



# Unity Northwest Church **NEWS**

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

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

February 2017

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### Unity Northwest Church

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Rev. Diane Venzera	Director Youth Ed / Family Ministry

## MINISTER'S LETTER



### YOUR SOUL'S PERFECT PROCESS OF UNFOLDMENT

Unity's mystic and poet James Dillet Freeman once told me that whenever he recognized that he had fallen short, he would tell himself, "Well, that just shows 'I've come up to here!'"

You are a soul in evolution, not perfected, but perfect in your unfoldment. Just as the rose discloses its perfection at every stage of its development, from seed, to shoot, to stalk, to bud, to flowering blossom, to dormant winter plant—so you are perfect in your every level of expression. You uniquely shine forth the perfection of the whole of you in each step of your soul evolution.

Your soul is always in process. This means your soul is not a noun, but a verb. It is, in a sense, the conjugation of the verb "to be"--the process of the unfoldment of your inner being.

When Moses heard the fiery light speaking from within that desert bush "I Am THAT I Am," it wasn't speaking its name as a noun. YHWH, the Hebrew name of God that was taken from that desert experience, was the Hebrew verb "to be", or "to come into being." And being just is! Being is is-ing itself and expressing fluidly as a verb expresses, not a static noun, a place, a person or a thing. Being is always in process, not a final result. "I am the perfect unfoldment of Being" was what it was saying. And, having been made in the image-likeness of God, so are we!

You are evolving, you are growing, you aren't supposed to have it all together! You must em-

### We are souls in evolution

brace your soul, accepting and loving yourself just as you are and not judging yourself.

Unity's co-founder Charles Fillmore used to begin his services with an invocation that began, "I am now in the presence of pure being". More than that, you ARE the presence of pure being, constantly unfolding in process.

**Greg Barrette**

### TALK TITLES for February

February 5 Just Get Off It and Get On With it!  
Every step that you take towards God will be matched by ten that God takes towards you.

February 12 Say Yes to Life!  
Life is a grand adventure--and it is your hero's journey!

February 19 See It, Do It, Have It!  
To touch the dream of year heart, you must first envision it and then create it.

February 26 The Prayer of Divine Order  
Get your spiritual files into order!



### CHANGE FOR CHANGE Prosperity Banks

Please help yourself to a little gold-paper bank from the basket in the lobby, and join us in collecting "Change for Change," sponsored by our Outreach Team. Practice the Law of Circulation by banking your loose change and extra bills each day. Then, on the first Sunday of each month, bring your filled "bank," and put it in with the regular Sunday collection. Our Outreach Team will send the "Change for Change" proceeds to a selected non-profit organization.

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 FEBRUARY ...

### Connecting with Your Angels

Sunday, February 5, 1:00 pm  
Facilitated by Dr. Rose Grace

Angels are the messengers from God in our lives every day. Sometimes they manifest as people we meet, sometimes we just feel their presence or hear their message, and sometimes we miss the help they would bring us. Angels and other spiritual beings are sent to help us in various ways. They also have their own tasks to

accomplish as they minister to humans.

Dr. Rose Grace will discuss ways that angels get our attention, present ways of meeting them and partnering with them, and explain how we're supported, educated and protected by them. Come and join us for this exciting, heart-warming teaching and learn about these spiritual beings that God sends to guide and aid us.

*(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 Newsletter**

Ruth Trailer Editor

**February 2017  
Contributing Writers**

Greg Barrette  
Diane Venzera  
Lynn Barrette  
Sheila Budd  
Ruth Trailer

**Website**

Diane Venzera Web Master

**BOARD OF TRUSTEES LETTER**

Greetings from your Board,

I hope you were at our January 22 services and received your tithe from the church to tithe to another stream of your spiritual source. We are so grateful for all you do to make our church work and your financial support allows us to prosper in our spiritual growth. It is so much fun to reverse tithe to you. Thank you!

We were also blessed to have eight new members join us last month. Let's welcome them to our church family.

- Jeanette Domek
- Hal and Jeanette Gordon
- Ron Jordan
- Gail Petersdoff
- Peggy Petersen
- Sally Witt
- Victoria Roos

*Love, Communicate, Respond*

Yay, God! And yay us to be so blessed to have these souls join our congregation.

Check out the upcoming classes, and level up your spiritual exposure.

Blessings,

**Sheila Budd**  
President, Board of Trustees

*Welcome to Our  
New Members!*

**COMING UP IN FEBRUARY ...**

*(Continued from page 1)*

**Enneagram and Spiritual Growth**

Thursday, February 9, 7:00 pm  
Facilitated by Jim Ware, CFA and Founder of Focus Consulting Group

In the first class, we introduced participants to the Enneagram personality tool and helped them understand their own type. Please join us for the second class in which we'll briefly review the tool (for newcomers) and then go deeper into its value on the spiritual journey.

Materials provided will be a brochure, explaining the Enneagram and a one-page reference guide.

"Really enjoyed this class. The material is very interesting, and the class participation was fun." - Reverend Mary Beth Speers

When I was 5 years old, my mother always told me that happiness was the key to life.

When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy.'

They told me I didn't understand the assignment, and I told them they didn't understand life.

