



August 2024



Lightening Up: Destressing & Unwinding Our Hearts & Minds

**Sunday Livestream & In Person Service
10:30 a.m.**

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

Lightening Up: Destressing and Unwinding Our Hearts and Minds

A message from our Ministerial Team

Here are 8 ways to release some of the weight of our daily worries.

- 1. Watch out for the habit of making instant judgments:**
“Letting there be room for not knowing is the most important thing of all. When there’s a big disappointment, we don’t know if that’s the end of the story. It may just be the beginning of a great adventure. Life is like that. We don’t know anything. We call something bad; we call it good. But really, we just don’t know.” ~ Pema Chödrön
- 2. Say yes to taking life as an adventure!** “Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make, the better. What if they are a little coarse and you may get your coat soiled or torn? What if you do fail, and get fairly rolled in the dirt once or twice? Up again, you shall never more be so afraid of a tumble.” ~Ralph Waldo Emerson
- 3. Be more of a rainbow person!** “Try to be a rainbow in someone’s cloud.” ~ Maya Angelou
“The way I see it, if you want the rainbow, you got to put up with the rain.” ~ Dolly Parton
- 4. Remember we’re all part of the same ocean of life!** “I’d like to be remembered as someone who really helped people to have a little humility and realize that we are part of the animal kingdom, not separated from it.” ~ Jane Goodall
- 5. Take time daily to experience the divine peace of your inmost being:** “People say nothing is impossible, but I do nothing every day.” ~ Winnie the Pooh
- 6. Don’t let impatience rob your inner peace:** “Before you marry a person, you should first make them use a computer with slow Internet to see who they really are.” ~ Will Ferrell
- 7. When in doubt, just love more—there are more reasons than we can count!** “Always forgive your enemies; nothing annoys them so much.” ~ Oscar Wilde

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- 8. Allow room for a little pure silliness:** “Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.” ~ Jack Handey

Join us each Sunday this month as we discover new ways to lighten our load and find the rainbows in the dreariest of days.



SERVICES IN AUGUST

Sunday, August 4: – “**F.E.A.R.: False Evidence Appearing Real**” with **Jon West**. Unity co-founder Charles Fillmore wrote: “Fear is one of the most subtle and destructive errors that our carnal mind experiences. Fear is a paralyzer of mental action; it weakens both mind and body.” We will explore practical keys to releasing the chains of fear that often secretly weigh us down.

Sunday, August 11 – “**The Feather Principle**” with **Rev. Sherry Lady**. As a bird flaps its wings the feathers move together in a motion that allows them to stay afloat. How they move together can be a metaphor for how we also are spiritually designed to stay aloft and soar in our own lives.

Sunday, August 18 – “**The Path Back to Joy**” with **Laura DuBois**. When stress levels rise and life's challenges weigh heavily, we have tools that can help us regain our balance. This talk will focus on practical approaches for de-stressing, including ideas from the teachings of Tara Brach, Gary Craig, Ram Dass, and Jesus.

Sunday, August 25 – “**Let Go – Let God**” with **Rev. Inge Tarantola**. Saint Teresa of Ávila wrote, “Let nothing upset you; Let nothing frighten you. Everything is changing; God alone is changeless.” What sage advice during these challenging times!

Sacred Women's Circle



Saturday, August 3

10:30 a.m. - Noon

August's Theme

Sacred Life - Sacred Water

Calling all women to join **Ani Sinclair** in the upstairs
Filmore Wing on Saturday, August 3rd.

We will spend time connecting, meditating,
and doing a fun project that incorporates
August's **Sacred Life-Sacred Water** theme.

For more information, contact Géna at 541-345-9913, ext. 11.

Guest Musician Halie Loren

Sunday, August 18 at 10:30

Singer/songwriter **Halie Loren** will be performing at Unity of the Valley's August 18 Sunday service. Raised in Alaska, this Oregon-based artist brings a fresh and original perspective to time-honored musical paths. She's released eight albums to-date, garnering several national and international awards as well as significant critical and chart success along the way, with her albums consistently charting at #1 in Billboard/Japan Jazz Charts, iTunes (Canada and Japan) and Amazon Music. How blessed we are to have this internationally acclaimed, award-winning artist joining us. Please help us spread the word!



