


unity[®]
of the Valley

September 2021



The Many Expressions of the Divine

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

The Many Expressions of the Divine

A message from our Ministerial Team

What have you seen, touched, or heard today that was not, at its core, divine? We might look to Albert Einstein for input. In a letter to a father distraught over his son's death from polio, the great physicist wrote:



A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Through the ages, saints and sages have traced the forces of our life, love and desire back to one original Source. Through deep contemplation, they realized that the Source is not less than its various expressions, but contains within it the pure essence of life and consciousness. This pure essence—like a more subtle dimension of the nuclear power known to modern physicists—radiates at the core of all beings.

How can we release ourselves from the prison of seeming separateness and its accompanying fears and frustrations? A good starting place might be to follow Einstein's advice by "widening our circle of compassion to embrace the whole of nature." For those who wish to keep advancing into the heart of reality, Yogananda advised a simple, time-tested approach: "Study a little, meditate more, think of God all the time."

As we understand that "God" doesn't have to be a limited, traditional notion but can be an opening to unlimited awareness, we become free to perceive life at a whole new level. No longer stopping at the surface of things, we invite our soul powers of divine wisdom and love to actively express. Soon we will have no doubt: Everything we've seen, heard, touched, and even smelled today was an expression of the Divine. And the wonder and beauty of life will astound us as never before.



SERVICES IN SEPTEMBER

Sunday, September 5: “Finding Spirit Even in the Hard Places.” Speakers: **Laura DuBois** and **Jon West**. One of the great challenges—and opportunities—in life is looking beyond surface appearances and being open to the Divine Presence in all people and situations.

Sunday, September 12: “The Divine Is Our Copilot.” **Jon West** will interview **Arly Knight**, who brought her heart to international business for 10 years, with a special focus on bringing divergent viewpoints together. See bio on page 7.

Sunday, September 19: “All Life is a (Sacred) Stage.” **Rev. Sherry Lady** will share experiences, insights, and smiles from her years of creative work in the theatre.

Sunday, September 26: “God is Life, and God is All.” Guest Speaker: **Pam Gutierrez**. Each of the Twelve Powers described by Charles Fillmore is an aspect of the Divine Principle which we call God. Life is one of those Powers. How do we find comfort in Unity teachings when loved ones transition? Pam Gutierrez is a longtime member and former Board President of Unity of the Valley. Working with our Y.O.U. teenagers and our Looking Glass outreach led her to pursue ministry training. She is currently in her second year of studies at Unity Worldwide Spiritual Institute with an expected ordination date of 2023.



A Warm Welcome to Our New Bookstore Manager Elizabeth King

Our beloved bookstore manager, Krishnangini Bennett retired from managing the bookstore this year. Elizabeth King has stepped up to bring her heart and knowledge to the position.



Elizabeth King has attended Unity of the Valley for many years and enjoys volunteering in the office and being a member of the prayer shawl team as well as participating in the angel network. She is excited at the opportunity to manage the Unity Bookstore.

Originally from Texas, she moved to Eugene to attend the University of Oregon and fell in love with the state. That was over 40 years ago! Together, Elizabeth and her husband Scott, have raised four great sons. When not working they enjoy gardening, travel, and hanging out with their Black Lab, Luna.

A writer, Elizabeth has written three books on autism as well as many other essays and articles. She currently works for Community Support Brokerage. In her spare time, she tends her own Little Free Library. Her love of books and words has her excited to help out with the Unity Bookstore and be a part of caring for this treasured space.

Welcome Elizabeth!!!

Unity Bookstore Reopening Date

The Bookstore has been closed since March of last year due to the COVID pandemic. While we are just as anxious as you to reopen and have you visit the space, we are still watching and flowing through the pandemic.

We have tentatively planned for the Bookstore to reopen on **Sunday, September 26**, but will postpone if the COVID numbers are still high.

Thank you for your patience and your support!

Notes from our Music Director

The Slow Work of God...



Time and again, I read a chapter from Father Greg Boyle's book *Tattoos on the Heart* and find my heart filled with hope, validation, and love. At one of our recent Looking Glass sessions with incarcerated teens, I shared an excerpt from a chapter titled "The Slow Work of

God." In this story, a young man has reached the bottom of the pit of addiction and despair, when he has an incredible dream.

