name by Eckhart Tolle. Tolle's message is straightforward: Living in the NOW moment is necessary for true joy and enlightenment. This class will explore the three sections of Tolle's simple book: Accessing the Power of Now, Relationship as Spiritual Practice, and Acceptance and Surrender. We will work with specific methods for being in the moment, as well as how the Now moment fits into the overall evolution of the soul.

Continued on p. 2

Unity Northwest is a center for spiritual growth that offers tools for living at every level of expression.

Stay up-to-date with
Unity Northwest Church
 Visit our website at
www.unitynorthwest.org

AND

watch Sunday talks at
<http://vimeo.com/unitynorthwest>

Our Mission Statement

We nurture the experience of God in all.

Our Core Values

Authenticity. Through our Christ nature, we are authentic, principled people, embodying honesty, integrity, and justice.

Creativity. God expresses through us the beauty and joy of the creative spirit.

Faith. Through prayer and meditation centered in faith, we receive wisdom and inspiration.

Love. Through the power of love, we express compassion and kindness to all.

Strength. Through strength, courage and perseverance, we reveal our Christ self.

What Is Unity?

Unity is an interdenominational Christian church based on the practical teachings of Jesus Christ, 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.

**Silent Unity Prayer Line:
1-800-NOW-PRAY**

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**October 2011
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BOARD OF TRUSTEES LETTER

Happy Fall All,

What a beautiful fall we are having! With temperatures in the 70', what more could we ask!

The women's retreat as of this writing has over 70 women attending. This year Martha Creek will be facilitating our retreat called "The Journey Within" and we are all excited to see what this workshop will create within each of us women that are attending.

Thank you, Bridgette & Steve Cornelius, for overseeing our Circulation Day project and for those of you that donated your time to help out. There was a good turnout of people that came and hauled things away for free. What a wonderful feeling to be able to "freely" give things away.

I heard that Inside Tracks will be resuming here at Unity Northwest in January so watch for more announcements as we get closer to the new year.

Greg has many, many new classes coming up including, for the first time "Keys to the Kingdom" which will be a 7-week commitment. How exciting! We hope you will all join him on Tuesday nights for Silent Meditation, which always is followed by a class of some spiritual teaching. Thank you, Greg, for helping all of us grow our spiritual minds and souls.

Love, Communicate, Respond

The 2nd Friday of each month Judy Catrambone will be heading up a knitting circle, and all are welcome. They will be working on a project to be donated to an organization. Please see Judy if you are interested in participating and please see our church calendar for many more classes and events coming up.

Remember, our monthly Board meetings are held at 6:00pm on the 3rd Thursday of each month. If you have a concern or question or would like to discuss something with the Board, please come to the open forum which follows soon after the opening of the meeting. All members of the church are welcome to sit in Board meetings as well.

Thank you everyone for all your time, talent and treasures that each and every one of you brings to our church!

With God's Love & Mine,
Dee Caputo
Vice President, Board of Trustees

WHAT'S UP IN OCTOBER? *Continued from p. 1*

Relationship as a Spiritual Path

Mondays, Oct 17-31, 7 to 9 pm
Facilitated by: Leo Dhont LCSW & Peggy Mara-Dhont LUT

Over this period of time, they have become keenly aware of how human beings evolve neuro-physiologically and spiritually through their experiences in committed, intimate relationships with each other. In this workshop, the agenda will be to show individuals and couples how they could use their primary relationships as a way to more deeply stimulate and facilitate their desire to understand and cooperate with their soul's agenda of wholeness and enlightenment.

A free-will offering will be taken after each class. Leo and Peggy would like it to be understood that these monetary contributions are a donation to Unity Northwest Church in full.

PHUN Day

Saturday, Oct 22, 8 am to noon

The next P.H.U.N. (PEOPLE HELPING UNITY NORTHWEST) Day is Saturday, October 22nd from 8:00am to noon! Everyone is invited for all or part of that time, whatever you can manage, as we will be doing various jobs around our church home—garden clean up, indoor cleaning, fixing up, in a word, PHUN!!