Every 1st Wednesday at Unity

Chanting & Meditation

Join us on August 7th, 7-8 p.m.

Surrender to the infinite love, joy and peace of the Divine through the practice of chanting, both in English and Sanskrit. Between chants, we meditate in silence for 10 minutes. We conclude with a prayer for the world.

Info: Jon West (541) 683-7666
jwest97405@gmail.com

Whatever comes
from the heart
quietly touches
every other heart.
~Anonymous



Unity's Environmental Action Team (UV EAT) Sunday, August 11 – 12:00-1:00 p.m.



Join us every 2nd Sunday of the month as we explore how to live in harmony with Mother Earth. For more information, contact Betsy Priddle at heavenstobetsy74@gmail.com.

Tips for the Month

1. Going on vacation? Turn off your water heater at the electric box before leaving for more than 3 days.
2. Got Weeds? Spray white vinegar (20%- available at Down to Earth in a spray bottle) on them. It works! Be careful not to let it get on desirable plants!

First-Sunday Potluck

Sunday, August 4
after the service

Bring a main dish or salad, and invite
your family and friends!
Unity will provide coffee, tea, and dessert.



Caring from the Heart LGBTQIA++ Support Group

1st & 3rd Monday, 5:30-7:00 p.m.
August 5 & 19

Join **Shawn, Erik, and Jalon** in the Garden Room on the 1st & 3rd Monday of each month for an opportunity to gather in a safe place to be open and to share, express, and support each other in the LGBTQIA++ community. No judgement, no fear. For more information, contact **Erik Peterson** at **541-556-0228**.

Unity World Day of Prayer Thursday, September 12, 12:00-6:00 p.m.

People from all faiths are invited to join us as we connect in prayer with Unity churches worldwide. Join us for an afternoon of walking the labyrinth, prayer, meditation, and silence.

Summer Congregational Picnic at Rev. Inge's Home



Saturday, August 17
11:00 a.m.-2:00 p.m.

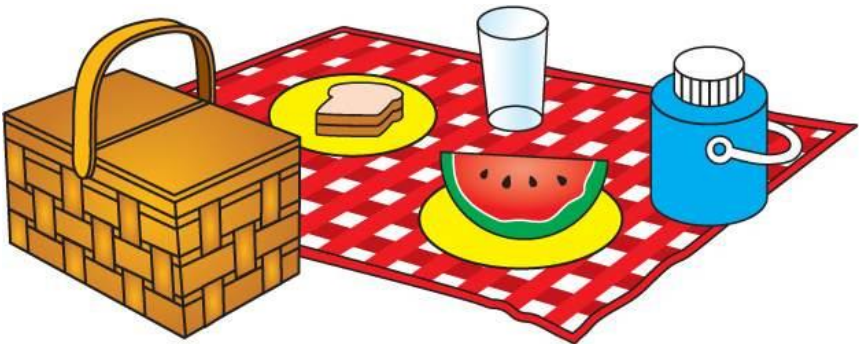


Bring yourself and invite your family and friends to join us at Inge's home for a fun and relaxing time with the Unity Community!

What to Bring:

- Potluck food to share & serving utensils
- Your own dishes and flatware
- A lawn chair and/or blanket

Some tables & chairs provided.



Directions to Inge's will be available in the foyer at Unity on Sunday, August 11.

AN INTERVIEW WITH REV. DICK EVERTS

Interviewed by Géna Duel



In 2020 the COVID pandemic hit the world pretty hard. Unity of the Valley shut down for over a year and moved to holding services and classes via livestream or Zoom. It was during this time that **Rev. Dick Everts**, a retired Unity minister, joined Unity's Phone Connection Team. This team of volunteers called

congregants on a weekly basis to check in with them. As the church re-opened and the weekly outreach ended, he realized just how important the connection and sharing was to many who still felt isolated. The idea came to him to have a weekly **drop-in** gathering for an hour to discuss topics of a spiritual nature in the Unity tradition. Zoom was the platform that would make it possible. Thus, the **UV Community Connect Hour** was born.

