

2025 THEME: Discover Your Divinity FEBRUARY'S THEME: Love

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

**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.

LOVE

Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.
~ Rev. Dr. Martin Luther King Jr.

SPIRITUAL LEADER'S LETTER



**"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
Romans 12:2**

Renewing of the mind is what Unity does best, and this year Unity Des Plaines is "Going Forward to Basics," renewing our minds and raising our consciousness.

Happy February, friends. Unity Des Plaines is off to a terrific start, and I'm excited about the new year. I feel 2025 holds so much promise for us.

As you know, 2024 was a pivotal year for Unity Des Plaines. I want to take this moment to express my gratitude for your support, love and *consciousness*—a consciousness of generosity, prosperity, Divine connection and love.

Our Holiday Giving Drive for the wonderful organization Kids Above All was a beautiful demonstration of Christmas spirit and love. Thank you.

Thanks to your generous donations, our Bring The Light campaign has been successful. Brenda Smith's hard work has also enabled us to learn about the ComEd rebate, which will save us considerable money and allow us to address a few more urgent issues.

February brings Valentine's Day and a perfect time to show a lot of love and apprecia-

tion for all our volunteers with a beautiful potluck luncheon on Sunday, February 16, in Fellowship Hall after the service .

This month, I will be talking about, and we will be studying, a wonderful book, *Discover Your Divinity, A Guide to Affirmative Prayer*, by authors Linda Martella-Whitsett and Dee-Ann Weir Morency. Copies will be available in the A.R.E. Bookstore and on Amazon.

Speaking of prayer—as you know, our prayer chaplains are available after every Sunday service and ready to pray with you. Unity is built on the Power of Prayer. Whether you have something heavy on your heart or a celebration, prayer is always a perfect way to express hope and gratitude. You are also welcome to leave a prayer request in the prayer box in the lobby.

Have a wonderful February, and — I'll see you in church!

Blessings,

Megon McDonough, Spiritual Leader
Unity Des Plaines Church

Telephone: 847-297-0997

Email: unitydpsl@yahoo.com

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

Megon says: SPECIAL NOTICE!

I am so fortunate to have worked with and come to know so many extraordinary musicians in New Thought, and I'm excited to announce our first

Featured Musical Artist of the Month

program. We begin with David Roth, who many of you are likely fans of already. He will sing at the service on Feb. 9th. Please visit his website in the meantime and listen to this remarkable artist.

<http://www.davidrothmusic.com>



David Roth

**Featured
New Thought Musical
Artist of the Month**

**Sunday,
Feb. 9th!**

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

February 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

Love is not only something you feel, it is something you do. ~ David Wilkerson

Thank you to all who contributed to *Bring on The Light* campaign. As of this writing Unity of Desplaines raised approximately \$8,500. This money will be in a restricted fund for building maintenance. The Board along with Brenda Smith will review quotes before commencing the purchase and replacement of lighting ballasts. In the meantime, Brenda has learned that there is a ComEd rebate program to cover most of the cost of ballast replacement with the cost for Unity Des Plaines being approximately only \$500.00! Outside lighting issues are being addressed with quotes for review. The Board is extremely grateful to Brenda Smith for her help with this.

The Board is also continuing to review and refine the process for submitting class/workshop proposals and the process of marketing them so we have unified policies. Megon and the Board have reviewed 3 class/workshop proposals. Please submit written proposals to unitydp@yahoo.com for review.

We have scheduled after Sunday service meetings with the congregation as follows:

Thanks to the generosity of our donors, and diligent focus on expense controls, we have great news of 2024 financial results:

- Revenue was up from the prior year by nearly 20%.
- Expenses were down from the prior year by 16%.
- Net at year end was a positive \$14,924 compared to 2023 which was a \$46,833 loss.

This major turnaround is significant and critical. Instead of dipping into our reserves every month, we are now on the cusp of be-

- **Ask The Board** - 02/02, 05/04, 08/03, and 11/09 at 11:45 a.m.
- **Annual Congregational Meeting** is scheduled for 09/21.

Classes/Workshops/Events

- Discover Your Divinity* — February book focus in Sunday messages by Megon
- 02/02 Ask The Board – bring your questions 11:45 am in the Sanctuary –
 - 02/09 Angel Workshop – 12 pm in the Sanctuary- Elizabeth Romo
 - 02/09 Y.O.U. Valentine’s Day Celebration
 - 02/14- Annual Board Retreat
 - 02/15
 - 02/15 Chaplain Workshop 10-12 pm for those who might like to become a chaplain
 - 02/16 Potluck following UDP service - to celebrate and honor all our wonderful volunteers

Chris Schaefer
Board Secretary

ing able to replenish the reserves. Our reserves are so critical for us as we manage our aging building and continue to build our community.

	2023	2024	%Change
Revenue	\$151,491	181,429	19.8%
Expenses	\$198,324	166,505	16.0%
Net	(46,833)	14,924	NA

Marne Chilstrom
Board President

FEBRUARY ANNOUNCEMENTS

(Continued on page 3)

Our Sunday morning services are currently streaming on YouTube!
<https://www.youtube.com/@UnityDesPlainesYouTube/streams>

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 February speaker announcements.

