



June 2025



We're On An Adventure!

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director

Laura DuBois

We're On An Adventure!

A message from our Ministerial Team

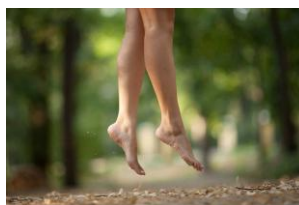
Science is verifying something most of us learned as children: that a sense of adventure is vital to our happiness. In a 2017 *Fortune Magazine* article, behavioral scientist Jon Levy explains: "Pushing through physical, emotional, or social boundaries is the key to leading an adventurous life. Human beings aren't most engaged when they are safe and secure, but when they are doing something difficult yet attainable. The state of 'optimal anxiety' is where individuals pursue an activity outside of their skill set that is still reasonably attainable."

In Unity philosophy, each adventurous step of growth we make is a step toward the ultimate discovery: that we are unlimited beings of spiritual consciousness. Try this: Using the time machine of memory, transport yourself back to the top one or two moments in your life of great adventure. Focus on the thrilling feeling coursing through your mind and body. Then ask yourself: What qualities of consciousness were present to release this floodgate of pure exhilaration? Perhaps the most important quality is being fully open and present to the moment. With that level of openness:

- We can spontaneously dance and play with the moment in whatever way feels best;
- We unleash our childlike curiosity and enthusiasm for new discoveries and surprises;
- We more fully experience our connection to the untamable vastness and beauty of the Universal Spirit;
- We feel our own life force surging, making us feel more alive than ever.

Throughout June, we invite you to join us in making life a great adventure—or rather, awakening to the wondrous adventure in Spirit we are already in!

"Every day brings a chance for you to draw in a breath, kick off your shoes, and dance."
—Oprah Winfrey



SERVICES IN JUNE

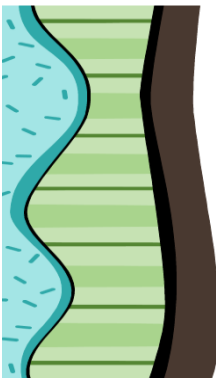
Sunday, June 1: “The Spiritual Power of Play” with Jon West. Science indicates we are designed to make our daily lives—including our work—playful. We will explore the benefits of play to our body, mind, and soul unfoldment.

Sunday, June 8: “New Eyes: What Did I Discover Today?” with Jon West. Continuously taking a fresh look at life and being open to learning helps us release limiting beliefs and experience a sense of adventure wherever we are.

Sunday, June 15 - Father’s Day: “My Papa’s House” with Rev. Sherry Lady. All of life is an adventure. Some choose a recognizable sequence and predictability. Some choose to become open to whatever presents itself in the moment. Both paths present some of the same challenges and surprises. Our response is what creates the experience of the adventure as we travel step by step on the paths we have chosen.

Sunday, June 22: “Finding New Life and Energy” with Rev. Inge Tarantola. How to live our best life in body, mind, and spirit? How to keep up the curiosity that brings enthusiasm from our discoveries? Let’s explore these and other ideas that infuse our lives with joy and vigor.

Sunday, June 29: “Nurturing Our Inner Wildness” with guest speaker Tom Titus. Humans have a deep history as undomesticated beings and a far more recent civilized past. We can experience the full depth of our humanity by nurturing both the wild and cultivated parts of our being. See page 9 for more about Tom.



First-Sunday Potluck **Sunday, June 1** **after the service**

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



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

Sunday, June 1 – 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.

June 2 & 16

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**.

Unity Grief Support Group with Rev. Inge Tarantola

Wednesday, June 4 & 18

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**.

Rhythms of the Soul

A Night of Enchanting Kirtan

June 4th | 7-9pm | \$25 adv./\$35 door | Eugene, OR



\$25 adv./\$35 door
Scan & Register



*Join Ananda Das for an unforgettable Kirtan
experience where you will:*

- Sing ancient mantras that awaken divine energy
- Immerse in devotional melodies that uplift and heal
- Feel the collective power of sacred sound in a heart-centered community

No experience needed—just bring your heart and voice!

PLEASE NOTE: The Rhythms of the Soul concert on Wednesday, June 4th is happening in place of our usual First Wednesday Chanting & Meditation Service which will resume on Wednesday, July 2nd from 7-8 p.m.

Parents Empowered By Connecting



**Thursday, June 5
5:30-6:30 p.m.**

Parents, Grandparents,
and Guardians are invited
to join us in the Garden

Room for a safe,
confidential, and
collaborative parent
support group.

