

2025 THEME: Discover Your Divinity JANUARY'S THEME: Change

Sunday Service at 10:30 a.m.

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Unity Des Plaines Church

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Board of Trustees

Marne Chilstrom	President/ Treasurer
Olga La Luz	Vice President
Chris Schaefer	Secretary
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Megon McDonough	Spiritual Leader
Kate Kapolnek	Admin. Asst.
Tatiana Naumova	Pianist
Carolyn Dunoon, CSE	Director Youth Education / Family Ministry

**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.

CHANGE

The secret of change is to focus all of your energy not on fighting the old, but on building the new.
~ Socrates

SPIRITUAL LEADER'S LETTER



2025—Happy New Year and Happy New You.

Does anyone else feel like they're in an episode of The Jetsons when they say or hear "2025"? It feels like a date in a science fiction novel set in 2025. The wonderful show was set in 2062, 100 years after it debuted—1962.

This year, Unity Des Plaines will be focused on conciseness. More precisely, raising consciousness. The prayer group that Unity co-founders Charles and Myrtle Fillmore started in their living room has become Unity Worldwide Ministries. When I think of how hard it is to conceive of 2025, I can only imagine how astonished the Fillmores would be at the growth of Unity.

This is from Wikipedia:

Unity is a spiritual organization founded by Charles and Myrtle Fillmore in 1889. It grew out of Transcendentalism and became part of the New Thought movement. Unity may be best known for its *Daily Word* devotional publication begun in 1924.

The book we'll start in February is *Discover Your Divinity* (A Modern Guide to Affirmative Prayer) by Unity authors Linda Martella-Whitsett and Deeann Weir Morency. Unity continues to be a vital part of the healing and transformation of spiritual seekers everywhere.

We have many wonderful things happening at UDP this month. I'm excited about Mary Ellen Sieman's workshop, *Creating the Year Ahead*, on Sunday, Jan 19th. You'll want to get your spot early!

I am so grateful and happy to be the Spiritual Leader of Unity Des Plaines, and I see great things for us in 2025.

In joy,

Megon McDonough, Spiritual Leader
Unity Des Plaines Church

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

Office hours: Tuesdays, 10 a.m.-1 p.m.

**JANUARY 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!**



**Check your weekly eBlast for the January speaker announcements.**



**UNDECK THE HALLS!!**

Stay after the January 12 service and pitch in to help undecorate Unity Des Plaines!



### 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

### January Contributing Writers

Chris Schaefer Dallas Trailer  
Carolyn Dunoon Ruth Trailer

### Website

Kate Kapolnek 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

HAPPY NEW YEAR!!! HAPPY 2025!!!!

The Board has begun planning for 2025 with our theme/focus being **Discover Our Divinity**. In February Megan will teach a class after services focused on the book, Discovering Your Divinity: A Modern Guide to Affirmative Prayer by Linda Martella-Whitsett and Deeann Weir Morency. Books will be available in the bookstore. We are also planning to have a potluck after the service on **02/16** to honor all our volunteers. The Board is so very grateful for all of our volunteers and all that they do.

**Other happenings in 2025** – The Board is planning to have their annual retreat in February to continue conversations regarding Board vision and strategic planning for 2025. Part of that planning process will be discussing and scheduling a New Member Class. Stay tuned to Eblast and announcements for more details on all of these events.

Board is continuing to work on marketing with focus on how best to market our events/classes consistently using social media and our own announcements/Eblast. We also encourage you to share posts on Social Media

or hang up a printed copy/brochure at your local library/grocery store etc. If you would like to teach a class, please email a proposal to UDP office – [unitydp@yahoo.com](mailto:unitydp@yahoo.com). Board reviews and discusses all proposals at Board meeting ensuring class is in line with Unity teachings.

Thank you to all who contributed to the 2024 Christmas Initiative for **Kids Above All**. Three large boxes were delivered and well-received. Thanks to all who contributed to the **Bring to Light** campaign.

### CLASSES FOR JAN/FEB:

- 01/19 Creating Year Ahead 12:30 - 2:30 pm, Mary Ellen Siemens, facilitator
- 02/09 Angel Workshop 12:00 pm – 1:30 pm, Elizabeth Romo, facilitator

### SAVE THE DATE:

- 05/23 – 05/24 Women’s Retreat – University of St Mary of the Lake/ Mundelein Seminary; Libertyville, IL

**Chris Schaefer**  
Board Secretary

## JANUARY ANNOUNCEMENTS

(Continued from page 1)

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

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

### Yoga for All

Tuesdays 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).

### 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 is changing in January!

Tuesday Evening Meditation will be held on the **1st & 3rd Tuesday from 7-7:45pm** and will be facilitated by **Elizabeth Romo**.



