



August 2021



Everyday Higher Awareness

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

EVERYDAY HIGHER AWARENESS

A message from our Ministerial Team

All the little moments...that's what our day is made of! And within each moment floats our conscious awareness. Or instead of floating, is it sinking? Or bobbing on waves of emotion like a cork in the sea? Or does it ever rise above surface conditions? Perhaps only slightly at first, like a duck trying to lift off from a lake? Knowing that if it just keeps focusing its energy, in a few moments it will trade the support of water for a more subtle support: the wind beneath its wings?



Yes, our awareness is much like that duck on the water. We can spend our hours drifting or paddling from one situation to the next, assessing if the water is calm or rippled with activity. Letting our feathers get ruffled when something splashes us unexpectedly. Feeling our stress build if the ripples intensify into waves of outer chaos. And at some point we may realize that our inner world is essentially mirroring the outer: We've let the storm inside.

One of the great universal truths of Unity is that each moment is an opportunity to practice a different, far more fulfilling way of **seeing**, **being** and **feeling**. When we **SEE** the outer world for what it is—a temporary outpicturing of Divine energy—we can remember *we are not what we are seeing*. We can begin confidently affirming that our **TRUE BEING** remains unshaken in the heart of Spirit, even as we tread the waters of the world.

By regularly focusing on these steps—seeing and being—bridged by remembering and affirming—our awareness gradually discovers the great reward for its efforts: the FEELING OF FLIGHT. Of dropping the weight of worry and limitation for the sense of joyful lightness. With this lightness comes an inner expansion from realizing we are no longer bound to life's surface. Instead, we are part of an infinite Consciousness we've only just begun exploring.

It all begins each little moment we catch ourselves drifting, bobbing, or holding on for dear life to keep our heads above water. Of taking that moment to stretch the wings of our heart into the inner sky of Spirit within. Does this sound slightly exaggerated? Far-fetched? Beyond the realm of personal possibility? Well, that's just what the duck thought...before it found it could fly!



SERVICES IN AUGUST

Sunday, August 1: “Smiling through the Challenges: A Unity Family’s Story.” The **Dreiling/Braun** family of **Yvonne, Michael**, and **Nalani** will sit down with **Jon West** to share some of their sweet and sour experiences during the pandemic, and the guiding principles that helped them along the way.

Sunday, August 8: “What Am I Affirming Today?” **Rev. Inge Tarantola** will interview longtime Unity attendee **Jim Drews** on his discovery of affirmations and how he has applied them in a positive way in his life.

Sunday, August 15: “Life in an Ocean of Consciousness, Part 1.” **Dr. Orestes Gutierrez** will share how the mind and body are one, that our entire body is conscious, and how we can promote health by honoring the higher intelligence of our internal circadian rhythm.

Sunday, August 22: “Life in an Ocean of Consciousness, Part 2.” Speaker: **Jon West**. As we start each new day and each new hour, to what degree are we translating our daily perceptions of the world through the clarifying lens of spiritual understanding? This can make a huge difference in smoothing out any turbulence that’s throwing us off balance.

Sunday, August 29: “Walking in the Garden of the Divine.” With all the stories we hear of people experiencing a Higher Power in their lives, are there simple ways we can all begin to notice and vividly sense the presence of the Divine right where we are? This is the question **Rev. Sherry Lady** will explore with us.

August Affirmation

I remember to **see** Divine Consciousness in the daily flow of my life.
I remember to **feel** Divine Consciousness in the daily flow of my life.
I remember to **be** Divine Consciousness in the daily flow of my life.

Reopening to In-Person Sunday Services

To our beloved Unity community:

Unity of the Valley's Board of Trustees met to consider our policy and guidelines for reopening Sunday services to the public on July 25th and beyond.

Our greatest wish has been to honor the various perspectives within our Unity family while also providing clarity and reassurance as we take this next step together. We are aware, for example, of different beliefs about the safety and necessity of vaccinations and mask wearing. We realized early on that no approach would likely satisfy everyone. To better understand how we could serve as many people as possible, we conducted a survey so everyone who wanted to share input had the opportunity to do so.