**For information contact
Alice Sparks at
541-729-3817.**

Sacred Women's Circle



**Saturday, June 7
10:30 a.m. – Noon**

**June's Theme: Sacred
Sound & Healing**

Calling all women to join
Bev Forster upstairs
as we explore sacred
sounds for the chakras
and intentional use of
energy for self-healing.

Unity's Environmental Action Team (UV EAT)

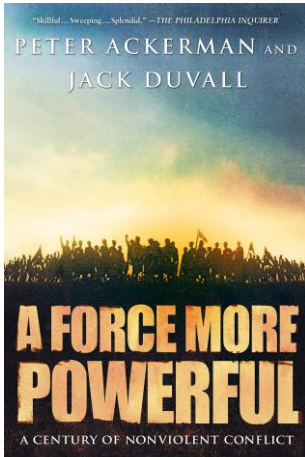
Sunday, June 8 – 12:30 p.m.



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.

Tip: Before our meeting on the second Sunday of the
month, we will be collecting clean, dry, and sorted #2, #4,
and #5 plastics recycling in the Garden Room at 11:45
a.m. Instruction sheet on the table in the Fellowship Hall just
beneath the Bulletin Boards by the water fountain.

Unity of the Valley Elder Council Presents



Fridays
June 6th & June 13th
6:00 – 8:00 pm
No charge

Our world is changing. We now live in a world we thought could never exist in our country.

How do we gather information to understand what is happening, and how do we respond?

Join us to view the award-winning documentary ***A Force More Powerful*** that explores 6 successful nonviolent movements in the 20th century, including Mohandas Gandhi's leadership of the Indian Independence movement, the Civil Rights Movement, and the Polish Solidarity Movement. We will discuss how and why these movements occurred, their results, and how they relate to what is happening in America today.

The documentary will be presented in two sessions, each showing 3 movements followed by a discussion facilitated by Peter Chabarek, a local activist in social justice movements. This is an opportunity to expand our community discussions and build new relationships.

Admission: Free.

If you have questions contact,
Bonnie Paquin at blpaquin2@gmail.com or 541-556-9669.

A Note from our Kitchen Angel Coordinator Sunny Schneider



Unity's Kitchen Angel Ministry is a team of community members who provide refreshments after the Sunday service. This ministry started rather organically in the 90s when a generous congregant brought baked goods to share every Sunday.

Years later another generous congregant decided that it would be a good idea to offer soup after the service instead of just sweet treats. She planned to serve soup for two months, but it was so successful that it continues today, and as you can see on Sundays, it has grown to even more foods than just soup each week.

The Kitchen Angel team is passionate about feeding people and creating an environment where people can enjoy visiting while having some yummy food at the same time.

We appreciate the donations of food that come in to boost what we serve on a Sunday, and of course we look forward to our First-Sunday Potlucks. We also appreciate those who help with the cleanup and wiping down tables and putting tables and chairs away. It's such a fun community gathering. Thank you!

It's Almost Salad Time

In July we start serving a large green salad and ask 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!

THERAPEUTIC TOUCH

Thursday, June 12- 3:30-5:00 p.m.

The Northwest Therapeutic Touch Institute (NWTTI) offers Therapeutic Touch (TT) sessions for those who have taken TT classes, those interested in TT, and those who would simply like to experience a calming, healing TT session. Sessions are offered on the 2nd Thursday of each month.

For more info., contact **Bev Forster at 541-520-9358.**

Pierre Bensusan & Clive Carroll Guitar Greats on One Stage

Thursday, June 12, 2025 – 7:30 p.m.

Pierre Bensusan, from France, brings a fusion of traditional, contemporary, jazz, classical and pop music.

Clive Carroll, from England, brings a unique tone, versatility, and an unmistakable voice as a composer.

Tickets: \$27.50 in advance / \$30 at door

Tsunami Books: www.tsunamibooks.org.

“Nurturing Our Inner Wildness”

Guest Speaker: Tom Titus

Sunday, June 29 at 10:30 a.m.

Tom Titus is a writer, biologist, gardener, grandfather, forager, and free-range philosopher who writes at the messy interface of human experience and the natural world. His latest book, *Dancing with an Apocalypse*, is a collection of musings responding to the pandemic years of 2020 and 2021. He blogs at “Words on the Nature of Life”

[\[https://tomtitus.substack.com/\]](https://tomtitus.substack.com/).



