



June 2019



**Sunday Service**  
**10:30 a.m.**

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

## AS WE THRIVE, WE SHINE

To truly grasp the concept of “thriving,” imagine a flower bulb having all the inner and outer resources it needs to freely grow into full expression...and so it does! Not coincidentally, synonyms for “thrive” include *flourish, burgeon, bloom, blossom, expand, and fast-growing*. So thriving is more than just “doing well” or appearing to be successful. In essence, it means growing into a higher state of being.

In childhood, most of us accept that we are meant to grow, to learn, to become a more expanded version of ourselves. We look forward with eagerness to the greater freedom of expression and experience that our growth will bring. We see tangible signs of growth in our physical maturing, in our moving through levels of schooling, in milestones such as getting our first car, finding a partner, making babies, and buying a house. Youth and growth naturally go hand in hand.

Yet, adulthood has a way of crowding out our expectations of growth until one day it hits us: We’ve left our dreams behind. With hindsight, we may realize that while we were tending the garden of our life, we allowed weeds of resentment, self-doubt, and other limiting beliefs to take root and grow into a variety of thorny situations. Hard to imagine soaring to new heights when we’re feeling just plain old sore from it all.

This is where the universal principles of Unity come in. Throughout history, people have applied these principles to enter the next stage of growth beyond mere adulthood. By daily directing our thoughts, choices, words, and actions toward the love and light shining in our soul, we begin blossoming in the most important way: our conscious awareness. Seeing all things in this new light, we become students of life as never before. We learn from our partners. We learn from our children. We learn from the cramped cage of our ego. We learn that our “bad days” are darkened or brightened by our own perception and reactions. If we persist in opening our consciousness ever more fully, we learn beyond any doubt that we are connected to the Source of all life—and through this connection, we naturally thrive, shine, and bless our world.

Join us throughout June as we bring this reality home as never before. One way to get started is to regularly use our affirmation for the month: *The light of Spirit permeates my being, making me happy, healthy and whole!*

Jon and the Ministerial Team

## SERVICES IN JUNE

**Sunday, June 2: The Rewards of Life's Journey.** Speaker: **Rev. Inge Tarantola**. Each choice we make about what we want to receive and what we want to give back alters in some way our ever-unfolding pathway in this gift of life.

**Sunday, June 9: Family Service Double Feature: The Power of our Youth** will be presented by **YFM Director, Christina Scott**. Our Regional Youth Rep., **Antheny Chhay**, will speak on ***My Spiritual Journey to NW Reggi***. We will also hold a "Step Up" Ceremony honoring our young people who are graduating to a new level in our youth ministry. This will be a family service with youth involved in various ways during the service instead of having separate youth classes. Infant care will still be provided.

**Sunday, June 16: Beyond Ouch Consciousness.** Speaker: **Jon West**. It's easier to feel whole and happy when we aren't blaming, shaming, and claiming victim status. We will also honor fathers on this special day!

**Sunday, June 23: Minding Our Mental Diet.** Speaker: **Jon West**. Our thoughts, like the food we eat, can be enjoyable, digestible, and nutritious. But they can also affect our minds like the empty, heart-clogging calories of junk food. We will explore helpful ways to monitor and adjust the kinds of thoughts we're chewing on.

**Sunday, June 30: Life in Dynamic Balance: How to Prosper Without Losing Your Soul.** Guest Speaker: **Yogacharya Rev. Ellen Grace O'Brian**. See details on page 9.

## Sunday, June 2

After the service



Bring a main dish or salad, and invite your family and friends! Unity will provide coffee, tea, and dessert.

## Youth & Family Ministry News

We've made it through another school year and we're ready for a relaxing summer!



- Our **Y.O.U.ers** (ages 14-18) are gearing up to attend the Summer Regional Y.O.U. Rendezvous in July, have honed their skills at meditation, and explored how their actions, no matter how small, can and do affect others.
- Our **Uniteens** (ages 12-14) are excited for the Regional Unitreat in June, have learned firsthand how service warms the heart, and have learned to express themselves and connect with others.
- Our **Galileans** (ages 8-11) have spent a year in Harry Potter land and have grown because of it. They have explored Unity's principles and how kind acts have a ripple effect. They have given their time and efforts during their service projects as well.
- Our **Unikids** (ages 4-7) have opened their minds to how we can share the Christ Light inside us because we are all connected in this world. They have learned to soar inside with music, still their minds and hearts with meditation, and move their bodies on nature walks, treasure hunts, and animal imagination!

