


unity[®]
of the Valley

June 2023



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

CONNECTING FROM THE HEART

A message from our Ministerial Team

During Fellowship time at Unity, you notice someone standing alone, someone you've never spoken with before. Here are three possible things that might happen:



- You ignore the person.
- You pause briefly to say hello, make a few passing comments, and move on.
- You reach out from your heart to make sure the individual feels included and cared about.

While shopping in a store, you are assisted by a clerk who looks stressed, unhappy, or simply has no sparkle. Similar to the Fellowship situation above, here are three ways you might proceed:

- Go about your business with as little interaction as possible.
- Be polite, but remain distant.
- Reach out in a small but sincere way—like asking how their day is going. Or complimenting something about how they do their job.

Perhaps there is someone in your life who has grown distant from you. Maybe there were things you said or did that contributed to the separation. You know there are various choices you can make about rebuilding that bridge or not. Will you listen to your heart?

Throughout the pandemic, many in our spiritual community made special efforts to keep connections strong. Among those efforts were the "Connecting from the Heart" videos created by our music team, under the direction of Laura DuBois, with technical support from Ryan Zimmer. This wonderful project of creating videos focusing on music, meditation, and mental wellness has evolved into an independent 501(c)3 organization. You can learn more at www.cfth.us.org.

And the need to keep building our connections continues. Throughout June, we will explore what connecting from the heart means in our daily lives and how we can magnify and multiply this loving, healing power in the world—starting right here in our spiritual community.

SERVICES IN JUNE

Sunday, June 4: “Finding Healing and Hope in the Midst of Crisis.” Times of great suffering bring darkness, but also light. **Rev. Inge Tarantola** and **Laura DuBois** will explore some of the silver linings of the COVID pandemic, including the nonprofit “Connecting from the Heart.”

Sunday, June 11: “Creating a Community of Caring,”
Speaker: **Jon West**. It's easy to isolate ourselves like an island...until it isn't. Sometimes our heart tells us it's time to connect with others. Sometimes the missing piece in our lives is being of service to others. Sometimes the unexpected happens and having the support of others would be incredibly helpful. On this special Sunday, we will have the opportunity to begin building those bridges of support.

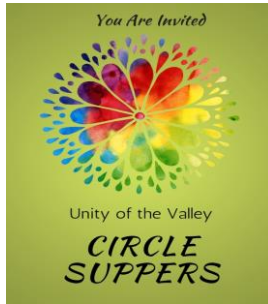
Sunday, June 18: “Riptide: Climate Change and Mental Health.” The climate crisis is causing people to experience feelings of stress, doom, isolation, guilt, and grief. Left unprocessed, these can easily lead to anxiety and/or depression. Guest speaker **Mike Meyer** will explore ways to process the impact climate change has on mental health, and help us to find a positive way forward, followed by a one-hour workshop at 12:30 p.m. For more information, see page 9.

Sunday, June 25: “The Slow Work of God: Inspirations from Father Greg Boyle and His Work with Homeboy Industries.” Gangs, drugs, violence - these problems can seem insurmountable. However, armed with a culture of kinship, compassion, connection, and tenderness, Homeboy Industries has grown to be the largest gang rehabilitation and re-entry program in the world. **Rev. Sherry Lady** and **Laura DuBois** share stories of the beautiful and profound work of Greg Boyle, who sees God in EVERYONE.

Whether we know it or not,
we are all on a journey beyond belief.

~Roger Walsh

Unity Circle Supper Sign-Ups Are Here!



We are happy to announce that our Circle Suppers are back! These intimate in-home dinner events for 4 to 10 persons are a great way to experience wonderful food along with Unity fellowship.

If you are interested in **signing up to HOST a Circle Supper** there will be a signup table in the foyer on **Sunday, June 4**. If you're unable to sign up on Sunday please contact Serenee Smith at sereneeheart@yahoo.com.

If you would like to **ATTEND one of the Circle Suppers**, signup sheets will be in the foyer on **Sundays, June 11 and 18**. Or you can email Serenee at sereneeheart@yahoo.com.

Words are also seeds,
and when dropped into
the invisible spiritual substance,
they grow and bring forth
after their kind.

~Charles Fillmore



With peace
in our heart,
we bless the world
with love
and harmony.

YOUTH PUPPET DAY CAMP

July 10-14 – 10 a.m.-Noon



Youth ages 7-14 are invited to register for Unity of the Valley's Youth Puppet Camp.

- Participants will learn to manipulate many different types of puppets, such as hand puppets with moveable hands or mouths, Muppet-style mouth and rod puppets, marionettes (stringed puppets), and shadow puppets.
- They will learn to present a story using voice and movement.
- On the final day of Camp, all participants will present a variety show onstage. Puppetry gives actors the joy of performing onstage while staying out of sight behind the curtain.

At Unity of the Valley, we welcome people of all genders, races, nationalities, religions, abilities, and neurodiversities.

