



October 2020

From Recovery to Spiritual Discovery



Sunday Live Stream Service

10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director

Laura DuBois

From Recovery to Spiritual Discovery

Presidential impeachment. Pandemic. Mass unemployment. Racial strife. Wildfires like we've never seen. Lately it seems we barely begin to recover from one national drama before the next one strikes. And behind all the "breaking news" and alarming statistics are the countless individuals attempting to carry on, shouldering not only their usual burdens, but all these added ones as well.

Yet carry on we must. Carry on, even if we've lost a loved one to illness. Or lost a home to fire. Or lost our job and income from the economic downturn. Or lost a valued friend in all the social and political divisiveness. In many cases, the idea of returning back to even our former level of wellbeing and security may seem like a hopeless dream. But any reading of history reveals that life is rarely a continuous upward climb. Taking a tumble now and then is par for the course. Admittedly, 2020 has been quite a tumbler!

So where do we go from here? Shall we strive to return to the way things were before, or at least a partial return? And what if the old road we walked for so long has been washed away in the storms, never to be found again? Consider these words from the personal papers of Myrtle Fillmore on how she and her husband Charles overcame great physical challenges:

...the thought came to me first that life was of God, that we were inseparably one with the Source, and that we inherited from the divine and perfect Spirit. What that revelation did to me at first was not apparent... But it held my mind above negation, and I began to claim my birthright and to act as though I believed myself the child of God, filled with God's life. I gained. Others saw that there was something new in me. They asked me to share it. I did. Others were healed, and began to study. My husband...at first took little interest in what I was doing. But after a time, he became absorbed in the study of Truth too. We consecrated ourselves to the Lord, and kept doing daily that which we felt led to do. We began to prosper, a little at a time, and our health continued to improve.

Within the Fillmore's discovery lay a new road, one that led them to develop Unity as a school of philosophy. In the wake of our own great challenges this year, is there a new road of discovery awaiting our nation? Awaiting you? Somewhere deep in your being, you know the answer.

The Unity Ministerial Team

SERVICES IN OCTOBER

Sunday, October 4: “When We Can’t Glue the Pieces Back Together.” Speaker: **Jon West**. After a major loss, the recovery we hope for is often based on what we knew before. How can we make room for Divine Intelligence?

Sunday, October 11: “Finding Peace Leads to Spiritual Discovery.” Guest speaker **Bonnie Paquin** will share a personal story of a four-year chapter in her life that began in 2008 when she moved from Virginia to Oregon after her husband died of cancer. The discoveries she made redefined how she saw her life and how she would live her future. Bonnie joined Unity of the Valley in 2009 and served for three years on our Board of Trustees where she played a major role in the development of our Shared Leadership model of governance. She redesigned the bookstore creating a lasting footprint for success and created our Council of Elders.

Sunday, October 18: “Redefining Reality: We’re Not in Kansas Anymore, Toto.” Speaker: **Jon West**. A timeless key to recovery and transformation is increasing our awareness of the spiritual essence within and around us.

Sunday, October 25: Guest **Dr. Serenee Smith** will speak on **“Weaving a Network of Resilience in a Chaotic World,”** incorporating tips from her friend Charlotte and the wisdom of Myrtle Fillmore. Dr. Smith served as President of the Board of Directors for Family and Children’s services at a rural hospital in Arizona. She was part of the hospital team that worked to manage the H1N1 pandemic that spread through the state in 2009. Additionally, she served as a director of a Tibetan Buddhist Institute for many years before returning to Oregon in 2017, where she currently serves as the President of our Board of Trustees.

**The breeze of grace is always blowing on you.
You have to open the sails and
your boat will move forward.**

~Ramakrishna

Youth & Family Ministry News

Wow we made it through that 7-month "Summer School Break!" With all the changes to our world and the need to be safe and stay apart, YFM has gone through some little and big bumps.

- We were able to piece together an on-line Step-Up Service for our youth. Thank you to all the teachers, parents, and youth that helped make that such a success! You can watch it at: <https://www.facebook.com/unityofthevalley/videos/256344412318519/>
- We drifted a bit during the summer months with Zoom and online versions of classes and retreats, but the check-ins I had with some of you kept me going!
- Now we are looking at a new and very different school year with some of you going to school totally on-line and others piecing together a hybrid version. All of us are looking at a very different and still uncertain 2020-2021 school year! With our numbers being so small and everything for the foreseeable future being virtual, we've decided to switch to a different kind of connection for our youth program starting in the Fall.

