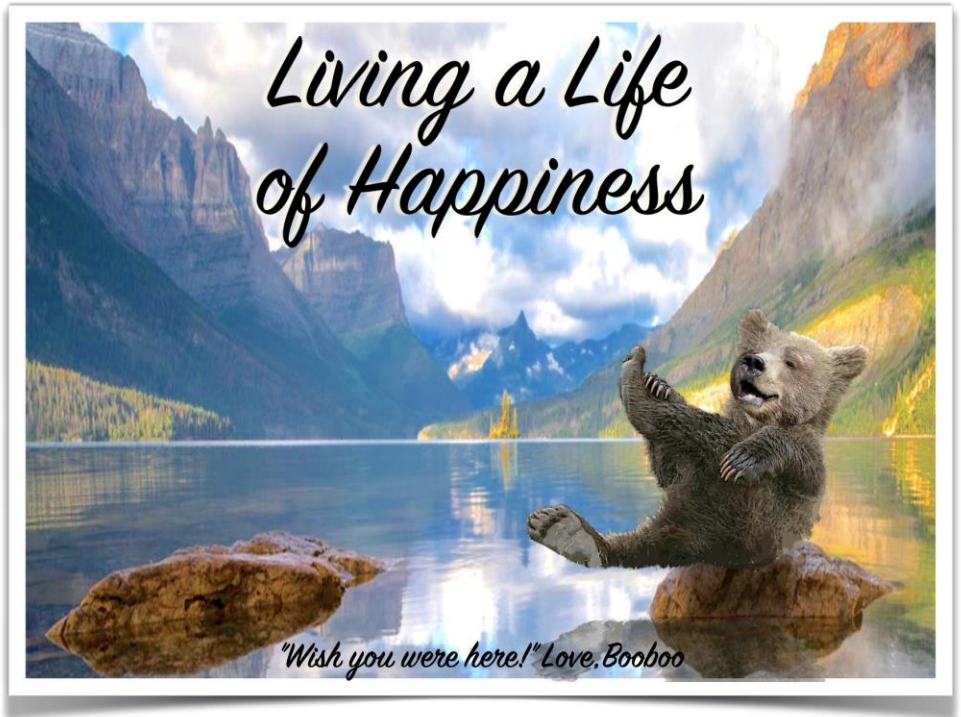




July 2022



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

LIVING A LIFE OF HAPPINESS

A message from our Ministerial Team

As he contemplated society from his cabin by Walden Pond in the mid-1840s, Henry Thoreau made this famous observation: "The mass of men lead lives of quiet desperation." While we can be grateful for the many advancements since Thoreau's time, true happiness and fulfillment remain elusive. Even those with every advantage in life can struggle to fill the hollow spaces in the heart that tell us something is missing. Why might this be?



Comparing consciousness to a lake, we can see how our emotions ride high and low with the waves of circumstance. Finally, we settle back down to our usual sense of self. Not a rock-solid self--more like slowly shifting sands. But it's something we can stand on. Here is where we shape our lifelong hopes and beliefs. If our footing is steady and the lake surface calmer than not, we may find a real sense of security and satisfaction. This can even be a foundation for more profound awakenings. They can happen at the most unexpected moments, like a glimmer of light shimmering through the waters of our consciousness.

The glimmer may be something we only feel--an inner knowing that it's time to express more of our potential. It may be something we see, like a sparkle in the eyes of someone we previously judged or ignored. Or it may be something we both see and feel deeply--as when the beauty of a forest makes us realize, like Thoreau, we will never feel alone in nature again.

Following these glimmers, our feet gradually pull free from the lake bottom of our limited self. Upward we rise in consciousness, the waters around us becoming clearer, the beams of light ever brighter. Some people give a name to this light of pure consciousness. Some simply keep opening like a water lily to the sun.

We no longer look for happiness in the outer world but let it blossom from within--blossom as universal love, as gratitude and enthusiasm for this life we share, as joyful generosity and creative purpose. Unfolding in this way, we realize that everything we feared--even death itself--are but ripples in the waters of Spirit.

