

Unity Northwest Church **NEWS**

www.unitynorthwest.org

We nurture the experience of God in all.

September 2011

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Unity Northwest Church

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MINISTER'S LETTER



CIRCULATION DAY IS SATURDAY, SEPTEMBER 17!!

Fifty years ago, the Unity churches in Nigeria used to collect two offerings. The first was a usual time of giving.

Then came the "Law of Circulation" offering. Everyone would file past the altar and leave there any items from home that they either hadn't used or didn't plan to use over a period of twelve months. Then, everyone would pass by the altar a second time and take away anything left there that they could use. Whatever remained was given to any townspeople in need.

Starting in the late 1970's, American Unity churches, including this one, modified this ritual in thousands of "Circulation Days"—a sort of yard sale without money. Often, those who had received would go home and add their spare items to keep the flowing going! At the end of the day, whatever was left over would be distributed to a social service agency.

Unity Northwest Church renews its commitment to the Law of Circulation this month. Bring your items to the church on Friday, September 16 from 10 am to 8 pm. Church folk can also take what they need during this time. THEN, on Saturday, September 17 from 8 am to 1 pm, we will open it up to the outside community beyond our own church family. Thank you, Brigitte Cornelius, for chairing this event!

Unity World Day of Prayer

Wed., Sept. 7, 7:00 PM Service, then 24 Hour Prayer Vigil
 Facilitated by UNW Prayer Team

On Thursday, September 8th, thousands of people will once again join with the approximately 900 Unity Churches and Prayer Groups in a sacred partnership of prayer—the 18th annual Unity World Day of Prayer. This is an interfaith event open to people around the world. Its purpose is to unite as many people as possible in prayer for one another and for peace and to raise the spiritual consciousness of humankind by radiating God's love to all. Unity believes prayer is a powerful



way to achieve healing, harmony and understanding among the people of the world.

For participation in this event, the Prayer Team of Unity Northwest Church has created

and will host a special Prayer service on Wednesday evening, September 7th at 7:00pm, after which will begin a 24-hour prayer vigil. We invite everyone to join us at as we unite in prayer with others from across the globe for each other, the world and ourselves. The affirmation statement for this year's World Day of Prayer celebration is "We are channels through which Spirit illumines the world."

We are souls in evolution.

Circulation Day demonstrates that there is always enough to go around, if we simply distribute it right. Tens of thousands once participated in a mass simultaneous Circulation Day I organized at eleven locations located around Los Angeles. Brigitte has led this event for many years at her former church in Tucson. It is a lot of fun and teaches us that there truly is enough when we just circulate it!

As we give, we receive. That is the Law of Circulation. Come and enjoy the flow!

All my love,

Greg Barrette
 Minister

Watch Unity Northwest Church Sunday talks at <http://vimeo.com/unitynorthwest>.

Sunday Talks

09/04/11 You Have an Inner Resilience

The creative power of God now restores and heals any painful spaces within you.

09/11/11 Gotta Serve Somebody

Spirit of Service Sunday
 Well, in the words of St. Robert (Dylan), "you gotta serve somebody."

09/18/11 When Everything Goes Wrong So Right

The energy of God is the energy of life itself. Realize that nothing can ultimately fail when you cooperate with God's energy and life within you.

09/25/11 It's All Within YOU-th!

Youth of Unity Sunday
 Today, the entire service is created and presented by our teen group, the Youth of Unity. Come and be fed and lifted up with YOUTH!

Stay up-to-date with

Unity Northwest Church

Visit our website at

www.unitynorthwest.org

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

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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**September 2011
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BOARD OF TRUSTEES LETTER

The summer sure has flown by, vacations are winding down, and the stores are packed with parents and children purchasing school supplies and clothes for the return to school.

We are thankful that KidzChurch and Y.O.U. have had good attendance during these summer months as well as our Sunday services.

The vegetable garden that the children of Kidz-Church are maintaining is thriving. We have already pulled many vegetables from our plants as well as from the plants some of you took home to grow on your own. We have already donated many vegetables to the food pantry and they are truly grateful for all our help. Thanks to everyone participating to help feed those less fortunate!

The "Kick Up The Heat" fundraiser concert in August with Tricia Alexander and Diana Laffey was well attended. After expenses we made \$202.00 to add to our New Furnace account, which now has just about \$10,000.00 in it.

Greg held a new members class, and we welcome our three new members, Anita Hicks, Joan Welch and Wendy Walsh! Our membership has grown to 94 church members. Another new members

Love, Communicate, Respond

class is planned for the fall, and an announcement on the date will be posted in our Sunday bulletin. If you missed the August class, we hope you will attend this next one!