- John Lennon

**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).**

**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

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

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

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

### 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

### GENERATE THE MOTIVATION TO REACH YOUR GOALS

Do you ever wonder where motivation comes from? Do you have goals that go by the wayside because your motivation seems to have waned?

This is definitely goal-setting season! There is a process for reaching a goal that I put into a graphic a while back that helps to define where we are in our goal-achieving process—and waning motivation is simply part of the process! It is also where our work really begins.

I call the process, "Process for Taking a Spiritual Step," because any goal or change we are working on is a spiritual step within itself! The steps are: Commitment, Resistance, Strengthening, Triumph, and New Energy. The more we understand this process, the more readily we can cooperate with it, and do our part to generate the motivation to make it happen!

**Commitment** The first thing we do, obviously, is to define and commit to a goal. This is the step where the motivation energy comes in to support us. We feel excited about our commitment, we are enthusiastic about taking steps towards it, and goal-achievement seems easy!

For example, let's say my goal for the year is eating healthier foods. I may feel energized by thinking about how to incorporate healthier foods in my diet everyday: what I'll buy at the store, what recipes I'll try out, what I'll add to my diet and what I'll keep out—all those might be fun to think about!

**Resistance** ...for about three weeks. Then the novelty wears off, I don't feel the new energy of my commitment as strongly as I did at

first, and the new behaviors I need to incorporate just aren't as fun anymore. This is the resistance stage. It is where our new behavior runs up against our old behavior, and we hit what I call the "Wall of Status Quo." This is where the real work begins.

We are status quo beings. Our bodies are designed to maintain functioning at a status quo level, and our minds and emotions operate that way as well. In my example, eating poorly might have been my status quo at the time I



set my goal. That status quo was built on thousands of small choices that created a thought form in my mind, brain, emotions, and body, that made eating poorly the automatic mode of behavior. When I try to change that behavior, I am going to naturally run up against these systems that have been used to a certain way of being. That is the Wall of Status Quo, and it will start talking to me in ways that could pull me back into that old behavior. That resistance talk might sound like, "I've tried this before and failed; why bother?" Or, "I really don't want to do this anymore; it's not fun now." Or, "This is

## *What does my soul want me to do?*

too hard." Often, it will turn into the critical voice we all battle, and get really nasty with us.

But when we can see it is just the old behavior trying to maintain itself, we can impersonalize it a bit and stand up to it. We could say, "No, I understand that you're just the old behavior talking. I am making new choices now." Or, "Oh, I see you, silly Wall of Status Quo! You can't fool me!" Or, "My excitement doesn't feel as strong so I have to make my new choices even when I don't 'feel like it.'"

**Strengthening** Many times a day we have to direct ourselves back to the new behavior. We make those little choices to withdraw from the old behavior and reinforce the new. It takes time, persistence and patience.

**Triumph** But eventually we win out. Eventually a new status quo is created and becomes part of who we are.

**New Energy and Insight** We begin to see things in new ways. In my example, it might be easier for me to choose kale over cookies, fruit over sugar, salad over bread. I can remember that it used to be hard to make those choices, but now it seems easy. Why? Because I have created a new status quo for myself!

The process then starts over and repeats with the next commitment we want to make for ourselves. It's a process! And we can cooperate with it and generate motivation through our awareness and moment-by-moment choices.

What goals do you have for the new year? How are you generating your motivation?

**Lynn Barrette, LUT, LCSW**



**FROM THE INSIDE OUT**

*Encourage, lift and strengthen one another.*

**Remind yourself that the greatest technique for bringing peace into your life is to always choose being kind when you have a choice between being right or being kind.** **Wayne Dyer**

A *Course in Miracles* asks, "Would you rather be right or happy?" What? What kind of question is that? I think it's a significant question because the answer reveals our most basic philosophy of life, which in turn dictates how we go about living. Most of us cling to being right because it's oh so embarrassing to be wrong. But, ultimately, what's the big deal? If we're right, we proceed, and if we're wrong, we regroup accordingly and then proceed. But the big deal is having to admit to not always being right and to making mistakes, all of which makes us imperfect. And if we're imperfect, we might have to regroup, that is, make a change. Oh, no! Oh, YES!

I can tell you that my life started to change for the better when I began to notice my feelings while I was doing, saying or thinking something. I realized that those feelings were my true motivation of the moment—my bottom line. But, of course, I first observed this in others because it's easier to see the speck in someone else's eye than the log in our own.

Here's an example. Several years ago, I went to lunch with a bunch of women from work for an office birthday party. At the restaurant, our supervisor whispered to me her criticism of one of the other women who had come along. Then this supervisor proceeded to sit all through lunch with a crabby look on her face. And I wondered, "Why did she come? If she were here for the celebration, maybe she'd set aside her issue with this other woman for now and be happy for the birthday girl."

Of course, we can only be responsible for our own thinking—our own bottom line—no one else's. If we want to lead an authentic life, one which derives "rightness" from our inner truth, then we have to be open enough to notice when we're not coming from love. Negating others is not the way to being right. Loving and respecting everyone is how we can "right" ourselves and be happy. Yes, it is. Thank you, God, and amen!

**Ruth Trailer**

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



Be tender with yourself and others.

Look for the goodness in all.

Be unselfish and generous.

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



**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**