



July 2021



Sunday Livestream Service
In-Person Services Restart July 25th!
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

OUTER CHANGE & ETERNAL TRUTH

A message from our Ministerial Team

For those of us who've been waiting for Unity of the Valley to open its doors once more for Sunday gatherings, July 25th will bring much joy and celebration. But there will be some heartache and bittersweet feelings as well, as we remember friends and family members who are no longer with us in the flesh. It will be another reminder—as if we didn't already have enough—that the physical world is one of constant change.



From the Unity perspective, one of life's greatest challenges—and opportunities—is learning to look beyond the flesh, beyond appearances. This is a very personal journey, one we each must take in our own time, in our own way. For many of us, it's the pain and space created by loss that beckons us toward a deeper understanding of life than we ever thought possible.

So when we meet once again within the sacred space of Unity, let us bring the spaciousness of heart and mind to flow with the inevitable changes that have occurred. What kind of changes? Well, by mid-July, the Board will have likely announced the guidelines Unity will be following regarding vaccinations, masks, social distancing, etc. That will be a change that may take some adjusting to.

We may find that some in our community don't feel ready to return to in-person gatherings. Whatever their reasons, we can remember the truth that we are always connected in Spirit. And we can love and bless them wherever they are. (Maybe they'll be connecting with our livestream service at home!)

When we meet those who've faced great loss or struggle over the past year, we don't have to try to impart wisdom or cheer them up. We can simply be lovingly open and accepting of exactly where they are in their journey, while inwardly beholding their eternal wholeness and beauty.

We probably need to accept that we won't be holding hands or even singing as a congregation for awhile. We will need to be mindful of people's personal space and that they may prefer a "side hug" if any hug at all. And while there will be basic refreshments after the service, it will be some time before we return to "Soup Sundays" or potlucks. (continued on next page.)

A message from our Ministerial Team continued

Of course, the real strength of Unity goes much deeper than these surface things. It's the friendships that persisted and even expanded during the pandemic. It's the prayers, care, and compassion that flowed whenever hardship and grief became known. It's the regular connection we shared through the giving and receiving of our livestream services and special music videos. It's the generous spirit with which so many supported Unity over all these many months.

Above all, Unity is the Divine light and love awakening in all of us. That is the great strength that will carry Unity through every change—and carry each of us until our conscious awareness is fully reunited with the eternal essence of our being.

And what a joy it will be to see you in person again!



SERVICES IN JULY

Sunday, July 4: “The Liberating Power of Interdependence.” Guest speaker **Barbara McKie** will examine the myth of independence and the essential need for interconnection and mutual support. Our **music team** will be joined by **cellist Kathryn Brunhaver**.

Sunday, July 11: “United in Divine Love.” Board President **Serenee Smith** will share some of the challenges and lessons learned during difficult times and the gifts revealed while serving together in a Spiritual Community.

Sunday, July 18: “The Amazing You! *Discovering Your Hidden Strengths.*” **Jon West** will explore some of our more frequently hidden capacities—including the power to smile in the face of fear!

Sunday, July 25: “You Are So Beautiful.” Our **Ministerial Team of Sherry, Inge, and Jon** will guide us in celebrating the rebirth of Unity of the Valley and the Divine role each of us have in Unity’s unfolding.

IN-PERSON SUNDAY SERVICES RETURN JULY 25!

During a special meeting of our Board of Trustees, the following decision was approved: **Unity of the Valley will reopen for Sunday Services on July 25, 2021, based on the current OHA and Lane County regulations and guidelines at that time.**

Since our July bulletin is created in June, further updates will be shared by email, or you can contact our office. Thank you for your patience as we begin to reorganize to hold services again.

If you are open to assisting with any of our Sunday volunteer teams, **please complete our Volunteer Survey before July 7th** at <https://www.surveymonkey.com/r/5PFFQGM>

It Takes a Village

We are excited to be reopening to in-person Sunday services. It really does take a village of volunteers to help bring such a wonderful experience together. If you are ready to volunteer, we have a variety of opportunities available on Sundays.

Bookstore Volunteer – Volunteers work at the cash register after the service on Sunday mornings. We also have an opening for a Bookstore Manager.

Church Opener – Volunteers unlock doors, and prepare the sanctuary and other rooms for the Sunday service.

Church Closer – Volunteers count the love offering after the service and close the church after the service.

Kitchen Angel – Volunteers serve coffee and cookies after the Sunday service once a month.

Power Point Operator - Volunteers operate the PowerPoint computer at the Sunday service.

Usher – Volunteers serve at one Sunday service per month greeting people, handing out bulletins, receiving the love offering, etc.

If you would like to volunteer, please contact our Administrator, Géna at 541-345-9913, ext. 11.

Notes from our Music Director

Moving forward



Since the beginning of the pandemic, our music team has worked passionately to produce the series **“Connecting from the Heart.”** These videos have been our way of keeping our community ties vibrant, with the hope of sending comfort,

encouragement, and love to all of our viewers.