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.

Families Anonymous

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

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

For more information call 847-297-0997, or visit www.unitydesplaines.org.

YOUTH EDUCATION MINISTRY



Greetings dear Unity Des Plaines family!

What a pleasure it is to serve the youth and family of our church. We are definitely prospering and growing

with our new Spiritual leadership and we have seen an increase in Sunday school attendance. Thank you, Megon, for bringing us a new, higher vibration. We seek to serve more children and teens and invite you all to spread the word that we are a nondenominational group which teaches you to be the best person you can be. We use Spiritual Play Date lessons to highlight our path to peace and connect with others and our planet with kindness and respect.

In January we started working on the theme of Connections. We all have the Divine Light within, connecting us, no matter how dif-

ferent we seem. We discussed Martin Luther King Day and his nonviolent work to connect people in spite of racial divisions and prejudices, a work that continues today. We celebrated the Lunar New Year. Isn't it wonderful to learn from our cultural differences and to enjoy the richness that our differences add to life?

In February we will continue the theme by seeing how Love connects us. Jesus taught us that the greatest law is to Love One Another. How can we do that with difficult people and circumstances? I suppose we will need to bring up the power of forgiveness in our lessons also. Forgiving does NOT mean that what was done was acceptable, only that we release hurt and anger to the Higher Power. Finally of note for February, your Youth and family Ministry team has requested permission from the Board to have our annual Valentines party after the Sunday service on February 9.

We also asked to run a bake sale to help defray costs of the next Teen Rally in April. Stay tuned for upcoming announcements about this fun intergenerational event (not conflicting with those attending the Angels class in the Sanctuary that day noon.)

I close with much love and gratitude for the church board, our Spiritual Leader, Megon McDonough, our team members, and of course the special parents who make Spiritual Growth the priority for their children.

Love and Peace,

Carolyn Dunoon, CSE
Youth Director



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

ON LOVE

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7

Support the DES PLAINES FOOD PANTRY

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



Prayer Chaplain Orientation Saturday, February 15 10:00 a.m.—12 noon

Consider becoming a Unity Des Plaines chaplain this year! Come to the Orientation and find out what chaplain training involves. Sign up in the lobby, or email us at unitydp@yahoo.com to let us know you're coming.



Calling All Soloists!

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

Email: unitydpsl@yahoo.com



All About Angels

Sunday, February 9, 2025
Noon in the Sanctuary



Facilitated by Elizabeth Romo O.M.C.

Love donations supporting Unity Des Plaines are appreciated.

HEALING MEDITATION

Facilitated by Elizabeth Romo, O.M.C.
elizabeth@elizabethromo.com

first and third Tuesday
of the month, 7-7:45pm



FEBRUARY ANNOUNCEMENTS

(Continued from page 3)

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

Monday Morning Metaphysics

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

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

Save the Date!!

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

Zoom link:

<https://us02web.zoom.us/j/85251930920>

Call in:

+13126266799,,85251930920# US Chicago
+13017158592,,85251930920# US Wash DC

IT'S AN INSIDE JOB

Nobody can be exactly like me. Sometimes even I have trouble doing it. Tallulah Bankhead

Why should someone have trouble being who they are? I mean, aren't we all born a certain way—with a particular body and personality and into a certain level of family and social sphere? Well, yes, and in many countries that is the norm: you're born into a class of people and are not just expected to stay in that class but are prohibited from shifting into a higher one. Even in this country many people expect others "to know their place" and not get "uppity" by trying to act like their "betters."

Now think of Abraham Lincoln, born in a log cabin, who grew up and became a lawyer and then the sixteenth President of the United States! And in modern times, there's Barack Obama, born to a white mother from Kansas and a black father from Kenya. Obama grew up in Hawaii, went to Harvard Law School, and ended up becoming the forty-fourth President! Clearly, A. Lincoln and B. Obama had no sense of what their "place" was. Or did they?

What if we all knew who we truly are, and we knew what we felt called to be? Each of us has an Essential Self that knows who it is and where it belongs. But families and societies generally want us to believe without question what they tell us about ourselves and to pursue a position in life that's convenient for them, even at our expense. Well, despite this pressure, some of us have felt that there must be a mindset—an attitude toward living—that would better suit us and actually give us room to expand toward Self-fulfillment. And we'd be right because there is a Higher Power, God, that participates in our Essential Self and bids us follow guidance from within, not from without. So we can politely tell any naysayers, "thank you for sharing," and then go about our business, which is the business of listening to our hearts—discovering our bliss and following it. And that's the Truth! Yes! Amen!

Ruth Trailer

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

Awareness Awakening

1st & 3rd Mondays at 7:00pm

A Study and Discussion 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




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




And Nobody Knows It But Me
 There's a place that I travel
 When I want to roam,
 And nobody knows it but me

 The roads don't go there,
 And the signs stay home.
 And nobody knows it but me

 It's far far away
 And way way afar.
 It's over the moon and the sea.

 And wherever you're going,
 That's wherever you are.
 And nobody knows it but me

Patrick O'Leary

