

Unity of the Valley  
3912 Dillard Road  
Eugene OR 97405  
**Address Service Requested**

Non-Profit  
Organization  
U.S. Postage Paid  
Permit No. 137  
Eugene, Oregon



# HORIZONS

The Newsletter of Unity of the Valley — June 2005



Rita Baxter and Alvin Johns frame the new ramp at the Unity entrance. Thank you for the great work!

If you no longer wish to receive this mailing, please mark the box and return to Unity of the Valley. Thank you!

**To someone special:**

## A Meaningful Life: It Just Takes Practice

We are very excited about our upcoming summer series based on the book *It's a Meaningful Life (It Just Takes Practice)* by Bo Lozoff! The work of Bo Lozoff is praised by the Dalai Lama, Jack Kornfield, Rabbi Rami Shapiro, and many others.

In the forward of Lozoff's book, the Dalai Lama writes, "At every level of society, from the family up to international relations, the key to a happier and more successful world is the growth of compassion. We do not need to become religious, nor do we need to believe in an ideology. All that is necessary is for each of us to develop our good human qualities."

In his book, Bo Lozoff elaborates on these themes. He explains how,

if we wish to improve the world, we can best start by improving ourselves and enhancing our own innate positive qualities. Despite the despair and cynicism we may see around us, we can transform this precious opportunity into a meaningful life.

Lozoff writes, "When we dare to slow down and ask ourselves some probing questions, how well do our answers satisfy us? Are we deeply fulfilled? Do we feel our lives have a clear sense of purpose? Do we see our place in the great scheme of things? Do we have confidence in the future of our society? Most of us are certainly not lazy; we expend a tremendous amount of effort in many directions. But toward what ends?"

*It is as if a king had sent you to a country to carry out one special, specific task. You go to the country and you perform a hundred other tasks, but if you have not performed the task you were sent for, it is as if you have performed nothing at all. So man has come into the world for a particular task, and that is his purpose. If he doesn't perform it, he will have done nothing.*

—Jalal al-Din ar-Rumi, 13th-Century mystical poet, *Table Talk*

*Continued on page two*

### Sunday Worship Service

The following are provided during the 10:00 AM service:

- Nursery and Childcare
- Youth education (3 – 10 years)
- Uniteens (11 – 13 years)
- Youth of Unity (14 – 18 years)

### Office Hours

Tuesday – Friday  
10:00 AM – 4:00 PM

### Bookstore Hours

Tuesday – Friday  
10:00 AM – 4:00 PM

### Church Contact Information

Unity of the Valley  
345-9913

Unity Bookstore  
343-5689

Unity Fax  
345-9182

Dial-a-Positive-Prayer  
345-5215

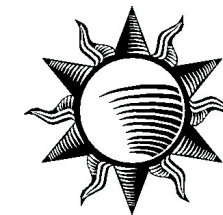
Chaplaincy Message Line  
341-1841

E-mail  
unityval@rio.com

Web Site  
www.unityofthevalley.org

## UNITY CALENDAR OF EVENTS—FOR SUMMER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship Service 10:00 AM Also at 10:00 AM Youth Education (3–10 years) Uniteens (11–13 years) Y.O.U. (14–18 years) Prayer Ministry Meeting (1st Sunday) 11:15–11:45 AM "What is Unity?" (2nd Sunday) 11:30 PM Women's A.A. 12-Step Study Group 5:00 PM	Sober Awakenings 7:00 AM Meditation Circle 5:30–6:30 PM (contact Laurie, 345-7563) A Course In Miracles 6:30–8:30 PM (contact patricia@efn.org) Men of Unity Potluck Meeting (2nd Monday) 6:30–8:30 PM Men of Unity Meditation (4th Monday) 6:30–8:00 PM	Sober Awakenings 7:00 AM Noon Prayer 12:00 PM Vipassana/Metta Meditation 5:45–6:30 PM (contact Yaakov, 895-2236) Toastmasters International 7:00–8:30 PM (contact Kathy or Geof Wilson, 434-6503)	Sober Awakenings 7:00 AM A Course In Miracles 10:00–11:45 AM (contact Valerie, 484-3921) New Testament Bible Study 10:30–11:30 AM (contact Sherry Lady, 485-6874) Noon Prayer 12:00 PM	Sober Awakenings 7:00 AM Noon Prayer 12:00 PM Blue Mountain Meditation Circle 5:30–6:40 PM (contact Laurie, 345-7563) Meditation & Dialogue 7:30–8:30 PM (contact Michael Mooney, 344-7396)	Sober Awakenings 7:00 AM Noon Prayer 12:00 PM Shamanic Evening (1st Friday) 7:00–9:00 PM (contact Sunny or Gary, 461-5663)	Sober Awakenings 7:00 AM Sister Spirit Drum Circle (2nd & 4th Saturdays) 10:00 AM–NOON (contact Karen, 935-0448)
				<b>Prayer Ministry</b> For immediate prayer, phone any Prayer Chain member from 9:00 AM to 9:00 PM. MaryEllen Avis 736-887 Karuna Gattton 485-3881 Mary Griggs 342-6490 Linda Hunt 221-0685 Star Lee 935-5559 Inge Tarantola 343-4181 Gayle Townsend 935-4956 Carol Yarger 607-6096		
<ul style="list-style-type: none"> <li>• Nursery care is provided during the worship services.</li> <li>• For information on Unity Spiritual Enrichment Center (in Roseburg), contact Inge Tarantola, 343-4181.</li> <li>• <b>NOTE:</b> This calendar is subject to change. Refer to your Sunday bulletin or call the church office, 345-9913, to confirm dates, times, and offerings.</li> </ul>						



