

October 2021



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

TRICK OR TREAT?

A message from our Ministerial Team

What might a child's trick-or-treating have to do with our lifelong journey of personal and spiritual growth? Here are three connections to consider:



1. **Finding A Role We Enjoy Playing:** Choosing a costume for Halloween is ideally a chance to explore a wide variety of possibilities, and even express our creativity. Likewise, our sojourn as a spiritual being in the physical realm offers many opportunities to try different roles. The more we realize we can choose our roles rather than trying to meet others' expectations, the freer we are to follow our own creative inner guidance and express our deeper selves.
2. **Accepting Life's Gifts:** As children, we probably accepted without question that we could go out into the night wearing a funny costume and holding an empty bag and people we didn't even know would fill it with goodies. But the hard knocks and disappointments of growing up can steal our faith in life's goodness. If we focus on our losses and defeats, much of our zest for living gets locked up or drains away. Yet what would happen if we faced our challenges with the exuberance of a trick-or-treater fully expecting that our open bag is as good as filled already? For starters, our energy would be restored and we would be able to "keep on keeping on." And since the universe is Divine energy in expression (as we are), it would respond to our positive feelings and beliefs, helping our highest good unfold.
3. **But Don't Overdo It!** It's one thing for a child to have a Halloween candy-eating binge. But eventually, we all must learn there's no real joy in trying to fill ourselves with temporary pleasures. The outer "goodies" of life can be enjoyed if done safely and in moderation. At some point, however, most of us have an inner "warning light" alerting us when partaking in a substance or activity is becoming less of a choice than a negative habit.

A message from our Ministerial Team continued

Once our power to choose a healthier path begins being overpowered by addiction, it's time to recognize that our mind/body instrument is in a diseased state and we need to seek help—not with fear or shame, but with a deep honoring of our Divine being and potential. Nothing we can do (or fail to do) can change the pure essence of our being. But somewhere in our long journey of seeking life's treats while trying to avoid being tricked, we can forget one of the most important reasons we came into this world: To realize that behind every mask we wear—even the mask of our physical body—we are the pure Light, Love and Joy of Spirit, just taking a stroll in a universe of infinite possibilities. Happy October!



YOUTH & FAMILY MINISTRY NEWS

Youth of Unity or **Y.O.U. (grades 9-12) began meeting in person on Sunday, September 19th** with a virtual option available on request! We gather at **10:00 am** with an opening circle in the Rainbow Room (the first door to the left when facing the stairway in the Fillmore Wing). The group then joins the congregation in the sanctuary for the Sunday service, followed by a 30-minute spiritual exploration and activity in the classroom.

Registration and proof of vaccination is required (once verification is provided, we will add you to our verified list).

Please contact your Y.O.U. sponsor, Pam Gutierrez, for a registration form and to request online participation at totalharmonyayurveda@gmail.com.

We hope to have the Uniteens (grades 6-8) and our other youth classes opening in person and/or virtual gatherings soon.

SERVICES IN OCTOBER

Sunday, October 3: "Pulling the Truth Out of Life's Illusions." Speaker: **Jon West**. These days, it seems that basic facts are now a matter of personal choice rather than a starting point for building understanding and cooperation. So it's more important than ever that we grasp the essentials of critical thinking that great spiritual teachers have employed in awakening to the deepest truths of life.

Sunday, October 10: "Is My Attraction to Life's Goodies Interfering with My Higher Good?" Speakers: **Andy Peara** and **Jon West**. The Buddha was said to have cautioned that our own desires are the root of human suffering. Andy and Jon will explore time-tested ways to refocus our energies in ways that propel us toward lasting fulfillment. A Unity chaplain, **Andy Peara** left a Chicago-based actuarial consulting career 25 years ago to get an MS in environmental studies at UO. Upon graduating, he started attending Unity, began directing nonprofit Nearby Nature, and helped found The Village School. He later helped found and direct Network Charter School. He currently serves as executive director of The Village School.

Sunday, October 17: "Don't Forget to Pack Your Flashlight - it's Dark Out There!" Unity Board President **Dr. Serenee Smith** will share insights on the importance of carrying the light as we journey through the twists and turns of life's path.

Sunday, October 24: "Turning Tricks into Treats." **Rev. Dick Everts** and **Jon West** will offer a new look at negative thoughts and feelings and how they can become an opening to peace and wisdom.

Sunday, October 31: "Behind Our Masks." **Rev. Nola Woodbury** will shine a light on how we present ourselves to the world...and what we hold back...and ways we can weave in the Oneness we share at our core.



FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
JULY	\$17,129	\$13,437	\$4,467
AUGUST	\$17,187	\$14,964	\$2,223

Thanks to this wonderful community, our financial ship is sailing smooth and strong!

NOTE: If you can contribute to our Legacy of Love Endowment or put Unity in your Will, please contact our office at unityval@riousa.com.

With deepest appreciation,
your Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

**Tuesday October 19
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.

October Affirmation

Divine wisdom
guides my life choices
and keeps me
balanced in all ways.



Notes from our Music Director

When I think of Paul Biondi, my heart smiles. Week after week, his beautiful woodwind playing graces our services, taking our music team to new heights – putting us “over the top” as my mother says. Paul embodies that rare combination of incredible skill and a heart of gold, and he is an absolute joy to work with!