Puppet Camp is free of charge.

Pre-registration is required.

Please contact Alice Sparks at 971-254-7564 (voice or text) or Doris Hicks at 458-205-8570 (landline, no texts) or dlhlibrary@aol.com.

YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

Unikids (Kindergarten-5th Grade) We currently offer fun and inspiration for the kids. 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.

Uniteens (Grades 6-8) begins June 4 and meets in the upstairs Treehouse room from 10:25 to 11:25 a.m.

Unity Teen Group (Grades 9-12). The Unity Teen Group meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room which is in the Fillmore Wing of Unity, first door to the left of the stairway with guidance from Jim Drews. Jim brings a deep and practical understanding of Unity principles and how to help youth develop their spiritual powers through creative exploration and fun activities.

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: *Keeping a Steady Flow*

MONTH(S)	INCOME	EXPENSES	NET
MARCH	\$15,671	\$15,796	(\$125)
APRIL	\$18,061	\$17,064	\$997

Our spiritual community thrives on the steady, loving support of people like you. Making summer travel plans? Please consider maintaining your monthly donations through our Simple Giving program, or however it's convenient. After all, Unity's expenses take no vacations. May you enjoy all the beauty of the season!



Scan to reach Unity homepage. Click DONATE on right side

Love and Blessings,
Your Board of Trustees

BOARD OF Trustees' MEETING

Thursday, June 15
10:30 a.m.

All Board meetings are held in the Garden Room and 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.

June Affirmation
I feel my connection with all life and all love everywhere.



A Note from our Administrator, Géna Duel



Greetings. It appears summer has arrived. Nature is abundant with its beauty, scents, pollen, warmth, and opportunities to immerse ourselves in the awesomeness of our planet.

Though summer is here, and the desire to play is even stronger, there is still lots to be done at Unity of the Valley both work and play wise.

As you read through this month's Bulletin, you will see a variety of classes and events being offered at Unity. We have the **Behind the Lens Movie series** with **Tom Blank** (see page 11), ongoing groups such as **Unity's Grief Group** (see page 10), the **Council of Elders** (see page 12), a **Youth Puppet Day Camp** coming in July (see page 5), just to name a few. We also have guest speaker **Mike Meyer** speaking on Sunday, June 18, followed by a 60-minute workshop after the service on **Caring for Mental and Emotional Health in Climate Change** (see page 9). Be sure to check out the entire bulletin. We have such a wonderful and active community. I appreciate all the ways we get to play together and connect from the heart!

Here in the office, I have two Office Angel volunteers a day each in a two-hour shift Tuesday through Friday. The morning shift is 10:00 a.m.-Noon, and the afternoon shift is 1:00-3:00 p.m. Office Angels have a wide variety of duties that they may be asked to perform. Some of those might be putting dishes away, straightening up the facility, light office work such as proofreading, preparing handouts for Sunday, answering phones just to name a few. I still have some openings if you would like to volunteer once a week. No experience is necessary. Just contact me at 541-345-9913, ext. 11 or unityval@riousa.com. Your volunteering does make a difference.

Whether it's a class, group, or event you attend and/or volunteer at Unity, I am so grateful for each and every one of you for all the ways you participate and serve at Unity. What a Blessing you all are!

Thank you,
Géna

Sunday, June 18 at 12:30 p.m.

**Mike Meyers presents
Caring for Mental and Emotional Health
in Climate Change**



In addition to guest speaking at the 10:30 a.m. Sunday service, licensed therapist **Mike Meyer**, will present a 60-minute workshop, where he will explore ways to process the impact climate change has on mental health.

Mike will share trauma-informed information and practical clinical strategies, in a safe and accepting environment. Time will be provided for personal reflection, connection, expression of emotions, plus the sharing of resources for further follow up. Topics will include:

- How to connect with our natural world for mental health.
- Trauma-informed and compassionate self-care and activism.
- Knowing types of mental health best suited for this existential crisis.
- Resiliency building.
- Ways to seek treatment and community action.

Offered on a love-offering basis.

Sunday, June 18



Unity Grief Support Group
co-facilitated by
Rev. Inge Tarantola and Nancy Morrow



Wednesday, June 7 & 21
4:00-5:00 p.m.

Unity's Grief Support Group is a safe place to share feelings and experience positive change. The loss can be recent or unresolved from years past. Meetings are held at Unity and via Zoom.

For more information

Rev. Inge Tarantola at 541-968-5540 or
ingetar@pacinfo.com.



Therapeutic Touch

Thursday, June 8
4:00-5:15 p.m.

The Northwest Therapeutic Touch Institute (NWTTI) is offering Therapeutic Touch (TT) sessions for those who have taken TT classes, those interested in TT, and those who would simply like to experience a calming, healing TT session.

Sessions are offered on the 2nd Thursday of each month.

