

  
**unity**<sup>®</sup>  
of the Valley

**June 2024**



## **Keys to Community & Connection**

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

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

# CREATING COMMUNITY & CONNECTION

A message from our Ministerial Team

How do our unique attitudes and expectations affect our way of being in community together? It isn't always easy to see ourselves. But it might help if we imagine two young adults, Sam and Sasha, who represent opposite social extremes.

Sam tends to be fearful about the world and approaches relationships warily. If he finds himself in a conversation, he takes refuge by talking about himself.

Sasha's world is alive with discovery and opportunity. Naturally interested in people, she enjoys a variety of close and casual relationships. Because Sasha looks for the best in people and situations, she is resilient when disappointed. She releases resentments and regrets before they take root within her.

Over the years, Sam focuses on being secure and filling his own needs. He doesn't think much about community. Sasha, meanwhile, builds so many connections, she runs into friends all over town. She knows a smile and friendly remark are easy gifts she can give anyone. She not only participates in community gatherings, she will take a turn hosting an event herself. She is quick to lend a hand, yet willing to be vulnerable and ask for help if she needs it.

One day at Market of Choice, Sam is hurrying to get out of the lot when he backs into Sasha's parked car. All his inner voices sound off at once. They berate him for being careless, insist the collision wasn't his fault, and moan about his bad luck. To escape the stress, he is ready to just drive away. But it's too late! A woman about his age is knocking at his car window.

"Howdy, neighbor!" the woman says as Sam rolls the window down. Although he doesn't recognize her, she says she has seen him around for years. When they examine the damage, the only dent is on the woman's car. "Oh, that's not big enough to worry about," she says.

Sam is stunned. His world is not a forgiving place. Before he realizes he's speaking out loud, he says, "How can you just let it go? I couldn't do that."

She gives a thoughtful answer. "Well, I guess I've learned that if I let go of the little things, I'll be light enough on my feet to handle the heavy stuff."

Continued on page 4

## SERVICES IN JUNE

**Sunday, June 2: “Our Mysterious Power of Oneness with Jon West.** A spiritual community is like a nuclear power center—but how much this center radiates Light and Love depends on every one of us!

**Sunday, June 9: “Through the Eyes of an Ego”** from our Regional Unity Representative **Rev. Carrie Kenyon.** Anaís Nin states that “We don't see things as they are, we see them as we are.” Why is that, and how does it affect our relationship with others?

**Sunday, June 16: Father’s Day: “Thoughts on Nurturing Family.”** We will hear from a panel of fathers in our community.

**Sunday, June 23: “Synergy is the Secret to Community”** with **Rev. Inge Tarantola.** When the various parts of a community work together toward a common goal, it creates a synergistic effect, exceeding what each one of us can achieve alone.

**Sunday, June 30: Growing Community Through Shared Leadership.** Did you know we have a whole team devoted to "shared leadership?" This team will explore some of the lessons they've learned and invite your participation in creating the future of Unity of the Valley.

Every 1st Wednesday at Unity

*Chanting & Meditation*

Join us on June 5<sup>th</sup>, 7-8 p.m.

**S**urrender 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](mailto:jwest97405@gmail.com)

# CREATING COMMUNITY & CONNECTION

Continued from page 2

Sasha can see the man is struggling, almost as if he's in pain. As a Unity chaplain, she has helped people through moments of inner growth. She decides to share her intuition. "This may sound strange, but I believe this happened for a reason. I can feel the gratitude pouring from your heart. It makes me happy to know I might have made a difference in your day. So, thank you for reminding me that I am in my right place, doing what I should be doing in this world."

The woman gives Sam a hug and gets in her car to leave. *What a lovely person*, he thinks as he watches her back out of her space. *I wish I had gotten her name*. As if she heard his thought, she rolls down her window. "I'm Sasha, by the way."

Sam feels braver than usual. "I'm Sam. Nice to meet you, Sasha. I hope I see you again."

"Well, if you ever go to Unity of the Valley, you probably will."

We invite all the Sams, Sashas, and everyone in between to join us this June as we deepen and enrich our community connections!

A thankful heart is not only the greatest virtue,  
but the parent of all other virtues.  
~Cicero

## PARENTS EMPOWERED BY CONNECTING

**Thursday, June 6, 2024 - 6:30-7:30 p.m.**

Parents, Grandparents, & Guardians are invited to join us in the Garden Room for a safe, confidential, and collaborative parent support group. Come and explore ways to uplift, support, and empower our children and ourselves while navigating the challenges that come with raising children.

For information contact  
**Amanda Hadd at 541-999-6673 or**  
**Alice Sparks at 541-729-3817**



**Spring to Life with  
The Kindred Spirits Band  
Sunday, June 9  
3:00-4:30 p.m.**

Join **Beth Green** (classically trained on piano and keys) and **James Maynard** (vocalist with a beautiful bass-baritone voice) in the Sanctuary for original improvisational music to touch the Soul and lift the Spirit. Their program is 100% improvised on the spot, which allows them to connect to the audience and create performances that are always new. Their music is uplifting, soothing, surprising, fun and funny, emotionally compelling and connected to the audience and the divine. No Charge, but \$15 suggested donation.

