



# Unity Northwest Church **NEWS**

[www.unitynorthwest.org](http://www.unitynorthwest.org)

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

August 2017

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### Unity Northwest Church

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Affiliation: Unity School of Christianity

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Tatiana Naumova	Accompanist
Rev. Diane Venzera	Director

### MINISTER'S LETTER



#### GOD'S GOOD PLEASURE?

"It is God's good pleasure to give you the kingdom." What did Jesus mean? Is there a God "out there" who has a gift package for you to open that is labeled "kingdom?" Or could it

be that God is ALREADY WITHIN you as the joy and pleasure that results once you experience that flow from within?

The people Jesus was speaking to understood the word "kingdom" a little differently than we do. They saw it as an established order, the experience in which they lived each day. We too can bring this lofty image of kingdom down to where we live. The flow of life is our experience of the established order (or kingdom) in which we live —our value and self-worth that is already there within us, which nothing external could EVER give us because it is already our own true nature.

The price it takes to awaken this inner pleasure is the willingness and effort to strip away everything unlike it. This includes everything we have falsely identified with—the scripts laid on us by society, limiting concepts, attitudes and unforgiveness.

What we are talking about here is soul healing, which begins with our willingness and effort to release all that blocks the divine flow of what Robert Browning called the "imprisoned splendor" within us. This creates an opening in us—a space into which God can flow as a new vibration and energy. Although it has been there all along in potential, it is new to our awareness.

### We are souls in evolution

Jesus said it makes all things new for us because it can only be experienced in the Now, yet it was also called "the ancient of days," for it was placed in us at the beginning of time. And it dwells AS us beyond time.

How do we do this healing work? By identifying and forgiving all that is unlike that perfect flow. Then we get to live and experience the good pleasure and joy that flows from within us. And the hidden gift in this is that we get to embrace the oneness that is our true identity.

**Greg Barrette**

### TALK TITLES for August

- August 6 A Dancing God  
Let yourself go into God ... and then just let the music move you!
- August 13 Holding a Vision, Not a Goal  
Your heart wants to share its beautiful vision of what will be.
- August 20 Spiritual School Is in Session, Every Moment! *Lynn Barrette, speaker*  
Church Picnic Sunday  
Are you aware of the spiritual school of life, teaching you all the time?
- August 27 Your Spiritual Support System  
Your life has everything you need to support your growing soul.

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 AUGUST ...

#### Forgiveness Is an Inside Job

Tuesday, August 1, 7:00 pm  
Facilitated by Greg Barrette

In this seminar, we will learn and, most importantly, we will PRACTICE how to forgive when we may not already know how to do it. Find out the five stages of real forgiveness and the seven myths that must be unlearned. AND find out HOW to forgive when you don't know how. I will share two proven methods that will work to move mountains of stuck, unforgiven energy.



### CHURCH PICNIC!

#### Unity Northwest Church PICNIC !

Sunday, August 20  
right after the second service

Bring a side dish to pass —  
salads, desserts, bread or chips

See Tracy Wooldridge, or call the church office to volunteer for cooking, setup or cleanup.

**Join us for the fun!**

*(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.

**Unity Northwest News**

Ruth Trailer Editor

**August 2017  
Contributing Writers**

Greg Barrette Sheila Budd  
Diane Venzera Ruth Trailer  
Lynn Barrette

**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!

Hope your summer is in full swing. We are doing well as a church family.

You may have noticed at the Sunday services that we have had a few glitches in our sound system. As a result we are getting a new wireless system installed soon so we can be back to a smooth production. Otherwise, all else is going along well as we remain fiscally sound.

Hope to see you at our church picnic this month on Sunday, August 20th at noon. Former board member, Tracy Wooldridge, is organizing the event, and I look forward to another great time for us to break bread together.

Please mark your calendar for our annual Unity World Day of Prayer service on September

**Love, Communicate, Respond**

13th at 7 pm and consider participating in our 24-hour prayer vigil through September 14th.

Hey, we hit the 1,000 likes on our Facebook page! Also, our web presence through Goggle ads and Meetup.com are paying off as more new faces are showing up at our Tuesday night meditation and in our classes. Yea us! Yea God!

One with the One,

**Sheila Budd**  
President, Board of Trustees

**COMING UP IN AUGUST ...**

*(Continued from page 1)*

**Ten Misconceptions about Feeling Your Feelings**

Thursday, August 24, 7:00 pm  
Facilitated by Uma Girish

No one likes to feel their feelings, especially when those feelings bring up stuff we don't want to look at. In this 90-minute workshop you'll discover:

- The Difference Between Emotions and Feelings
- Why Your Emotions Are Not the Enemy
- The Power of Positive and Negative Emotions
- How Emotions Help us Navigate Our Experience

Learn about the importance of emotions and how they relate to your overall wellness, health and growth.

**How To Let Things Go**

Tuesday, August 29, 7:00 to 8:15 pm  
Facilitated by Greg Barrette

If you could be anything, what would you be? Are you willing to go through the "letting go" process of getting there? In this workshop, I will share three proven methods of releasing fear and moving into faith.

Rest is not idleness,  
and to lie sometimes on the grass  
under trees on a summer's day,  
listening to the murmur of the water,  
or watching the clouds float across  
the sky,  
is by no means a waste of time.

