



Happy Mother's Day!

# Unity Northwest Church NEWS

www.unitynorthwest.org

We inspire and embrace the soul evolution of everyone in our church community.

May 2017

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## Unity Northwest Church

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## Board of Trustees

Sheila Budd	President
Mark Nissen	Vice President
Wendy Walsh	Treasurer
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Stephanie Bartels	Member
Dallas Trailer	Member

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Gregory Barrette	Minister
Betsy Nickerson	Admin. Asst.
Megon McDonough	Music Director
Tatiana Naumova	Accompanist
Rev. Diane Venzera	Director Youth Ed / Family Ministry

## MINISTER'S LETTER



### IF YOU WANT TO ENOUGH

Dr. Ernest Wilson used to qualify "all things are possible to the one who believes" with "IF YOU WANT TO ENOUGH."

It is often said that what you believe is what really brings about transformation.

That's just the start.

Beliefs are important, yes, but real change-at-depth can only occur when activated by your desire, backed by your will.

Desire.

Charles Fillmore wrote "Deep desire is essential for spiritual growth. It is the onward impulse of the ever-evolving soul."

The question is: is your spiritual growth the most important thing to you? Is it your "treasure in the field," your "pearl of great price?" Do you passionately "Seek first the kingdom?" Do you "Love God with all your heart, soul, mind and strength?" Do you want the experience of your soul more than anything else?

It all starts with your desire—backed up by your focused will.

In 1961, President John F. Kennedy asked physicist Werner von Braun what it would take to put someone on the moon by the end of the decade. "The will to do it" was his reply.

A few silently held affirmations, worked with in the secret laboratory of meditation, can drive that desire deeply into the soul. "Be still and know," "I am now in the presence of Pure Being," "I am that I am" are some suggestions for starting this activity of deep soul work.

## We are souls in evolution

But it takes time—and the persistence of your focused will.

Desire it! Then work with your will, patiently, over time, to drive that desire deep into your heart!

**Greg Barrette**

## TALK TITLES for May

May 7 N.M.P: Not My Problem!  
If you look at your problem straight in the eye, it disappears!

May 14 What Does Your Heart Tell You?  
*Mother's Day*  
Your heart is a living flame of focused desire.

May 21 Generating Your Soul's Desire  
How much joy you experience depends on your all-out participation in life.

May 28 Your Life is an Inside Job  
The more you exercise personal responsibility, the more you experience freedom and independence!

## Spring Cleanup Day

Saturday, May 20, 8:00 am to 12 noon

**More fun than you can shake a bag of fertilizer at!**

We'll be moving patio furniture, planting, and weeding outside, and cleaning and taking care of some small projects inside.

**Stay as long as you want.**

**All are invited!**



## COMING UP IN MAY ...

**Spiritual Power Tools: Support for Your Soul**  
Wednesdays, May 3, 10 & 17, 7:00 pm  
Facilitated by Lynn Barrette, LCSW

So you want to be spiritual? So you know what that means? And what's in your tool box to support you on this wonderful journey of ups and downs? This class will help define the purpose of the spiritual journey and offer tools to support you on your unique path to awakening.

**Your Adventurous Heart**  
Tuesday, May 9, 7:00 to 8:15 pm  
Facilitated by Greg Barrette

A surprise awaits you when you open your heart and accept that you are ready to be what you are hoping to become. Release your old energy and embrace the new. You are ready for it!

*(Continued on page 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](http://www.unitynorthwest.org)

AND

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

or at

<https://www.youtube.com/user/unitynorthwestchurch>

**Our Mission Statement**

We inspire and embrace the soul evolution of everyone in our church community.

**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**

**Unity's Five Basic Principles**

- There is only Presence and one Power active in the universe and in my life, God the Good.
- Our essence is of God; therefore, we are inherently good. This God essence, called the Christ, was fully expressed in Jesus.
- We are co-creators with God, creating reality through thoughts held in mind.
- Through prayer and meditation, we align our heart-mind with God. Denials and affirmations are tools we use.
- Through thoughts, words and actions, we live the Truth we know.

