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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



INITIATION—IT'S JUST THE LAKE TURNING

Back thirty years ago, I was going through what looked to me to be a crisis of faith. Everything was changing and not much of it was going well. So I called my Unity minister friend, Edwene Gaines, and told her all about it, expecting some sympathy.

"Congratulations, Greg!"

"Congratulations?"

"Yes, congratulations. You are going through an initiation!"

"What's that?"

"An initiation is when you make a huge leap in consciousness by letting go of some long-held limiting beliefs."

Looking back, now that I have learned what that experience was there to teach me, it was the best thing that could have happened to me. At the time, I thought something was wrong--with me and it. But it really was a necessary step in my movement towards wholeness.

It reminds me of my first spring as a student at Unity Village. When I turned on my faucet one morning, the water came out brown! When I called maintenance, they told me that this happens every spring, when the water "turns over" in the lake. The heat of the sun saturates and warms the icy, winter-chilled water until a critical mass is reached. Then the water at the surface changes places with the water in the depths, drawing up the turgid, brown water at the bottom. They said that in a day or so, the brown water would clear.

Growth is like that. As we "bring in the light" of spiritual understanding, it heightens our level of vibration until the "gunk" at the bottom of our sub-

We are souls in evolution

conscious mind surfaces, to be cleared. What can we do during this cleansing process? We can trust the process of growth to clear us up and bring us to where we should be.

Emmet Fox puts it this way:

It seems as though everything begins to go wrong at once. This may be disconcerting, but it is really a good sign. Suppose your whole world seems to rock on its foundation. Hold on steadily, and let it rock, and when the rocking is over, the picture will have reassembled itself into something much nearer to your heart's desire.

Your soul is calling you forth to a new level of expression. Try working with these affirmations: "This is a divine action. There is no other kind." "This can only bless me. This can only heal me."

Trust! Hold on! Let it rock, let it be, and know that the new forms will move you God-ward in the direction of the fulfillment of your soul.

Greg Barrette

(Talk Titles for September on page 2)



THE 23RD ANNUAL UNITY WORLD DAY OF PRAYER SERVICE

Wed., Sept. 7th, 7 pm

"Discover the Power Within: Unleash Your Divine Potential"

The service lasts for one hour followed by a prayer vigil to be held both in the church and in individuals' homes.

Through prayer we foster peace and wholeness in our community and in our individual lives. Everyone is welcome to attend.

Visit www.unitynorthwest.org for more info.

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 SEPTEMBER ...

Spiritual Power Tools

Sun., Sept. 11 & 18, 9:00 & 11:00 am services
 Tuesday, Sept. 13, 7:00 pm

Facilitated by Greg Barrette

Our 2-week Sunday and Tuesday night series is based on Jane Hart's book *Spiritual Power Tools* intended to de-mystify and de-glamorize soul growth through a simple, step by step process that will unveil the hidden knowledge contained within your soul. Everyone is welcome to join in.

Decluttering as a Happy Spiritual Practice

Wed., Sept. 14, 7:00 pm
 Facilitated by Rev. Mary Beth Speer

This workshop based on the book, *The Life-Changing Magic of Tidying Up* by Marie Kondo. "When you put your house in order, you put your affairs and your past in order, too," says author and consultant Marie Kondo.

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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.

Unity Northwest Newsletter

Ruth Trailer Editor

**September 2016
Contributing Writers**

Greg Barrette
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,

Wow, I tend to go to the 9 am service so it was so nice to see a lot of you from the 11 am service at our annual picnic. The weather, the food—ah-h-h—I could not have dreamed it up better. Thank you to everyone who brought a dish and broke bread together. Applause, applause, applause to Tracy Wooldridge for spearheading a great picnic and for the support from the rest of the board members in setting up and cleaning up afterwards. It was easy and breezy with all the helping hands. Thank you.

We continue to be fiscally responsible and maintain a higher consciousness as a congregation.

TALK TITLES

(Continued from page 1)

09/04 Your Inner-Focused Desire

The quality of your life is not determined by your beliefs, but your desires!

09/11 Spiritual Power Tools

Week One of a two-week series on the book *Spiritual Power Tools* by Jane Elizabeth Hart. A copy of the book is available in the lobby for a love offering,

- 1) What is your definition of "soul" and how does your soul relate to your lower self?
- 2) How does your intellect differ from your intuition and what are you now doing (or planning to do) to move you into your higher intuitive mind?
- 3) Have you ever meditated? What was it like? What helps you (time of day, location, environment, background, topic)?
- 4) How does your personal mind connect and relate to the all-knowing mind of God? When how have you ever felt that connection?

09/18 Support for Your Soul

Week Two of a two-week series on the book "Spiritual Power Tools" by Jane Elizabeth Hart. A copy of the book is available in the lobby for a love offering.