The group started with just a few attending. As the word spread the group kept growing. Today it varies from 4 to 12 attendees weekly. The meeting begins with a brief check-in followed by a centering meditation. A discussion follows with a spiritually based question, usually based on Unity teachings. Attendees are free to answer questions, share their insights, or simply listen. Sometimes our sharing is light, at other times in great depth. This Zoom group is **drop in!** Some people come every week, others once a month. Dick shares that we all have the Presence of pure Spirit within us, but we often are not in touch with it. In our weekly connection, we address some of the blocks that prevent us from experiencing the indwelling Spirit. Being aware of that still small voice is **easily attained**, but we make it difficult.

People who attend quickly recognize we share a common ground of spiritual awakening, and here we are doing it with one another, and our lives are changing as we see things differently. Hearing others speak and share their journey makes the journey easier. We are waking up to our own spiritual identity and bonding together at the same time. We laugh a lot too. We would love to have you join us. It's a rich experience.

If you would like to participate or have questions, please contact Rev. Dick by email, richard.everts@comcast.net. He will send you the Zoom link invitation or call you to respond to questions.

UNITY SPIRITUAL COMMUNITY SUPPORT FUND

Did you know that Unity has a Spiritual Community Support Fund? This fund was inspired in 2020 by a Unity member who offered her government stimulus funds to assist individuals in our spiritual community who need it most.

WAYS YOU CAN CONTRIBUTE FINANCIALLY

- **Mail a check** to Unity of the Valley, 3912 Dillard Rd., Eugene, OR 97405 with a note designating if it's for OSCSF or general Unity finances.
- **Make a donation through PayPal** using the yellow DONATE button on the home page of our website: unityofthevalley.org. Make sure you designate whether you want your donation to be applied to OSCSF or to general Unity finances.
- **Write a letter** stating you wish to join our **Simple Giving Fund** to contribute a set amount (state the amount) on a regular basis (state how often) and include a voided check. Just designate what portion should be used for OSCSF or general Unity finances. Géna, our Office Administrator, opens all our mail in private. So, it is safe to include your account information in a letter, but not in an email.

IF YOU NEED MONETARY ASSISTANCE

To request monetary help, you can write a letter or an email (unityval@riousa.com) directed to the Ministerial Team. Please include the following information:

1. Your name, mailing address, phone number, and email address.
2. Your association with Unity of the Valley.
3. Name of a reference at Unity of the Valley (someone who knows you).
4. Brief description of your financial need.
5. How much you are requesting.
6. Do you think your financial needs will require monthly support?

Requests for monetary help will be reviewed by our Ministerial Team. If a request is approved, the amount granted will be dependent on how many requests we receive and how much money is available in the OSCSF.

FINANCIAL REPORT: It Takes a Village!

| MONTH(S) | INCOME | EXPENSES | NET |
|----------|----------|----------|-----------|
| MAY | \$15,484 | \$17,580 | – \$2,096 |
| JUNE | \$12,669 | \$18,483 | – \$5,814 |

Our spiritual community has been blessed for over a decade with healthy finances while many Unity centers have struggled. Yet over the last three months, our income was \$11,083 less compared with the same quarter last year. So we have some work to do. We invite your input as we move forward together. You can reach our Treasurer, Serenee Smith at sereneeheart@yahoo.com.

With deep love,
Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

**Tuesday, August 20
6:30 p.m.**

Board meetings are held
in person in the Garden Room
and via Zoom.

All are welcome to attend.

If you would like to attend via
Zoom or speak at the meeting,
please contact **Ted Taylor** at
541-953-7226 or
juliated@comcast.net.

August Affirmation

Knowing my soul
is free as the wind,
my heart
is ever smiling within!