(Continued on page 3)

A message from our Ministerial Team continued

Thoreau put it this way in the final lines of his masterpiece, *Walden*: "The light which puts out our eyes is darkness to us. Only that day dawns to which we are awake. There is more day to dawn. The sun is but a morning star."

Join us throughout July as we open ourselves to the eternal sunshine of the soul.



SERVICES IN JULY

Sunday, July 3: "What Does It Mean to Be Truly Free?"

Speaker: **Jon West**. Just as our nation has faced various struggles to rise beyond its limitations, so each of us has the opportunity to live with greater freedom and fulfillment—even this very hour! This will also be New Member Sunday. See information on page 5.

Sunday, July 10: "Keep Smiling, It's Almost Over." Guest speakers: **Ted Taylor** and **Julia Linebarger-Taylor** take a lighthearted look into family life and retirement, finding adventure, joy and compassion in the rollercoaster of daily living. See page 4.

Sunday, July 17: "Finding What Makes Us Happy—and Doing It." Speakers: **Rev. Sherry Lady** and **Jon West** discuss how the natural drive to enjoy life has shaped their experiences and approach to daily living.

Sunday, July 24: "Moving On from Life's Crashes." We will hear personal stories from **Larry Craig** and **Jon West** about the power of self-responsibility and self-discovery in dealing with life-changing setbacks.

Sunday, July 31: "Happiness is a Choice." Speaker: **Rev. Inge Tarantola** describes her presentation this way: "Abraham Lincoln is credited with the quote, 'Most people are about as happy as they make up their minds to be.' I think there is a lot of truth in that, when we remind ourselves that we have choices in what we focus on in our lives. Difficult times will arise as part of the human condition, but we can look beyond to the positive side."

Sunday, July 10, at 10:30 a.m. “Keep Smiling, It’s Almost Over”



Ted Taylor is a retired editor-in-chief of daily and weekly newspapers and currently serves on the Unity Board of Trustees.

Julia Linebarger-Taylor is a retired legal assistant and is currently coordinator of the Unity Angel Network and Eugene Peace Choir. She is also a prayer chaplain at Unity. Between them they have five grown children, four grandchildren, and one great-grandchild.

Enthusiasm gives life to what is invisible.
~Madame de Staël

Notes from our Music Director

The path back to joy...

I was overcome lately with grief. So many losses of loved ones in our community, and so much suffering and violence in the world, to the point that a numbness fell over me. Words could not even begin to express the depth, and not even tears would come. I began to wonder if I had lost myself. But slowly a path emerged. Small and narrow at first. Then widening broadly. That path was music.



Where words had no place, music filled my soul, and brought me back to myself, and helped me work through the pain. It reminded me of all that is good in this world. And though sadness still runs through my heart, it is intertwined once again with the threads of joy. How grateful I am for this blessing, and most of all, how grateful I am to share music with you, Loving Community of Beautiful Souls.

Laura DuBois

BECOME A MEMBER OF UNITY OF THE VALLEY

We will be welcoming new voting members
into our spiritual community on
Sunday, July 3rd at the **10:30 a.m.** service.

If you've completed any of the
Foundations classes or the recent
Living Unity Principles class, you are eligible.

Sign up in the Fellowship Hall or
by emailing unityval@riousa.com
so we can send you our New Member application.

Volunteer Opportunities

Church Openers serve one Sunday a month and unlock doors and prepare the sanctuary and other rooms for the Sunday service. If you would like to volunteer, please contact **Géna at 541-345-9913, ext. 11.**

Church Closers serve one Sunday a month and help count the love offering after the service, and lock and close the church after the service. If you would like to volunteer, please contact **Géna at 541-345-9913, ext. 11.**

PowerPoint Volunteers serve one Sunday per month in the sound booth advancing PowerPoint slides during the service. Substitutes needed as well. If you would like to volunteer, please contact **Géna at 541-345-9913, ext. 11.**

