



July 2024

**The Pursuit of Happiness:
Finding the Joy-Filled Life**



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

The Pursuit of Happiness: Finding the Joy-Filled Life

A message from our Ministerial Team

Thomas Jefferson got it nearly right in 1776 when he declared “all men are created equal...endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness.” Of course, many people were left out of that equation. Even today, how far have we come in understanding happiness and helping everyone achieve it?

Like the North American continent was in 1776 to Jefferson and his compatriots, happiness is largely an unexplored frontier to most of us. While the testimonies of others offer clues, we can only truly know the emotional valleys, mountains, deserts, and canyons we have traveled through firsthand. Perhaps the greatest clue comes from mystics throughout time. Ultimate happiness, they report, is not a temporary emotion. It's an expanded awareness of our true essence as Divine Consciousness or Spirit.

What road shall we take in our own pursuit of happiness? For most of us, that road comes down to the principled choices and mindset we make for ourselves from one day to the next. Did we step forward yesterday toward greater joy and freedom? Did we occupy our usual ground? Or step backward? No matter our past progress, today is a new chance to gain higher ground, to explore the vastness of being we've always contained, and to make our own “Declaration of Interdependence” with the joy-filled Spirit of Life.

Throughout July, we invite you to join us in this exciting quest!



SERVICES IN JULY

Sunday, July 7: “Shifting from Human to Spiritual Happiness” with **Jon West**. If we mainly walk upon the shifting sands of this outer world, we are continually subject to shifting fortunes, which is both painful but repetitive. How can we make the shift to higher, more stable footing and find lasting peace, joy, and fulfillment? Remember: This is Potluck & Bring a Friend Sunday!

Sunday, July 14: “Radical Empathy: Untangling Knots Within and Between Us” with **Professor Michael Dreiling**. See page 7 for description and more information.

Sunday, July 21: “Finding a Place to Land” with **Rev. Sherry Lady**. So many ups and downs, so many possibilities for bumps along the way to achieving a joyful heart. Yet, there is a way to emerge from the cloudy skies of uncertainty and find the perfect place to land. Let’s soar together above and beyond all that stands in the way and find the soft-landing place of peace.

Sunday, July 28: “Joy, The Divine Gift” with **Rev. Inge Tarantola**. Happiness can be fleeting and is influenced by outer circumstances, but joy is something that resides deep within us and is ever renewing, no matter the state of the world. It is a blessing we can use to create our lives.



First-Sunday Potluck

July 7 after the service

Invite your friends & family!
Bring a main dish or salad.

Unity will provide
coffee, tea, and dessert.

Every 1st Wednesday at Unity

Chanting & Meditation

Join us on July 3rd, 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) 683-7664
or jwest97405@gmail.com**

Our true nature does not have to be found;
it is present at all times, and we need only abide
in its unconditioned awareness.

~A Spiritual Warrior

Unity Open Men's Circle

**First & Third Tuesday of each month
7:00-9:00 p.m.**

The Men's Circle is a safe container where a man can openly and authentically share about his life, with the support and in the company of other men.

Emotional literacy, honesty, integrity, and truth telling will be modeled and invited and held in a structure of confidentiality and safety. There are opportunities for growth, transformation, and fun.

For more information, contact

Raymond Albano – 541-285-3943 /

Ralbano.tmlp@gmail.com or

Jim Drews – 541-731-8492 / drewsjim@yahoo.com

It's Salad Time



In July we start serving a large green salad and request that all our wonderful cooks bring hearty salads to go with it. We are looking for 2 people each Sunday to bring a large salad. We're looking forward to lots of fresh fruits and vegetables this season!

Please sign up
in the Fellowship Hall
to bring a salad!

Unity's Environmental Action Team (UV EAT)

Sunday, July 14th
12:00-1:00 p.m.



Can our spiritual
community make
a difference on
global warming?

Working together, we can!

