

2024 THEME: Led by a Vision DECEMBER'S THEME: Rebirth

Sunday Service at 10:30 a.m.

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Unity Des Plaines Church

Member: Unity Worldwide Ministries
 Affiliation: Unity School of Christianity
 Address: 259 E Central Rd
 Des Plaines IL 60016
 Phone: 847/297-0997
 Prayer Line: 847/297-0997 x2
 Email: unitydp@yahoo.com

Board of Trustees

Marne Chilstrom	President/ Treasurer
Olga La Luz	Vice President
Chris Schaefer	Secretary
Sharon Vaczek	Member
Gail O'Neil	Member

Church Staff

Megon McDonough	Spiritual Leader
Kate Kapolnek	Admin. Asst.
Tatiana Naumova	Pianist
Carolyn Dunoon, CSE	Director Youth Education / Family Ministry
Meghan Butler	Social Media Mgr.

**Stay up-to-date with
Unity Des Plaines Church**

Visit our website at
<https://www.unitydesplaines.org>
and

 our Facebook page at
https://www.facebook.com/unitydesplaineschurch/?ref=br_rs

Watch past Sunday talks at
<https://www.youtube.com/@UnityDesPlainesYouTube/streams>

VISION STATEMENT

Empower an evolving consciousness that spiritually transforms the world through an awakening oneness.

REBIRTH

For each of us, there comes a time when we must awaken and become what we were born to become.
— Seth Adam Smith

SPIRITUAL LEADER'S LETTER



Finding the Joy of Christmas by Being the Joy of Christmas

Be the peace you wish to see in the world. ~ Martin Luther King Jr

In order to get a friend, you have to be a friend. Be ready to be a friend. ~ Maya Angelou

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up. - GALATIANS 6:7-9

I send my love over the mountains, I send my love over the sea, I send my love into the heavens, and it returns to me. ~ Karen Drucker

I hope you had a terrific Thanksgiving. I love Thanksgiving. It's my favorite holiday. Everyone is invited to be grateful. It's a time when

we can all agree that we have so much to be thankful for. And gratitude goes with everything. Love sits at the head of the table. But "Something" tells me the odds of that happening depend on my decision to be the love, joy, and hope I want to see in the world. Decision and Commitment are called for. One day at a time.

I'm so grateful to be the Spiritual Leader of Unity Des Plaines and even more grateful to Co-create with all of you and the amazing Board. We will be working with a terrific organization called *Kids Above All* for our Holiday Gift Drive this year, www.kidsaboveall.org. Because even though the saying goes, "You can't outgive God," what do you say we try?

Peace,

Megon McDonough
Spiritual Leader
Unity Des Plaines Church

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telephone: 847-297-0997  
email: [unitydpsl@yahoo.com](mailto:unitydpsl@yahoo.com)  
in office: Tuesdays, 10a.m.-1p.m.

**DECEMBER ANNOUNCEMENTS**

*(Continued on page 2)*

Please join us on Sunday mornings in the sanctuary at 10:15 a.m. before the church service for Prayer Circle led by one of our Prayer Chaplains.  
**ALL ARE WELCOME!**

Join our Spiritual Leader,  
Megon McDonough,  
for Christmas Eve Service  
at Unity Des Plaines at 6:00 p.m.  
Tuesday, December 24, 2024



**December  
Sunday Speakers**

|       |                          |
|-------|--------------------------|
| 12/01 | Megon McDonough          |
| 12/08 | Megon McDonough          |
| 12/15 | Megon McDonough          |
| 12/22 | Bobbi Wilsyn             |
| 12/29 | Rev. Dr. Mary Beth Speer |

**Unity Des Plaines  
Mission Statement**

Empower an evolving consciousness that spiritually transforms the world through an awakening oneness.