### One 10:00 AM Summer Service Beginning June 19

To keep our worship energy concentrated through the summer, we will have only one service, at 10:00 AM, from June 19 through September 11.

# A Meaningful Life

*Continued from page one*

What “particular task” have we come into the world to accomplish? Given the diversity of the world’s philosophical and spiritual traditions, you might assume you’d find many conflicting answers to this question, but that is not the case. The great traditions agree on the most fundamental ideas, such as those described in Hinduism’s Sanatana Dharma:

I. Something sacred, truly holy, and incomprehensible does exist.

## Home Runs for Unity

by Milt Cunningham

### Unity Night at the Ems

Join us for a fun, once-a-year night to eat barbecue, drink something cool, and enjoy a baseball game with a bunch of friends. On July 18 at 5:30 PM, we’ll all go out to the field a little early, dribble barbecue sauce down our chins (it’s even more fun for those with beards), visit and tell some jokes, and then head for the stands. Some sit along the first base line, others may go higher into the stands. It just don’t matter, as long as you have fun with friends.

Cost is \$15, which is a darn good price for a yummy supper, an evening of socializing, and entertainment. R.S.V.P. by calling the church office at 345-9913.

2. This sacred reality can be touched directly by each of us, in our depths.

3. The quest to touch that reality is the primary purpose of life. If we do not touch the sacred, we “will have done nothing.”

We invite you to bring your energy to our Sunday service as we explore the path to a Meaningful Life.

Love and blessings,  
Rev. Baine Palmer and  
Rev. Nola Woodbury

### Unity Baseball

Unity has a real live baseball team, and baseball as we know it will never be the same! Michael Reddy, Unity’s official baseball enthusiast, founded the team and opened it to men and women of all ages. The result is a team of twenty-eight whose members range in age from eighteen to seventy-six.

The Unity Team plays in a city league of co-ed groups on Friday nights starting in June. Skinned elbows and torn pants are strictly the responsibility of the owners of the elbows and pants.

The team is still open to anyone who is interested. No experience, knowledge, or ability required. You don’t even have to know all the words to “Take Me Out To the Ballgame.”

# The Spiritual Enrichment Corner

by the Rev. Edgar Peara



The Rev. Edgar Peara is a retired Unitarian pastoral minister, a spiritual therapist, and a member of Unity of the Valley.

In what practical sense can you believe that the Creator of life loves you? The following facts demonstrate the Creator’s love.

When life began on earth four billion years ago, it had the form of single cells. A billion years passed before multiple-celled life appeared. Since then, life has evolved to take unnumbered forms, including the marvel of our own complex bodies.

Imagine what life would be like if you lacked sight and hearing. You’d not only lack practical advantages, but also miss the pleasures of sight and hearing—seeing the beauty of those you love, the springtime blossoming of nature, and expression in art. You’d

miss the interchange of conversation, the delight of music, and the voices of your family and friends.

If, however, a creative power took the genius-requiring effort to give you those abilities, wouldn’t they be a loving gift?

These gifts are only the beginning. You’ve also been given the ability to taste delicious food and smell the fragrance of jasmine, lilacs, and citrus blossoms.

Realize that the sense-bestowing Cause must care a great deal about your well-being and happiness. The Cause that makes survival your first instinct is also exerting a constant influence to make you well, happy, and secure.

Thus you can have strong conviction that what made you loves you. What we think, feel, and believe creates our experience of the world. Prayers have power because you are supported by supreme, ultimate Reality. You are loved and empowered to enjoy health, prosperity, and joy. As Paul wrote, “Nothing can separate us from God’s love.” *Rom. 8:38*

### Fun in the Park

On Sundays, August 14, 21, and 28, and September 5, our youth will enjoy “Fun in the Park” in place of traditional Sunday youth education. The children will be under the supervision of the Men of Unity and the Women of Unity. On those Sundays, childcare will be provided for children up to age 5.