World Day of Prayer service will be held on Wednesday, September 7th, at 7 PM hosted by the Unity Northwest Prayer Team.

Then comes World Day of Prayer on Thursday, September 8th, and Dottie is looking for people to sign up for prayer times throughout that day. Please check the signup boards in the church lobby and commit to a time slot. This year's theme for World Day of Prayer is "Together We Shine," and the affirmation is "We are channels through which Spirit illumines the world."

Our talented Music Director, Todd Jackson, spent a week at Unity Village attending a music workshop so hang onto your seats; he's only gonna blow us away with his musical selections!!

From the entire Board of Trustees and me, thank you for being part of Unity Northwest Church.

Love, happiness and joy!
Dee Caputo, Vice President, Board of Trustees

WHAT'S UP IN SEPTEMBER?

Tao of Unity

Tuesday, September 6, 7:00 to 8:30 PM
Facilitated by Greg Barrette

This workshop compares the eastern Chinese teachings of the Tao with Unity's western Christian-based philosophy. Readings from the Tao Te Ching will be supplemented with the Gospel of Thomas and writings of Chuang Tse.

How to Interpret Any Dream

Tuesday, September 13, 7:00 to 8:30 PM
Facilitated by Greg Barrette

One third of your life is spent sleeping and dreaming. In ninety minutes I will teach why you dream, how to interpret dreams and how dreams can be used to solve problems.

Healthier Relationships & Better Boundaries

Tues., Sept. 20, 2011, 7:00 to 8:30 PM
Facilitated by Greg Barrette

This workshop will help you to make positive changes in your life. I will help you to learn how to stop being controlled and controlling others and

take charge of your own experience of people, places and things.

The Same Old Brand New Lord's Prayer

Tuesday, September 27, 7:00 to 8:30 PM
Facilitated by Greg Barrette

In about 50 words, Jesus shared perhaps the simplest, but most instructive prayer ever written. Billions upon billions of souls have recited this prayer a trillion times. But what does it mean? What did He mean? And how can we use this prayer to effect profound changes in our lives?

**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!

Join us Monday, Sept 19, 6:30 to 9:00 PM, for a potluck dinner and a presentation by Dr. Barbara Grace, topic to be announced.

Bring a dish to share and your beautiful self!

Sign up in the lobby today!

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

As the new school year begins, we too begin anew. We are looking forward to welcoming back our students and are excited about our fall programming. Coming back together gives us the opportunity to revisit our classroom agreements; renew our statements of purpose; meet new teachers and see our friends again.

In September all classrooms will begin with a few lessons on Building Community. The lessons include:

- Welcome Back
- Who Am I?
- Working Together in Community

We are very excited to have the opportunity for the Y.O.U. to lead the Sunday services on September 25. We look forward to creating a service that is Spiritual nourishing for all.

We are very fortunate to have an excellent, dedicated staff of volunteers to serve our children. **With this continued growth, there are also more openings for those of you who**

feel called to serve our youth. (Training and all teaching materials & supplies are provided. You can teach/assist from once a month to as often as you like.)

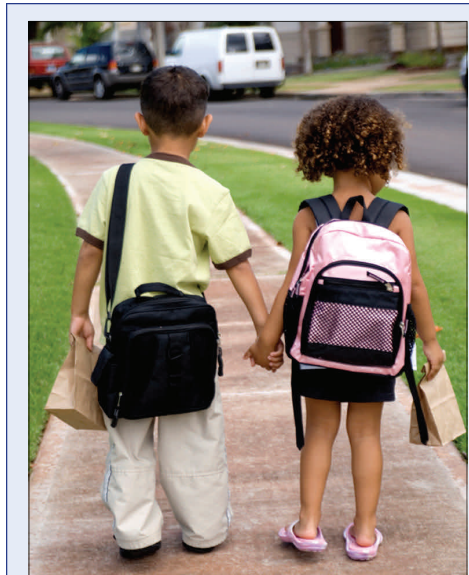
One of the advantages of volunteering in Youth ministry is the opportunity to explore your own Spiritual nature and enhance your Spiritual growth right along with the children & teens.

Open classrooms teacher positions include:

- PreK
- Unikids
- Tweens
- Uniteens

Open classroom assistant positions for: All ages except Y.O.U.

If you are interested in any of these positions or interested in attending the Youth Ministry Training, please contact me at diane@dianevenzera.com or through the church office.



<http://office.microsoft.com/en-us/images/>

Many blessings,

Rev. Diane Venzera
Director, Youth Education Ministry

Did You Know That Meditation Is Therapy?

