



July 2025



***Soul Strength: Finding Peace In
the Midst of Life's Challenges***

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director

Laura DuBois

Soul Strength: Finding Peace in the Midst of Life's Challenges

A message from our Ministerial Team

What is the soul? We often speak and hear of it at Unity. But how well are we acquainted with this Higher Self we call the soul? Have we learned the difference between our ever-shifting thoughts and the serene vastness of our Divine essence? Do we know how to tune into our innate peace and wisdom when troubles come knocking?

In our image-minded culture, introspective questions like these can trigger fears of being "less than." Despite the abundant testimony of great hearts and minds throughout history, many dismiss the possibility of profound soul awareness. Another common barrier is to be outwardly committed to spiritual growth while inwardly seeing ourselves as a limited human.

In the classic Unity book, *Lessons in Truth*, Emilie Cady wrote words that are as true now as they were in 1896: "[In the past] we have believed we were helped and comforted by others, that we received joy from outside circumstances and surroundings. But it is not so. All joy and strength and good springs up from a Fountain within one's own being. And if we only knew this truth we would know that, because God in us is the Fountain out of which springs all our good, nothing that anyone does or says or fails to do or say can take away our joy and good."

So no matter how hard the road might seem right now...no matter how scary the prognosis...no matter how dim your hopes may be...a deeper reality awaits your discovery. That troublesome knocking at your door might well be an invitation to reach deeper, to seek God within you "with all your heart, mind, soul, and strength" as Jesus put it. This month and beyond, we invite you to join us in rising to this greatest and most wondrous challenge. For this is what will carry us through all the challenges we will ever face.


SERVICES IN JULY

Sunday, July 6: “Is There a Kind of Faith I Can Rely On? A Metaphysical Perspective” with Jon West. What is our view of the power of faith? Does a God outside ourselves make humanlike decisions to help us or not? Or can our conscious awareness and acceptance of the harmonious flow of life either put us into that flow or keep us from experiencing it? We will explore these possibilities.

Sunday, July 13: “Knowing Our Source” with Rev. Inge Tarantola. When times are difficult and we feel personally challenged, that is the time to turn inward to our divine Source, to activate our inner resources for the strength and courage to deal with the situation at hand. Our spiritual practice is our connection to our Source, and what can you do to strengthen that Connection?

Sunday, July 20: “Life Is Complicated—Or Am I Complicating Things?” with Jon West. The teaching of “Be in the world but not of it” provides a vital clue for how we can function in the complex world of matter while staying grounded in the simple purity of our Divine essence.

Sunday, July 27: “Soul Music: How to Find Beauty in the Beastly Corners of Life” with Rev. Sherry Lady. Life has its beastly corners from which we turn away. Finding the beauty in it all takes courage, and resilience, and faith in the song of our soul that knows it can sing no matter what.



First-Sunday Potluck **Sunday, July 6** **after the service**

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

**Unity Grief Support Group
with Rev. Inge Tarantola**

**Wednesday, July 2, 16, & 30
4:30-5:30 p.m.**

Unity's Grief Support Group is a safe place to share feelings and experience positive change. The loss can be recent or unresolved from years past. Meetings are held at Unity and via Zoom.

For more information, contact **Rev. Inge Tarantola** at **541-968-5540** or ingetarantola@gmail.com.

**Empathetic Presence & Nonviolent Communication:
A Monthly Primer & Practice Group**

Sunday, July 6 – 12:15-1:30 p.m.

Join **Michael Dreiling** upstairs for this monthly practice session for empathetic presence and Nonviolent Communication (NVC).

During these sessions, Dreiling will provide templates and examples for practicing self-empathy and offer links and news about other resources for learning NVC.



**Caring from the Heart
LGBTQIA++ Support Group**

**1st & 3rd Monday, 5:30-7:00 p.m.
July 7 & 21**

This group meets in the Garden Room on the 1st & 3rd Monday of each month. Join them in this 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** at **541-556-0228**.

Every First Wednesday *Chanting & Meditation*

Join us July 2nd, 7 - 8 p.m.

*E*xperience a deeper connection with Spirit through the timeless practice of chanting, both in English and Sanskrit. Between chants, we meditate in silence for 7 to 10 minutes. We conclude with a healing prayer for the world.

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



**Happy July
Birthdays**



July Affirmation

I am one
with the infinite power
and peace of Spirit.

Unity Hang Out



Tuesdays
11:30 a.m. – 1:30 p.m.

Bring yourself, a friend, a snack and come and hang out at Unity on Tuesdays with Alice and Shawn. Coffee provided. For more information, contact Alice Sparks at 541-729-3817.

Behind the Lens Seminar

SPRING/SUMMER 2025

Tuesdays, April 29-July 15, 2025 - 7:00 p.m.