For more information

Bev Forster, RN, QTTT, at 541-520-9358.

New Series

Behind the Lens Seminar

Spring 2023: Welcome to the Post War Years

Tuesdays (7:00 p.m.)

World populations are all trying to recover from WWII, and the Hollywood studios are failing to retain their huge wartime attendance records. However, continental audiences are still catching up with the movies Hollywood made during the war, most of them unseen in Europe. These cheaply made U.S. crime films have been recognized and described by the French critics. They are now called "Film Noir," and will be copied by European producers. Following the international trend, most US made films will now also have tighter budgets. Some are, surprisingly, still good.

Cost: 12 films for \$30, or \$5 per time.

Register by picking up a registration form in the Fellowship Hall at Unity.

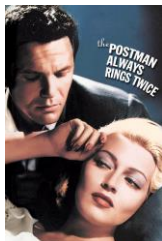
A full listing of all 12 movies is on the Registration Form.

Tuesday, June 6: "The Postman Always Rings Twice" (Lana Turner, John Garfield) directed by Tay Garnet (1946) (113 min.)

Tuesday, June 13: "Gentleman's Agreement" (Gregory Peck, John Garfield) directed by Elia Kazan (1947) (118 min.)

Tuesday, June 20: "Crossfire" (Robert Young, Robert Mitchum) directed by Edward Dmytryk (1947) (86 min.)

Tuesday, June 27: "Out of the Past" (Robert Mitchum, Kirk Douglas) directed by Jaques Tourneur (1947) (97 min.)



Unity's Council of Elders

Last Thursday of Each Month
1:00-2:30 p.m.



If you are 60 or older and would like to explore the journey and wisdom of elderhood, please join us in the Garden Room.

For more information, contact
Julia Linebarger-Taylor at
jlinebargertaylor@yahoo.com or 541-968-5896

Unity Food Drive

We continue to collect food for Food For Lane County to help keep the local pantries stocked. **Please help us fill the barrel in the foyer.**

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, etc.), 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.



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 **Sundays (12:00-1:00 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, 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



BLESSED BE

Blessed be the rays of sun,
the gentle waves upon the quiet flowing rivers,
the feathered friends leading their young to feed,
the buzzing bees going flower to flower,
the little kitten, new to this world, finding its path,
those running down pathways in the park and
breathing in the clean, crisp air of early summer,
those planting seeds in their gardens of hope.

All things, Gentle Spirit, are outpourings of
Your Love for our earth. And for Us all.

Thank you.

May we always remember to treasure it all.

Amen

UNITY'S BOOKSTORE



Did you know? As each one of us shops in and supports our bookstore, it helps the bookstore to regularly and actively support us. It is 100% staffed, managed, and operated by dedicated Unity volunteers, with 100% of the profits coming right back to Unity.

Take a little time before or after the service to shop at Unity's Bookstore. You'll find some wonderful treasures and help support our community at the same time!

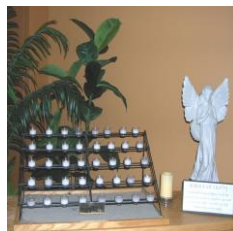
HAVE YOU MOVED?



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.

SERVICE OF LIGHTS

The small votive candles on the platform are there for you! Any time during the week, or before or after the Sunday service, feel free to light a candle as you say a prayer for yourself or others.



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).

Weekly Meditation, Prayer Circles, & Study Groups

WEDNESDAYS: UV Community Connect (via Zoom) 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.**

THURSDAYS: Passage Meditation (Fillmore Wing) 5:30-6:45 p.m. This group practices "Passage Meditation" as taught by Eknath Easwaran. **For more information, contact Laurie Cracraft at 541-554-5434.**

SATURDAYS: \$1 Gong Bath Relaxation (via Zoom) 10:00-11:30 a.m. plus Free Optional Sharing Time **with Sunny & Vicky Hills** + Laura, Inge, and other Unity of the Valley Members who attend often. We Welcome You! Register at: <https://sunnyhillsmeditation.com/>.

Ongoing Monthly Groups & Events at Unity

Unity's Coming Alive Theater Group (Sanctuary) First & Third Thursday, 6:30-8:00 p.m. The group will meet on June 1 and 15 to play improvisation games and to perform skits. Then we are on hiatus in July and August. For more information, please contact **Doris Hicks at 458-205-8570 / dlhlibrary@aol.com or Alice Sparks at 971-254-7564.**

Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 4:00-5:15 p.m. Join experienced practitioners for a calming, healing Therapeutic Touch session. For more info., contact Bev Forster at 541-520-9358.

Unity's Council of Elders (Garden Room) Last Thursday of each month, 1:00- 2:30 p.m. If you are 60 or older and would like to explore the journey and wisdom of elderhood, please join us. **For more information, contact Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.**

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.

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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Vicky Hills, Treasurer
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Alice Sparks, Trustee
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