Join Betsy Priddle and others on the second Sunday of each month as we explore how and what we can do to make a difference. To be notified of service events or for more information, contact

Betsy Priddle at
heavenstobetsy74@gmail.com

COME VISIT UNITY'S BOOKSTORE



We have new & used books, jewelry, prayer and affirmation flags, art, journals, cards, trinkets, gift certificates, and much more.

Come browse to your heart's content after the service on Sundays and find the special gifts you've been looking for, while supporting our community at the same time!

As each one of us shops in and supports our bookstore, it helps the bookstore to regularly and actively support us. It is 100% staffed, managed, and operated by dedicated Unity volunteers, with 100% of the profits coming right back to Unity.

Groups on Summer Hiatus

Parents Empowered by Connecting (July-August)

Prayer Shawl Ministry (July-August)

Sacred Women's Circle (July)

Sunday Morning Book Study Group (July-August)

Unity Grief Support Group (July-August)

Caring from the Heart LGBTQIA++ Support Group



1st & 3rd Monday

5:30-7:00 p.m.

Starts July 1st

Join **Shawn Heren**, **Erik Peterson**, and **Jalon Watts** in the Garden Room on the 1st & 3rd Monday of each month starting July 1st for an opportunity to gather in a safe place to be open and to share, express, and support each other in the LGBTQIA++ community.

This is a time to celebrate, share spirit, and express love, acceptance, and unity.

No judgement, no fear.

For more information, contact

Erik Peterson

541-556-0228

**“Radical Empathy:
Untangling Knots Within and Between Us”**
Guest Speaker: Professor Michael Dreiling
Sunday, July 14 at 10:30 a.m.



Professor Michael C. Dreiling shares a framework for bold and meaningful living rooted in radical empathy based on everyday experiences and decades of studying and teaching about the human condition. He identifies tools for releasing mental falsehoods, nurturing wounds and

fears of the heart, and discovering a humble understanding of oneself and each other. When practiced, radical empathy opens our intuitive connections, reconciling the many motives, voices, and demands often overwhelming our inner and outer lives.

Michael Dreiling is Department Head and Professor of Sociology at the U of O specializing in political and environmental sociology. He has authored two books, numerous research articles and chapters, and is now completing two books. His documentary film series with Matthew Eddy began with *A Bold Peace*, an award-winning feature-length film on Costa Rica's demilitarized society, with a three-part series in progress on Japan's shift from a militaristic empire to a relatively pacifist democracy. Awarded for distinguished university teaching, distinguished service, and numerous leadership awards, Professor Dreiling is also active in the nonprofit world to promote nonviolence, environmental care, and an economy that is fair for all.

LOST & FOUND



The Lost & Found is located over the coat rack in the Fellowship Hall. Please check for your lost belongings. Unclaimed items will be given to the Goodwill in the near future.

A NOTE FROM OUR MUSIC DIRECTOR Laura DuBois



We Did It!!!

In the summer of 2020, Unity took a huge leap of faith. Classic Pianos of Portland, who had so generously loaned us the Yamaha grand piano in our sanctuary, needed to sell that glorious instrument. Valued at \$30,000, they offered it to us for a reduced price of \$24,500. Considering we had it free for four years, that offer was quite a bargain. However, because of the uncertain financial climate brought on by the pandemic, we couldn't ask the board to fund such a purchase.

After a lot of brainstorming, we decided to purchase the piano with private donations. Classic Pianos offered us a no-interest payment plan of \$500 per month, and we signed on the dotted line. Several people donated towards our cause, including a handful of people who gave recurring monthly gifts. Then a couple in our congregation put a large sum of money into a trust fund and designated Unity of the Valley's music ministry the beneficiary.

I am thrilled to announce that our piano is now paid for! What a miracle!!! With every note that comes from that beautiful piano, our hearts sing with gratitude and love for the donors that made this possible. You are our angels! Thank you!!!

