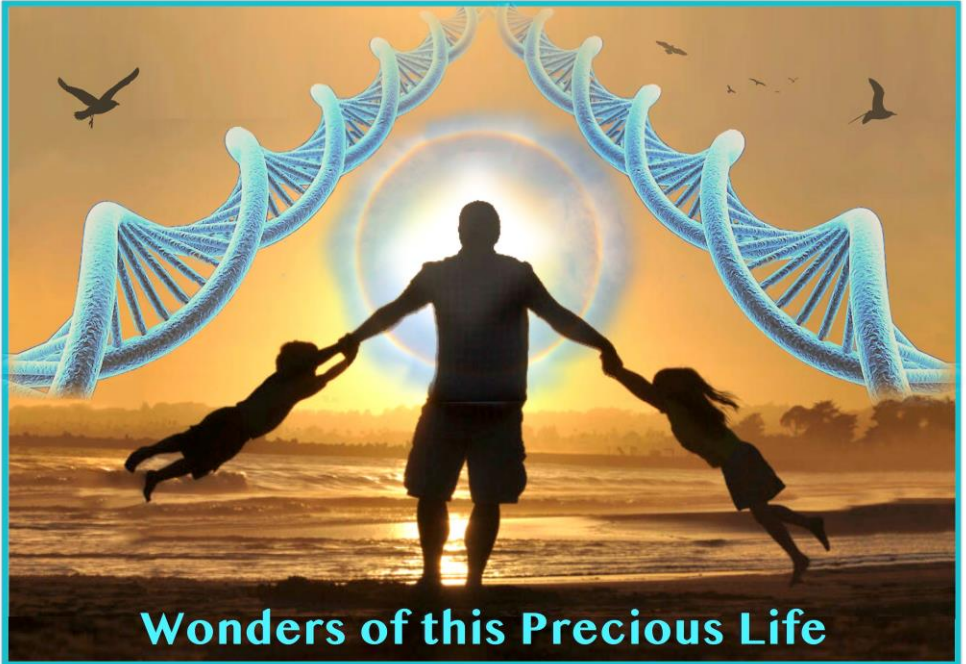



unity[®]
of the Valley

June 2022



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

WONDERS OF THIS PRECIOUS LIFE

A message from our Ministerial Team

When we lose a beloved one, we often come to a deeper realization of how precious that being was in our lives. Suddenly, memories as mundane as strolling together through a park, painting a bedroom, or decorating a cake are viewed with poignant wonder for their simple beauty and perfection. As such memories cascade upon us, we may feel we are seeing things clearly for the first time.



This isn't only true for our relationships. In many ways, the whole of our lives is "seen through a glass darkly" as we busily tend to our hopes, plans, fears, and regrets. While poets, sages, and scientists keep pointing to the vast mysteries within and around us, it's easy to miss the wonder of it all while we're actually living it.

As we begin this first month of summer, we might ask ourselves: *How many summers have I lived on this planet? How many do I have left? What can I do to more fully experience the gifts of the season, the gifts of my whole life?* Perhaps on your to-do list will be reminders like:

- Be more fully present in each precious moment;
- Love the ones I am with;
- Release old hurts and appreciate the seen and unseen blessings of life;
- Invest more time in truly enjoying life and keeping my precious body instrument vital;
- When the static of conflict blurs my vision of this wondrous world, tune into my Inner Light and the Light hiding in every heart;
- Give my best, then trust in the incredible Divine Flow of Spirit.

If at any point this month your life seems less than wonderful, try picturing our tiny blue-green spaceship called Earth and consider: This is the only place within trillions of miles with a livable ecosystem where any being gets to spend even one minute enjoying something called "summer." It truly is a wonder we've been given. And your spiritual community is here to help you celebrate it!



SERVICES IN JUNE

Sunday, June 5: “Release the Drama, Heal the Trauma.”

Speaker: **Dr. Orestes Gutierrez.** Modern science has revealed that through the wonders of epigenetics you can turn on genes for health and happiness, even if you were born with a family history of chronic disease. In this talk, Dr. Gutierrez promises to give you the master key, to unlock the power stored in your DNA to experience health and vitality.

Sunday, June 12: “Are You Hiding Your Light?” According to our speaker **Rev. Dick Everts**, “This is a critical time for humanity where being the Light is no longer a luxury, but rather essential to our survival as a species. There are practices we can incorporate that allow our mind and body to serve as portals of the Light. This is our gift to one another and the reason each of us is here at this time. You are not here by chance, but have a significant role to play in healing humanity.”

Sunday, June 19 Father’s Day Service: “Dad: Imperfectly Perfect.” Speaker **Barbara McKie** will explore multiple aspects of “fatherhood,” including insights from growing up with a father who struggled with mental health issues.

Sunday, June 26: “Discovering Higher Laws through the Power of Wonder.” Speaker: **Jon West.** Intellect is a powerful tool. But if our ego tells us we can “think” our way to comprehending the subtle realms of consciousness and spirituality, we artificially limit our awareness. Setting aside assumptions and being open to a sense of wonder is an essential step in experiencing the fullness of life.