**Step-Up Youth-Led Service on June 9 at 10:30 a.m.** We will be celebrating each child for attending youth education this year, honoring the ones that are stepping up, and giving a special tribute to our graduating seniors. Our YFM Coordinator, Christina Scott, will speak, and we'll hear from one of our graduating seniors, Antheny Chhay, about his spiritual journey and experience as he ran for, and was elected, regional officer for the 2019-2020 year. We will also be treated with a performance from our awesome Youth Choir!

**Summer Program Begins June 16 at 10:30 a.m.** Sign-in and pick-up at Unity. Good weather – we'll be playing at Tugman Park.

**Needs:** We are in need of summer volunteers to play at the park with our kiddos during the summer months. You can sign up for just one Sunday or for more. We are also looking to hire a lead teacher for our Y.O.U. (ages 14-18) class. This paid position would start in late August. **For more information, please contact Christina Scott, our YFM Coordinator, at 541-222-9971 or [unityyfmeugene@gmail.com](mailto:unityyfmeugene@gmail.com).**

## FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
<b>MARCH</b>	\$16,682	\$16,835	(\$153)
<b>APRIL</b>	\$20,695	\$16,358	\$4,337

Prosperity is flowing at Unity! And many of you will continue to give even during your summer travels, through Simple Giving, by mailing checks, or donating through our website. Thank you for keeping our spiritual community thriving!

With gratitude,  
Your Board of Trustees

*Note: Please consider including Unity in your Will, as well as giving to our Legacy of Love endowment fund which will provide Unity with interest income for years to come.*



QR CODE: Scan to reach  
Unity's homepage.  
Use DONATE button  
on right side.

## BOARD of Trustees' MEETING

**Tuesday, June 18  
6:30 p.m.**

All are welcome  
to attend this meeting.  
Join us in the Garden Room.

Minutes of the board  
meetings are posted in the  
Fellowship Hall on the  
Board bulletin board.

The First-Wednesday  
Meditation Service is  
on hiatus June-August.

**Sunday, June 9  
after the service**



**Ice Cream Social**



# Summer Yoga with Donna

**Tuesdays, 12:00–1:30 P.M., June 18–August 20**

**Our focus is on  
developing balance,  
strong bones,  
strength and  
vitality in an  
atmosphere of  
joyful mindfulness.**

**Cost is \$72 for any 8 classes  
during the summer.  
Space is limited.**

**Please register  
at 541-683-7664 or**

**in advance with Donna  
[yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com)**

**Donna O'Neil has been part of our Unity community  
since 1987 and is a certified yoga teacher and yoga therapist.  
She has been teaching yoga since 1995, offering 6 to 7  
classes a week and guiding retreats in Hawaii, Costa Rica & Bali.**

Enthusiasm gives life to what is invisible....

~Madame de Staël

Calling All Women of Unity  
**Summer Solstice Celebration**  
**Thursday, June 20 (1:00-3:00 p.m.)**  
at Inge Tarantola's home



Unity's Elder Council is hosting a  
**Summer Solstice Celebration** for the Women  
of Unity on Thursday, June 20  
at Inge's home.

We will gather in circle outside in the garden,  
so dress accordingly. Please bring a folding  
(camp) chair for our garden meditation  
experience and bring a snack to share. Our  
theme is "**Sunlight Reflection.**"

(Directions to Inge's will be available  
in the foyer on Sunday, June 16.)

## Unity's Prayer Ministry

Trained Chaplains are available to pray with you following the Sunday service. Prayer-team members will also pray for those who leave prayer requests in the prayer box in our foyer. You can also contact our Prayer Chain for prayer during the week. For more information, see the Prayer Ministry pamphlet in the foyer.

