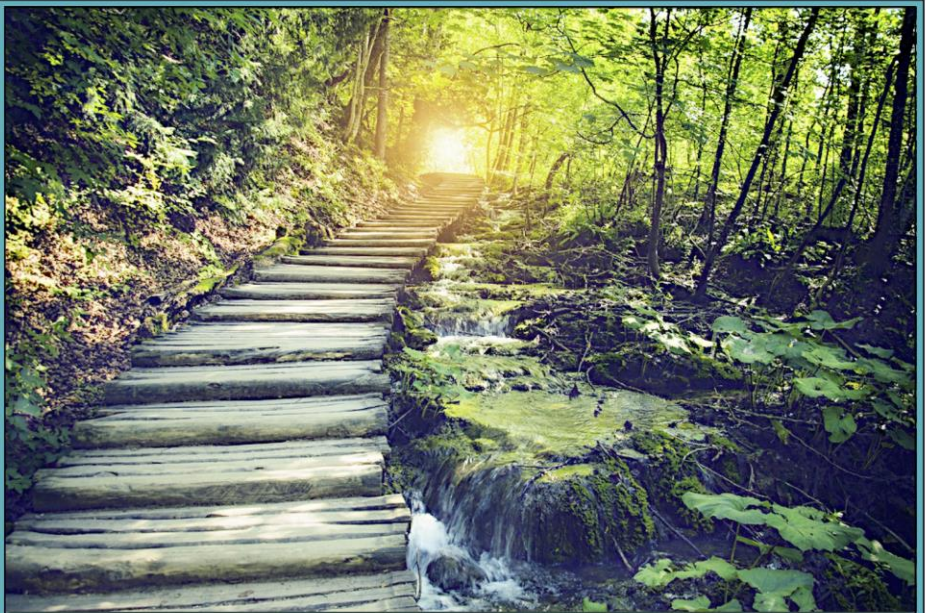




**April 2021**



**Finding the Divine In Everyday Life**

**Sunday Live Stream Service**

**10:30 a.m.**

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director

Laura DuBois

# Finding the Divine in Everyday Life

A message from our Ministerial Team

To the spiritual seeker, the pull of our mundane needs and responsibilities can feel like a stone weighing us down, when our heart yearns to rise into a higher awareness of inner peace and wholeness.



"I don't have time for prayer and meditation," we may tell ourselves. Or "I have too much on my mind to 'be still and know I am one with the Divine.'" There is always so much else to get done, health challenges to address, the needs of loved ones to fulfill, or perhaps it's the never-ending distraction of social media that whisks away the hours of our day.

Of course in April we have the blessing of Easter, a time when we in Unity celebrate the continuous flowering of our divine potential. Since this potential dwells in us all, this year we will honor Easter by hearing a spectrum of viewpoints from within our spiritual community.

For the remainder of this month, we will focus on ways to experience the inner beauty and holiness of life right here and now. A major part of this challenge is learning to expand our awareness through simple ways—like listening to other perspectives with full attention—to the more subtle practice of being in the "holy now."

The still, small voice within us that says, "We are here to do more than just get by until we die," whispers an eternal Truth. In response, our human mind may argue that awakening to the divinity of life is an unrealistic quest meant only for a special few. Yet, as many have discovered, this awakening is the most natural thing in the world. An essential key is to accept and commit to being mindful of this basic principle: *One Power and Presence is expressing as all things. So we can never be truly separate from that Power and Presence except in our attention and intention.* Knowing this, we can choose to let today be just another day—or a stepping stone to a higher and deeper level of reality filled with Divine Love, Beauty, Power and Grace.

## SERVICES IN APRIL

**Sunday, April 4: "Easter Voices: A Spiritual Family Gathering."** Various members of our community will share their Easter reflections. We will also be blessed by a virtual gathering of our Unity choir under the direction of Mo Robeson—and thanks to Larry Craig for the video compilation!

**Sunday, April 11: "The Wonderful Now: Being Present & Practicing the Presence."** **Jon West** will be joined by **Rev. Dick Everts** in a discussion about how we can enrich our experience of the only time we truly have—now!

**Sunday, April 18: "Growing Through Our Daily Ups and Downs."** Guest Speakers: **Unity's Shared Leadership Team (SLT)**. Just as we do at the beginning of our weekly SLT meetings, our team will connect heart-to-heart by sharing a personal experience of challenge, appreciation, and/or insight.

**Sunday, April 25: "Resisting or Flowing: Finding Ease in the Way Things Are."** Speaker: **Jon West**. We'll explore some fun and simple keys to transforming the conflict and stress we feel with others and situations.



