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### Unity Northwest Church

Member: Association of Unity Churches  
 Affiliation: Unity School of Christianity  
 Address: 259 E Central Rd, Des Plaines IL 60016  
 Phone: 847/297-0997  
 Prayer Line: 847/297-0997 x2  
 E-mail: unitynw@yahoo.com

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## MINISTER'S LETTER



### YOUR PERSONALITY IS A CREME FILLING DELIVERY SYSTEM

Remember when you were a kid, and you'd open up your package of cupcakes? You'd eat the good stuff first! Your soul is the good stuff!

Just like when you were a kid, you need to focus your attention on the good stuff! It's the most important thing about yourself—and everyone else, whether they know it or not. Desire it! Want it! Be it!

So, here is a question: what do a Twinkie, a Ho-Ho, a Sno-Ball, a Suzy-Q, a Ding Dong, a Zinger, a Chocolate and an Orange Cupcake have in common? A creme filling in the center!

Your soul is like that creme filling. And your personality self is no more than a creme-filling delivery system. Whether you are Muslim, Irish, short, musical, shy, Asian, or brown-eyed, you have this one thing in common with everybody else at your inner core: the soul, the evolving perfection that is God-in-you. It's the good stuff in the middle of you.

Desire to know your soul! As Charles Fillmore put it, "Deep desire is essential for spiritual growth. It is onward impulse for the ever-evolving soul."

Or as the Hindu Upanishads say, "You are what your deep, driving desire is. As is your deep driving desire, so is your word. As is your word, so is your deed. As is your deed, so is your destiny!"

And in the words of Jesus, "Seek first the kingdom of heaven, and all the other things will be added to you ... for where you put your treasure, there your heart will be also."

### We are souls in evolution

At our inner center, we are all the same. On the level of the soul, we are one. Our essence is of God. It's the good stuff!

**Greg Barrette**

### TALK TITLES for March

March 5 Clothe Yourself in Generous Spirit  
Every day let it move with you easily wherever you go and in whatever you do.

March 12 Celebrate Your Inner Spirit  
Your spirituality is just as close as your heart.

March 19 Loving What Is Real  
Let go of your illusions, and embrace your solutions.

March 26 Great Expectations  
*Guest Minister: Rev. Mary Beth Speer*  
We all have expectations—strong ideas infused

*(Talk Titles continued on page 2)*

## Annual Congregational Meeting

**Sunday, March 19, after the 11 am Service**

At this meeting, led by Sheila Budd, Board President, we'll hear a brief "state of the church" update from Greg Barrette, our minister, Diane Venzera, our Youth Education minister, and members of the Board of Trustees. The congregation will then have an opportunity to comment and/or question.

Next we will elect two new people to begin three-year terms on the Board, replacing the two who have completed their terms.

Please note: Only current church members may vote, i.e., those who turned in their membership renewal forms.

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>

## COMING UP IN MARCH ...

### Fully Human, Fully Divine

Tuesdays, March 7, 7:00-8:15 pm  
Facilitated by Greg Barrette

How can you balance your personal human needs with your desire to lead a spiritual life? Don't wait for some far-off moment to become spiritual. Right now, exactly as you are, and as human as you are, is the time to embrace your inner divinity.

### March into Forgiveness

Wednesdays, March 8 & 22, 7:00 pm  
Facilitated by Lynn Barrette, Spiritual Counselor and LCSW

Forgiveness is often misunderstood. This class will constructively and practically offer new understandings about what forgiveness is, what it is

*(Continued on page 2)*

**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

**March 2017  
Contributing Writers**

Greg Barrette Sheila Budd  
Diane Venzera Ruth Trailer  
Lynn Barrette

**Website**

Diane Venzera Web Master

**BOARD OF TRUSTEES LETTER**

Greetings from your Board,

All the leaves are brown, and the sky is not grey as I write this article. Come on spring!

Now that you've got a little pep in your step, keep it going by checking out the classes being held at the church such as Greg's upcoming class "Fully Human, Fully Divine." We are indeed divine. And as we prepare for spring, the floors will get buffed so they can shine too—taking away any winter grime.

