



Unity Northwest Church **NEWS**

www.unitynorthwest.org

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

July 2016

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Unity Northwest Church

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MINISTER'S LETTER



GRACE IS MATCHING FUNDS FROM GOD

Have you ever watched a PBS pledge drive, when your donation was matched by some big corporation? God's Grace is like that. Far from being an entirely undeserved gift from God, randomly bestowed on a celestial whim, grace is a delicate mechanism that works for our behalf in our lives and in the universe. Our initial efforts are matched by this universal law—and then some.

Yes, there is grace. And yes, it is freely given. And it is amazing. But it requires that we initiate its action.

Do you remember in the parable of the Prodigal Son when the young man "came to himself" in the far country and then got up and headed home, where he was welcomed and celebrated? What is often overlooked is that just at the moment when his father noticed him in the distance, that father rushed towards his son and met him on the road before he even reached the gate.

What does that have to do with grace? It took some initial effort for the son to come to his senses, and then he had to back it up with action. And that was just enough of an investment of time and energy to activate the father's grace. The son's effort was more than matched by the father's willingness to go meet him.

How can you activate grace? Come to your senses. Wake up. Ask for God's help. Back that up by taking some meaningful action that communicates that you mean business. You will indeed be given the amazing gift of grace—your matching funds from God.

Greg Barrette

We are souls in evolution

Talk Titles for July

- July 3 Prayer--Declare Your Freedom!
Let your prayer ring out with the truth of your being.
- July 10 There Is Plenty of God to Go Around
Everywhere you are, there God is!
- July 17 Things Are Going to Get Better
They really will get better--because YOU will!
- July 24 Learning How to Love
Sometimes love is easy, other times it is hard. Either way, love leads us to grow.
- July 31 Find Out What is Real
What means more to you--your comfort or your happiness?

Circulation Day

Totally Free Yard Sale

Unity Northwest Church parking lot
 Saturday, July 9, from 9 a.m. to 3 p.m.

Absolutely no money changes hands.

Circulation Day demonstrates that there's always enough to go around if we distribute it right.

Bring what you don't need, and take what you do, free of charge.

Over the past forty years our Circulation Day has been experienced by hundreds of people. It's a lot of fun and teaches us that there truly can be enough if we just circulate it!

For more information call 849-297-0997.

Stay up-to-date with Unity Northwest Church

Visit our website at www.unitynorthwest.org

AND

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

or at

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

COMING UP IN JULY ...

Turn Things Around with Prayer

Tuesday, July 5, 7:00 pm
 Facilitated by Greg Barrette

You have a God-given right to life, liberty and the pursuit of happiness. That is, a life that is full and satisfying, the liberty to create your highest good and the pursuit of that happiness that dwells within you. Prayer will make that happen.

Experiencing Miracles

Tuesday, July 12, 7:00 pm
 Facilitated by Greg Barrett

How can we make the ordinary chain of events in life extraordinary? There is an extraordinary experience of daily miracles available to us all if we will just open up to the divine synchronicities of life.

(Continued on page 2)

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

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.

Newsletter Staff

Ruth Trailer Editor

**July 2016
Contributing Writers**

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Diane Venzera
Lynn Barrette
Sheila Budd
Ruth Trailer

Website

Diane Venzera Web Master

**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.

BOARD OF TRUSTEES LETTER

Greetings from your Board!

I want to give a big heartfelt thanks to all the past board members that have worked in spiritual service to further Unity Northwest. It is because of their courage to make the hard decisions to further this church that we currently have a ministry, grounds and building that can be sustained by this church community. It is truly a blessing to have a church that operates as intended to balance fiscal responsibilities with prosperity consciousness and directs the business for the highest and best good of all.

At the June board meeting, we decided to continue the ARE lease. They do a fabulous job running the bookstore and being co-creators

Love, Communicate, Respond

with us. We will also be looking to get the windows washed and have the gutters checked as we care for our building.

Please mark your calendars for the annual church picnic scheduled for Sunday, August 21, so we can break bread together once again.

