



OCTOBER 2022



NAVIGATING THE STORMS OF LIFE

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director

Laura DuBois

NAVIGATING THE STORMS OF LIFE

A message from our Ministerial Team

Sometimes it's easy to know a storm is brewing in our lives. The chaos and commotion are right in front of us as we strain to push through the blasting headwinds. Other times, the storm builds so slowly that we fail to notice the quiet rumble become a roar, blocking out the sweet, subtle melodies of life. Caught by surprise when the deluge finally hits, we turn desperately this way and that to avoid disaster and save what we can.



Our personal storms may seem to appear out of the blue. But they are always influenced—and often generated—by our own weather patterns of thought, feeling, and behavior. If we don't recognize the atmospheric conditions in which our storms arise, any respite we find may be short-lived.

Throughout October, we will explore the shadowy realms of consciousness where so much of our life experience is invisibly forged. Here we find the one-sided stories we tell ourselves about who we are and what we've been through. Here we find the attitudes and beliefs that artificially limit our range of choices.

Yet it is also within our consciousness—as we rise above the mental fog into clearer skies—that we discover unexpected resources and powers. From this higher perspective, we begin to perceive the vast ocean of conscious, living energy in which we and all things float. And then we can sing this old hymn with a new and deeper understanding:

*My life goes on in endless song / above earth's lamentations
I hear the real, though far-off hymn / that hails a new creation.
Through all the tumult and the strife / I hear its music ringing,
It sounds an echo in my soul / How can I keep from singing?
No storm can shake my inmost calm / while to that rock I'm clinging.
Since love is lord of heaven and earth / How can I keep from singing?*



SERVICES IN OCTOBER

Sunday, October 2: “Rewriting the Story of Our Lives.”

Speaker: **Jon West**. We all hold onto stories about ourselves and the difficulties we've faced. By editing our personal history to express life's higher truths, we can rise above the turbulence of ego into clearer, calmer skies.

Sunday, October 9: “Choosing Your Own Boat.” Speaker: **Rev. Sherry Lady**. How we choose to live our lives determines what is needed to navigate the daily flow of our existence. There are many choices and possibilities to ensure smoother sailing on our journey. Let's look at what those choices might include.

Sunday, October 16: “Keep Smiling, It’s Almost Over, Part 2.” Guest speakers **Ted Taylor** and **Julia Linebarger-Taylor** take a lighthearted look into family life and retirement, finding adventure, joy, and compassion in the rollercoaster of daily living. We were very happy to reschedule Ted and Julia after unexpected events prevented their original appearance on July 10th. That's when Unity's Shared Leadership Team jumped in to give Part 1 of this message.

Sunday, October 23: “Strength in the Storm.” Speaker: **Rev. Inge Tarantola**. We all have inner resources for dealing with life's challenges. When we quiet our mind, we can access those skills and talents and live life more fully. The key is learning how to release those resources.

Sunday, October 30: “Facing the Unknown ~ As We Voyage Through the Seas of Life.” Speaker: **Dr. Serenee Smith**. The unfolding miracle of this precious life presents us with countless opportunities to learn and experience what it means to perfect our spiritual understanding while we are in this human form here on planet Earth. From our first breath to our last we are immersed in a sea of energy that both supports and challenges us as we learn to navigate through the storms and the rainbows, the tears and the laughter of this remarkable journey we call life!

Sunday, October 16, at 10:30 a.m.
“Keep Smiling, It’s Almost Over, Part 2”

Ted Taylor is a retired editor-in-chief of daily and weekly newspapers and currently serves on the Unity Board of Trustees.



Julia Linebarger-Taylor is a retired legal assistant and is currently coordinator of the Unity Angel Network and Eugene Peace Choir. She is also a prayer chaplain at Unity. Between them they have five grown children, four grandchildren, and one great-grandchild.

Unity Community Outreach Food Drive Update



Thank you, Unity Community. We are making a difference! So far Unity has collected and donated over 2½ barrels full of food for Food For Lane County to help keep the local pantries stocked.

Please help us to continue to 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.

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. No experience needed.

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 the volunteer positions above, please contact Géna in the office at 541-345-9913, ext. 11.

Youth & Family Ministry – Sunday morning teachers for a variety of ages are needed. (See page 8 for more information.)