For more info., check out:

[www.bethgreen.org](http://www.bethgreen.org)  
[www.facebook.com/GrannyRocksOn](https://www.facebook.com/GrannyRocksOn)  
[www.HealingArtsNetwork.org](http://www.HealingArtsNetwork.org)

**Unity's Environmental Action Team (UV EAT)  
Sunday, June 9<sup>th</sup> – 12:00-1:00 p.m.**



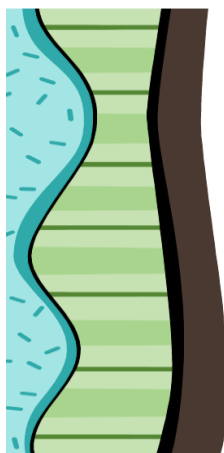
Can our spiritual community make a difference on global warming? Working together, we can! Join Betsy Priddle and others on the second Sunday of each month as we explore how and what we can do to make a difference.

To be notified of service events or for more information, contact **Betsy Priddle** at [heavenstobetsy74@gmail.com](mailto:heavenstobetsy74@gmail.com).

## Sacred Women's Circle

**Saturday, June 1 - 10:30 a.m. - Noon**

Calling all women to join Géna in the upstairs Filmore Wing on the first Saturday of each month. We will spend time connecting, meditating, and doing a fun project that incorporates the theme for the month which is **Igniting Our Inspiration**. For more information, contact Géna at 541-345-9913, ext. 11.



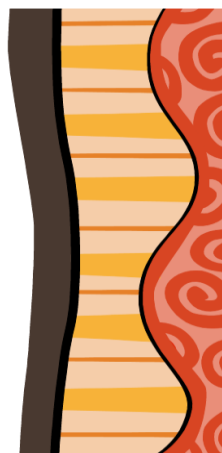
## First-Sunday Potluck

**June 2**

**after the service**

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

Unity will provide  
coffee, tea, and dessert.



## Circle Of Men - A Journey of The Heart

**Saturday, June 29 – 9:30-4:30 pm**

Are you a man... Willing to invest in his heart? Ready to risk a deeper look into his life? Eager to step into the fullness of who you really are? Ready to stand shoulder to shoulder with empowered men who risk the journey of transformation? If so, we may have an experience for you. We warmly invite you to this free all-day workshop. Please join us for an introduction to The New Warrior Training Adventure to experience a day of deep personal growth work within a contemporary men's group.

**For more info., contact Jim Drews at  
541-731-8492 / [drewsjim@yahoo.com](mailto:drewsjim@yahoo.com)**

**“Through the Eyes of an Ego”**  
**Guest Speaker: Rev. Carrie Kenyon**  
**Sunday, June 9 at 10:30 a.m.**



**Rev. Carrie Kenyon** found her spiritual home at Unity Church of Clearwater Valley in Lewiston, ID in 1976 and continued until leaving for seminary in 2006. She was Licensed and Ordained in 2009 with a Masters of Divinity from Unity Institute and Seminary. Since ordination, she has served in ministries, at Silent Unity as a trainer, at Unity Worldwide Ministries in Member services, working with ministries of all sizes in all kinds of circumstances. She also assisted Rev. Diane Venzera with the National Youth and Family Ministry Training at Unity Village. Prior to ministry, Rev. Carrie spent 18 years working in early childhood education and with low-income families. She founded Willow Center, a non-profit organization for grieving children and youth. Currently Rev. Carrie is a Certified Transitional Consultant, a Connection Practice Trainer and Coach, and a Laughter Yoga Facilitator. In her semi-retirement, she loves watching the deer in her background and traveling with her husband, Bruce.

## It's Almost 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!**

# A NOTE ABOUT OUR ON-CALL VOLUNTEERS

## from Géna Duel



I am sure you have heard me say, “It takes a Village.” Our volunteers are a huge part of our village. Each month in the Bulletin we highlight a particular ministry and give you an idea of what they do. This month, I wanted to focus on the volunteers who may or may not serve on an official ministry regularly, yet they volunteer whenever and

wherever help is needed and do so frequently. These volunteers help ensure that what needs to be done, gets done. In addition to the day-to-day stuff that goes on at Unity like upkeep of the facility, preparing for events and classes during the week as well as Sunday services, we have stuff that comes up in a moment that we weren’t necessarily planning on. For example, perhaps we need more tables or chairs set up or taken down for a fundraiser or event in the middle of the week, help carrying stuff into Unity, something needs to be fixed, extra food made, etc. This is where our devoted volunteers consistently step up to help out. I checked in with just a few of these volunteers, and here’s what they said when asked *Why do you consistently step up and volunteer at Unity.*

**Shawn Heren** – I consistently voluntary at Unity because my love for Unity, the spirit, and the people within. It is in giving that we receive.