We hope to see you at the upcoming Annual Congregational Meeting on Sunday, March 19<sup>th</sup>, after the second service. Our nominating committee has two fine candidates to present for board service as Tracy Wooldridge and Susan Sigler

**Love, Communicate, Respond**

complete their three year terms and step down. Thank you, Tracy and Susan, for your dedication and service to our church. You were both a delight to have on the board, and we look forward to seeing you around the church serving in other ways.

All is well.

**Sheila Budd**  
President, Board of Trustees

**COMING UP IN MARCH ...**

*(Continued from page 1)*

not, and how to embrace it. We'll be using a variety of techniques to loosen the grip of resentment and emotional pain and help you open to the healing power of this important work.

**The Hitch Hiker's Guide to Faith**  
Tuesday, March 21, 7:00-8:15 pm  
Facilitated by Greg Barrette

Faith is seeing what hasn't shown up yet. How can you stand your ground in faith? There are some practical steps that you can take to move those mountains in your life.

**MARCH TALK TITLES** *(Cont. from page 1)*

*(Continued from page 1)*

with feelings. The question is, what are we expecting, and can we really shift our negative expectations to align us with the Power for greater good?

The world is full of good people.

If you can't find one, be one.

Nishan Panwar

**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).**

**ICC The Interfaith Counseling Center (ICC)**

**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

As we settle into the New Year, we delve more deeply into who we are and why we are here. This is a journey we undertake many times in our lives, and we see this journey reflected in both literature and movies. We have been using the journey of Harry Potter as our model.

We are applying metaphysical meanings to terms found within the stories to help the children understand how this story reflects our Unity Principles.

Muggles: People who are "asleep."

They are still unaware of their spiritual powers. They are afraid of anything unlike themselves and do not use their imagination.

Wizards: People who are waking up to their Spiritual powers.

They are willing to look inside themselves to the "magic" within.

Magic: Our gifts from God.

The Wall Between Platforms 9 & 10: The barriers we encounter in life.

They appear to be keeping us from our good.

Platform 9¾: Our ability to pass through the barriers.

We find that all we desired was right there all the time even though we couldn't see it.

Sorting Hat: Divine order and the all-knowing Spirit of God.

Our course of study for the New Year includes:

**Nursery & Preschool**

"God Gives Me Food," "I Can Help," "Jesus is My Friend," and "God Loves Me"

**Multi-Aged Class: Lumindorf (Harry Potter)**

The Mirror of Erised -

Uncovering the desires of your heart and not letting things of the past hold you back.

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

He Who Should Not Be Named -

Understanding the nature of fear. Fear is the opposite of love and the two cannot be expressed simultaneously. In every situation we have a choice as to which we will express.

The Phoenix Bird -

Understanding the importance of rising above our difficulties and letting go of what no longer serves us.

Facing Our Boggarts & Dementors -

Understanding the importance of facing what is frightening to us instead of turning away and hiding from it.

**Rev. Diane Venzera**

Director, Youth Education



## SPIRITUAL PSYCHOLOGY

MARCH INTO FORGIVENESS:  
WHAT FORGIVENESS IS NOT

Forgiveness can be a heavy topic sometimes so this is going to be a several part series to help us break down this concept and make it palatable and accessible, because if we can't forgive, we get stuck, and we don't want to do that, right? So we're going to take some time on this one.

Anytime I bring up forgiveness with clients or in workshops or classes, I always like to clarify what forgiveness means because there are so many ideas and misconceptions about what forgiveness is.

When I help someone define forgiveness, I start with what forgiveness is not. And that is what this article is about: what forgiveness is NOT.

First of all, forgiveness doesn't mean "forgive and forget." Our brains aren't made up to forget things unless we get a severe head injury or some other brain trauma, like a stroke. We are simply not biologically wired to forget things. We have beautiful memories, and whether you are more spiritually-minded or more scientific, we are created like this for a reason: those memories are there to ensure that we learn from our experiences and evolve as a species and in consciousness. So how can we be expected to forgive and forget when we're not wired to do so?