Many thanks for your presence here. The light, love and energy you bring as you attend services and the spiritual classes/events help us fulfill our mission to support souls in evolution.

Sheila Budd
President, Board of Trustees

Hear ye! Hear ye!

**The Unity Northwest Church Annual Picnic will be held on
Sunday, August 21, at 12:30 p.m.**

Don't miss it!

Coming Up in July ...

(Continued from page 1)

Spiritual Solutions for Everyday Problems

Sunday, July 17, 1:00 pm
Facilitated by Lynn Barrette, LCSW, LUT

Everyday holds opportunities to practice our spiritual wisdom. Solutions come more efficiently as we clear our emotions, work with our intuition and commit to daily inner maintenance. This workshop will explore what tools to have on hand for those daily run-ins with life's ups and downs.

Managing Successful Change

Tuesday, July 19, 7:00 pm
Facilitated by Greg Barrette

What should you do when your expectations of life have not been met? When you let go into the space of possibility, any and all good things can happen. I will show you how to make change work for you.

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

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

**A Simple Reverent
Prayer Circle**

Ongoing — Sundays at 10:20 am

Facilitated by Greg Barrette

This Simple, Reverent Prayer Circle will give participants an opportunity to speak aloud spontaneously our heartfelt prayers for other people in our lives. By supporting each other in prayer, each of us will experience the power of healing that Jesus claimed would happen when "two or three are gathered." This will be an easy, natural and unrehearsed gathering of healing hearts in prayer lasting about 15 minutes.

**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.

As summer expands into sun-filled days and warm encompassing nights, we continue our exploration of fairy tales and fables for the children. Often the child in the story is left out or abandoned in some way; yet, they are always able to overcome their circumstances through their own innate wisdom and power. It is important for our children to understand this and claim their power. Topics include:

Lessons For July:

- **July 4th Celebration**
- **I Am Fully Present:** "The Tortoise & The Hare," Aesop's Fables
Understand the importance of being mindful of what we are doing.
- **My Choices Impact Others:** "The Elves & the Shoemaker,"
The Brothers Grimm
Our lives are impacted when we perform Random Acts of Kindness for one another
- **I Have My Own Mind:** "The Emperor's New Clothes," Hans
Christian Anderson

Understand whether it is more important to go along with the crowd or express our own thoughts.

The teens continue their exploration of *The Four Agreements*, by don Miguel Ruiz. The purpose of the Second Agreement is to understand how important it is **not** to feel hurt or rejected when someone gives their opinion, disagrees with us or handles a situation differently from how we would. It is important to take a step back, honor the Christ in each other and realize that each person says what he says and does what he does based on the agreements he has made about how he sees the world. All opinions are valid and important. We can disagree but honor the Christ in each other and treat each other with love and respect.

Blessings,

Rev. Diane Venzera
Director, Youth Education



SPIRITUAL PSYCHOLOGY

What does my soul want me to do?

LOOK WHO'S TALKING NOW

At any given moment, there is a voice talking to you in your head. Maybe it's a positive voice. Maybe it's a negative voice. Maybe it's a neutral, narrator, commenting on your every move. Do you notice it? It's processing as you read this, maybe throwing in an opinion or two. What do you find it is saying to you right now? That voice can be likened to the weather in the Midwest: If you don't like it, wait five minutes, and it will change.

To understand why this is so, let's define a couple things. Your **brain** is the organ of mechanism for many physical functions, thinking being only one of them. Your **mind** is how your consciousness moves energy through the brain in order to function in your life.

Your brain stores every experience you have ever had along with the thoughts, decisions, attitudes, emotions, and opinions surrounding those experiences *at the time that you made them*. Some of those are well outdated; yet there they are in the storehouse of your brain's memory.

Your mind, in its automatic, semi-conscious state, pulls up those memories, thoughts, decisions, attitudes, emotions, and opinions as it sees fit. In neutral times, those thoughts, etc., might be simply random. Other times, the mind is quite certain that the thought, emotion, opinion, etc., that it is pulling up is quite fitting for the situation at hand, even if it might not be helpful.