Based on the survey results, as well as guidance from our Ministerial and Shared Leadership Teams, our Board came to a difficult but unanimous agreement:

With deep respect for all viewpoints in our community, Unity of the Valley will reopen for in-person Sunday services on July 25th initially for those who have verified that they are fully vaccinated. Families with children too young to be vaccinated may attend services on a reservation basis. This reopening policy is being reviewed on a regular basis.

Before we detail our guidelines for verifying vaccinations and other safety precautions, we would like to address those who feel left out by this policy.

1. We understand. We wish there was a solution that gave everyone what they wanted. Please know this is only a first step, and we will loosen restrictions as soon as possible.
2. In this unpredictable situation, we've been cautious in protecting people's health since the start. We didn't want to be one of those places (and there were many) that opened too soon and got people infected. While some disagree with this approach, overall it's been strongly supported
3. Your voice counts. If there is any information or feedback you feel the need to share, please feel free to contact **Jon West (541-683-7664 and jwest97405@gmail.com) or Serenee Smith (928-533-1646 and sereneeheart@yahoo.com).**

Guidelines For Implementing Our Reopening Policy

1. Livestream Services will Continue. You are a valued member of our community and we want to stay connected with you. Maintaining our livestream services on Facebook is an important part of that. With our congregation returning, we will be investing in a camera system that can be mounted on the wall. Until that happens, please watch out for tripods and any platforms supporting the cameras.

2. How to Verify That You've Been Vaccinated:

- A. Our goal is to gather as many photos or copies of vaccination cards in advance as possible. Once these are received by emailing unityval@rioussa.com, we will add your name to a Sunday check-off list.
- B. For those who don't get on the list in advance, on Sundays you can show your card (or copy or image of the card on your cell phone) and we'll add your name to our list.
- C. Once your name is added to the Sunday check-off list, we will discard any record of your vaccination card.

3. Masks are Very Welcome, Not Required

- A. Because of the other precautions we are taking, we feel that a free-choice approach to masks is reasonable. For this reason, some greeters and ushers may be masked, others not.
- B. Those on the platform are generally unmasked because they are at a distance from the congregation; because there are at most only about 7 people on the platform; and because of the difficulty of presenting with a mask on.
- C. **HERE'S A GOOD PRACTICE:** If you're concerned about people singing around you, consider bringing a mask so you can put it on whenever you like. We will also have masks available at the door in case you forgot to bring your own.
- D. If you are experiencing any cold, flu or extreme allergy symptoms, rather than attending with a mask, we ask that you please stay home and join us online.

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Guidelines For Implementing Our Reopening Policy

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4. Advance Reservation for Families with Children Too Young for Vaccination:

- A. Since there are no youth classes in the summer, some youth may choose to attend our adult services. Everyone 12 or older will need to verify their vaccination.
- B. For families who want to bring younger, unvaccinated children, please notify us by the previous Thursday at 541-345-9913, ext. 11 or unityval@rioussa.com. We will set up some chairs for your family somewhat apart from other congregants.
- C. Please have any unvaccinated children (who are old enough) wear a mask for everyone's safety.

For more details on precautions we intend to take, see **section 5** on our website at:

<http://unityofthevalley.org/pdfs/UnityReOpeningJuly2021.pdf>.

We thank you for your patience, understanding, and cooperation as we gradually rebuild an active, vibrant congregation founded on Divine Love and Wisdom.

Your Unity Board President and Ministerial Team

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
MAY	\$10,469	\$12,606	(\$2,137)
JUNE	\$12,965	\$15,603	(\$2,638)

We deeply appreciate everyone's efforts to maintain our spiritual home. Despite monthly fluctuations, our year-to-date income remains \$775 higher than expenses. And that doesn't count our Payroll Protection loans of \$45,000, of which half has been converted into a grant. With your help, Unity is strong and stable.