**Forgiveness does NOT mean "forgive and forget!" It means that we learn and grow.**

Another misconception that comes up is that forgiveness means everyone gets a fresh start, even the person who did wrong, and we pretend like nothing happened. That's not it either. If we are learning from our experiences, we take our new understanding with us every moment, and apply that new understanding moving forward. If someone hurts me, I have learned something: Sometimes this person is hurtful, and she certainly has been hurtful to me in this situation, so I need to adjust my mental, emotional, and sometimes physical behavior so that I can either deal with being around her or make sure I am not around her anymore!

**Forgiveness does NOT mean to pretend like nothing happened. It means adjust your internal and external behavior to support yourself, your safety.**

A final myth I often hear about forgiveness is that if we forgive, we'll be letting the other person get by with something. That's not it either. Once we have taken care of our part of an interaction with someone—either by confronting them, adjusting ourselves internally and externally, or staying the heck away from them—our part is done.

There is a law that is scientific both in our physical and spiritual realm which states that whatever energy we put out comes back to us. And that is true at the physical, emotional and mental levels of our existence. This doesn't mean we turn that into some kind of superstitious curse on another person, as we often hear, that "karma will get them!" If

*What does my soul want me to do?*

we are saying that about someone, our forgiveness is not done! When we forgive, we release ourselves from having to be a part of this person's learning what they need to learn. We don't have to be responsible for seeing that "they get theirs;" we are only responsible for our own behavior and what we are putting out at those physical, mental, and emotional levels. That's a big job in itself, isn't it?!

**Forgiveness does NOT mean that anyone gets away with anything; but it does mean we don't have to worry about it.**

So if all this is what forgiveness is NOT, then what is forgiveness? That will be in my next article for you. In the meantime, reflect on what forgiveness means to you. What did you learn about it growing up? What do you believe about it today? In your definition, what does forgiveness require of you?

**Lynn Barrette, LUT, LCSW**

Also available as a video at  
<https://lynnbarrette.wordpress.com/>  
under Feb 7

**FROM THE INSIDE OUT**

*Encourage, lift and strengthen one another.*

**There is no path to peace. Peace is the path.**

**Mahatma Gandhi**

Do you like singing "Let There Be Peace on Earth" at church? I do, but recently I've wondered how much attention I pay to the words as we sing it week after week. And I've wondered how to go about it—you know, how to "let peace begin with me."

As I pondered this issue, I recalled a conversation that I had at work a while back with a man named Alan Woodward. What kind of energy had I sent out to him? It was clear that we had different perspectives because he lived in Melbourne, Australia, the land down under. It was summer for him when it was winter here, and he measured the temperature on the Celsius scale. He said MEL-bun, and I said MEL-BORN. He was a pediatric urologist and a Fellow of the Royal College of Surgeons, and I was a division coordinator. And who knows what his religious or political philosophies were? But those differences didn't matter. I remember feeling happy and satisfied with our communication.

Bottom line, everybody rates. Everybody's worthy no matter where we come from, what our roles are in life or our job titles because our ultimate job is to behold the divine in all people. *A Course in Miracles* says that every encounter is a holy encounter—even if it's with someone acting like a jerk. Like an impatient, bullying customer at my cash register in an office supply store where I worked years ago. While he fussed, I quietly served him, scanning every item—doing my job. I didn't like him, but I didn't have to. My job was to serve him.

Don't wait for the other guy to be nice. Let peace begin with you and me. Let's embrace a loving, compassionate peace, express it, live it and send it out. Yes, here, there and everywhere, all over this land and all around the world! Namaste.

**Ruth Trailer**

Thoughts become things... choose the good ones! ® © [www.tut.com](http://www.tut.com) ®



LET THERE BE PEACE ON EARTH  
original words and music by Jill  
Jackson and Mark Miller - c. 1955

Let there be peace on earth ,  
And let it begin with me.  
Let there be peace on earth,  
The peace that was meant to be.  
With God as Creator  
Family all are we.  
Let us walk with each other  
In perfect harmony.

Let peace begin with me.  
Let this be the moment now.  
With every step I take  
Let this be my joyous vow:  
To take each moment  
And live each moment  
In peace eternally.  
Let there be peace on earth,  
And let it begin with me.



**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**