### JUNE PRAYER

from Rev. Sherry

#### Rejoicing in Life

I relax and let God  
be the breath I breathe and  
the steady beat of my heart.  
I embrace the Divine and let it be  
the strength and nourishment  
of every organ and cell.

I let my whole being  
become bathed in the glow  
of the summer sun and  
warmed like a summer night.  
I am now filled with Spirit's life,  
renewed with Spirit's strength,  
made whole and confident  
with God's love.

Renewed, healed, and perfected  
in all ways,  
I rejoice in being alive.

In gratitude.  
Amen

**Sunday, June 16**



A father is neither  
an anchor to hold  
us back nor a sail  
to take us there  
but a guiding light  
whose love  
shows us the way.



**Sunday, June 30, at 10:30 a.m.**  
**"Life in Dynamic Balance:  
How to Prosper Without Losing Your Soul"**

Join **Yogacharya Ellen Grace O'Brian**, author of *The Jewel of Abundance: Finding Prosperity through the Ancient Wisdom of Yoga*, to explore and experience what the four universal aims of life drawn from the Vedas can offer us today as we seek not only a prosperous life but one that has heart and meaning. The four aims of life—to live with higher purpose, to prosper, to enjoy life, and to realize true freedom—provide a brilliant context for living with dynamic balance, prosperity, and the joy that accompanies them. Learn how to cultivate equanimity as you embrace your inherent tendency to thrive. Join her after the service for a book signing!

**Yogacharya Rev. Ellen Grace O'Brian**

is a spiritual teacher, poet, writer, and founding acharya and spiritual director of Center for Spiritual Enlightenment, a Kriya Yoga Meditation Center in San Jose, California. Her recently published works include *Living for the Sake of the Soul*, inspiration for spiritual practice, and *The Moon Reminded Me*, an award-winning



poetry collection. Ordained to teach in 1982 by Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, her message is “engaged enlightenment” – an invitation to live an awakened, creatively inspired, and fulfilled life now. Her latest book is *The Jewel Abundance: Finding Prosperity through the Ancient Wisdom of Yoga*, recently published by New World Library.  
[www.ellengraceobrian.com](http://www.ellengraceobrian.com) and [www.csecenter.org](http://www.csecenter.org)

What comes from the heart, goes to the heart....  
~Samuel T. Coleridge



## It's Almost Salad Time

As we move into summer and the weather gets warmer, it's time to serve cool and savory salads rather than warm, hearty soups. In **July, August, and September** we will serve a large green salad and request that all our wonderful cooks bring hearty salads to go with it. We will be looking for 3 large salads each Sunday. Fresh bread donations are welcome as well. Salads worked so well last summer that a few people asked me not to bring the soup back. Please watch for the change in the sign-up sheets. We will continue the first-Sunday potlucks as usual. We're looking forward to lots of fresh fruits and vegetables!

Thank you.  
Ellen

## Behind the Lens Seminar

**Tuesdays, June 4-25 (7:00 p.m.)**

The June lineup for the **Behind the Lens Seminar**, hosted by Tom Blank, is:

**Tuesday, June 4: *Now Voyager***, directed by Irving Rapper.  
(117 min.)

**Tuesday, June 11: *The Palm Beach Story***, directed by Preston Sturges. (88 min.)

**Tuesday, June 18: *Cat People***, directed by Jaques Tourneur.  
(73 min.)

**Tuesday, June 25: *Casablanca***, directed by Michael Curtiz.  
(102 min.)

**Cost: 12 films for \$30, or \$5 per time – Register by picking up a registration form in the Fellowship Hall or calling the office at 541-345-9913.**

See flyer in Fellowship Hall for a listing of all 12 movies.