In loving gratitude,
Your Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

August Board Member Highlight

Vicky Hills

Hello Unity Family! As a Member of Your Board of Trustees, just thought I'd check in with everyone to let you know my husband, Sunny, and I are staying isolated at home and doing well. We enjoy our cozy home with green views of the Oakway Golf Course lined with fir trees along the fairway. We planted tons of flowers and bulbs last summer and enjoyed their beauty throughout the season. Our hummingbird feeders are still visited by the beautiful little creatures flitting in and out of our deck openings. I know their nests are somewhere in the branches of the bare cherry tree outside our kitchen window, but so far haven't been able to spot them. I'm still trying, though. We go on walks in our neighborhood and watch all the squirrels scamper up the trees as we go by. Sunny's Saturday morning Zoom meditation class helps keep us positive and grounded. Enjoy "seeing" a lot of you on Facebook and at the Sunday online services. Looking forward to the day when we can be together again in person. Until then...Stay Safe.



Love,
Vicky Hills

Board of Trustees' Meeting

Tuesday August 17
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.

Notes from Laura DuBois & Susan Smith

The longer I play the piano, the more I gravitate towards the idea of healing through sound. How blessed we are to have in our midst someone whose creations do exactly that! This month, I am delighted to feature our very own composer and congregant, Susan Smith. Here is her story:



Music has been part of my life forever. My dad was the “Music Man” in our small town – band, choir, and piano filled my life. Going off to nursing school, I switched to guitar, folk-singing in clubs during graduate school. Later a workshop on creativity challenged me

to compose – I was hooked.

I write in a variety of genres, weaving my life experiences into the music. My community health nursing degree helped me write a theme song for Schools for Healthy LifeStyles in Oklahoma City– it’s used every morning before class. A CD & performance packet titled “Arrive Alive - traffic safety songs for kids” was a joint effort with the National Safe Kids Coalition. Grants put it in every daycare in Oklahoma and in 100+ schools in Oregon.

Years of participating in Christmas programs helped me create “Come & Celebrate,” a Christmas pageant performed several times in Oklahoma City and Eugene.

Years of listening to music lessons and playing piano primed me to write piano solos. Thanks to the International Alliance of Women in Music, a number of the solos continue to be used in competitions in Serbia, where, after years of only being allowed to play pieces written by men, students are now required to play at least one song written by a woman composer.

Lastly, my husband’s death, my major involvement with End of Life Choices Oregon and my role as co-facilitator of Unity’s grief support group have greatly influenced my music. Coupled with my spiritual journey, these experiences have caused a deepening of my heart and spirit. “Compassion,” “Love’s Journey” and “I’ll Be There for You” (that Laura so beautifully performs) come from that space.

AUGUST PRAYER

BEAUTY SURROUNDS US

from Rev. Sherry

Sweet Spirit
of eternal presence,

The beauty
of the world around me
touches my skin, and registers
in all corners of my being.

I listen to the silence
where the sounds of the earth
are born and there is
no distance between
that sound and my soul.

I feel the breeze that moves
the grasses touching my cheek,
I smell the fragrance
of a whispering meadow,
and I am refreshed,
And as I take in the essence
of the trees, I am reminded
that while I am an
eternal being of Spirit,
I am also a child of the earth.

The gift of the sweetness
of all that heavenly Love
has provided, is nourishment
for the life that flows
through me.
I am filled with Joy.

Thank you, Thank you.

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**.

Nothing is
too small a subject
for prayer,
because nothing is
too small to be
the subject
of God's care.

~Henry T. Hamblin

Prayer Requests

Email your name and
prayer request to
Rev. Inge Tarantola
at 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. 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.

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.

Sacred Wednesday Morning Yoga Classes Via Zoom with Donna O'Neil

- **9:00-9:50 a.m. – Ball Yoga:** A fun practice! Great for Balance and Core!
- **10:00-10:50 a.m. – Hatha Yoga:** Mindful yoga practices for strength, balance, and flexibility. Level 1
- **11:00 - 11:50 a.m. – Gentle Yoga:** Perfect for a quiet start or end to your morning!

See **Donna's Schedule Page** for cost and more details at <https://yogawithdonna.com/classes-and-schedule>. Contact Donna at yogawithdonna@gmail.com or text to 541-632-0105. Let her know you're coming at least 15 minutes before the start of class, so you can get the Zoom link.

SATURDAYS (9:45 a.m.) - Join Sunny & Vicky Hills for a Meditation & Gong Relaxation Experience Online, \$5.

Register Here:

<https://www.sunnyhillsmeditation.com/saturday-gong-meditation-class>.

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

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

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