**UNW Men's Group meets
every 1st Monday at 6:30 PM**

The Interfaith Counseling Center (ICC)

offers counseling to individuals, couples and families on a love offering basis for up to three visits. By the third visit, you may choose to end counseling, continue off-site, or be referred to a therapist or other community service agency that will best serve your needs.



ICC is available to people of all religious, cultural and socio-economic backgrounds, and provides support for a wide array of issues: spiritual, personal, relationships, parenting support, stress release, depression and anxiety.

Call today for an appointment: 847-297-0997.

Calling all Unity NW Women!

Monday, October 10, 6:30-9:00pm
Decorate an ornament! It's never too early to begin preparing for Christmas! Creative expert Andrea Jakubowski shows us how to paint holiday cheer on an otherwise plain ornament. A donation will be received to cover the cost of supplies.

Bring your favorite potluck dish to share and get into the spirit of Christmas!

A love offering will be accepted at the classes. For more information, call 847-297-0997 or visit www.unitynorthwest.org.

YOUTH EDUCATION MINISTRY

Be good · Be patient · Be still

This month's Youth Ministry updates were written by Joy Core, one of our Y.O.U.ers & Julie Core, YOU Sponsor... Rev. Diane Venzera, Director, Youth Education

CHICAGO-LAND AREA Y.O.U. LOCK-IN

On August 26, the YOU hosted a lock-in for several chapters in the Chicago-land area. The theme of the lock-in was "You are the Face of God" and the focus was serving and celebrating the Spirit in all of us. After meeting at the Church for "make your own pizzas," we went to Feed My Starving Children and packed food for children in areas of the world where there is not enough food. We helped pack 86 boxes, or 18,516 meals – enough to feed 51 children for a year! Afterward, we returned to the Church where we spent time in fellowship



HOW ARE SMOKERS LIKE BUDDHISTS?

Do Smokers Have the Right Idea?

Note: This article is in no way intended to encourage smoking. Smoking is hazardous to your physical health in many ways. It also tends to cover up emotional issues, instead of dealing with them head on in healthier ways.

That said, let's look at some of the Buddhist-like ways that smokers handle their day.

While introducing a mindfulness breathing exercise to a client, she brought to my attention how smokers do "that breathing" all throughout the day. Well, you know, aside from the nicotine addiction and what they are putting their lungs through one breath at a time, they are committed to some serious mindful practices at regular intervals:

- ✓ Take a break from the day's agenda, or walk away from a stressful situation
- ✓ Inhale deeply, to the count of five
- ✓ Hold your breath for the count of three
- ✓ Exhale to the count of five
- ✓ Repeat for, oh, about five minutes

Taking five minutes a day, several times each day, to breathe and focus can make a huge difference to your attitude, serenity and

with each other. A wonderful time was had by all!

IYOU Event

I was very blessed to be able to go to the IYOU 2011 event this summer. The theme of the event was "Honoring the Past, Celebrating the Now." It was a lot of fun and I made many heartfelt connections with YOUers from all over the country. The event was held at a camp near Unity Village. Everyday we had large group activities, like spiritual dancing, drum circle, joy songs and Truth Talks. We spent time everyday in meditation and prayer and meeting in small family groups where we were able to share at a deep and personal level. One of my favorite things we did was a God Walk where we spent time meditating in a spot on the campgrounds we felt connected to. We also got to celebrate our time together with fun activities like a dance.

We spent one day at the Village and got a tour of the archives and library where we were all able to get a copy of the Daily Word from our



birthdays. We also got to see the offices of Charles and Myrtle Fillmore! Yay, how cool!

I also got to go into the Peace Chapel at the Village. It was so amazing ... I could feel the spiritual energy flowing out from it as I approached. I really don't know how to describe how I felt when I went in. It was powerful, it was peaceful, it was ... WOW!

I am looking forward to next year when IYOU is at the Village for the entire week!