## MOVIE NIGHT AT UNITY

**Friday, June 14, 7:00 p.m.**

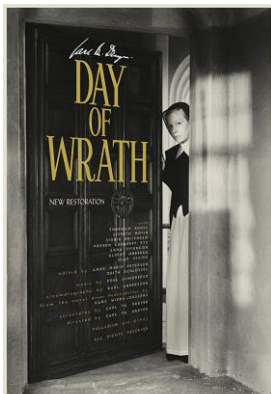
Free (Donations accepted)



*Invictus*, directed by Clint Eastwood, tells the inspiring true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's underdog rugby team as they make an unlikely run to the 1995 World Cup Championship match. (PG-13) (134 minutes) **A circle discussion with Ann will follow the movie.**

## FRIDAY SPIRITUAL CINEMA

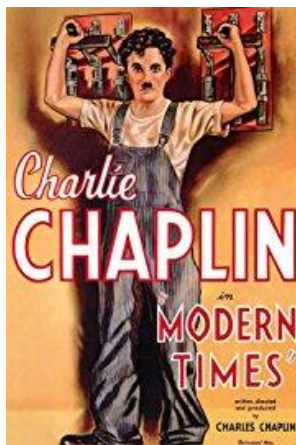
**Friday, June 21, 7:00 p.m.**



*Day of Wrath*, directed by Carl Theodor Dreyer, is an adaptation of a 1909 Norwegian play based on an actual Norwegian case in the sixteenth century. The film tells the story of a young woman who is forced into a marriage with an elderly pastor after her late mother was accused of witchcraft. She falls in love with the pastor's son and comes under suspicion of witchcraft herself.

The film was made during the Nazi Occupation of Denmark, and Dreyer left the country for Sweden after its release, fearing that the authorities would recognize the hunting of witches as a metaphor for the persecution of Jews. (97 minutes) **A question-and-answer session with Tom will follow.** (Donation basis)

Unity of the Valley's  
**Silent Movie Night**  
with Live Music  
From Paul Biondi & Gus Russell  
**Tuesday, July 2, 7:00 p.m.**



**Modern Times** is a 1936 film written and directed by Charlie Chaplin, the greatest star in silent film. In this film Chaplin's "Little Tramp" struggles to survive the Great Depression, unemployment, and a Henry Ford-like factory assembly line.

This was supposed to be Chaplin's first sound film, but the written screenplay was abandoned in favor of the Tramp's delightful pantomime. There is a soundtrack, but it consists primarily of sound effects.



This screening will feature live music during the movie by world-renowned musician **Paul Biondi** on saxophone and flute along with versatile **Gus Russell** on piano.



Suggested Donation: \$5-\$10

Paul Biondi: <http://www.giftedchildmusic.com/paulbio.htm>  
Gus Russell: [www.gusrussell.com](http://www.gusrussell.com)

# Behind the Lens Seminar

## Summer 2019 Series: Hollywood at War

**Tuesdays, July 9-September 17 (7:00 p.m.)**

*Five Came Back* is a book and Netflix documentary series telling the compelling stories of the five Hollywood directors (Ford, Capra, Stevens, Wyler, and Huston) who accepted the government's request that they go to war and make documentaries supporting U.S. forces. Behind the Lens will screen movies that each director made before the war, then a sampling of the documentaries, and finally what they chose to make when they came back.

**Cost: 11 films for \$30, or \$5 per time – Register by picking up a registration form in the Fellowship Hall at Unity.**

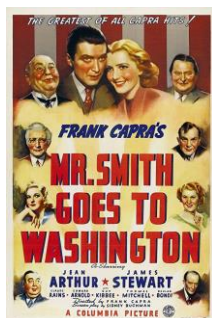
**Tuesday, July 9: *Mr. Smith Goes to Washington*, (1939)** directed by Frank Capra. (129 min.)

**Tuesday, July 16: *The Long Voyage Home*, (1940)** directed by John Ford. (105 min.)

**Tuesday, July 23: *Mrs. Miniver*, (1942)** directed by William Wyler. (134 min.)

**Tuesday, July 30: *The More the Merrier*, (1943)** directed by George Stevens. (104 min.)

See flyer in Fellowship Hall for a listing of all the movies.





## Weekly Meditation, Prayer Circles, & Study Groups

See our website ([www.unityofthevalley.org](http://www.unityofthevalley.org)) for more information on any of our ongoing circles or study groups.

### **SUNDAY MORNING READING GROUP (Rainbow Room) Sundays**

**9:00-10:00 A.M.** This group is studying the book, *The Book of Ho'oponopono - The Hawaiian Practice of Forgiveness and Healing* by Luc Bodin, MD, Nathalie Bodin Lamboy, and Jean Graciet. Everyone welcome.