- 1) What is the fourth dimension, and how can you move there in consciousness?
- 2) What is the difference between the third and fourth dimensions?
- 3) What does your subconscious mind consist of and how can you dissolve and heal the hidden aspects there?
- 4) What is spiritual detoxification and what methods can you use to move through it?
- 5) What issues (people, past experiences, situations) are you going to use the seven steps to release and heal?

09/25 Move in the Direction of Your Prayer

Affirmative prayer is the most powerful way of directing your faith.

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

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

Love, Communicate, Respond

Beside getting the landscaping done in time for the picnic, nothing else to report. All good.

Give yourself a treat and plan to attend the World Day of Prayer Service on September 7 followed by the sacred tradition in Unity of participation in the 24-hour prayer vigil. You may sign up in the lobby to help hold the high watch. You'll find more information at worlddayofprayer.org. Our Lane Wheeler has created a wonderful program for us again. Let's discover the power within and live our divine potential. Yea God! Yea Us! Yea You!

Blessings,

Sheila Budd, President, Board of Trustees

COMING UP IN SEPTEMBER ...

(Continued from page 1)

While this workshop builds on classes offered earlier this year, we welcome new and returning students alike. The workshop is open to all, and together we'll explore the underlying spiritual principles and foundational concepts of decluttering along with basic ideas for getting started.

Documentary Film: The Tapping Solution

Thurs., Sept. 15, 7:00 - 9:00 pm
Facilitated by: Celeste Magers

The 90-minute documentary film, *The Tapping Solution*, will be shown followed by a discussion and Q & A session. EFT "tapping" is a technique that switches the nervous system from "fight-flight-or-freeze" to "rest-and-digest," allowing us to calmly find and release the hidden beliefs in our subconscious minds that are working against us. Then our affirmations can really work! The tapping practitioners in the movie explain much about how tapping works and answer many questions.

Reincarnation, Soul Evolution and You Parts 1 & 2

Mondays, Sep. 12 & 26, 7:00 to 9:00 pm
Facilitated by Lynn Barrette, LCSW, LUT

This two-part class will explore reincarnation as part of our awakening evolutionary process. We will define soul evolution based on the teachings of Jane Elizabeth Hart, founder of the Center for Enlightenment, and look at what is involved

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ICC 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

As we move into Fall we are invited into a journey of self-discovery. We can ask ourselves: What experiences did I have that drew me into a deeper awareness of my indwelling Christ presence? How can I use this awareness to bring peace and harmony not only to myself but also to those I interact with. Our Twelve Powers are often an answer to these questions.

Ideas to explore in September include the following four of the Twelve Powers:

FAITH is our supreme affirmative faculty; the ability to think, feel and say YES to God and Truth with our minds and hearts.

- Apostle: Peter
- Location in the Body: pineal gland
- Color: dark blue
- Nature Symbol: rock
- Ability: to believe, intuit, perceive; to have conviction; to know the Truth

LOVE is the power which gives us our ability to know our oneness with all others and to feel a desire for good for all.

- Apostle: John
- Color: pink
- Location in the Body: back of the heart
- Nature Symbols: wolf/cubs

We are the world. We are the children.

- Ability: to harmonize with divine ideas & principles; to attract good to ourselves

STRENGTH is stillness and the ability to know that the Christ within is our True Strength. It is our ability to stand firm in the face of challenges and to know the Truth.

- Apostle: Andrew
- Color: spring green
- Location in the Body: small of the back
- Nature Symbols: bear
- Ability: to persevere and hold onto divine Ideas; to make decisions from an inner knowing

WISDOM is intuitive knowing. It is our ability to know how to use the Truth we discern. Wisdom is allowing the voice of Spirit within to direct our lives.

- Apostle: James, son of Zebedee
- Color: yellow
- Location in the Body: pit of the stomach
- Nature Symbols: owl
- Ability: to discern; to know how to use Truth; to be wise

In light & love,

Rev. Diane Venzera, Director, Youth Education



SPIRITUAL PSYCHOLOGY

WHEN IS FEAR OF COMMITMENT BLOCKING YOU?

In college, I was called a "commitment-phobe" by family and friends because whenever a boyfriend seemed to be getting serious about me, I would end the relationship.

For a while, I identified with that not-so-endearing term and all that it meant. However, after years of doing my own inner work of understanding and releasing my own relationship issues, I can look back on that time in college and see that I wasn't afraid of committing; I simply knew what I wanted in a partner and was willing to wait for it. I wish I had known back then how to differentiate my fears from my intuition!

Relationships, by nature, are going to push our buttons, trigger our insecurities, and demand that we get out of our comfort zone. How do we know when our fear is telling us to leave a relationship, and when it is a sign for deeper work?