John Lubbock

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).**



**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.

## YOUTH EDUCATION MINISTRY

Our curriculum, *Navigating My World: Developing Social & Emotional Skills*, continues in August. This month we move through Spiritual Development Skills. These include inner growth skills and will explore our commitment to spiritual growth as well as how to be a calm presence by knowing Spirit is in charge.

Our topics Include:

- Spirituality  
What does Spirituality mean to them? What is their commitment to Spiritual growth?
- Keeping Our Higher Self in Charge  
How do we seek guidance from our Higher Self? How do we keep our connection to this inner wisdom available at all times?
- Being a Calm Presence  
How do we maintain a calm presence in the face of conflict or

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

life not being as we want it to be? How does our nature affect others?

With love,

**Rev. Diane Venzera**  
Director, Youth Education



## SPIRITUAL PSYCHOLOGY

### WHAT IS YOUR INSIDE SAYING?

How do you hear your inner authority? How does your inside speak to you?

And most importantly, do you listen? Do you follow the inner promptings of your soul? Do you pay attention to what is happening on the inside of you as much as you are paying attention to the outside?

Just like all the social media, politics, or cell phone games that you might keep track of, your inner Voice is speaking to you, wanting your attention. The wonderful difference is that your inner Authority will give you useful information! Just like our streets have limits and guidelines to keep us safe and on track on our automobile journeys, so too does our inner world have its needs, guidelines and instruction that keep us safe and on track on our life journeys!

Two years ago, my dad had part of his esophagus removed due to a growth found at a doctor appointment. I detoured my family vacation to go help out after his surgery.

My inside was telling me that I felt afraid for him. What would happen? What could happen? What if he dies? All these worries went through my mind over and over again, and I knew what I had to do. I took the [Seven Steps for Moving through Difficulties](#) journaling process by Jane Elizabeth Hart and used it to write my way through my fears. Actually, I had to go through that Seven Step process twice because I didn't get it all moved through the first time.

As I worked through my fears, I came to realize that my dad's well-being had nothing to do with me or my desire for him. His wellness, his life, were between him and his soul; no one else. If he was going to live, awesome! If it was his time to pass on, then ultimately, that was for the best possible outcome for him and his soul awakening.

By the time I arrived at the hospital, my dad was up and walking around. I was able to be present, aware, mindful, faithful and strong as I did what was in my power to do to help out. I didn't

*What does my soul want me to do?*

drown in my fears, nor did my judgment get foggy because of my emotional attachments to him. I was able to use my love for him in the highest, most useful way possible. Plus, we had a great time laughing at all the food commercials that one doesn't notice until sitting with someone who can't take in solid food in that moment!

What if I hadn't listened to what was going on with me? What if I tried to ignore the feelings that were there, and just tried to listen to my inner Voice? Knowing myself the way I do, I imagine my emotions and fears would have out-shouted my calm, subtle, inner guidance. I imagine I might not have been much help or moral support for anyone during that time. My fear energy might have stressed out everyone around me, especially my dad who was busy working on his visualizations and healing processes.

It was hard to release my dad—to let go of my attachment to him being around for a long time. It was scary. But, it would have been harder if I had moved through that time in fear and despair. I did my "front-end maintenance," an automobile term for keeping your vehicle tuned up so you can avoid unnecessary problems. I am so glad he and I had that time together for his healing and our closeness.

What is your inside saying? Is it telling you that you have work to do like I did with my dad? Is it giving you encouragement in a direction that you might not want to listen to? You don't have to listen, but your life will be much simpler if you do.

**Lynn Barrette, LUT, LCSW**

**FROM THE INSIDE OUT**

*Encourage, lift and strengthen one another.*

*When you have a choice whether to be right or to be kind, choose to be kind. Wayne Dyer*

Have you ever wondered what your life purpose is? Well, in the book *Life 101* Peter McWilliams says that a life purpose is innate. It's not something we go and get or somehow cobble together. But how do we find it within ourselves? He suggests that we first think about, or ask people who know us, how to best describe ourselves—our way of being or how we present ourselves to the world. At the time I read this book years ago, I had discovered that I had a good sense of humor. Despite the serious lack of levity in my upbringing, I was becoming cheerful.

Second, McWilliams says to think about what we love to do. I love to read and write and see plays and movies. All of which said to me that I loved the use of words, i.e., verbal expression. Then you put the two ideas together. For me, cheer and communicating, or "cheerful communication." Voilà!

Some years later I came upon another approach to life purpose in the *Celestine Prophecy* by James Redfield. A character in the novel says our way is to decide what are each of our parents' greatest stumbling blocks and then work on those in ourselves. Well, my mother was always unhappy, and my father spoke little and stuttered. Turning those two to the affirmative for me produces happy and communicating or "cheerful communication." Again, voilà!

Now, I've known people who are imaginative teachers, considerate facilitators, intellectual advocates, resourceful investigators, innovative artists and much more. But those are just our ways of being as we each make our way through the world. What if there's one more thing? Yes, what if God put us all here, ultimately, to share love? What does that mean? To incorporate compassion, understanding, forgiveness, faithfulness and simple kindness and respect into our being and doing? You see, since we do have diverse life purposes, we must choose to clash or coordinate, to be discordant or harmonious, to enhance or diminish. **A Course in Miracles** says choose once again. Let's choose love.

*Ruth Trailer*

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



A purpose is like a heart.  
You don't create a heart,  
but like the Tinman in the  
Wizard of Oz,  
you discover the one you  
already have.

Peter McWilliams  
*Life 101*



**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