### 2005 FINANCIAL REPORT

Divine love, through us, blesses and multiplies all that we have, all that we give, and all that we receive!

	Income	(-) Tithes	(-) Expenses	Net Gain/Loss	YTD Gain/Loss
January	\$38,611	-3,924	-23,404	11,283	11,283
February	35,821	-3,986	-26,231	5,604	16,887
March	36,320	-5,420	-22,280	8,620	25,507
April	31,870	-1,077	-23,520	7,273	32,780
<b>TOTALS</b>	<b>\$142,622</b>	<b>-14,407</b>	<b>-95,435</b>	<b>32,780</b>	

### Unity Values

We value:

- Love
- Integrity
- Beauty
- Inclusion
- Community
- Fun
- Peace
- Worship
- Learning
- Prayer
- Commitment
- Prosperity
- Healing
- Gratitude
- Service
- Joy

and the Sacredness of all life.

# Unity Youth: The Joy of Summer

by Sally Crum

You'll have several ways to share joy with our youth this summer. The first is to send as many kids as we can to the fantastic Unity Northwest



Region summer camps. We already have been gifted with the money raised by the Prosperity Banks project. We gratefully thank the congregation for their generosity!

## Share Our Joy

### A Big Thank-You to Neil Chaney for Brightening the Childcare Room!

We are very grateful to Neil Chaney, who did a fabulous job painting the childcare room; and to Paul Hewett, who installed the perfect lighting system. Our prosperity abounds!

It's almost summer, and time to "Share our Joy" with our youth. This original program was developed by one of our own Unity teachers and has proven over the past two summers to be a wonderful way for talented and creative adults to share with our youth. Through joy we not only connect with God, but also manifest abundance and generosity in a practical way.

Here are some of the varied and



Anna Avidan and Ingrid Brandt

interesting topics:

- Real Rabbits and Rabbit Puppets
- Spinning and Wool
- Africa
- Music and Singing
- Rocks
- Horse Portraits
- Watercolors
- Yoga

The summer schedule will be posted soon. Let's be sure to appreciate and support those who are giving of themselves in this way! We will also be signing up assisting angels, especially to help with the younger children. Thanks for your support!

## Youth Updates

The children's classes are flourishing as we study and practice our lessons in forgiveness and service.

### Service Projects by the Galileans and the Uniteens

The Galileans and Uniteens donated money earned in their bazaar to Tsunami victims as well as to other worthwhile causes. The Galileans even tithed to Unity!

The Uniteens visited the Humane Society and spent time giving love to the cats in the Cattery as well as making a donation to this remarkable service agency.

# Unity Board of Directors Connects with Ministries and Congregation

by Sherry Giglia

When the Board of Directors gathered for their annual retreat last July, they defined an intention to "consciously and actively connect with the ministry leadership." What began as a heartfelt intention with no particular agenda or expected outcome evolved into a series of gatherings this year with ministry leaders, volunteers, and the congregation at large. These joyful events allowed board members to develop a special bond with the various groups, based on shared values and a common vision for the future.



Ben Barreau brings azaleas for the Easter services.



Michael Augden and Chuck Denham recently constructed a storage area for the church.

At each gathering, Board members and guests engaged in a conversation about what we all value about our church and its role in our lives.

"An important realization from these gatherings was that as the needs of the individual are met, the needs of the church are met," says Deborah Reedal, Unity Board president. A strong sense of community and prosperity has resulted from the rich experience of coming together and sharing, and the momentum created continues to manifest through various programs and projects that are now in the planning stages. Unity of the Valley is truly a *thriving spiritual community!*

### A Focus on Learning

"Learning is a treasure which accompanies its owner everywhere."

Chinese proverb

"Let the wise also hear and gain in learning, and the discerning acquire skill, to understand a proverb and a figure, the words of the wise and their riddles."

Proverbs 1:5-6

"One must apply one's reason to everything here, learning to obey, to shut up, to help, to be good, to give in, and I don't know what else. I'm afraid I shall use up all my brains too quickly, and I haven't got so very many."

Anne Frank

"A teacher can but lead you to the door; learning is up to you."

Chinese proverb

Y.O.U. members and their sponsors gather on a Sunday morning.