HAPPY BIRTHDAY
everyone born in the month

AUGUST

YOUTH & FAMILY MINISTRY NEWS

YFM THIS SUMMER - Our curriculum teachers are on break in July and August. Although the youth (ages 4-18) are taking a break from curriculum, they are still meeting in the Garden and Rainbow Rooms. We do a check-in, meditation, and an activity. (Nursery care continues to be offered.)

Spiritual Play Date

Thursday, August 15, 1:00-3:00 p.m.
At Rev. Inge's Home



Calling all adults and children to join Alice Sparks at Rev. Inge's home for an afternoon of fun, spiritual communication, and meditation on her peaceful labyrinth. This will be a great time to enjoy nature and Inge's beautiful grounds.

R.S.V.P. to Alice Sparks 541-729-3817.

YFM Second Hand Sale

What: Youth & Family Ministry Second Hand Sale.

When: Friday & Saturday, September 13 & 14 (9-4).

How You Can Help: Do you have items you are looking to get rid of? Donate them to YFM and help support them at the same time. Drop off of your donated items starting September 8th. Contact **Alice at 541-729-3817** to set up a time to drop off your donated items.

NEW SERIES BEGINS

Behind the Lens Seminar

FALL 2024 Series

Tuesdays, August 13-October 29, 2024 - 7:00 p.m.

Sen. Joseph McCarthy is appointed Chairman of the Senate Committee, and Charlie Chaplin's passport is revoked, barring his return to the U.S. and ending his career as an American filmmaker.

Cost: 12 films for \$30, or \$5 per time.

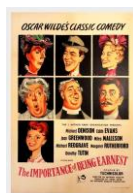
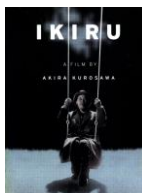
Pick up a registration form in the Fellowship Hall.

A full listing of all 12 movies is on the Registration Form.

Tuesday, Aug. 13: "Singin' in the Rain" (Gene Kelly)
directed by Kelly/Stanley Donen (114 min.)

Tuesday, Aug. 20: "Ikiru" directed by Akira Kurosawa (143 min.)

Tuesday, Aug. 27: "The Importance of Being Earnest"
directed by Anthony Asquith (95 min.)



Unity Food Drive

We continue to collect food for Food For Lane County to help keep the local pantries stocked. **Please help us fill the barrel in the foyer.**

Donated items should be shelf-stable food (i.e., canned or no refrigeration needed)



YOUTH & FAMILY MINISTRY JULY & AUGUST SCHEDULE

Nursery (Infant-4 years old) Nursery care is offered during the service in the Harmony Room.

Youth (ages 4-18) are taking a break from curriculum, but they are **still meeting in the Garden and Rainbow Rooms (10:25-11:25 a.m.)**. They do a check-in and meditation followed by activities.

Great opportunities to help others seldom come,
but small ones surround us daily.

~Sally Koch

Angel Network



The Angel Network is a circle of caring. This means you can ask for help in tough times for short-term services such as a supportive call or home visit, a ride to a medical appointment, a Sunday service, shopping for groceries, yardwork, etc. We can't guarantee help, but we can at least try! If you or someone in our church community has a need, let us know by calling the **Angel Network Request Line** at **541-345-9913, ext. 14**.

If you would like to join the Angel team, just call the Angel Network Request line: **541-345-9913, ext. 14** and leave a message.

If you would like to donate gift cards from food stores and cash to have on hand for emergencies, you can do so by making a check payable to Unity of the Valley and including ANGEL NETWORK in the memo line. You can mail your check to Unity of the Valley, 3912 Dillard Road, Eugene, Oregon 97405.

Unity of the Valley Prayer Ministry

Unity was founded on, and is sustained by, the power of prayer. We invite you to participate in prayer with our devoted Prayer Ministry through these activities.:

- **Healing Prayer Circle** - We meet **Sundays (12:15-1:15 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, contact **Julia Linebarger-Taylor at 541-968-5896.**
- **Prayer Requests** - Email your name and prayer request to Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.
- Call our **Dial-a-Prayer line** (541-345-9913, then press 7) for an uplifting, affirmative prayer at any time of the day or night.
- You can call **Silent Unity** 24 hours a day at 816-969-2000 or toll free at 800-669-7729.