Mindfulness, a form of meditation derived from Zen Buddhism, is quickly becoming a popular form of therapy. Being present with your thoughts, without action or judgment, is a quick way to learn what thoughts are going through your head, to disconnect from those thoughts as reality, and to be able to make new, objective decisions and actions based on observation rather than emotion or automatic, knee-jerk reactions to life situations.

Take this simple exercise: sit in a comfortable position. Breathing from your diaphragm at a natural rate, begin counting each breath, with your first inhalation as "one" and your first exhalation as "two," and so forth all the way to the count of ten. Each in breath will be an odd number, each out breath will be an even number. When you reach ten, start over, and continue this for two or three minutes. If your mind wanders, just bring your focus back to your breathing.

Notice how you feel at the end of the exercise. Do you feel more peaceful? Do you feel energized? Do you feel more relaxed? It is amazing what a vacation from our thinking will do for us!

By learning to observe and manage your own thoughts, you begin to understand the

automatic nature of patterns that repeat themselves in your life. Once you are aware of a pattern, you can choose a new response that may give you the better result you have been hoping for.

Lynn Barrette, MSW, LUT

A COURSE IN MIRACLES

7-9 PM Thursdays

"The thoughts you think are in your mind, as you are in the Mind which thought of you. And so there are no separate parts in what exists within God's Mind. It is forever One, eternally united and at peace," Jesus states in *A Course In Miracles*.

How miraculous is it that no matter how much we forget our true state of Oneness and how much we deny our Eternal Union that it is the one thing that shall remain changeless. For no matter how deep we tread in our own state of denial, we remain safe in the Kingdom of God's Mind. No matter how much we resist our true state of being, we are kept whole and connected in the Thought that thought of us.

"The Thought God holds of you is perfectly unchanged by your forgetting. The Thoughts of God are far beyond all change, and shine forever," Jesus continues.

How comforting it is that no matter how far we fall into our own temptations and obsessions that we are always protected and held safe within our Creator's Love. We are never abandoned, even if we bear false witness to such an experience. We are never rejected, even if it feels as if we are. All these experiences are simply a part of our forgetting. We forget the truth, yet we do not destroy it. The Truth of our Oneness can, thankfully, never be destroyed. And, this God knew when He created me and you.

"Beyond all idols is the Thought God holds of you. Completely unaffected by the turmoil and the terror of the world... the Thought God holds of you remains exactly as it was. Surrounded by a stillness so complete no sound of battle comes remotely near, it rests in certainty and in peace," Jesus states.

Come, remember your Peace held safely within the Mind of God. Join us in the celebration of an Eternal Miracle of Oneness! All are Always Welcome!

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.

A funny thing happened to me on the way to the post office ...

Picture this: it's Saturday morning, and I'm out for a long walk before the day gets too hot, ya know?

Now lemme say up front here that I do some of my best mind-floating while I'm out walking, and I never know what's going to percolate through my head. Well, this particular Saturday morning it's "songs I have sung with Larry at church." A few years ago we sang a Peter, Paul and Mary song that goes, "**Jesus met the woman at the well, Jesus met the woman at the well ...**" So now I've got these words plus subsequent verses singing through my head for several blocks of walking through the neighborhood—envelopes for mailing clutched in my hot little hand. Then I get to Elmhurst Road and have to cross it to get to the post office. "**Jesus met the woman at the well ...**"

(Pregnant pause.) Another thing I do while I'm walking is check out the curb appeal of the houses I pass. Some I approve, and some I don't, being such a great expert and all—**NOT!** (Okay, back to the drama.) Here I am at Elmhurst Road waiting for a break in the traffic so I can cross, having noted the brick house on my right with its totally dull trim paint color. I go to cross the street, but a car is coming too fast, and I won't make it so I stop and wait again. "**Jesus met the woman at the well ...**"

That's when I notice the front yard of this house on my right facing Elmhurst Rd. Evergreen bushes border the bay window, and a small kinda wishing well sits in the middle of the front lawn. "**Jesus met the woman at the well ...**" A small what? Umm ... "**Jesus met the woman at the well ...**" I stand there looking at this well—you know, a round wooden thing with a pitched wooden roof. Oh, my God! "**Jesus met the woman ...**" "Jesus! I'm here ... at the well! What do you want?"

To remind you that resources are welling up to fill any and all needs. You possess the Kingdom always because it is inside you. Herein lies the peace of God.

Ruth Trailer

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



And seek ye not what ye shall eat, or what ye shall drink, neither be ye of doubting mind. For ... your Father knoweth that ye have need of these things. But rather seek ye the Kingdom of God, and all these things shall be added unto you. Fear not, little flock, for it is your Father's good pleasure to give you the Kingdom.

LUKE 12:29-32



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