COME & VISIT UNITY'S BOOKSTORE

Take a little time after the service on Sundays to shop at Unity's Bookstore. Besides carrying many new and gently used books, the bookstore carries prayer and affirmation flags, art, journals, puzzles, jewelry, and much more! You'll find some wonderful treasures and help support our community at the same time!

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.

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
JULY	\$15,721	\$12,948	\$2,773
AUGUST	\$14,061	\$14,533	(\$472)

With facility improvements costing nearly \$9,000 in August, we still have \$49,000 saved for future capital expenses. Heartfelt thanks to all contributors to Our Spiritual Community Support Fund which distributed \$1,250 over the past month. In loving gratitude for all the ways you support Unity,

Your Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF Trustees' MEETING

Tuesday October 18
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

No storm can shake
my innermost calm,
and I will
keep on singing.



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.

OCTOBER PRAYER

from Rev. Sherry Lady

ONE WITH YOU

Spirit within and without, we are one with You.

When we open to one another,

Your fullness is felt in and through
the exchange of the outpouring of our hearts.
In this there is no rejection, only inclusion.

Fill us with Love, and bind us together
with that Love as we go our diverse ways
united in the spirit of holiness that indwells our being.

Love is the ultimate reality.

Love has, and can, overcome all
that stands in the way of the experience of wholeness,
acceptance, compassion, sharing and believing
in ourselves and each other.

As one season blends into another,
so may our hearts blend together in peace.

Love is all there is.

Amen

A Note from our Youth & Family Ministry Team

In each sacred hour, the Youth and Family Ministry welcomes every child and every family into the loving Heart and caring Hands of the Divine, as a radiant expression of the Christ-Light, unfolding in perfect time, guided by their inner presence of Wisdom.

UNIKIDS – KINDERGARTEN-5TH GRADE



Unikids meet on **Sundays 10:25-11:25 a.m.** with a puppet show, creative activities, songs, games, meditation, and prayer to ground their body, mind, heart, and spirit as they enhance their understanding of God in their being and in the world. The group is led by **Alice Sparks**, with her years of experience as a Unity prayer chaplain, teacher, parent, and grandparent and by **Doris Hicks**, puppeteer.

UNITY TEEN GROUP – 6TH-12TH GRADE

The Unity Teen Group (grades 6-12) is now gathering on **Sundays 10:25-11:25 a.m.** with guidance from **Jim Drews**. Jim brings a deep and practical understanding of Unity principles and how to help youth develop their spiritual powers in daily life. For example, we can see the power of STRENGTH modeled by spiritual giants such as Martin Luther King, Jr., Gandhi, and the Dalai Lama. The teens share how they have each faced daily situations that require the strength of conviction and compassion.



UNITY TEEN GROUP PURPOSE STATEMENT

Our purpose in coming together is to share a supportive trust culture focused on mindfulness, expressing our higher self, and experiencing our oneness with the Source of all life through creative exploration and fun activities.

YOUTH & FAMILY MINISTRY VOLUNTEERS

We are currently looking for Sunday morning teachers for a variety of ages. Training, curriculum, materials, and lesson plans are provided and allow for the joy of using your own creativity and talents. **If you would like to help, please contact Alice Sparks at 971-254-7564.**

NOTE: All persons working in the youth program must complete an application, be interviewed, and pass a state required background check, prior to working with the children.

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.

Every action of our lives touches on some chord
that will vibrate into eternity.

~Edwin H. Chapin

YOUTH & FAMILY MINISTRY

We offer fun and inspiration for kids and teens grades Kindergarten-12th who are fully vaccinated. Current Safety Precautions for children at Unity are:

- Proof of Vaccination/Booster required.
- We appreciate your patience as we continue requiring masks at Unity for everyone's protection.
- Families who have small children too young to be vaccinated may attend on a reservation basis. You can contact Géna at 541-345-9913, ext. 11 to make that reservation.

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.

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.

“SIMPLE GIVING” OPTION

If you would like to intentionally give to Unity of the Valley on a monthly basis, we make it easy! Just pick up a FAQ-and-Application form at the table in the Fellowship Hall or on our website (www.unityofthevalley.com), fill it out, and return it along with your voided check (for automatic fund transfer from your bank account). You also may sign up by calling Géna (541-345-9913, ext. 11) with your VISA, MC, or debit card information.

The offering amounts can be changed or stopped at any time with a simple phone call. At the end of each year, a total of your donations will be sent to you for your tax records.

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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