The more we
thank God
for the blessings
we receive,
the more
we open the way
for further blessings.
~Betty J. Eadie



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: Keeping Our Garden Growing

MONTH(S)	INCOME	EXPENSES	NET
APRIL	\$15,450	\$18,504	(\$3,054)
MAY	\$15,484	\$17,580	(\$2,096)

Not surprisingly, our income has fallen since the pre-Covid year of 2019 (almost 20%). As we work on balancing our checkbook, let us also envision the natural growth that happens as we make newcomers feel welcome and invite friends to Unity. As we shine our brightest light, Divine order unfolds. Thanks to each of you for joining in this opportunity! In gratitude, your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF Trustees' MEETING

Tuesday, July 16
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.

July Affirmation

Joy is my true nature!
It is my birthright, and
I embrace it fully!



Happy July Birthdays



YOUTH & FAMILY MINISTRY NEWS

YFM THIS SUMMER - Our curriculum teachers are on break in July and August. Although the youth (ages 4-14) are taking a break from curriculum, they will still be meeting in the Garden Room. We will do a check-in and meditation, and then we will be doing activities like arts and crafts, games, music, making fuzzy mandalas, play with bleeding tissue paper, watch a short movie, and many more fun things. (Nursery care will continue to be offered.) **VOLUNTEERS NEEDED:** If you are interested, please contact **Alice at 541-729-3817 or alicesparks48@gmail.com**



Thursday, July 11 – YFM Splash Day. YFM is sponsoring our youth for a fun splashing time at Amazon Pool from **1:00-3:00 p.m.** The Youth entrance fee is paid for. Adults pay for themselves.

Youth must be accompanied by at least one parent or guardian who is responsible for them. **Sign up required. Signup in the Garden Room.** A release form to be signed as well.



YOUTH PUPPET DAY CAMP

July 22-26 – 10 a.m.-Noon
(Youth ages 8-15)



- Each participant will make two different puppets to keep.
- They will learn to manipulate several different types of puppets: rod puppets, finger puppets, and marionettes (stringed puppets).
- They will learn to present a story using voice and movement.
- On the final day of Camp, we will present a variety show onstage based on Unity principles.

Pre-registration is required. Space is limited.
Please contact Alice Sparks at 541-729-3817 (voice or text)

Behind the Lens Seminar Summer 2024 Series

Tuesdays, May 21-August 6, 2024 - 7:00 p.m.

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 July 2: “The River” directed by Jean Renoir (99 min.)

Tuesday July 9: “The Prowler” (Van Heflin, Evelyn Keyes) directed by Joseph Losey (92 min.)

Tuesday July 16: “The Great Caruso” (Mario Lanza) directed by Richard Thorpe (109 min.)

Tuesday July 23: “Miracle in Milan” directed by Vittorio De Sica (96 min.)

Tuesday July 30: “Strangers on a Train” (Farley Granger, Robert Walker) directed by Alfred Hitchcock (103 min.)

Unity Food Drive

We are collecting 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)

Some suggested donation items are: Protein (such as peanut butter, canned meat: tuna, chicken, salmon, corned beef, etc.), dried beans, canned food, soup, spices, cooking oil, broths, shelf-stable non-dairy milk alternative (i.e., almond milk, oat milk, soy milk, etc.), cereal, grains, pasta, rice, baby food, baby formula.



YOUTH & FAMILY MINISTRY JULY & AUGUST SCHEDULE

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

Youth (ages 4-14) are taking a break from curriculum, but they will **still be meeting in the Garden Room (10:25-11:25 a.m.)**. They will do a check-in, meditation, followed by activities.

Give a little love to a child,
and you get a great deal back.

~John Ruskin

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.

JULY PRAYER

from Rev. Sherry Lady

Illuminating Spirit,
you gave us freedom of choice.
Now walk with us to the river of joy
and let the river of our hearts free
the well of love within each one of us.

Let us all walk side by side
and offer both our hands to arrive
at the truth of our being and oneness
and then sit side by side
in Your all-embracing Light.

Let freedom in
in all the lands over all the world.

Amen

Nothing
is too small
a subject
for prayer,
because nothing
is too small
to be the subject
of God's care.

~Henry T.
Hamblin



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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