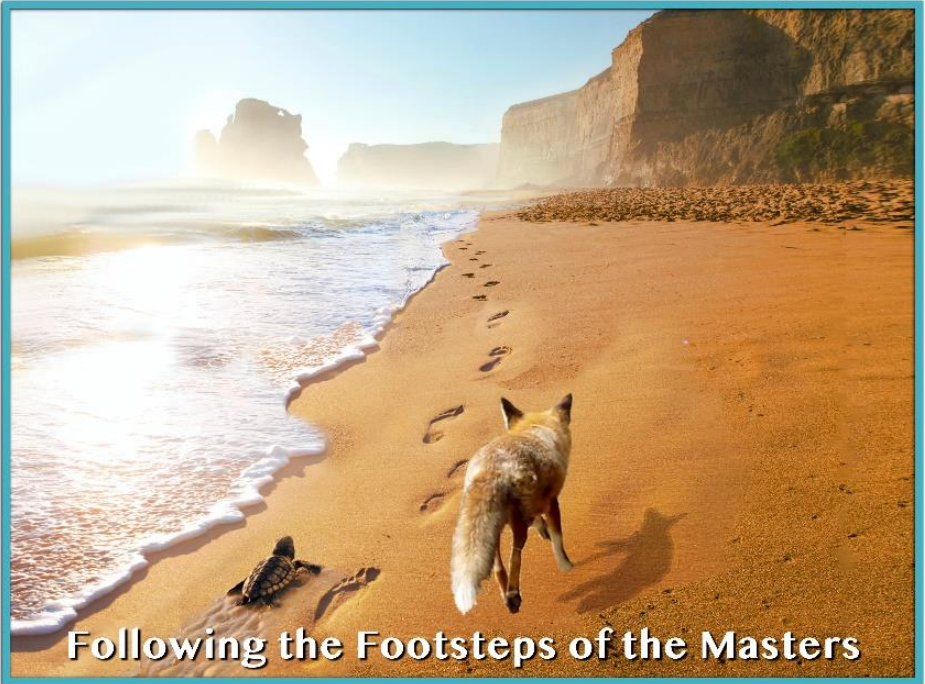



unity®
of the Valley

May 2022



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

FOLLOWING THE FOOTSTEPS OF THE MASTERS

A message from our Ministerial Team

Each time we put one foot in front of the other, we usually have a purpose. It may be to get out of bed. Answer the door. Shop for groceries. Visit the doctor.

Our larger purpose may be to support a family, maintain a career, stay healthy. These are all steps countless people have taken, with varying degrees of struggle and success, for generations. Yet within each generation, some have wondered if there is more to life. A higher design. One that joins all our steps into a journey of greater significance than simply "making a living."



To find that higher design, the first road taken is often toward popular religion. The stories and rituals honoring great souls of the past lends a sense of meaning to many lives. But there are always a persistent few who aren't satisfied by hearing about spiritual journeys of the past. They know they won't be truly fulfilled until they find "the truth that sets us free" within their own being. So where can they look for this knowledge?

When a student desires to master a subject, they usually make the swiftest progress by learning from those who have already mastered it. Within the New Thought movement of which Unity is a part, great saints and sages are not idolized but appreciated as wise and devoted teachers inspiring us to tap into our own divine potential. "Following their footsteps" doesn't mean trying to be someone we are not, or pretending our outer mission is identical to theirs. It means studying the universal principles the masters modeled, and doing our best to incorporate them into our own unique journey.

Throughout the month of May, we will be putting one foot in front of the other—not simply to go from here to there, but to climb higher in awareness. To open our eyes wider to what wise women and men through the ages have been calling us to see: that there is more to this life—more love, more joy, more meaning—than we ever dreamed.

SERVICES IN MAY

Sunday, May 1: “Can We Accept Our Highest Potential? Lessons from the Bhagavad Gita.” Speaker: **Jon West**. One of the world's most inspired scriptures offers a vision of enlightenment that few in our Western culture seriously consider. We will explore how this vision compares with Unity philosophy and the implications for our purpose in this world.

Sunday, May 8: “In the Footsteps of the Divine Mother.” On this Mother's Day, **Dr. Serenee Smith** will take us on a journey to discover and honor the Divine Mother principle as represented historically through women teachers of all ages and cultures. From Quan Yin, to Tara, to Mary, the significance of the Divine Mother's influence on the Great Teachings of the world has been enormous. On this day, we will hold dear in our hearts the remembrance of all mothers who have shaped the course of our lives and the world.

Sunday, May 15: “Walking with a Man of Mystery.” In describing her message, **Rev. Sherry Lady** writes: "On the path of spiritual unfoldment, there are no guarantees. Each day is an unknown adventure, no matter how connected one is to Source. What great masters have demonstrated is a continuous faith in the process, an acceptance of the divine guidance received both within and without, and the ability to live in peace instead of fear. For me, the mysterious master Jesus set a high example. Each recorded event in his life offers a lesson, and his energy is still felt today."

Sunday, May 22: “Gaining Balance Toward Mastery.” Our speaker **Rev. Inge Tarantola** writes: “As we follow in the footsteps of the masters, one thing stands out: Balance. That is the message I find as a common thread in reading some of the masters. They inspire us to discern what is important and to make wise choices.”

Sunday, May 29: “Whole Life Spirituality: Lessons from the Buddha.” Speaker: **Jon West**. Some 2,500 years ago, the founder of Buddhism provided a holistic approach to spiritual growth grounded in the same essential reality we live in today.

Notes from our Music Director

A Wonderful Silver Lining



If you search the internet for quotes about “silver linings,” you’ll find an incredible well-spring of hope and inspiration. Today, I’d like to share with you a particular silver lining that has emerged from the dark cloud of COVID.