Tuesday, July 1: “The Ladykillers” (Alec Guinness) directed by Alexander Mackendrick (91 min.)

Tuesday, July 8: “Diabolique” directed by Henri-Georges Clouzot (116 min.)

Tuesday, July 15: “To Catch a Thief” (Cary Grant, Grace Kelly) directed by Alfred Hitchcock (106 min.)

New series Begins July 22nd

SUMMER/FALL 2025

Tuesdays, July 22-October 7, 2025 - 7:00 p.m.

1956 - After being told that he would not need to appear before HUAC if the committee chair could have his picture taken with Mrs. Arthur Miller, Marilyn Monroe, Miller chose to appear and refused to name names. He was subsequently convicted for contempt, but the conviction was later reversed by the Supreme Court. His passport had already been denied when he tried to go to Brussels to attend the premiere of his play *The Crucible*, about the Salem witch trials, and also reflected the “witch trials” of HUAC.

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

Pick up a registration form in the Fellowship Hall.

This was a year of *Road Show Blockbusters*. Intermissions will be provided for the 3 long evenings & Tom will speak during breaks.

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

Tuesday, July 22: “Around the World in 80 Days” (David Niven) directed by Michael Anderson (182 min.) Oscar winner for Best Picture of the Year.

Tuesday, July 29: “The Killing” (Sterling Hayden) directed by Stanley Kubrick (89 min.)

Want to Have Some Fun with the Kiddos This Summer?

In July and August, some of our teachers will reduce their time teaching so they can travel and have a bit of a break. The kids will also be taking a break from the curriculum as well. Our youth will be spending some time at Tugman Park. We are looking for volunteers to go to the park with us, and/or provide a fun activity in the classroom. (Nursery care will continue to be offered on Sundays at Unity.)

VOLUNTEERS NEEDED: If you have any teens that are interested in volunteering or you can volunteer, all the more fun for us. If you could commit to once a month in July and August, that would be wonderful. **Contact Alice at 541-729-3817 or email her at alicesparks48@gmail.com**, or visit her in the YFM office to the right of the stairs in the Fillmore Wing.

Our kids and our Youth program appreciate your help.

Come One, Come All **Neurographic Fun Day** at Rev. Inge's Home



Saturday, July 12
3:00-5:00 p.m.

Join us at Rev. Inge's home for a neurographic art project, croquet, meditation, walking the labyrinth, and more. Snacks provided.

Sponsored by Youth & Family Ministry
Donations welcome.

Signup in the Fellowship Hall

(Directions to Inge's will be provided by July 10th.)

A Note from Bev Forster about the Therapeutic Touch Group



Therapeutic Touch (TT) is an evidence-based healing, energetic modality to support/facilitate one's own healing and intrinsic movement to order and well Being. TT practitioners gather to offer TT to others and exchange sessions. These sessions usually take about 20 minutes with the client sitting (fully clothed) to receive individual healing attention. We start our meeting with a guided healing meditation that focuses on coming together in harmony and

unity, and then sending gentle healing energy to self and others, including and expanding out to our friends, family, and world community.

TT practitioners offer TT to all those who come to experience a TT session. Therapeutic Touch is known for producing relaxation within minutes, and offers integration of the energy field to produce a feeling of wellbeing, relief of anxiety and a sense of peace and calm abiding. It facilitates one's own healing powers, and can provide relief of discomfort. I have used TT as a tool to provide comfort and relaxation to many hospice patients over my 30-year practice as a hospice RN.

Please join us to learn more about Therapeutic Touch and experience a TT session. Offered with Love and Compassion! We meet on the 2nd Thursday of each month, from 3:30 to 5:00 p.m. in the upstairs Filmore Wing. Just enter via the ramp in the back of the parking area.

Unity's Environmental Action Team (UV EAT)

Sunday, July 13 – 12:30 p.m.



Join us every 2nd Sunday of the month as we explore ways to live in harmony with Mother Earth. For more information, contact **Donna O'Neil** at yogawithdonna@gmail.com or **Betsy Priddle** at heavenstobetsy74@gmail.com.

FINANCIAL REPORT: You Make a Difference!