For example, think about what you think about while driving. Maybe you're singing along with a song (lyrics pulled up from your brain's memory). Maybe you are worrying about what just happened at work or with that family member; in which case, all past experiences, opinions, emotions having to do with that person, or someone very similar from your history, come up and invade your thoughts about the current situation. This adds confusion to the current situation. Are you really upset at the thing that just happened? Or is that thing not so bad but is reminding you of that other thing that happened so the negative thoughts and strong emotion are actually coming from some previous experience being dumped onto the current one? Probably both, but the current situation is getting the brunt of the past unresolved emotion.

That little example holds about five topics of discussion; but for this article, let's simply understand that the mind has a mind of its own, and a lot more is going on than you are often aware of. In fact, there are many voices in your head, and often they have competing opinions and perspectives! You've probably heard someone say, "The committee in my head is arguing about this."

What can you do about that mind that can be so unruly?

Notice it, step back from it, wait a few minutes and it will change.

- Notice it. You can't be in charge of that unruly inner voice unless you are aware of what it's doing in there. Take a few breaks during the day to check in and listen to what it's saying to you. Is it positive? Critical? Sad? Afraid? Numb?
- Step back from it. Listen with compassion and non-judgment; be the observer of it. Cup both hands together and hold them in front of you. Pretend that the thoughts and feelings going through your mind are in your cupped hands. Since they are now outside of your head, watch them like a scientist watches her experiment with curiosity, not knowing what exactly is going to happen. What do you see happening with those thoughts and feelings?
- Wait a few minutes and it will change. As you observe the contents of your mind, they will inevitably shift and change. See how long you can hold them before they morph into something else. How long does it take? Five minutes? Twenty? Three? One? This is a great practice in not taking your thoughts too seriously. Just because it is wafting through your mind doesn't make it true.

This simple process is helpful especially when big emotions are on the surface. As you observe and wait patiently and compassionately through the wave of emotional dialogue and felt sensations, you will feel yourself rise above it into a clearer thinking space. As you practice with this, your conscious self moves into more of a leadership role in the mind/brain process. You can be more in charge of who's talking to you, who gets the promotion, and which voice gets phased out.

Who's talking within you?

Lynn Barrette, LUT, LCSW

FROM THE INSIDE OUT

Be kind to one another. EPHESIANS 4:32

You don't need to be bound by limiting beliefs. Through free will, you have the ability to think any thought you choose. Thoughts become things. If you see it in your mind, you will hold it in your hand.
Bob Proctor

My daughter Kate and I were talking on the phone and sharing our thoughts on recent job goings and comings. Here's one conclusion she told me about that she had posted on Facebook:

Holding on to resentments is poisonous! Why hold on to something that makes me feel angry every time I think about it? Yech! Here's to anti-venom, detox, etc. (metaphorically speaking).
I CHOOSE FREEDOM AND HAPPINESS!

No one told me when I was growing up that I could choose my own thoughts. In fact, we children were expected to echo the attitudes and opinions of our parents unless, of course, we were out and about with some other adults or authority figures, and then we should echo theirs. But when we went back home, we had to slip back into the Mom and Dad beliefs. For sure, this was not easy since our own minds and hearts were so often telling us something totally different.

What's a child to do? Well, you push your own ideas aside—you know, like you store them in the back of the freezer, where they're less noticeable even by yourself. In fact, they may be back there so long that they're forgotten and freezer burned, and they get thrown into the garbage.

So now that we know we can choose our own thoughts, feelings and beliefs for ourselves, how do we do it? I mean, how do we let go of those that do not lead to freedom and happiness? Well, don't energize them with feeling. Choose better ones to replace them, and energize those. Instead of reacting with resentment we could respond to the offending situation or person with forgiveness and compassion.

A Course in Miracles asks whether we'd rather be right or happy. Maybe so-and-so did or said something hurtful to us, but if we let go of our anger, we can open to new people and circumstances that will treat us better. Hey, sounds like a plan! Thank you, God!
Ruth Trailer

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



Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything - anger, anxiety, or possessions - we cannot be free.

Thích Nhất Hạnh



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