**What Is Unity?**

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

**Unity's Five Basic Principles**

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

**Unity Des Plaines Newsletter**

Ruth Trailer Editor

**December 2024  
Contributing Writers**

Chris Schaefer Dallas Trailer  
Carolyn Dunoon Ruth Trailer

**Website**

Meghan Butler Webmaster

**Prayer Support**

Here are ways we may pray with you.

- Call the office at 847-297-0997 Mon-Thurs from 9 a.m. to 1 p.m.
- Submit a prayer request on our website:  
<https://www.unitydesplaines.org/submit-a-prayer-request>
- And **Silent Unity** is available 24/7 to pray with you: 1-800-NOW-PRAY or <https://www.unity.org/prayer>.

**BOARD OF TRUSTEES LETTER**

Welcome to December!! The Board has been busy as usual with focus on building maintenance and improvements. Brenda Smith will be advisor for Building Management Team and is looking to grow this team. They will work with Kate on building maintenance and management. Our year end fund drive is looking to raise funds for our building maintenance/management projects. Recently the kitchen sink was fixed and gutters cleaned. More plumbing maintenance is needed along with other ongoing maintenance projects needing to be completed. We will be creating a wish list for the building starting with new drapes/blinds for sanctuary. Look for the list in Fellowship Hall.

It is hard to believe that we are moving into the end of 2024!!The Board is planning ahead for 2025 with events/classes and developing marketing strategies. Watch for news about these events, and please share with your friends/family and on social media. Have you reached your goals for 2024? What is your vision for 2025? How would you like to grow? We have plenty of opportunities to serve in our UDP community in 2025 so let a Board member know how you would like to serve or if you have any questions or concerns.

**DECEMBER ANNOUNCEMENTS**

*(Continued from page 1)*

*Our Sunday morning services are currently streaming on YouTube!*

<https://www.youtube.com/@UnityDesPlainesYouTube/streams>

**Yoga for All**

Tuesdays beginning December 3  
9:00—10:00 a.m.

Beginners, elderly and those needing to be healed—all are welcome. We will go slowly and learn the Yogic breath. This class will leave you better than when you began.

Please bring: a yoga mat, 1 large towel & 1 small towel, 2 blocks if you have them.

- 4 classes for \$40, valid for 60 days
- Drop in for \$15/class

**ONGOING PROGRAMS**

**Sunday School**

Our Youth and Ministry team led by Carolyn Dunoon, CSE, welcomes teens and children at church at 10:30 a.m. every Sunday.

A free will offering will be accepted at most classes and workshops.

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

Thank you to all of our wonderful volunteers and staff!!! Merry Christmas to all – let your light shine!!

**Chris Schaefer**  
Board Secretary

We are delighted to provide this financial report for the year-to-date through October 31st, 2024:

|              |                 |
|--------------|-----------------|
| Revenue:     | \$153,948       |
| Expenses:    | <u>-132,342</u> |
| Bottom Line: | \$ 21,606       |

It is great to be in the black! The turnaround is due to a combination of thoughtful cost reductions and some significant donations. If this trend continues, we will be able to make some greatly needed improvements to the building, replenish our reserves, and hopefully move our wonderful Spiritual Leader from part-time to full-time.

Blessings to all who contribute their time, talent and treasure!

**Marne Chilstrom**  
Board President

**Monday Morning Metaphysics**

On Zoom, Mondays 10:30am-12:00 noon CT  
Facilitated by Rev. Dr. Mary Beth Speer CSL

Our new book for study is *The Shortcut to a Miracle* by Michael C. Rann and Elizabeth Rann Arrott: *How to Change Your Consciousness and Transform Your Life*. The co-authors explain that miracles happen through natural and normal circumstances, and the "new science" of quantum physics is proving that we are—every one of us—already wired for miracles. **All are welcome!**

**Zoom link:**  
<https://us02web.zoom.us/j/85251930920>

**Call in:**  
+13126266799,,85251930920# US Chicago  
+13017158592,,85251930920# US Wash DC

**Families Anonymous**

This Twelve-Step Group is holding meetings every Sunday at 7:00 p.m. **All are welcome!**

**Tuesday Evening Meditation**

Tuesdays, 6:00—6:45 p.m.  
Facilitated by Sheila Joy Wilkins, PHD

Meditation is a core Unity practice that furthers awareness and opens mental and spiritual space for new energy. Please come join us in the powerful experience of "going within" in the quiet, sacred space of our sanctuary.