There is a three-step process that I like to use, and frequently share with my clients, that helps us understand what our resistance is trying to tell us:

1. What is the emotion I am feeling?

Perhaps the resistance to commitment comes up as fear; but it could also surface as anger, annoyance, sadness, or feeling shut down. Name the feeling so you can do something about it!

2. What is the story the emotion is telling me?

Let it speak. This is how you learn where the fear is coming from. What comes out may sound irrational; allow it without judging it. Our minds are filled with irrational thoughts; we want to act on the good ones, and this is how we find out which ones those are! When we are unconscious of what an emotion is telling us, we could end up making a relationship decision based on an old, worn out belief or on an unresolved past hurt. We want each step we take in a relationship to be based on real-time facts, observations and clear senses.

3. What new perspective could I take that will calm me?

This is when we listen within ourselves, beyond the emotion. Is what the emotion saying to you a pattern in your relationships? Is it showing you something new about yourself? Is it warning you about a pattern you are noticing in the other person?

Once you can determine the emotion and what it's trying to show you, you can discern if it is time for some inner work on past issues, You

What does my soul want me to do?

may need to clear the way for moving to the next level in your current relationship, or you may indeed need to move on.

Before you deem yourself a "commitment-phobe" and run the other direction in an otherwise healthy relationship, take some time to look deeper within yourself for clarity and confidence in your decision-making. Your emotions will guide you to higher ground as you take time to consciously listen, discern, and act from intuition instead of fear.

Lynn Barrette, LUT, LCSW

COMING UP IN SEPTEMBER ...

(Continued from page 2)

in supporting the evolution of our souls. Bring your openness, curiosity and adventurous self!

New Member Class

Sunday, Sept. 25, 12:30 pm - 2 pm
Facilitated by Greg Barrette

Come join Unity Northwest Church! This class features a fun, powerful small group process that is designed to bring us closer to our own spiritual journey and to that of others in the group. All potential new members are welcome to attend.

Transforming Pain into Purpose

Thurs., Sept. 29, 7:00 - 9:00 pm
Facilitated by Uma Girish

Understand your approach to pain by discovering your relationship to both pain and pleasure. Gain some ideas on how you can transform the pain of your individual experience into purpose to bring more meaning and joy into your life. Transform your emotional pain into purpose because that is the true alchemy.

Uma Girish is a Grief Guide and Award-Winning Author. Her books include the transformational memoir, *Losing Amma, Finding Home: A Memoir about Love, Loss and Life's Detours*, published by Hay House.

FROM THE INSIDE OUT

Be kind to one another. EPHESIANS 4:32

I believe that we are here for each other, not against each other. Everything comes from an understanding that you are a gift in my life—whoever you are, whatever our differences.

John Denver

So Jesus tells us to love our neighbor as ourselves. MATTHEW 22:38 Well, easy for Jesus to say. But just who is this neighbor ... and how are we supposed to do this loving? Doesn't Jesus know that we live in a very scary world filled with millions of strange-looking and -acting sorts of people?

Pretty basically a neighbor is someone who lives nearby. For example, my grandparents lived around the corner from our house so they were not only closely related, but they were also our neighbors. But nowadays, considering modern transportation and technology, people who live on the other side of the world are only hours away by airplane and moments away by telephone or internet. Oh, and another meaning of neighbor is "fellow human being." So I put it to you, who is *not* our neighbor?

And then there's the love thing. Is this the "love everybody" kind of love we're talking about here? Yes, loving absolutely everyone equally and, remember, loving them like we love ourselves. But not all of us are very good at loving ourselves so where does that leave us—and these neighbors? And what if we just don't feel like loving anybody at all right now, huh?

Well, I believe that love is not so much a feeling as an attitude—the expression of an inner belief applied to ourselves and others. In Unity we say, "I behold the Christ in you," meaning that we all participate in the divine love of God so it's time we see that in all. But what if that person over there doesn't look, think or act like we do, and we get scared? Well then, **let's get over it!** We don't have to like them or want to go to lunch with them, but we can accept and respect them as fellow human beings. The same with ourselves—let's behold the Christ in ourselves, too. And yes, it'll take practicing new thinking through affirmations, prayer and meditation so we better get going, right? Right. Namasté.

Ruth Trailer

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



excerpted from
The Human Family by Maya Angelou

I note the obvious differences
in the human family.
Some of us are serious,
some thrive on comedy.

I've sailed upon the seven seas
and stopped in every land,
I've seen the wonders of the world
not yet one common man.

I know ten thousand women
called Jane and Mary Jane,
but I've not seen any two
who really were the same.

Mirror twins are different
although their features jibe,
and lovers think quite different thoughts
while lying side by side.

I note the obvious differences
between each sort and type,
but we are more alike, my friends,
than we are unalike.

We are more alike, my friends,
than we are unalike.

For the complete poem see
<http://www.poemhunter.com/poem/human-family>



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**