At the start of the pandemic, our music team began making “Connecting from the Heart” videos. The intention was to calm frayed nerves, uplift spirits, and send love to our viewers. During this time, we created 28 videos. However, with the re-opening of the church, we brought our production to a close. Today, I am thrilled to announce that “Connecting from the Heart” has begun a new phase, as an independent nonprofit organization.

The mission of **Connecting from the Heart** is to heal and uplift vulnerable populations with music and meditation. Our goal is to send messages of hope and love to people with a focus on six groups:

- Correctional Facilities
- Nursing Homes & Rehab Centers
- Hospitals & Hospice
- Healthcare Workers and Caregivers
- Children and Adults suffering from Anxiety and PTSD
- People in Recovery from Addiction

Our medium is music and meditation videos, professionally recorded and distributed online, via four avenues: **Connecting from the Heart** phone app, website, YouTube Channel, and by subscription.

Individual videos will be roughly 20-minutes in length. Each video will be geared towards its target audience and include an appropriate mix of music, insight/encouragement, and meditation. We will also have a variety of 60 to 90-minute playlists, for people who want to push “play” and then go about their activities.

(continued on page 5)

A message from our Music Director continued

Connecting from the Heart is a fully incorporated nonprofit, registered with the State of Oregon. We are in the process of obtaining our 501(c)(3) tax-exempt status. Our funding is through grants and donations, enabling our viewers to benefit from the videos free of charge. As an independent nonprofit, **Connecting from the Heart** does not carry the limiting label of a “religious organization” and can be very expansive in seeking funds and serving as broadly as possible.

Though they are separate entities, **Connecting from the Heart** and Unity of the Valley can be viewed as sister organizations. Unity is excited about this partnership, and is generously allowing us to record in the facility at no charge. In turn, **Connecting from the Heart** will credit Unity in every video. Working closely together, we will joyfully foster Unity’s mission of uplifting the world.



With love,
Laura DuBois

The same heart beats in
every human breast.

~Matthew Arnold

The heart of humanity
has strings in all hearts.

~Eliphaz Levi

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 **Greeter/Counter Ministry** and give thanks for their service (see page 8).

Bookstore Volunteer Opportunity



Unity's Bookstore is one of the sweet treasures of Unity of the Valley. The store offers books on a wide variety of topics, gift items, artwork, and more to our community.

As we start the reopening process from COVID, the Bookstore is looking for volunteers who can 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. We are also looking for substitutes who can fill in on occasion.

If you would like to volunteer in the Bookstore, please contact Elizabeth at 541-345-9913, ext. 12.

Sunday, May 8



Wishing you all
the love and happiness
you so richly deserve!



May Affirmation

The infinite Spirit
illuminating all the great
masters lives within me.



FINANCIAL REPORT: COUNTING OUR BLESSINGS

| MONTH(S) | INCOME | EXPENSES | NET |
|----------|----------|----------|-----------|
| FEBRUARY | \$14,809 | \$14,027 | \$782 |
| MARCH | \$11,704 | \$15,989 | (\$4,285) |

We contributed \$1,000 to the Caritas Ukraine relief fund, which was matched by a congregant. Several people needed to reduce their monthly donations through our Simple Giving Program. As we move through these challenging times together, we trust in the Divine flow expressing through this amazingly supportive community.

In gratitude,
Your Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

Tuesday May 17
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.

Financial Blessing

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



Notes from The Greeter/Counter Coordinator



The role of the Greeter/Counter is two-fold. The first is to help every person who comes in the door at Unity on Sundays to feel welcome. The second is to be sure the offerings collected during the service are counted correctly, tabulated, and deposited in Unity's safe.

Typically, Greeters are current or former board members who rotate serving on a Sunday so that, in pre-Covid times, a person would greet once every two months or so. Counters also include Unity members who are serving as the closer for that day's service.

With the arrival of Covid and its variants, the greeting component has certainly changed. Because of the logistics of checking vaccination status, we currently have two greeters at each service so a person greets once or twice a month. We want to keep our congregants as safe as possible and have been asked to follow the guidelines established by the Board of Trustees and Shared Leadership Team for minimizing risk.

The greeters have been so pleased by attendees' responses to the requirements that proof-of-vaccination be provided. In the beginning, there were a few glitches since not everyone received the information ahead of time. Those people who needed to go home to retrieve their proof of vaccination or who needed to wait until the following week to complete their vaccination were, for the most part, very understanding and patient.

The greeters dearly want us to return to pre-covid times and have everyone in the sanctuary who wants to be in there. But we are not there yet. Hopefully, it is in the not-too-distant-future. We are blessed to be able to be live-streaming our services so people who are at high risk or who have not completed their vaccinations can attend the Unity services virtually. It also allows those of us who are out of town/state/country to be able to be a virtual congregant.

Again, thanks so much for your cooperation and...STAY SAFE!

John Garrett

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.

MAY PRAYER

from Rev. Sherry Lady

May the prayers of your heart
unfold and become unending blessings.

May words of inspiration take root in your heart
and flower in your life as never-ending joy.

May you realize that blessings never run out
because the supply is limitless.

May you find a moment each day to realize
the beauty of your soul and honor it.

May you experience the elation that comes
from sharing life's abundance.

May you receive with open arms
the love that flows back to you when you give in love.

May you remember that you are supported by a higher power
who loves you beyond measure.

May you sing the song of peace for all the world to hear.

May you be well and happy.

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@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. 10:00-11:15 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_jdq0dnkaypT3g.

It is not enough to know the way;
we must travel it.

~Alice H. Rice

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

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Geneva Miller, Trustee
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