As we move towards reopening Unity on July 25th (Hooray!), the time has come to move on, and to start the next wonderful chapter. Because of this, the July music release will be our final installment of “Connecting from the Heart.”

As our series comes to an end, I have immense gratitude and joy in my heart. From the rough early days of recording remotely, to our final days of being almost “back to normal,” the dedication, perseverance, creativity, inspiration, and love of our team has flowed without ceasing. And now we have quite an archive of these strange and challenging times, to boot! The videos will remain on Facebook, and you are welcome to view them at any time.

So, to the entire **music team**, I say a **huge “Thank you!”** for your incredible work. And to the **board and congregation**, I say another **huge “Thank you!”** for your continued support and encouragement. And last but not least, to our audio/video tech guru and resident angel, **Ryan Zimmer**, I am **eternally and deeply grateful**. Ryan, our work together during the pandemic has exceeded anything I ever dreamed possible, and I am very excited to enter the next chapter with you!!!

With love,
Laura DuBois

It is only change that is at work here.

~I Ching

Notes from Our Administrator



Wow, it sure will be nice to start seeing our Unity family coming together again in person on Sundays. I have missed you all so very much.

As we move forward into our reopening, I want to thank each and every one of you for helping keep Unity connected and going strong.

Thank you to our Ministerial Team, Board of Trustees, Shared Leadership Team, Music Team, Sound-Tech Guru, Onsite Security Angel, Phone Connection Team, Prayer Teams, our behind-the-scenes helpers, and You, Our Congregation. You have kept our minds engaged, our hearts connected, our facility intact, and often lifted my spirits when most needed.

Although the pandemic has been challenging and at times heartbreaking, the opportunity for spiritual connection and growth really presented itself. I look forward to our in-person reunion and connecting even more with the Divine in each of you.

Hugs,
Géna

The human way of growing is unique;
it has no rules, and can occur in many ways.

~Marsha Sinetar

HAVE YOU MOVED?



Please let us know if you have recently moved or changed your telephone number or e-mail address. You may notify us by calling 541-345-9913, e-mailing Géna at unityval@riousa.com, or writing us a note, so we can keep our records up to date.

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
APRIL	\$10,502	\$13,521	(\$3,019)
MAY	\$10,469	\$12,606	(\$2,137)
PPP GRANT	\$22,903		

In these uncertain times, we deeply appreciate your financial support, no matter how small or large. We have also been blessed by the conversion of our federal Payroll Protection Loan into a grant that doesn't need to be paid back. This will help us make up for a recent shortfall between our income and costs.

Thank you, Spirit!

Your Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF Trustees' MEETING

**Tuesday July 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.



The spirit of
God unites all
in a circle of
love.

July Board Member Highlight



Hi, I'm **Geneva Miller**. I've been a member of Unity for two years and a Board member for one year. Being a relative newcomer to the church, I pursued a Board experience to learn more about the management of the church.

I have so loved everything about my experience here. The ministerial services, the music, the social opportunities, and meeting all the wonderful, talented, dedicated folks involved.

Board membership was an eye opener, from the amount of time and effort put into financial management, to the amazing experience and work folks put into all aspects of keeping Unity a viable and thriving community. Each meeting brings its own revelations and while I am not a very vocal member, I do listen carefully and feel we are under excellent stewardship. I hope my quiet presence contributes a tiny bit to the future and wellbeing of our Unity of the Valley.

Namasté.

Can you find these words?

Blessed, Divine, Grace,
Love, Unity

(Words can go in any direction.)

D	B	Q	K	Z	E	E
Z	E	M	A	C	T	N
C	F	S	A	J	E	I
C	Y	R	S	G	H	V
P	G	W	X	E	C	I
L	O	V	E	M	L	D
Y	T	I	N	U	X	B



Joy
is the fruit
of the spirit.
~New Testament

JULY PRAYER

from Rev. Sherry

IN HONOR OF FREEDOM

Now is the time to free the heart
Let all intentions and worries stop.
Feel the joy inside the self.
Awaken to the wonders of your life.

Open your eyes and see the friends
Whose hearts recognize your face as kin
And those whose kindness watchful and near
Encourages you to live everything here.

See the gifts the years have given
Things your efforts could never earn
The health to enjoy who you want to be
And the mind to mirror the mystery.

From *To Bless the Space Between Us*, by John O'Donohue

We will be together soon.
Thank you, God

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.**

Prayer Requests

Email your name and
prayer request to
Rev. Inge Tarantola
at ingetar@pacinfo.com.

July Affirmation

The loving strength of Spirit
shines in and through me
to the world.

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.

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 or check out their website at SunnyHillsMeditation.com.

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.

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

BOARD OF TRUSTEES

Serenee Smith, President
John Garrett, Vice-President
Vicky Hills, Treasurer
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Heather Breckenridge, Trustee
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