Youth & Family Ministry Volunteer. We are currently looking for teachers for our Unikids (ages 5-10 years old) to teach two Sundays per month. The curriculum and lesson plans are provided. NOTE: All persons working in the youth program must complete an application, be interviewed, and pass a state required background check, prior to working with the children. For more information, contact **Alice Sparks at 971-254-7564.**



YOUTH & FAMILY MINISTRY

We offer fun and inspiration for kids ages 5 to 10 years old (4th grade) who are fully vaccinated. There is a puppet show each Sunday for the first 10 minutes. Parents are asked to drop off their children starting at 10:20 a.m. Current Safety Precautions for younger children at Unity are:

- Proof of Vaccination/Booster required.
- We appreciate your patience as we continue requiring masks at Unity for everyone's protection.
- Families who have small children too young to be vaccinated may attend on a reservation basis. You can contact Géna at 541-345-9913, ext. 11 to make that reservation.

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.

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
APRIL	\$21,184	\$12,334	\$8,850
MAY	\$13,434	\$13,815	(\$381)

We are happy to report that Unity of the Valley is financially strong, thanks to our many dedicated supporters. Recent growth in our **Simple Giving** automatic donations has been especially helpful. Please contact our office if you would like more information about it.

With deepest appreciation,
Your Unity Board of Trustees



Scan to reach
Unity homepage.
Click **DONATE**
on right side

BOARD OF *Trustees'* MEETING

**Tuesday July 19
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.

July Affirmation

I happily express
the joy of Spirit
within me!



**Happy July
Birthdays**



A Note from our Librarian, Sunny Schneider



Earlier this year, our Librarian, **Grace Givens**, retired from taking care of our library for several decades. You almost never saw her as she did her work quietly and usually when no one else was here. We so appreciated her devoted service to Unity's library. Thank you, Grace!

Left with a void and a library that needed attention, **Sunny Schneider**, agreed to take on the task of taking care of the library. She started by inviting Board Trustee member **Geneva Miller** to help. They brought some much-needed attention to the shelves and what books might be out of date, maybe too many copies, books needing repair, etc.

Sunny brings a lot of library love to the task. Sunny shares: "When I was growing up, I lived a short walk from our country library and spent hours there reading and browsing for books. One of my first jobs out of college was assistant librarian in another small town. My last job was to run the library at Fox Hollow Elementary School. Library love! Grace Givens has done a great job organizing our library, and I will do my best to follow in her footsteps. Come browse and be inspired!"



Love,
Sunny Schneider

Words are things,
and a small drop of ink,
falling like dew upon a thought,
produces that which makes
thousands, perhaps millions, think.

~George Byron



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:

- **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.
- Call our **Dial-a-Prayer line** (541-345-9913, then press 7) for an uplifting, affirmative prayer at any time of the day or night.
- You can call **Silent Unity** 24 hours a day at 816-969-2000 or toll free at 800-669-7729.

JULY PRAYER

from Rev. Sherry Lady

BLESSINGS FOR JULY

May the blessings of freedom be ours.

The freedom to build and grow,
to live in harmony and sympathy with others,
to plan our future with confidence,
to see more clearly that which unites us
and not that which divides us.

May the true spirit of all people know
Joy, Beauty, Hope, and Love
and be fully alive in us.

Give us the strength and courage to
continue in the pursuit of reason and understanding
in our lives, in our country, and in the world.

Fill us with your Light, Holy Spirit.

Amen

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.

SUNDAY LIVE STREAM

Sunday Services. 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).

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 Class Via Zoom with Donna O'Neil. 10:00-11:15 a.m. – Hatha Yoga: Mindful yoga practices for strength, balance, and flexibility. (Level 1) 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 10:00 a.m. Triple-Gong-Relaxation Sound Bath, Donation Basis, Live on Zoom with Sunny & Vicky Hills, at <https://www.sunnyhillsmeditation.com>, or watch several free full-length classes on YouTube at https://www.youtube.com/channel/UCuQzQzujz_idq0dnkaypT3q.



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

Ted Taylor, Secretary

Michael Ticknor, Trustee

Geneva Miller, Trustee

Alice Sparks, Trustee