



May 2023



Nurturing Our Highest Good

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

NURTURING OUR HIGHEST GOOD

A message from our Ministerial Team

*Raise your words,
not your voice.
It is rain that grows flowers,
not thunder.*
~ Rumi



As we welcome the revelation of the springtime sun in all its goodness and glory, we might inquire if our own highest good is also being revealed.

What does our "highest good" really mean? Is it a time in life when all things are in such harmony that a deep contentment fills our hearts? Is it a specific situation in which the outcome (either intended or actual) is the best for all concerned? Is it an ethical system of aiming for "the highest good" in all our actions to have our best possible life, as the philosopher Cicero described? Or is "the Good" something to be perceived in silent contemplation, as recommended by Plato?

Another approach is to ask, "Where in my life do I need to welcome my highest good?" Notice the difference between welcoming/nurturing vs. fighting/striving with angst and desperation. If we consider our hopes and plans as *thought seeds*, we can understand why those seeds will grow better in the rich soil of faithful confidence and gratitude than in a ground constantly disturbed by stress, fear, and doubt.

In this month when we celebrate mothers, let us appreciate Father Sun and Mother Earth as they pour themselves into producing as much goodness as they can. And remember that we are each gently mothering ourselves into our own highest, truest expression of the Spirit within. What a beautiful unfolding that is!

SERVICES IN MAY

Sunday, May 7: “Completing Our Rainbow of Prosperity.”

Do you ever feel unworthy or incapable of experiencing fulfillment on every level? **Jon West** will offer simple keys to allowing a fuller expression of prosperity in our lives.

Sunday, May 14: “Is There a Divine Mother in Us All?” We may not always express our most tender, compassionate and loving side with the world—but it sure seems like the world could use more of it. **Jon West** will explore how we can each do our part.

Sunday, May 21: “A Life in Film.” Former Hollywood Director **Tom Blank** will share his spiritual journey and how the power of story can help guide us on the path to fulfillment.

Sunday, May 28: “Health Breakthroughs Made Easy.” Dr. **Orestes Gutierrez** will interview 4th-year medical student **Kevin Cosmo** (see page 11 for Kevin's bio). This will be an inspirational and instructional conversation breaking down common health myths. Kevin and Orestes will share the three simple secrets that can transform your health and well-being.

Facility Deep Cleaning Work Party

Friday, May 26
9:00 a.m.-2:00 p.m.



Our facility is in need of a thorough cleaning, and on Friday, May 26, we will be dusting, scrubbing, vacuuming, and cleaning all those areas that don't get attention on a regular basis.



Many hands make lighter work for everyone. Please join us in giving some tender loving care to our facility. If you can bring a vacuum cleaner, rags, or a feather duster, that's great too!

Sign up in the Fellowship Hall!

Behind the Lens Seminar

Winter Quarter 2023: The Best Movies of 1945
Tuesdays (7:00 p.m.)

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

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

Tuesday, May 2: *The Picture of Dorian Gray*, directed by Albert Lewin. (110 min.)

Tuesday, May 9: *The Lost Weekend*, Oscar for best picture of 1945, directed by Billy Wilder. (101 min.)

Tuesday, May 16: *I Know Where I'm Going!*, directed by Michael Powell & Emeric Pressburger. (91 min.)

Tuesday, May 23: *Children of Paradise*, directed by Marcel Carne. (in 2 parts with intermission: 190 min.)

See page 12 for Spring Series information

It is through the imagination
that the formless takes form.

~Darwin Gross





Celebration of Life Service for MaryKay Alexander

Saturday, May 6 – 11:00 a.m.

MaryKay was an integral part of Unity's Youth & Family Ministry, our Kitchen Angel Team, and behind the scenes in so many other ways. Please join us in the sanctuary as we celebrate our beautiful MaryKay's life.

Reception to follow.



Therapeutic Touch

**Thursday, May 11
4:00-5:30 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.

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.

Unity Teen Group (Grades 6-12). The Unity Teen Group meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room 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. The Rainbow Room is in the Fillmore Wing of Unity, first door to the left of the stairway.

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.



Living Unity Principles

with Jon West

**In-Person class on 4 Wednesdays
May 10 through 31, 6:30 - 8:00 p.m.**

Each session includes in-depth explorations of practical spiritual principles, followed by break-out groups where attendees get to know each other and share personal reflections and experiences.

***Sign up in Fellowship Hall or
email: unityval@riiousa.com***

MEMBERSHIP OPTION

**Congregants who attend
this class will be eligible for voting
membership in our spiritual community.**

This class is being given free of charge.