AUGUST PRAYER

from Rev. Sherry Lady

The soul of the world is radiant
full of splendor and beauty and full of life.

A life full of the treasures from a Holy Spirit, everywhere
present, providing fountains of strength, delight, and peace.

In this moment we choose to embrace it all.

To taste and see the good. To find what is precious.

To give thanks that the radiance of an inner spirit within
is visible in all of creation.

We choose in this precious moment
to live from that inner spirit and participate
in the splendor and beauty of being alive.

We are one with you, Divine Essence and we are grateful.

Amen

SUNDAY LIVE STREAM

Sunday Services. Can't be here in person? You can join us and many other friends of Unity of the Valley live at 10:30 a.m. each Sunday at <https://www.facebook.com/unityofthevalley> (you don't have to be a Facebook member).

Weekly Meditation, Prayer Circles, & Study Groups

WEDNESDAYS: UV Community Connect (via Zoom) 2:00-3:00 p.m. A one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. Led by **Rev. Dick Everts**. Email **Rev. Dick** at richard.everts@comcast.net for link.

THURSDAYS: Unity's Council of Elders (Garden Room) 1:00-2:30 p.m. (60 or older) Come explore the journey and wisdom of elderhood. For more info., **Julia Linebarger-Taylor** at jlinebargertaylor@yahoo.com or 541-968-5896.

THURSDAYS: Passage Meditation (Fillmore Wing) 5:30-6:45 p.m. This group practices "Passage Meditation" as taught by Eknath Easwaran. For more info., **Laurie Cracraft** at 541-554-5434.

SATURDAYS: - 10:00-11:30 a.m. via Zoom - Gong Bath Meditation Class with Sunny & Vicky Hills - Sign Up at <https://sunnyhillsmeditation.com>

SUNDAYS: Sunday Morning Book Study Group (Rainbow Room) 9:00-10:20 a.m. Currently studying *Spiritual Awakenings*, by Barbara Harris Whitfield. For more info., **Cynthia** at 216-466-1897. (On hiatus in July and August.)

Ongoing Monthly Groups & Events at Unity

Unity Grief Support Group (Garden Room). This group, facilitated by **Rev. Inge Tarantola**, is currently on hiatus. For more info., **Inge** at 541-968-5540.

Unity's Open Men's Group (Fillmore Wing) First & Third Tuesday of each month 7:00-9:00 p.m. For more information, contact **Raymond Albano** – 541-285-3943 / Ralbano.tmlp@gmail.com or **Jim Drews** – 541-731-8492 / drewsjim@yahoo.com.

Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 3:30-5:00 p.m. Join experienced practitioners for a calming, healing Therapeutic Touch session. For more info., **Bev Forster** at 541-520-9358.

THE MISSION OF UNITY OF THE VALLEY IS

**To celebrate and express
the light and love of God
in each other and all things.**

UNITY'S FIVE BASIC PRINCIPLES

- 1. There is one Presence and one Power: God, the Absolute Good.**
- 2. We are spiritual beings, created in God's image. The spirit of God lives within each person; therefore, all people are inherently good.**
- 3. What we think, feel, and believe reflects in our life experience.**
- 4. Affirmative prayer and meditation heighten our connection with God.**
- 5. Knowledge of these spiritual principles is not enough. We must live them.**

CONTACT INFO

3912 Dillard Rd. (39th & Hilyard St.), Eugene, OR 97405
Office: (541) 345-9913 • Fax: (541) 345-9182
www.unityofthevalley.org

OFFICE & BOOKSTORE HOURS

Tues–Fri, 10:00 a.m.-1:00 p.m.

BUSINESS OFFICE

(541) 345-9913
Géna Duel, Administrator

BOOKSTORE

(541) 345-9913, Ext. 12

MUSIC DIRECTOR

(541) 345-9913, Ext. 8

POSITIVE PRAYER LINE

(541) 345-9913, Ext. 7

SILENT UNITY

(800) 669-7729

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