- Joy Core

attention. Step out of your agenda, away from a stressful situation. Breathe. Listen to your breathing. Observe it going in. Observe it going out. Focus on your breath rather than on what you just left or have waiting for you. Note how calm you feel as you return to your activities: Lighter, clearer, more alert.

Do not smoke. Do breathe.

Lynn Barrette, MSW, LUT

A COURSE IN MIRACLES

7-9 PM Thursdays

Whatever it is that you seek, it is already inside you. Sure, you might need some dusting, maybe even some unclogging, but that piece that seems to be missing.... it's there, right inside you. You can look for it in a million places, and you can try to get it from a thousand different faces, but until you recognize it within yourself, even the whole world will seem void of it. The outer world is a reflection of your inner world. If you see the beauty within yourself—if you see the Love within yourself—you will see the outer world as the same.

We attract what we think about most into our lives, yet our egos have convinced us that we are victims of circumstance. Need we forget that we are divine co-creators. We are a

beautiful extension of the mind of God. And, yes, powerful are we. It is our birthright to be powerful, loving creations of God. 'Tis to be celebrated, not chastised. The freedom is found within when all the dust and all the pollution have been removed and you have healed through forgiveness—forgiveness of yourself. Heal your emotional wounds, and seek not to defend or attack for fear of being hurt again. For when the self-love is strong within, all Love is experienced as strong and purposeful.

Jesus offers you His "dust rag," His "rod to unclog" the emotional wounds and clear the false beliefs and programming. He *offers*. He doesn't force you to accept healing. He eternally offers this to you—a way to dust off the old, worn-out habits and clear the thoughts of the ego from your mind to set you free. And, there inside you, as it always has been, will be the peace, love and happiness you seek, gently tucked away to be discovered as a "miracle" all over again.

Join us for **A Course In Miracles** and discover your beauty within—again.

Lacey Bell Whittington
Master Advanced Teacher
A Course In Miracles

**Teach only love,
for that is what you are.**

FROM THE INSIDE OUT

God dwells within me as me.

You is kind, you is smart, you is important.

Aibileen in The Help by Kathryn Stockett

You know, there are lots of ways that parents can lovingly affirm the beingness of their kids. But what if they don't? Or what if it's all criticism? Then one day, when those kids are grown up physically, inside they're still little kids who are looking for that affirmation. The African American house maid Aibileen in the story of *The Help* sees that the blonde baby girl in her charge isn't going to receive much if anything of what she needs from the baby's mother so she picks up the slack. Aibileen genuinely loves that little girl and tells her every day that she is kind, smart and important. Such a lesson can serve as a child's fallback position all the way into adulthood: when she encounters problems or ill treatment, she may connect somewhere deep down with the notion that it is wrong and not deserved.

But maybe your fallback position or mine is more like: "what's wrong with you," or "you'll never succeed," or "your cousin is better looking," or "you're too stupid." These ideas may have been conveyed by words, a look or a swat, or by neglect. And where do those ideas leave us?—without solid inner resources to carry us through difficulties.

So what do we do now that we've lived decades without solid footing? Well, we can adopt a new attitude toward ourselves that draws on the only reliable resource—connection with God. If we choose to **LOVE** ourselves and participate in the flow of God's love, then we can treat others and ourselves with loving kindness. If we choose to **HONOR** ourselves and acknowledge our connection with God mind as co-creators, we can see and consider others and ourselves from above the material existence we were all born into. And if we choose to **BE** ourselves through knowing that our purpose is to express God working within us and through us as us, we can see the sacred part we play as both the weavers and the thread of God's tapestry. As God said in Exodus 3:5, "Take off your sandals because this place where you are standing is holy ground." We are all holy and standing on holy ground! Can we breathe that in and live it? Yes, we can! Amen!

Ruth Trailer

Thoughts become things... choose the good ones! ® © www.tut.com ®

Selfhood
LOVE myself
HONOR myself
BE myself
 Code

RT



259 East Central Road
Des Plaines, Illinois 60016
Sunday Services: 9:00 and 11:00 AM
Youth Education: Sundays at 11:00 AM