### April Affirmation

Each and every day,  
I turn my inner vision  
to the spiritual reality of life.



## Notes from our Music Director



The other night, several people from our music team met to record an original Easter song by Jon West, called “I Am Life.” The song was requested by the Unity Northwest Region, to be featured on their website. This is the third time they have requested an original

composition from us, and how blessed we are to have our own composer in residence!

We had seven musicians performing, Ryan on audio/video, and me as director. The session was not easy. In fact, it was pretty much the roughest session we’ve had in the last year! I’m sharing this, though, because a thing of great beauty and love happened during that hour and a half. We gradually transformed from being out-of-balance, stressed and on the verge of losing our tempers, to a cohesive, joyful, and harmonious team by the end of the evening. And this is really exciting to me, because it shows that our Unity principles work.

We stopped. We breathed together. We prayed. We let go of ego. We let go of expectations. And then the music started to flow. And it only now hits me as I write this - we basically experienced a musical death and resurrection! How funny life can be, and how wonderful!

As you go through your Easter season, may you feel hope, and know that no matter how dark the night, new life is on the horizon.

With love,  
Laura DuBois

P.S.

I have the joy of facilitating Unity of the Valley’s Phone Connection Team. The other day, I received the message at the top of the next page, and I wanted to share it with the community. I am so grateful for our phone team, and this note is a testament to the wonderful work they do. Thank you, Phone Connection Team!

## Notes from our Music Director continued

Dear Laura,

Would you take in for yourself and pass on to the phone angels how treasured their call became in our time of isolation. Ann R. is our angel and she has been steadfast in her weekly check-in. We have shared life stories, reading lists (she delivered books to my doorstep), spiritual goals and achievements, a mutually interested Zoom class.....among our chatting.

She has become so much more than a phone buddy....my heart calls her friend.

Darlene L.



## Notes from Our Administrator

Usually by April we have held our annual Volunteer Appreciation Brunch and completed our Love-in-Action signups. It's still a different year in which we weren't able to hold either of those events. What isn't different is You - our volunteers.



I have been spending time updating our database and volunteer lists. Wow, even being in a temporary closure, the number of volunteers still connecting and volunteering is absolutely amazing. Yes, YOU amaze me. What a demonstration of love in action our volunteers truly are.

Even though we haven't been able to hold an honoring or celebration of you, please know we are thinking of you and are so grateful for your love and the time and energy you give to Unity of the Valley and our community. You are in our hearts and minds.

Hugs,  
Géna

## Your Board of Trustees



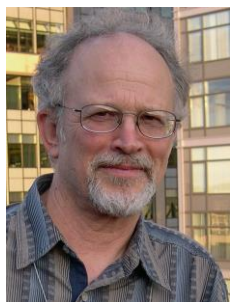
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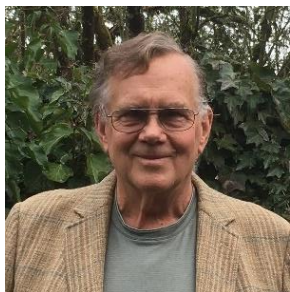
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**Many thanks and blessings to all our board members  
for your service to Unity of the Valley!**

## FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
JANUARY	\$18,468	\$12,930	\$5,538
FEBRUARY	\$12,159	\$12,959	(\$800)

Each of you blesses the world in your own way, and we are so grateful for YOU. We are still exploring cost-effective solutions for the lighting and drainage issues with our sanctuary, and we will report any updates. In this time of challenge and change, we are strengthened by our connection as a spiritual family. We look forward to rejoining with you in our sacred space as soon as possible.

The Unity Board of Trustees



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Unity homepage.  
Click DONATE  
on right side

## BOARD of Trustees' MEETING

**Tuesday April 20  
6:30 p.m.**

All Board meetings are currently being held via Zoom.

All are welcome to attend.

If you would like to attend and/or speak at the meeting, please contact Serenee Smith at [sereneeheart@yahoo.com](mailto:sereneeheart@yahoo.com).



Spring is here. It's a great time to celebrate.

Happy Birthday to all those persons born in the month of April.



What comes from the heart,  
goes to the heart.

~Samuel T. Coleridge

## GETTING TO KNOW US

Welcome to the get to know your Staff, Shared Leadership Team (SLT), and Board of Trustee's game. The Staff, SLT, and Board were asked several questions, and below are some of their answers. See if you can guess which answer matches which person. Answers are below.