**Unity Northwest Newsletter**

Ruth Trailer Editor

**May 2017**

**Contributing Writers**

Greg Barrette Sheila Budd  
Diane Venzera Ruth Trailer  
Lynn Barrette

**Website**

Diane Venzera Web Master

**BOARD OF TRUSTEES LETTER**

We would like to share two very significant new lists with you:

**2017 Board of Trustees**

Sheila Budd	President
Mark Nissen	Vice President
Wendy Walsh	Treasurer
Yolanda Merges	Secretary
Stephanie Bartels	Member
Dallas Trailer	Member

**Love, Communicate, Respond**

**2017 Prayer Chaplains**

Carolyn Amick  
Teddie Campanella  
Betsy Nickerson  
Gail O'Neil  
Bea Salis  
Chris Selvik  
Ruth Trailer

**COMING UP IN MAY ...**

*(Continued from page 1)*

**Put Your Whole Self In**

Tuesday, May 16, 7:00 to 8:15 pm  
Facilitated by Greg Barrette

There is nothing of the God-self in you that you need to hold back. You can embrace your whole self and come alive with spiritual purpose!

**Enneagram and Spirit**

Thursday, May 18, 7:00 pm  
Facilitated by Jim Ware

From one point of view, the Enneagram can be seen as a set of nine distinct personality types, with each number on the Enneagram denoting one type. It is common to find a little of yourself in all nine of the types, although one of them should stand out as being closest to yourself. This is your basic personality type.

The class will open with a short review of the Enneagram. Then we'll use the Enneagram in class to discover how to best stay "above the 5" on the Spiritual Thermometer. Those who are new to the Enneagram can go online for free at [www.eclecticenergies.com](http://www.eclecticenergies.com) and take a short assessment to see what your type may be.

**Little Heart**

Little one, little heart,  
Precious tiny baby,  
You are our darling,  
Precious little heart.



When you smile in your sleep,  
Are you seeing angels  
Blowing you kisses?  
Are you, little heart?

You came for us to love  
And protect you, dear one.  
God blessed us with you,  
Precious little heart.

As you grow, as you learn,  
As your world opens,  
Our love grows with you,  
Precious little heart.  
Our love grows with you,  
Precious little heart.

R. Trailer

**Weekly  
Silent Meditation Service**

**Ongoing—Tuesdays, 6:00–6:45 pm**  
**Facilitated by Greg Barrette**

Being supported by a group makes meditation much easier. Numerous studies by research labs at major universities have confirmed the effectiveness of meditation to heal and reduce stress. We have witnessed healings of mind, body and circumstances that can be attributed to this group practice.

The **Simple, Reverent Prayer Circle** gives participants an opportunity to spontaneously speak aloud heartfelt prayers for others.

**Sundays at 10:20 a.m.**

As we support each other in prayer, we experience the power of healing that Jesus said happens when 'two or three are gathered.'

**A free will offering will be accepted  
at most classes or workshops.**

**For more information call 847-297-0997,  
or visit [www.unitynorthwest.org](http://www.unitynorthwest.org).**

**IC 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 offsite, 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 socioeconomic backgrounds and provides support for a wide array of issues: spiritual, personal, relationship, parenting, stress release, depression and anxiety.

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

## YOUTH EDUCATION MINISTRY

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

This Spring and Summer we will undertake a brand new exploration called: *Navigating My World: Developing Social & Emotional Skills*. The curriculum will focus on helping the children and teens to develop:

- **Intrapersonal Skills**

This includes understanding how we relate to ourselves, recognizing our emotions and thoughts and how these affect our lives. It will also include how to manage emotions as well as how to stay calm and positive in difficult situations.

- **Interpersonal Skills**

This set of skills explores how we relate to others. Are we able to see the perspective of others and empathize with them? How do we get along with others?

- **Mind & Logic Skills**

Here we will explore our intellectual and thinking skills. How do we develop a fertile mind? Topics will include analyzing situations and identifying and solving problems.

- **Spiritual Development Skills**

This group of skills includes inner growth skills and will explore our commitment to Spiritual growth as well as how to be a calm presence by knowing that Spirit is in charge.

- **Action Skills**

Action skills help us to achieve our goals, to focus and to work through conflicts in a positive way. It also includes the power of collaboration.

With Love,

**Rev. Diane Venzera**  
Director, Youth Education



## SPIRITUAL PSYCHOLOGY

*What does my soul want me to do?*

### THIS AIN'T YOUR MAMA'S IDEA OF FORGIVENESS Part 3: How to Forgive

Let's talk about how to forgive!