FINANCIAL REPORT: A Summer Reminder

MONTH(S)	INCOME	EXPENSES	NET
MARCH	\$21,197	\$16,491	\$4,706
APRIL	\$15,557	\$17,995	– \$2,438

To our wonderful spiritual community: As you enjoy summer travels, please remember that our weekly expenses here continue. Your contributions by mail or our Simple Giving auto-donation program help provide a steady flow. Thank you for keeping Unity thriving! In loving partnership, your Board of Trustees



Scan to reach
Unity
homepage.
Click DONATE
on right side

BOARD OF *Trustees'* MEETING

Tuesday, June 17
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.

June Affirmation

My life is a
wondrous exploration of
the infinite realm of Spirit!



RAISE THE ROOF!

**A Vital Fundraising Project
for our Spiritual Home**



To our Spiritual Community: It's time to replace two of Unity's three roofs. The sanctuary roof was replaced in the last decade. That leaves the roof over our offices, bookstore and Fellowship Hall, as well as the roof over the Fillmore Wing.
Total estimated cost: \$45,000.

With the Board and Ministerial Team contributing over \$10,000 to boost our capital expense account, we've come up with a total of \$20,000. **That leaves \$25,000 to go.**

Using the metaphor of shingles at \$50 apiece, we can already buy 400 of the 900 shingles needed. **Please let us know how many \$50 shingles you can purchase—each one is important!**

**Please make your pledge ASAP by contacting Géna at
(541) 345-9913x11 or unityval@rioussa.com.**

With deepest thanks, your Board of Trustees

Behind the Lens Seminar SPRING/SUMMER 2025

Tuesdays, April 29-July 15, 2025 - 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 3: “Kiss Me Deadly” (Ralph Meeker)
directed by Robert Aldrich (106 min.)

Tuesday, June 10: “All That Heaven Allows” (Rock
Hudson) directed by Douglas Sirk (89 min.)

**Tuesday, June 17: “Smiles of a Summer
Night”** directed by Ingmar Bergman (108 min.)

Tuesday, June 24: “East of Eden” (James Dean)
directed by Elia Kazan (118 min.)

Journey of the Soul

2nd & 4th Wednesday

11:00 a.m.-12:30 p.m.

**Join Kaiven in the Garden Room for a small group
meeting on the 2nd & 4th Wednesday of each month.**

**Come willing to share your light, life, and love with
others in an open, loving, and trusting unfoldment of
your emotional and spiritual journey.**

For more info/, contact Kaiven at 541-933-2588.

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.

Youth & Family Ministry Yard, Plant & Tree Sale Friday & Saturday June 27 & 28



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 June 15th. Contact **Alice at 541-729-3817** to set up a time to drop off your items.

Funds raised help pay for camps and retreats for our youth, training retreats for YFM leaders, and help YFM with everyday needs.

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.)

Simple Giving at Unity

If you would like to intentionally give to Unity of the Valley on a monthly basis, we make it easy! Just pick up a FAQ-and-Application form at the table in the foyer, fill it out, and return it along with your voided check (for automatic fund transfer from your bank account). You also may sign up on www.unityofthevalley.com, or call Géna (541-345-9913) with your VISA, MC, or debit card information.

The offering amounts can be changed or stopped at any time with a simple phone call. At the end of each year, a total of your donations will be sent to you for your tax records.

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. 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.

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.



JUNE PRAYER

from Rev. Sherry Lady

In the spirit of adventure
and the fulfillment of
our life's purpose,
we step onto the path
of new experiences with
gratitude for what has been
and what is yet to be.

We give thanks for the eternal
love, abundant grace, and warm
companionship with the
Spirit that guides us when
we allow our hearts and minds
to be open to the
potentiality of all of life.

Our prayer is that we never lose
sight of, or connection to, Divine
Love, Divine Mind, and
the Divine-Self that is
part of who we are.

As each adventure unfolds, we
look forward to welcoming
those things that bring us joy,
peace, fulfillment, and happiness
beyond measure.

Thank you, unconditional
and loving Spirit.

And so it is. Amen

Healing Prayer Circle

We meet **Sundays** 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.

Dial-a-Prayer Line

Call 541-345-9913, then
press 7 for an uplifting,
affirmative prayer
at any time of
the day or night.

Silent Unity

You can call **Silent Unity**
24 hours a day at
816-969-2000 or toll free
at 800-669-7729.

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.

Unity's 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.

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.

Love conquers all things;
let us surrender to love.
~Virgil

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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