Names to choose from this month: Board Members: Serenee Smith, John Garrett, Ted Taylor, Heather Breckenridge, Geneva Miller, Alice Sparks; Ministerial Team: Rev. Sherry Lady, Rev. Inge Tarantola; Administrator: Géna Duel, SLT Member: Sunny Schneider, Gary Wymore.

1. Who has met the Dali Lama?
2. Who met W.C. Fields when they were a small child?
3. Who met Neil Diamond and Martin Short in a dream?
4. Who met Dolly Parton? Hint: there's more than one.
5. Who met Deepak Chopra?
6. Who met Maya Angelou, Tony Bennett, Perry Como, Billy Graham, and even more?
7. Who met writer Barbara Delinsky?
8. Who met British actor Peter Bull (Dr. Strangelove, The African Queen) in Greece and cared for his stone house for two months when he returned to England for the winter?
9. Who met his wife when they both played clarinet in the Community Orchestra?
10. Who enjoys snorkeling?

Answers: 1) Serenee Smith; 2) Géna Duel; 3) Heather Breckenridge; 4) Geneva Miller and Alice Sparks; 5) Rev. Inge Tarantola; 6) Rev. Sherry Lady; 7) Sunny Schneider; 8) Ted Taylor; 9) John Garrett; 10) Gary Wymore



# APRIL PRAYER

from Rev. Sherry

It is the season of earth's reawakening.

May we also awaken

to the goodness of life within and without.

May we remember to hold in our hearts

the things that bind us together:

Our blessings of laughter and friends and

sunlight and rain and stars to brighten each night.

Even when we cannot see them, we know they are there,  
just as we feel the presence of Divine Love filling us each day.

Gentle Spirit, help us in spite of everything  
to look to the past with gratitude for the good that was there  
and to the future with faith-filled open hearts and minds.

Keep us unafraid

of the hopes and dreams that fill our hearts.

May we never lose belief in our potential

to transcend any limitations or doubts

about what tomorrow may bring.

No need to fear, for we know

you are already there to guide our way.

Amen

## Healing Prayer Circle

We meet weekly via  
ZOOM to offer focused  
healing prayer to  
individuals who request it.

For more information  
and to make an  
appointment, contact  
**Rev. Inge Tarantola at  
541-968-5540.**

The more we thank God for  
the blessings we receive  
the more we open the way  
for further blessings....

~Betty J. Eadie

## Prayer Requests

Email your name and  
prayer request to  
Rev. Inge Tarantola  
at [ingetar@pacinfo.com](mailto:ingetar@pacinfo.com).

## UNITY SPIRITUAL COMMUNITY SUPPORT FUND

The Unity Board created a Spiritual Community Support Fund. This fund was inspired 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.

## **UNITY ONLINE**

**Sunday Services.** Although the facility is closed, 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).

**Unity's Music Releases can be found at**

<https://www.facebook.com/unityofthevalley/videos/368369060857899/>

## **CONNECTING VIA ZOOM**

**Community Connect, Wednesdays 2:00-3:00 p.m.**

This is a one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. There is a new topic each Wednesday. Your moderator is Rev. Dick Everts. To take part, send an email request to Rev. Dick at [richard.everts@comcast.net](mailto:richard.everts@comcast.net).

**Breathing, Meditation, Relaxing Gong, and Song class Saturdays, 9:45 a.m.** Join Sunny & Vicky Hills on Zoom for a grounding **Kundalini**. To learn more, send email to [info@sunnyhillsmeditation.com](mailto:info@sunnyhillsmeditation.com) or check out their website at [SunnyHillsMeditation.com](http://SunnyHillsMeditation.com).

## **YOGA CLASSES VIA ZOOM WITH DONNA O'NEIL**

**Gentle Yoga Tuesdays, 9:30 a.m.** Register at <https://eugeneyoga.us/downtown-schedule/>.

**Level 1 Hatha Yoga, Wednesdays, 10:30 a.m.** This class was previously held at Unity, pre-COVID. Donna holds these via Zoom from her home now. If you are interested in joining the class, or just trying it out, call her at 541-632-0105, or email at [yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com). The online meeting number is ID: 775 275 2582. Donation basis.

**Gentle Core Awareness, Thursdays 9:30 a.m.** Register at <https://eugeneyoga.us/downtown-schedule/>.

## **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.-4:00 p.m.  
(we are currently closed due to the COVID-19 Pandemic)

#### **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

#### **BOARD OF TRUSTEES**

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Ted Taylor, Secretary  
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