**Geneva Miller** – I love the idea that I can contribute needed help using my skills, experience, and ideas in areas such as customer service and food. It is a good way to socialize and meet new people, while helping others. Volunteering at Unity gives me purpose, joy, and a feeling of belonging. Plus, I get to work with wonderful people.

**Lynn Sancet** – When I see how much the people appreciate the food that is served after service, their smiles, compliments that are received, my heart smiles. To see people sitting at the tables or standing engaged in conversation with perhaps someone they don't really know is encouraging at this time on the planet. Seeing the children with wide eyes smiling over eating a grape is beautiful even if the day has not always gone smoothly. Knowing we always learn something every minute that can further our growth.

# Thank You Volunteers!



## 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](http://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](mailto: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: A More Detailed Look

MONTH(S)	INCOME	EXPENSES	NET
March Budget	\$20,446	\$20,444	\$2
March Actual	\$18,398	\$22,243	(\$3,845)
April Budget	\$20,446	\$20,444	\$2
April Actual	\$15,450	\$18,504	(\$3,054)

Combining April and March, our actual expenses match our budget. However, our income was \$7,044 under budget. This year, our cost per attendee is \$36 per week. 10 years ago, it was \$32. If that figure had risen with inflation, it would now be \$42. So, we've done fairly well keeping costs down. It will take some effort to balance our finances, but we trust in the Spirit of our community. Thank you for keeping Unity thriving!

Your Board of Trustees



Scan to reach  
Unity homepage.  
Click DONATE  
on right side

## BOARD OF Trustees' MEETING

**Tuesday, June 18**  
**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](mailto:juliated@comcast.net).

### June Affirmation

I am a vital part  
of my community  
and share my gifts  
and abilities in joyful service.



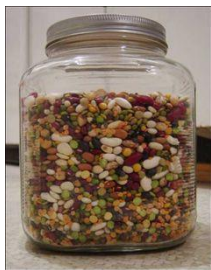
# YOUTH & FAMILY MINISTRY NEWS

## Want to Have Some Fun with the Kiddos This Summer?

Our curriculum teachers will be taking a much-needed break this summer in July and August. The kids will also be taking a break from the curriculum. We will do a 15-minute check-in and meditation in the Garden Room 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. **Come and join Alice who will have everything set up to have some fun with the kids of all ages ranging from 4-14.** (Nursery care will continue to be offered.)

**VOLUNTEERS NEEDED:** If you have any teens that are interested in volunteering or you can volunteer, all the more fun for us all. 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](mailto: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.**



**YFM Seed Jar Fundraiser.** Come and see Piper Everts in the foyer after the services in June to get your tickets and take a guess at how many seeds are in the jar. Tickets are \$2 each or 3 for \$5. We will have 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place prizes. Drawing to take place Sunday, June 30<sup>th</sup>, and you do not have to be present to win. All proceeds help support the Youth & Family Ministry.

**We still have 1-foot Douglas Fir & Incense Cedar potted trees for sale.** Reduced price: \$5 each or \$7.50 for 2. This is an opportunity for you to pick up a potted tree and support our youth at the same time. **Please contact Alice Sparks at 541-729-3817.**



# 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 June 4: “Quo Vadis”** (Robert Taylor, Deborah Kerr) directed by Mervyn LeRoy (174 min.)

**Tuesday June 11: “The Thing from Another World”**  
(Kenneth Tobey, James Arness)  
directed by Howard Hawks/Christian Nyby (87 min.)

**Tuesday June 18: “Ace in the Hole”** (Kirk Douglas)  
directed by Billy Wilder (111 min.)

**Tuesday June 25: “A Place in the Sun”** (Montgomery Clift, Elizabeth Taylor) directed by George Stevens (121 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**

### **Sunday Gathering for Youth**

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

**Unifun (4 years old and those needing a little more one-on-one attention)** meet in the Rainbow Room 10:25-11:25 a.m.

**Unikids (Kindergarten-5th Grade)** meets on Sundays in the Garden Room 10:20-11:25 a.m.

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

**Unity Teen Group (Grades 9-12)**. meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow 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](mailto: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.



## JUNE PRAYER

from Rev. Sherry Lady



As the flower opens to reveal its inner beauty,  
so do we open our hearts,  
our inner-self, to let the light and love  
that is the nature of our very being  
flow out to those around us and to the world.  
As we open, we are warmed by the sunlight  
pouring from the heart of the Divine Spirit  
over each of us and all creation.

Thank you, blessed and loving Spirit  
for making your Presence known to us  
and blessing us with the grace  
and beauty of your creation  
and the gift of life in this moment in time.

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](mailto: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](mailto: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.

### **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](mailto:Ralbano.tmlp@gmail.com) or Jim Drews – 541-731-8492 / [drewsjim@yahoo.com](mailto: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](http://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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