**All are welcome!**

*(Continued on page 3)*

## YOUTH EDUCATION MINISTRY



Greetings, dear Unity Des Plaines family.

It's that most wonderful time of the year. In my opinion, Christmas is perhaps best seen through the eyes of our children. Faith, Wonder and Joy shine through them and light the heart of our families on these darkest days of the year. I want the children to know that Christmas is much more than

Santa so I will bring out our Advent wreath and candles. On the four Sundays of December we will discuss the Advent themes of Faith, Love, Peace and Joy. We will use stories, discussion, games and crafts to learn and to celebrate and report our journey to you as we learn that Christmas is the rebirth of Love in our hearts.

December's special power as defined by Unity co-founder Charles Filmore is Life. Life energy (the Christ presence in us all) enables us to grow, heal and empower ourselves. Let's be aware of our connection to God and Shine our Light. When Divine Ideas inspire us to positive actions, we are moving forward and growing and helping our world. John 1:4 says, "In him was life, and that life was the light of all mankind."

I do want to share with you that we had a great time in November talking about gratitude as well as the power of Release. When we release, we can forgive and set ourselves free. We read "I know an old lady who swallowed a turkey," and at the end, thank heavens, she was able to release an entire parade of items like balloons. We thought hard about what we could be thankful for, things seen and unseen. They came up with many great blessings to remember, aided by the M&M game. It was fun and made us think of special people, places, talents, etc. for which we are grateful. I am thankful for our supportive church family, our teachers and the parents who bring their children to church. I am so thankful that we can serve the teens and that they got to go to the Fall Rally. Unity Des Plaines can make a difference in our world, one child a time.

Peace and Love,

**Carolyn Dunoon, CSE**  
Director  
Youth and Family Ministry



### Unity Des Plaines Christmas Outreach Holiday Gift Drive

on now until December 15, 2024

This year we will support **KIDS ABOVE ALL**, an organization which supports children and mothers. We will focus on middle school, high school and young adults. There will be boxes in the lobby for each age group, and collection will be now to December 15. No wrapping necessary—KAA does all the packaging for the children.

**Don't want to shop?** Cash donations are accepted, and we will do the shopping.

**Some Donation Ideas** (must be new)

1. Squishmallows and other stuffed animals
2. Items such as hats/gloves, slipper socks
3. Magnet Blocks Legos
4. Mini Hifi speakers
5. Sweatpants for high school and young adults

For more info see [www.kidsaboveall.org](http://www.kidsaboveall.org).

Stay after service and help decorate  
Unity Des Plaines for Christmas  
December 1, 2024

### Calling All Singers!

Unity Des Plaines is looking for soloists to lead the congregation in song on Sundays!

Email: [unitydpsl@yahoo.com](mailto:unitydpsl@yahoo.com)



### UNITY DES PLAINES Burning Bowl Ceremony

Tuesday  
Dec. 31, 2024  
5:00 PM

New  
Year's  
Eve



### On Rebirth

How do you plan a rebirth?  
I'm not sure you do.  
You just stand in the darkness  
until you can't endure it any  
longer, and then you move  
forward until you're standing  
in the light.

*Questlove*

You're out of the woods.  
You're out of the dark.  
You're out of the night.  
Step into the sun.  
Step into the light.

song from the film  
*The Wizard of Oz*

### Unleash Your Peace

facilitated by Chris Selvik

1st & 3rd Mondays at 7:00pm

A Study of



*the untethered soul*

by Michael A. Singer

### Monday Morning Meditation

You are invited to bring your presence  
and energy every Monday morning at  
9:00 a.m. Central Time.