## Upcoming Events at Unity of the Valley

### The Uneclipse of the Sun:

"How the Mind Hides the Light of Awareness and How You Can Let It Shine Back Through"

An Experiential Workshop facilitated by Paul Flashenberg and Valerie Keartes

Explore each of the five senses and how the mind adds meaning to what you perceive. Through guided and walking meditations, thoughts and images will arise in the mind and be looked at as passing phenomena. Finally, there will be a choiceless awareness meditation. Limited to 12 participants.

Saturday, July 30  
2:00–4:00 PM  
Cost: \$15.00

### Chant Experience Postponed for the Summer

Our twice-monthly Chant Experience has been put on hiatus through the summer and will resume in the fall. If you have questions about this uplifting practice, please contact Netti Garner at 767-0953.

### Women of Unity's Kitchen Table Gathering

June 4, 2:00 PM

Over one-third of our ladies have requested the joy of gathering over crafts. Now is the time! The theme will be "Crafty Creations and Salads." The organizers can use many hands. For more information, call Kathleen Hogan at 606-6473 or e-mail [khogan9@hotmail.com](mailto:khogan9@hotmail.com).

### Ice Cream Social

July 17, 11:15 AM

Each year, Unity of the Valley celebrates summer with an ice cream social held after the worship service. Join us on Sunday, July 17, for summer sun, fellowship with Unity friends, and all the ice cream you can eat!



Jeep Dunning serves up the ice cream!

### Elivia Melodey: Vibrational Sound Healer

August 7, 10:00 AM service  
Crystal bowl during meditation

Concert, 7:00–8:30 PM  
\$7–\$15 sliding scale

Monday workshop, August 8  
7:00–9:00 PM  
\$25–\$30 sliding scale

Vibrational sound healing can be traced back to ancient civilizations and is used all over the world. An expert in the field of sound healing with crystal bowls, Elivia tours nationally, performing and giving workshops on the benefits of sound healing. The healing that the listener experiences aligns the mental, emotional, physical, and spiritual bodies.

### Gary Zukav at Crystal Mountain Retreat, August 18–21

Mark your calendars! The Northwestern Region of the Association of Unity holds a weekend retreat each year at Crystal Mountain. This year's retreat, "Soul Reunion," will be held August 18–21 and celebrates 25 years of the Unity summer family get-together.

Gary Zukav, Linda Francis, and Rev. Richard Levy are the featured presenters, with music provided by Jeanne and Karl Anthony and the Geoffrey Castle Band.

For details, pick up a brochure at the church.

## Women of Unity – A Joyful Gathering

by Suzann Stahl

Think of the Women of Unity as a blessing. Think of what excites you about being a woman, and join us to share that with other women. Women need to come together in Unity to discover a purpose, to strengthen each other, and to teach us about our faith. Women's lives are so busy with work and family; this gathering provides a spiritual retreat, to joyfully connect, share and support each other.

Lynn Chowdhury began leading the Women of Unity group in March of 2005. Welcoming all Unity women, Lynn says, "Come share the passion that creates us to be the spiritual women we are."

Women of Unity is a time for women to come together to support each other spiritually. Lynn envisions a "kitchen table community" where women gather together to share joy.

In April, the gathering revolved around singing and chanting, honoring through song, and singing prayers. The idea is that nurtured women create a strong community.



Last month, the women gathered for crafting, creating a vision of who they are with symbols. Each symbol will be incorporated into a metaphysical pin to represent women. Lynn believes that it is not necessary to make the art or do the music. "Being present with other women is the most important factor in order to feel the deeper connection with other women of like mind," she says.

Peggy Aptecker, a member of the group, said she leaves the meetings feeling uplifted and enriched, as well as feeling herself an intimate part of the Unity community. If you want to feel a closer connection with other women in Unity, Peggy highly recommends joining the other women in the group to celebrate and have fun.

At present, the group is seeking a variety of women to provide wisdom and direction, fostering the mission of inclusiveness and play. Lynn welcomes any suggestions for future gatherings. The group is inclusive and is open to women of all ages.

The two-hour meetings are held either Friday evenings or Saturdays. E-mail Lynn at [women\\_of\\_unity@yahoo.com](mailto:women_of_unity@yahoo.com), or leave voice mail at 683-7067. The next gathering is scheduled for Saturday, June 4, at 2:00 PM in the Fillmore Wing.

### Focus on Integrity

"You can't, in sound morals, condemn a man for taking care of his own integrity. In that interior world where his thought and his emotions go seeking for the experience of imagined adventures, there are no policemen, no law, no pressure of circumstance or dread of opinion to keep him within bounds. Who then is going to say Nay to his temptations if not his conscience?"

Joseph Conrad

"Necessity may well be called the mother of invention, but calamity is the test of integrity."

Samuel Richardson

"Nothing is at last as sacred but the integrity of your own mind."

Ralph Waldo Emerson