MONTH(S)	INCOME	EXPENSES	NET
APRIL	\$15,557	\$17,995	– \$2,438
MAY	\$23,793	\$17,399	\$6,394

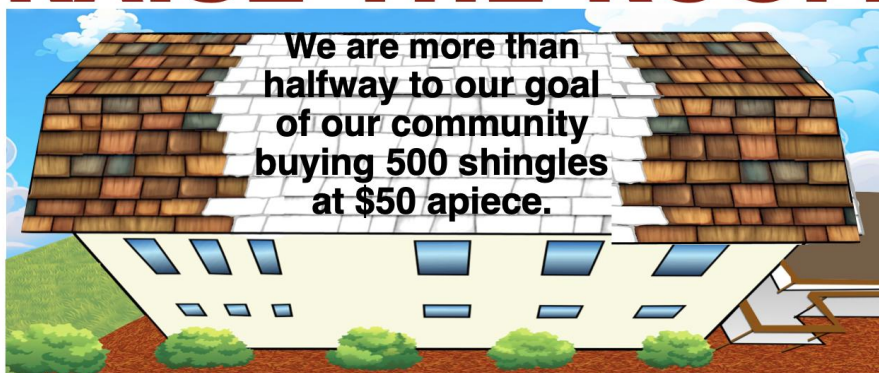
With the enthusiastic support of our spiritual community, Unity is strong and growing. Our Raise the Roof project is going well, with the goal of raising \$25,000 from our congregation. Any additional support you can provide to help us cross the finish line would be wonderful.

With endless gratitude,
your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

RAISE THE ROOF!



We need a new roof over our offices, bookstore, Fellowship Hall, and classroom wing. To cover the estimated \$45,000 cost, our Board and Ministerial Team are giving over \$10,000 to boost our Capital Expense Account to \$20,000.

That left \$25,000 to raise...and over half of that has now been donated! Thank you, Unity community!

To “buy shingles for Unity,” you can mail a check or use the DONATE button at unityofthevalley.org. Please note that it’s for the roof. You can also contact Géna at (541) 345-9913x11 or unityval@riousa.com.

BOARD of Trustees' MEETING

Tuesday, July 15
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 **Bonnie Paquin** at **541-556-9669** or **blpaquin2@gmail.com**.

When man awakens, he finds that
he is part of the one great Reality, and
he realizes his union with all things.

~Paramananda



Unity's Annual Ice Cream Social

Sunday, July 20
after the service

Join us for ice cream,
chit chat, celebration, and fun!

Everyone is invited!

FACEBOOK USERS

Did you know that you can help spread the word about Unity of the Valley? By Liking our Facebook page and then clicking "Like" or "Share" on individual posts, you can let Facebook know that these posts are important and make sure that the posts are seen by MANY more people. Please take a moment now to Like the page and share a Unity post with your friends. Unity's Facebook page is at <https://www.facebook.com/unityofthevalley>.



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)



UNITY'S BOOKSTORE



Be sure to visit Unity's Bookstore. We have new and 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.

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. Gyna, 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@rioussa.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.

YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

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

Unikids (4 years old-2nd Grade) meet on Sundays in the Garden Room 10:20-11:25 a.m.

Galileans (Grades 3- 5) meet on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room.

Uniteens (Grades 6-8) meet in the upstairs Treehouse room from 10:25 to 11:25 a.m.

Unity Teen Group (Grades 9-12). meet on Sundays from 10:25 to 11:25 a.m. in the Treehouse room.

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

I am free, so sings my soul to the spirit within me.
I hear it singing back, believe and live from that song,
for it has been placed there by the Holy, Divine One
who created you and walks within and beside you every
step of the passing through of your time in this life.

Sweet Spirit, keep me true to this knowing.
Keep hope and faith alive inside all of us
so we may be filled with joy
as we fulfill our purpose
for this life we have been given.

Let freedom ring.

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 (upstairs Fillmore Wing) 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.

Ongoing Monthly Groups & Events at Unity

Caring from the Heart: LGBTQIA++ Support Group (Garden Room) First & Third Monday of each month 5:30-7:00 p.m. For more info., Erik at 541-556-0228.

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

Journey of the Soul (Garden Room) Second & Fourth Wednesday each month 11:00 a.m.-12:30 p.m. For more info., contact Kaiven at 541-933-2588.

Unity Grief Support Group facilitated by **Rev. Inge Tarantola (Garden Room).** Alternating Wednesdays 4:30-5:30 p.m. For more info., Inge at 541-968-5540.

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.

FIVE SPIRITUAL PRINCIPLES TAUGHT BY UNITY

These ancient universal principles offer foundational guidance for living abundantly and staying in tune with your own divine nature. You will find one or more of them woven into each of our Sunday services.

1. God is everywhere and always present in every circumstance. This divine energy underlies and animates all of existence.
2. Human beings are innately good because they are connected to and an expression of Spirit.
3. Our thoughts have creative power to influence events and determine our experiences.
4. Prayer and meditation connect and align us to our own spiritual nature and to God.
5. It is not enough to understand spiritual teachings. We must apply our learning in all areas of life, incorporating them into our thoughts, words, and actions.

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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Cynthia Fulton-Tinawi, V. President

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Ted Taylor, Treasurer

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