In this dream, he and "G" (the affectionate moniker for Father Greg) are stuck in a pitch-black room, with no exit and absolutely no light to guide them. They are both in this room, and that's important. There are no easy answers and no clear ways to escape. Suddenly, they realize that "G" has a flashlight. He shines the beam of light on the wall until they find the light switch, but they both realize that only the young man has the power to turn that switch. Afraid, but knowing he must move forward, the young man inches his way to the light switch and flips it. As he recounts the end of his dream to "G," his eyes are filled with tears, and he says, "And you know, the light is better than the darkness."

In this time of turbulence and chaos, it's easy to lose hope, to be swallowed up in that dark room. There are no easy answers. But we each can take turns holding the flashlight and so facilitate the slow work of God. We are all in this together.



With love,
Laura DuBois

I see God in everything.
I recognize my oneness with all mankind
and my oneness with God.

~Peace Pilgrim

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
JUNE	\$12,965	\$15,603	(\$2,638)
JULY	\$17,129	\$13,437	\$4,467

Thank you for being an instrument of Spirit, sharing your abundance with this community however you can. We are richly blessed!

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.

In loving gratitude,
Your Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

**Tuesday September 21
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.

Words are
also seeds,
and when dropped
into the invisible
spiritual substance,
they grow
and bring forth
after their kind.
~Charles Fillmore

Wherever there is
a human being
there is an opportunity
for kindness.
~Seneca

Sunday, September 12, at 10:30 a.m. " Dancing with the Divine"

Arly Knight currently lives in Eugene with her husband Dr. William (Bill) Knight. After earning a BA in Finance and a Masters in International Finance and Management, she started her career as the Executive Director of the Willamette International Trade Center. After a few years, she formed an international consulting firm, representing foreign governments and corporations in the Middle East seeking to purchase US products.



In 1993, injuries curtailed Arly's career. With too much time to think about pain and misfortune, she began a deep dive into spirituality. "Meditation instead of Medication" became a mantra. Attending spiritual retreats and studying with gifted teachers (Ram Dass, Thich Nhat Hanh, Sayadaw U Pandita) opened opportunities for personal growth, spiritual development, and lit a burning desire to volunteer.

After Ram Dass had a devastating stroke, Arly was offered a volunteer position living and working with him at his compound on Maui as his personal business assistant. Over the next amazing three years, her duties included meeting and entertaining some of his guests including Wayne Dyer, Deepak Chopra and the never to-be-forgotten Wavy Gravy. Even His Holiness the Dalai Lama visited.

Today, seeking a quiet balanced life, she is still volunteering, studying spiritual texts, and inquiring into the spiritual mysteries that encode our lives.

In the spiritual life,
all paths lead to the same place.
~Satchidananda

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.

SEPTEMBER PRAYER

from Rev. Sherry

Prayer of Affirmation

As we enter into a time of prayer together through the written word, we enfold each other in the Light and Love of the One and we affirm together:

I focus fully on the present moment and allow the fear of the unknown to be healed by the presence of the mighty power of love and grace that fills my being.

I remain in full communication with my inner guidance and let this moment of deep reverence fill my heart, soul, and mind with peace, serenity, and gratitude.

All is well. Thank you, God.



UNITY WORLD DAY OF PRAYER

September 8–9, 2021

Please join us for a **Unity World Day of Prayer service** at **12:30 on Thursday, September 9th**. We will present a soothing program of prayer, meditation, and music. You are welcome to attend in-person (subject to Unity's current vaccination policy), or watch the livestream on Facebook.

In addition, we are invited to join together and connect in prayer with Unity Churches worldwide. Please take a moment to visit Unity Worldwide's World Day of Prayer website at <https://www.unity.org/wdop> and **register to attend the free event via Zoom**. Their website tells you all the wonderful events happening and speakers presenting. Just click into their **Register Now** button and follow the prompts from there. Once you are registered, you will receive the Zoom link.

World Day of Prayer Affirmation

No matter the circumstances, all is well with my soul.

**Be sure to hang your prayer request on
Unity's Prayer Tree in the Sanctuary!**

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 Classes Via Zoom with Donna O'Neil

- **9:00-9:50 a.m. – Ball Yoga:** A fun practice! Great for Balance and Core!
- **10:00-10:50 a.m. – Hatha Yoga:** Mindful yoga practices for strength, balance, and flexibility. Level 1
- **11:00 - 11:50 a.m. – Gentle Yoga:** Perfect for a quiet start or end to your morning!

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 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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