YFM Program 2020-2021

We will be joining our Northwest Region for weekly, monthly, and bi-annual on-line classes, groups, and retreats for our Uniteens and Y.O.U. We will not have Galileans or Unikids age programs for the time being but we will provide families with the link to Worldwide Unity where there are online parent support and ideas for families at home. <https://www.unityworldwideministries.org/youth-and-family>.

There are new online events happening this Fall for our Uniteens & Y.O.U.ers:

Youth of Unity Retreat - Oct. 16-18: The Spirit of Stories

This year's Virtual NW Y.O.U. Retreat is "The Spirit of Stories." This retreat will explore the power of stories and their role in our lives. There is a \$25 fee for this event and a ministry endorsement is required to attend. The link to the online registration form is: <https://forms.gle/7hNCLQ9tZRSqoMFw7>

Questions? Feel free to contact me, Christina Scott, at unityyfmeugene@gmail.com or 541-22-9971.

**As always, remember you are expressions of the Divine
and are truly LOVED!**

Loving Notes from our Music Director



I think it's safe to say that the events of the last seven months have challenged all of us, sometimes to our limits. Through it all, I am deeply grateful to report that our music team has continued to thrive, providing soothing music, inspiration, hope,

and love to the community.

To date, we have produced 25 "**Connecting from the Heart**" music videos, and we continue to release them twice a month. We are also delighted to be a part of the live stream service on the first and third Sundays of each month. All of these offerings can be found by typing "Unity of the Valley Facebook" into your search bar. Once you get to the Facebook page, go to the heading titled "Videos." You do not have to be a member of Facebook to do this. All the old music releases and live stream services are listed, and continue to be available for your enjoyment.

Thank You!!!!!!

I would like to take a moment here to thank the entire music team for the hard work, inspiration, and love that they continue to so generously give, week after week. And most of all, I'd like to thank Ryan Zimmer, our brilliant and kind audio/video angel. Without him, none of this would be possible, and our hearts are overflowing with gratitude and appreciation!

Though we are physically distanced, you are in our hearts always!

With love,
Laura DuBois

Only love can be divided endlessly
and still not diminish....

~Anne Morrow Lindbergh

Unity of the Valley Phone Connection Team

Our callers check in with members of the community, to see how they're doing, and find out if they need anything. We hope to alleviate loneliness and isolation, and to let people know they are part of the whole.

If you'd like to receive a call (or volunteer on our team), please call or text Laura DuBois at 732-687-3571 or email her at ladubois@gmail.com.

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. This can be a one-time donation, repeated as often as you wish for different amounts, or a monthly recurring donation for a set amount. Make sure you designate whether you want your donation to be applied to OSCSF or to general Unity finances.
- **Send an email** to unityval@riousa.com stating that you wish to pledge a certain amount, to the OSCSF or to general Unity finances. Include your phone number so Géna can contact you to arrange how and when you wish to donate.
- **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@riousa.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.

Thank you all for being an integral part of our loving and supportive community.

A NEW ENDOWMENT FOR UNITY

A Message from Anonymous Donors

Unity of the Valley has enriched our lives in ways we could have never imagined. It has become our spiritual anchor. We're not wealthy, but we've been saving diligently together for the past 30 years. We especially love the Unity of the Valley Music Program, and we wanted to make a difference that would have a lasting impact.

Rev. Inge Tarantola pointed us toward Sara Brandt at the Oregon Community Foundation, to set up our endowment. We found Sara to be trustworthy and easy to work with. We highly recommend the Oregon Community Foundation to anyone who might also like to leave a legacy gift for our loving spiritual community. This gift is not about us. It's meant to be anonymous. May Unity of the Valley in Eugene live on forever!

Sincerely,

The Creators of OCF Anonymous Fund #53

FINANCIAL REPORT

MONTH(S)	INCOME	EXPENSES	NET
JAN - AUG	\$118,042	\$103,271	\$14,711
AUGUST	\$15,348	\$10,326	\$5,022

Thank you, thank you, thank you! The strength of our spiritual community has continued to shine through your generous financial support. **Everything starts with you!**

We have additionally been blessed by receiving a federal **Payroll Protection Program loan of \$22,800**. We are working to ensure that most of this loan will be converted into grant funds that won't need to be repaid.