FINANCIAL REPORT: TIME FOR A RAISE!

MONTH(S)	INCOME	EXPENSES	NET
FEBRUARY	\$21,363	\$15,051	\$6,312
MARCH	\$15,671	\$15,796	(\$125)

Spring is a time for growth and shining our Light in the world. Each of you is essential in keeping this spiritual community alive and thriving. Thank you for all the ways you share your loving energy. Special thanks to those who upped their regular donations to help with our higher expenses, and those who remembered Unity in their Will.

Gratefully,
Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

**Sunday, May 21
12:30 p.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.

May Affirmation

God's infinite good
is at work in my life
for the highest good of all.



A Note from our Music Director, Laura DuBois

As we continue to move into 2023 and watch the 2020 pandemic from our rear-view mirror, Unity's music team continues to grow and expand. We have so many talented people in our Unity community who share that talent and love of music with us. We are blessed!



In addition to our wonderful music team, Our Unity Youth Choir has started up again. We are excited about this return and the beautiful young souls who share their talent, energy, and hearts with us. I am blessed to lead and play with our youth and love watching how they grow through music.

If you know of any youth that might want to participate, please let them know. We provide a positive and loving environment, to help each young person find their voice, express what's in their heart, and learn about music.



Come and make music with us. We sing, create, and support each other on our journey.

- Ages 6 to young adult
- Sundays, 12:15-1:00 p.m.
- Meets in the Garden Room
- No experience required

Much love,
Laura DuBois

Children learn
about their world
through their play.
~Susan Partnow

Celebration of Life Service for Marian West

Saturday, May 20 – 11:00 a.m.



Our Beloved Marian West passed away on November 10, 2022. Marian served as an Office Angel at Unity for several years and brought a light and a determination to be of service no matter how that showed up.

Please join us on May 20th as we celebrate Marian's life. Reception to follow.

Whatever comes from the heart
quietly touches every other heart.

~Anonymous

Unity Grief Support Group

co-facilitated by

Rev. Inge Tarantola and Nancy Morrow

Wednesday, May 10 & 24

5:00-6:00 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.

Sunday, May 28 at 10:30 a.m.
Kevin Cosmo joins Dr. Orestes Guiterrez
in the discussion on
Health Breakthroughs Made Easy



Kevin Cosmo is a certified Holistic Nutritionist and Natural Health Practitioner, father, athlete, speaker, and author. His education includes a Doctorate in Philosophy of Natural Hygiene and Healing. Since 2009, he has been devoted to helping others

overcome fatigue and ill health to create a body and life full of energy, passion, and well-being. Currently, Kevin is attending Western University medical school with the aim of practicing as a holistic family physician and operating a fasting and health retreat center.

Unity Food Drive

We are continuing 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.



New Series Starting

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, May 30: "Notorious" (Cary Grant & Ingrid Bergman) directed by Alfred Hitchcock (1946) (103 min.)

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.)



Cultivating Joy & Creating the Life You Want

4-week series for women



Saturdays, June 3-24
10:00 a.m.-12:00 p.m.

\$45-\$60 sliding scale (includes all class supplies)
(Limited to 12 participants)

Pre-registration required by Wednesday, May 31
(Registration form in Fellowship Hall)

In this 4-week interactive series we will consider,
contemplate, deepen, and put into practice:

- Gratitude
- Creativity and Our Connection with Life
- Embracing, Navigating, and Laying the Groundwork for Joy
- Bringing Our Authentic Self into Expression
- Group Play and Discussion
- Joy-filled weekly assignments to enhance and support our day-to-day life



Géna Duel, has been a student and teacher of the Power of Women's Joy classes for 20-plus years. Having walked this journey herself, she has discovered powerful tools to help women move through life's ups and downs rather than remaining stuck in the difficulties they present.

Joy is the fruit of the spirit.
~New Testament

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.

MAY PRAYER

Loving Kindness

Excerpts from a traditional Buddhist Prayer

May I be filled with loving-kindness

May I be well

May I be peaceful and at ease

And may I be happy

May you be filled with loving-kindness

May you be well

May you be peaceful and at ease

and may you be happy

May all be filled with loving-kindness

May all be well

May all be peaceful and at ease

And may all be happy

We offer this prayer to mother earth as she awakens to the warmth of summer and to each other as we awaken to the beauty of our divine and loving nature.

Amen

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. Join us for playing theater and improv games and for enjoying the experience of being an actor as well as an audience member for short skits and scenes in a no-stress gathering. 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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