Start your week clear and settled and  
more open to new possibilities!

<https://mailchi.mp/de2f2dd3f2d2/monday-morning-meditation-mmm-5240348>

Lynn Barrette, LCSW, LUT

### Support the DES PLAINES FOOD PANTRY

- pinto, kidney beans
- side dishes
- non-condensed soups
- beef soup
- spaghetti
- pasta sauce
- cereal



## IT'S AN INSIDE JOB

***Do the thing you think you cannot do.***

***Eleanor Roosevelt***

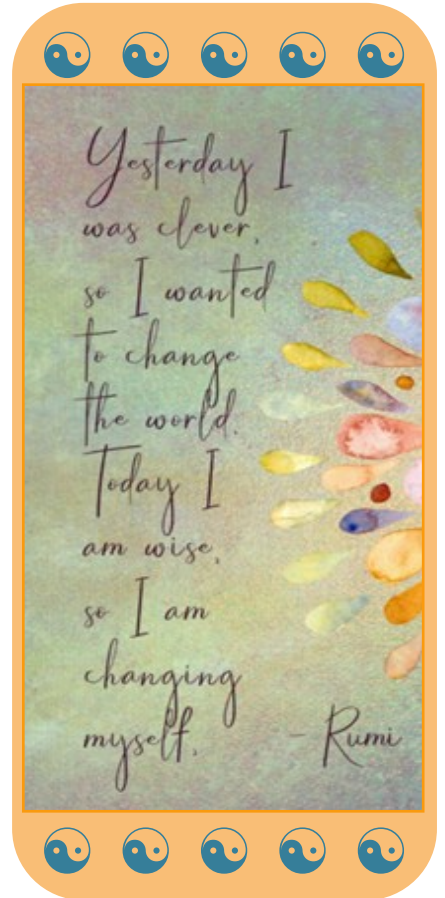
What do you need courage to achieve? Climb a mountain? Jump out of an airplane? Ski down a steep slope? The most fearful thing, I've heard, is public speaking, but for some it might be to lose fifty pounds, quit smoking, find a new job, love someone in a healthy way, or, for others, just get out of bed in the morning. If we look into the face of our fearful impossibilities, we'll see ourselves hiding in the dark. Well, let there be light!

Joseph Campbell told us to follow our bliss, and just what is bliss? It is what our hearts dream of doing. Some people say that "in a perfect world" they would do this or that, meaning, if they were richer, smarter, better looking or slimmer, or when their ship comes in. Well, we have to get over the "un-perfect world" excuse and do it anyway! Our bliss expresses who we truly are as we use the stuff God gave us. Bliss wells up from our core, and guess what? That's where courage comes from, too. The word *courage* comes from the Latin *cor*— meaning *heart* or the *core* of our being. In addition, bliss is courage-friendly! If you follow your inner promptings and dig down for some courage, people appear, opportunities knock, doors open, and pennies rain down from heaven.

Once in a choir rehearsal I was to sing the harmony line of a lovely song, but I kept stumbling at one passage because my part didn't sound like it fit. The notes to follow were there on the sheet music, but my ear didn't follow that blend of harmonies. So I practiced the line to myself over and over until, when we started again from the top, I kept my voice to the notes on the page and out came a wonderfully dissonant harmony that made the song prettier than ever!

You see, if we follow the notes God has written in our hearts, we can each sing our own "impossibly" wonderful song. The means are there—our ability, the people, the circumstances and the money if we're willing to receive, embrace and use them. It works when we work it! Yes it does!

***Ruth Trailer***



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

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



259 East Central Road, Des Plaines, IL 60016

Sunday services live and in person at 10:30 a.m.

Sunday School at 10:30 a.m.

[www.unitydesplaines.org](http://www.unitydesplaines.org)