Finally, **two anonymous donors have set up an endowment for our music program** through the Oregon Community Foundation. This endowment will provide annual payments from the interest earned on \$50,000.

As we put our lights together,
Unity will continue to shine.

Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side.

Unity Online

Sunday Services. Although the facility is closed, 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).

Unity's Music Releases can be found at

<https://www.facebook.com/unityofthevalley/videos/368369060857899/>

Unity's World Day of Prayer video can be found at

<https://www.facebook.com/unityofthevalley/videos/319246759410499/>

We also post Unity videos on YouTube at:

https://www.youtube.com/channel/UCqUL3d7-JjO_45Bo3vLfrWQ/videos

OCTOBER PRAYER

from Rev. Sherry

Beloved Light of Spirit,

As I attempt to define my life, its beginning and its ending and all that goes in between, I realize that I have limited the scope of what is possible.

Guide me in establishment of an ever-flowing life filled with Passion and the Treasuring of each moment.

May my life continue to be an experience and expression of Love, an on-going search for Knowledge, and an example of Compassion for all those who suffer.

May each day be graced by Your guidance, and filled with opportunities to give back to Life what is mine to give.

Amen.

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.**



Do you have a Prayer Request?

Email your name and prayer request to
Rev. Inge Tarantola at
ingetar@pacinfo.com.

Unity Dial-a-Prayer

For a weekly inspiring prayer, dial 541-345-9913, ext. 7.
A new prayer recorded several times a week.

Silent Unity

For 24-hours a day prayer, dial 1-800-669-7729.

Community Connect via ZOOM

Wednesdays, 2:00-3:00 p.m.



Hello Zoomers and Potential Zoomers. A new Unity of the Valley out-reach program, Community Connect, is about to enter your home, by your choice, of course, for the fun of connecting with church friends.

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. This is not a class, no homework, no record keeping, just show up and enjoy. Your moderator is Rev. Dick Everts. Try it, you might like it.

To take part, send an email request to Rev. Dick at richard.everts@comcast.net

Online Kundalini Meditation, Music, Mantra, Gong & Song with Sunny & Vicky Hills **Saturdays, 9:45-11:15 a.m.**



Join Sunny and Vicky via ZOOM on Saturdays for this very easy and calming class. \$12 includes "Unlimited Video Replay."

Please Register in advance for this meeting at <https://us02web.zoom.us/meeting/register/tZMkceqprjlrGtE6Ss-gH1QuKdqO4c9DQWRG>.

After registering, you will receive a confirmation email containing information about joining the meeting.

YOGA CLASSES VIA ZOOM WITH DONNA O'NEIL

As with all of Donna's classes, each person is encouraged to listen to their bodies, and modify as needed. There is never any pressure to do more than you are ready for, and that's especially true as we practice from the privacy of our own homes. Yoga can teach us not only how to move our bodies into alignment, to stretch and relieve tension, but to bring our awareness into the present moment, allowing a freedom of heart and lightness of being to become who you are. Available classes with Donna are:



TUESDAYS (9:30 a.m.) – Gentle Yoga – register at <https://eugeneyoga.us/downtown-schedule/>.

WEDNESDAYS (10:30 a.m.) – Level 1 Hatha Yoga. This class was previously held at Unity, pre-COVID. Donna holds these via Zoom from her home now. If you are interested in joining the class, or just trying it out, call her at 541-632-0105, or email at yogawithdonna@gmail.com. The online meeting number is ID: 775 275 2582. Donation basis.

THURSDAYS (9:30 a.m.) Gentle Core Awareness – register at <https://eugeneyoga.us/downtown-schedule/>.

Uniting Hearts and Minds Though Unity

A **special Facebook page** has been created to offer another opportunity to stay in touch with friends, post inspiring pictures and messages as well as reaching out for support and connection. Let's stay connected with one another during these challenging times, we look forward to seeing you there! It's a closed group, not open to the public, so to participate please request membership, an easy process.

This chat site can be found at <https://www.facebook.com/groups/647495692703038/>

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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