Because Paul is so down-to-earth, courteous and unpretentious, you might be surprised to know that he’s been a saxophonist for many, many famous artists. I’d like to share his bio with you today.



Paul Biondi was born in Philadelphia, though we won’t say how many years ago! His older brother Fred, a professional jazz drummer, encouraged Paul to study music at a very young age. Paul first picked up a saxophone at the tender age of 8. Paul’s teacher and mentor was Robert “Boysie” Lowery, who taught players such as Clifford Brown, Ernie Watts, and many other jazz musicians on the east coast.

Paul was very serious about his musical studies, and his career took off like a rocket. He began to back up such artists as Frank Sinatra, Tony Bennett, Mel Tormé, Ella Fitzgerald, Barbra Streisand, Ray Charles, Lena Horne, and Van Morrison. He then went on to tour for several years with Gladys Knight, Aretha Franklin, and Ike and Tina Turner. He also joined a yearlong world tour with Smokey Robinson. WOW!

He eventually moved to Los Angeles where he worked as a studio musician. He wrote and played on movie scores and television theme songs, and performed with many famous artists, including Jimmy Smith, Bill Medley of The Righteous Brothers, The Temptations, The Four Tops, The Drifters, The Platters, The Cadillacs, and The Shirelles. DOUBLE WOW!

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Notes from our Music Director continued

In the summer of 1992 Paul visited Florence, Oregon and immediately fell in love with the town and the surrounding area. He actually moved to Florence in December 1998, and began the philanthropic portion of his career. Paul performed in and produced school assemblies recreating the history of jazz. He helped raise funds to send the local high school jazz and concert bands to compete in Washington, D.C. and produced many other fundraising events.

Since moving to Eugene in 2004, Paul, a member of both The Rainy Day Blues Society and The Willamette Jazz Society, has become a local and regional legend, bringing joy to audiences all over Lane County. He also gives private woodwind lessons, and continues his fundraising efforts on behalf of local charities. And of course, our beloved Paul Biondi plays at Unity of the Valley most every Sunday. What a treasure and a blessing he is!

Thank you, Paul Biondi, for all that you do and all that you are. We love you; we bless you; and we behold the Christ as you!!!

With love and appreciation,
Laura DuBois

Volunteers Needed

Our Sunday services come together well. Our behind-the-scenes work that helps make it all happen needs some help. Your volunteering one Sunday a month can help ease the workload of our ministers and musicians to allow them to give their full attention to presenting the service. We are currently looking for volunteers for:

PowerPoint – Volunteers advance the slides during the service. The slides are prepared in advance for you.

Openers – Volunteers unlock doors and prepare the sanctuary and other rooms for the Sunday service.

Closers – Volunteers stay after the service to close the building and lock up.

If you can help out in any of these volunteer positions, please contact Géna in the office at 541-345-9913, ext. 11.

October Board Member Highlight

Alice Burch



Greetings from Alice Burch, Board of Trustee Member. What a year this has been for almost everyone. I became a Boomer Zoomer a little over a year ago, participating on Unity's Board of Trustees and one other board. Additionally, I Zoom meet with a discussion group and a social group of long-time friends, a.k.a. The Platinum Posse. A time of at-home-recovery has been provided for us, and we have taken advantage of the social down time to get our bodies in mechanical order. We also have been having some major remodeling done to our home, currently our master bath. The decisions alone for large projects can be a full-time job. I have continued my daily 3-mile aerobic walks. I now know the names of all the neighborhood dogs I've met along the way. My walks start at the ponds and end through the woods. I enjoyed watching the rain hit the ponds this past winter. The ducks and geese swimming and now their ducklings and goslings waddling or swimming behind their mothers. This spring, the wooded area, which is the former Greer Rhododendron Gardens, turns into a rainbow of colors. Several months ago, tiring of the pandemic, the word "surrender" came to me. Since then, re-occurring thoughts of "This, too shall pass," "Go with the flow," "Speaking words of wisdom, let it be," "Let go, let God," and "Divine Order" often come to mind. May one or all of my musings provide you comfort as well. My heart is filled with gratitude for all of our Unity Leaders who bring to us and maintain our CommUnity through electronics. Although I enjoy our livestream services on Sundays and other Unity streaming events, I am looking forward to being with you in person!

We can never know all the good
that a simple smile can do.

~Mother Teresa

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.
- **Prayer Shawls** are a gift that will bless someone going through a difficult time with something they can wrap around themselves to bring comfort, hope, healing, love, and peace. To request one, contact 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 (800) 669-7729.

OCTOBER PRAYER

from Rev. Sherry

One Day at a Time

Today I focus fully on the present moment
and become fully attuned to my inner guidance.

Because the future takes care of itself,
I let this day bring me peace, joy, and serenity
and release my fear of the unknown.

I am connected to Infinite Intelligence,
knowing that wherever I am, God is.

I am nurtured, sustained, and blessed
at all times and in all places.

I am one with Divine Love, and
I let go and I let God.

I am Grateful.

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@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.

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/>

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 (9:45 a.m.) - Join Sunny & Vicky Hills for a Meditation & Gong Relaxation Experience Online, \$5.

Register Here:

<https://www.sunnyhillsmeditation.com/saturday-gong-meditation-class>.

The human way of growing is unique;
it has no rules, and can occur in many ways.

~Marsha Sinetar

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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