### **YOUTH CHOIR PRACTICE (Garden Room) Sundays, 12:15-1:00 P.M.**

All youth ages 8-18 are invited to join the youth choir. For more information, contact Unity's Music Director, **Laura DuBois** at **732-687-3571**.

### **MEDITATION CIRCLES (Fillmore Wing) Mondays, 5:30-6:30**

**P.M./Thurs., 5:30-6:45 P.M.** The Monday group welcomes all meditation approaches and drop-ins. The Thursday group practices "Passage Meditation" as taught by Eknath Easwaran. For more information, contact **Laurie Cracraft** at **541-345-7563**.

### **TUESDAY SPIRITUAL DISCUSSION GROUP (Rainbow Room)**

**Tuesdays, 10:30-11:45 A.M.** This group reads together and discusses books chosen unanimously. The emphasis of the group is on discussion. For more information, contact **Judy Richardson** at **541-484-1958**.

### **MELLOW KUNDALINI YOGA, MEDITATION, & GONG RELAXATION (Fillmore Wing) Wednesdays, 10:15-11:45 A.M.**

This yoga technique is safe and effective for everyone no matter age, experience, or level of fitness. \$5. Drop-ins welcome! For more information, contact **Sunny Hills** at **808-359-4926**.

### **NOON PRAYER & MEDITATION (Peace Chapel) Wednesdays,**

**12:00-12:30 P.M.** Join **Linda Flock** in this beautiful experience of opening your heart to feel the complete and continuous Love of the Divine. Everyone is welcome!

### **COUNCIL OF ELDERS (Garden Room) Thursdays, 1:00-2:30 P.M.**

The Council of Elders is a group that meets to define the possibilities and responsibilities of our wisdom years. If you are 60 or older and have an interest, please join us. For more information, contact **Bonnie Paquin** at **541-345-8873**.

**COMING ALIVE THEATER GROUP (Sanctuary) Thursdays, 7:00-8:30 P.M.** Come and practice, and learn more about theater and other drama activities. No experience necessary. For more information, contact **Gary or Sunny (541-461-5663).** (on hiatus until September.)

**A COURSE IN MIRACLES (Fillmore Wing) Fridays, 10:00 A.M.-12:00 P.M.** For more information, contact **Janet and Dennis Chandler** at **541-485-5235** or email at **[janetkoppchandler@gmail.com](mailto:janetkoppchandler@gmail.com)**.

### **Ongoing Monthly Groups & Events at Unity**

**HEALING CIRCLE (Fillmore Wing) Third Sunday, 3:00-3:45 P.M.** Join Dennis & Janet Chandler in a recurring monthly healing circle, based on A Course in Miracles, dedicated to acquiring and understanding healing practices and demonstrations.

**UNITY OPEN MEN'S CIRCLE (Fillmore Wing) First and Third Monday, 7:00-9:00 P.M.** The Men of Unity Group is open to all men in our church and our larger Eugene community. For more information on how you can participate, please contact **Jim Drews** at **541-726-8510** or **Raymond Albano** at **541-285-3943 / [ralban0@icloud.com](mailto:ralban0@icloud.com)**.

**PRAYER SHAWL GROUP (Fellowship Hall) Second Thursday, 12:00-1:00 P.M.** This group knits and crochets prayer shawls that will bless people who are going through a difficult time with a gift they can wrap around themselves to bring comfort, love, and peace. No experience necessary. For more information, contact **Inge** at **541-968-5540**.

**THERAPEUTIC TOUCH (Fillmore Wing) First Thursday, 7:00-9:00 P.M.** The NW Therapeutic Touch Institute offers sessions for anyone interested in practicing or experiencing Therapeutic Touch healing. For more information, contact **Bev Forster** at **541-520-9358**.

We strive to make Unity of the Valley a fragrance-free zone.  
Many of our congregants are sensitive to fragrances.

Please apply perfumes, lotions,  
and other fragrances after leaving the church.

Thank you for your help!

## **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.

#### **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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