In the past two articles, I have shared what forgiveness is not, and what it is: Acceptance, Compassion, Release. This month I want to share with you a few specific processes for how to work your forgiveness need(s).

The first tool is one that you hear about often around Unity Northwest: *Seven Steps for Moving through Difficulties*, by Jane Elizabeth Hart. You can find the *Seven Steps for Moving through Difficulties* worksheet, as well as that for the *Seven Steps for Successful Life Transitions* at <http://cfenlightenment.org/handout/>.

This is an excellent process for acknowledging the good, the bad, and the ugly within any experience or person you may need to forgive (including yourself!). It addresses the positive aspects of the experience or relationship, which are sometimes hard to remember. There have been times when all the positive I could come up with was, "Thank You, God, for this opportunity to forgive this person/myself/this situation"—and that was it! That's ok! It's that balance of gratitude that helps you move through the difficult memories of the situation, which are addressed in a couple of the other steps. This process also helps us through the actual forgiveness step—being willing to let go and relinquish the need to continue to indulge in the old thoughts and feelings that will continue to pop up as they are being cleansed from within.

If you have questions or would like support in using the Seven Steps for your forgiveness need, we are here to support you!

Sometimes when I work with people, they feel the Seven Steps process is too structured, or they don't resonate with it for whatever reason. With those people, I share another method for forgiveness: Write a letter to the person (even if you are wanting to forgive yourself), that you don't send. Pour out everything you need to say. For most people, that writing process ends up covering all of the steps in the Seven Step process, just in a less formal way.

With either of the above processes, it's always nice to have a simple ritual at the end in which you burn, shred, tear up, your processing writing. No need to revisit it—you are wanting to release it, right? Then release it! If there's anything you need to come back to, it will be made clear to you from the inside out, believe me! Let it go!

A third way I share in working through forgiveness is to draw out the feelings, thoughts, behaviors and how they affected you and are still affecting you. Take crayons, colored pencils, or any other preferred art media, turn the lights down, and draw out your feelings. This accesses a different part of the brain and can help deeply process your experience. This seems to elicit much compassion for people when working with this method. There's something about being vulnerable with one's creative expression that moves people into an openness during their inner work. This is not about creating a piece of art to be hung and cherished. This is about getting everything out and moving on.

Perhaps you have other forgiveness methods that have worked for you. I knew of someone who wrote, "I forgive you" 70 times 7, as Jesus taught. That's 490 forgiveness statements! That will surely create a shift from the inside-out! Use whatever method resonates with you. It doesn't matter how you forgive; it matters that you forgive.

Thank you for joining me on this forgiveness exploration!

**Lynn Barrette, LUT, LCSW**

*Click below to access this information on video:*

<https://lynnbarrette.wordpress.com/2017/02/21/this-aint-your-mamas-idea-of-forgiveness-part-iii-how-to-forgive/>

**FROM THE INSIDE OUT***Encourage, lift and strengthen one another.**Teach only love, for that is what you are.**A Course in Miracles*

Since we have a special day this month designated for the celebration of motherhood, I thought I would share with you, with permission, something particularly precious to me—a posting my daughter Kate recently made on Facebook.

"I'm in another room today, and [JACKIE] HAS to come in to tell me something. She has rediscovered her *Storm Troopers* kaleidoscope, and has it with her. She is looking in it and is so-o-o-o-o excited! She starts telling me all about the colors and shapes and the names of the jewels. I tell her how to turn it, and she just stands there like that for a few minutes with the kaleidoscope pointed at the window.

"I PRAY that she never loses that excitement over something as simple as the 'jewels' in a kaleidoscope. That's priceless.

"Now, I know people have written poems, etc., about kaleidoscopes in the past, so maybe this is trite. But, I hope I can teach her that ...

- The way she looks at life now, and in the future, is akin to looking through a kaleidoscope! If you don't like something in life, you can change your point of view.
- Life doesn't have to be mundane; you can make your own fun!
- And lastly, if you get bogged down in a yucky situation, you can always take a break from the yuck ... and just chill with your kaleidoscope."

Amen, Kate.

*Ruth Trailer*

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



*How I relate to what is  
is where my power is.  
I can change how I  
experience something.*

*Martha Creek*



**Be God's Love in Action. VOLUNTEER! Call the church office at 847-297-0997.**



**Sunday Services: 9:00 and 11:00 am**

**Youth Education: Sundays at 11:00 am**