(Continued on page 3)

## YOUTH EDUCATION MINISTRY

**HAPPY NEW YEAR 2025**

Happy New Year, dear Unity Des Plaines Community!



Cheers to new beginnings! I am envisioning a wonderful 2025 for our church and, in particular, our Sunday school. I see us full of healthy children and teens and many wonderful teachers in an environment of learning, growing and expanding to do great things for more in our community. I thank our parents, our church board and Megon, our Spiritual Leader, for their support and love.

This year, I will start with Spiritual Playdate's lesson on Connectedness. The children will define its importance and where it is

needed. We will remind them that we overcome our differences by reaching out to one another in kindness and service. Brene Brown writes that "Connection is why we are here. We are hard-wired to connect with others; it's what gives purpose and meaning to our lives." The most important connection we have, for certain, is to the Christ Within. How do we do that? Using the silence to listen and to speak will help us tune in so I think prayer and meditation need to be covered.

We had a fabulous December together celebrating Advent. We saw that the lights in the Advent wreath represent Hope, Peace, Love and Joy in the four weeks leading to Christmas. How wonderful it was to read the Nativity story and illustrate it with crafts, songs, poems, etc., and celebrate with Joy.

We give a special thank you to Gemma for sharing with us how to release 2024 and to greet 2025 with the highest expectations. Her flash paper made for us a burning bowl we could do in the class and dramatically inspired us.

In closing, I declare for us all a healthy, happy and prosperous New Year of 2025!

Love and Peace,

**Carolyn Dunoon, CSE**  
Youth Director



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

### CREATING THE YEAR AHEAD

20  
25

Sunday, January 19  
12:30-3:00 PM

Unity Des Plaines Fellowship Hall  
Facilitated by Mary Ellen Siemens

Do you feel stuck or unsure of what you want the next chapter of your life to look like?

Join us for a transformative 2-1/2 hour workshop that will empower you to design the year ahead with clarity, purpose and intention.

We are all unique. We are all here for a special and unique purpose. Let's explore this together and create a plan for the year that reflects who you truly are.

LIMITED SPACE AVAILABLE TO RESERVE YOUR SPOT TODAY!  
RSVP BY CONTACTING KATE AT [unitydp@yahoo.com](mailto:unitydp@yahoo.com)  
COST: \$35 DUE AT REGISTRATION

### ON CHANGE

Be the change you wish to see in the world.

Mahatma Gandhi



New beginnings are often disguised as painful endings.

Lao Tzu



Photo of decorating cookies in Sunday school



### 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)



### Class for February

**NEW!!**

02/09 Angel Workshop  
12:00 pm – 1:30 pm  
Elizabeth Romo, facilitator

### Save the Date!!

05/23 – 05/24 Women's Retreat –  
University of St Mary of the Lake/  
Mundelein Seminary; Libertyville, IL

### Awareness Awakening

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
- main dishes
- spaghetti
- pasta sauce
- cereal



## IT'S AN INSIDE JOB

*O sing unto the LORD a new song.*

*PSALMS 96:1*

So how are we supposed to look on the world with new vitality and vision in the New Year in place of seeing only the tired old past and repeating it? Well, as we all know, it's our thoughts that count so first we have to take inventory of the old year and ditch those outdated or negative beliefs that didn't work. They probably never did work, but we kept slugging away, trying harder and just wearing ourselves out.



What next? Remain open to possibility. We don't know everything although if we have control issues we probably try to know or pretend to know all. Or we stay in our comfort zones so we don't encounter the unknown or the new. But what we think we know is based on the past, and tying ourselves to past experience is one of those debilitating practices we need to ditch.

To repeat: we don't know everything, and we don't have to because the Christ consciousness within us does, including our problems and their solutions. If we will stay open to possibility instead of using a familiar, if tired, old method, we will discover a new approach that can open new worlds for us. Trusting this—that all we need to know and do is within us—is a leap of faith. I am recalling the film *Indiana Jones and The Last Crusade* when Indy has no visible way to cross the chasm between himself and the Holy Grail. Yet, he closes his eyes and steps forward onto an invisible bridge that was always there although he couldn't see it without taking that first trusting step.

We can let people and circumstances be new and full of possibility, even those we think we know and may have written off. The Love of God doesn't write us off but rather opens new doors for us to find new strengths in ourselves. The Holy Grail filled with Spirit is always ours for the taking. We can claim it and even share it in the New Year! Yes, we can!

*Ruth Trailer*

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

  
 If we can change ourselves, we can change the world. We're not the victims of the world we see; we're the victims of the way we see the world.  
 This is the essence of compassionate listening: seeing the person next to you as a part of yourself.  
 Dennis Kucinich  


**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)