June Affirmation

I live in the wonder
and beauty
of our divine universe.



Notes from Our Administrator



Wow, June is here. I can hardly believe how the time has flown by. One of the fun things to look forward to in June is the opportunity to honor and say thank you to all the fathers and father figures in our life for sharing their love and caring with children, animals, plants, us, and each other. THANK YOU!

Here are some fun ideas on how you might spend some of your time in June:

- Explore your family tree and share it with a friend. You might be surprised at what you discover.
- Share some of your favorite memories of one or more of the father figures in your life.
- Do an act of service for or with the father figure in your life.
- Take a mini road trip and visit areas that remind you of past joyful times and perhaps create new memories at the same time.
- Plant a tree in honor of your father figure.

However you choose to honor the fathers in your life be sure to celebrate the wonders of this precious life.

Sunday, June 19



The world is a brighter place with you in it!

When we love,
we see the infinite
in the finite.
We find the Creator
in the creation.
True love is a
dazzling revelation
of the immortality
of the soul.

~Eliphaz Levi

Unity Community Outreach



Unity of the Valley is holding a **Food Drive** throughout the month of June to help Food For Lane County keep the local pantries stocked. These pantries serve as emergency assistance for people who are in need of food and can help make a real difference to families having enough to eat in a month. The need is high right now.

Donated items should be shelf-stable food (i.e., canned or no refrigeration needed)

Some suggested donation items are:

- Protein such as peanut butter, canned meat: tuna, chicken, salmon, corned beef.
- Dried beans.
- Canned food, soup, spices, cooking oil, broths.
- Shelf-stable non-dairy milk alternative (i.e., almond milk, oat milk, soy milk, etc.).
- Cereal, grains, pasta, rice.
- Baby food, baby formula.

Please help us fill the barrel in the foyer in June!

Feature Section in the Bulletin

Each month we feature an article from one of our fabulous ministerial groups who are dedicated to serving our communities' needs.

This month we highlight the **Angel Network Ministry** and give thanks for their service (see page 8).

Volunteer Opportunities

Bookstore Volunteers serve one Sunday a month to open the store 15 minutes before the service and serve 30 minutes immediately after the end of the service. Substitutes who can fill in on occasion are welcome too. If you would like to volunteer in the Bookstore, please contact **Elizabeth** at **541-345-9913, ext. 12**.

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**.

Life is a gift from God,
an unlimited series of opportunities
to find the good in ourselves and others.
There is good in everything,
if we are willing to see it.

~Alan Cohen

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
MARCH	\$11,704	\$15,989	(\$4,285)
APRIL	\$21,184	\$12,334	\$8,850

In addition to the usual generosity of our community, we were recently blessed by someone “catching up” on their donations through our Simple Giving Program. We also are thankful for those who remembered to include Unity of the Valley in their Wills before making their transition.

In loving gratitude,
Your Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

Thank you, God
for your manifest abundance that
flows through Unity of the Valley and creates
paths of growth for our service to community.

BOARD
OF Trustees'
MEETING

Tuesday June 21
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 The Angel Network



The Angel Network, coordinated by **Julia Linebarger-Taylor**, is a circle of caring. This means you can ask for help in tough times. Or be of help by joining the Angel Network team to provide short-term services—such as a supportive call or home visit, a ride to a medical appointment, shopping for groceries, yardwork, etc. Or, perhaps you'd enjoy giving a monthly ride to church services to someone living near your home. 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 someone is ill or going through a hard time, tell us. We can send them a card or check in on them.

We're always looking for folks to join our Volunteer Team. It's not a big commitment. Just help when you can. To volunteer, just call the Angel Network Request line: **541-345-9913, ext. 14** and leave a message. Our motto: "Many hands make light work!"

We also accept donations of gift cards from food stores and cash to have on hand for emergencies. If you wish to donate to the Angel Network, 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.

Thank you, Angels!

The value of all service
lies in the spirit in which you serve
and not in the importance
or magnitude of the service.
Even the lowliest task or deed
is made holy, joyous, and prosperous
when it is filled with love.

~Charles Fillmore

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.

JUNE PRAYER

from Rev. Sherry Lady

From My Heart

Wonderful Spirit,
Enlighten my mind
with the Truth
Inspire my actions
with Courage
Bless my life
with Understanding
Open my heart
to Forgiveness
Enrich my life
with Meaningful Service
Expand my heart
with Gratitude
And through all my days,
Inflame my heart with Love.
Amen

Practice the pause.
When in doubt, pause.
When angry, pause.
When tired, pause.
When stressed, pause.
And when you pause,
PRAY.



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@rioussa.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. 10:00-11:30 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_jdq0dnkaypT3g.

Great opportunities to help others seldom come,
but small ones surround us daily.

~Sally Koch

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