



September 2023



The Many Ways We are Here to Grow

**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 WAYS WE ARE HERE TO GROW

A message from our Ministerial Team

When you have a moment to reflect, ask yourself: "Is there something in my life that needs to change for the better?" No need to stop at one thing if another comes to mind. Or even another. Chances are they have been sprouting in your mind for a while. Instead of considering them problems to fear or avoid, try seeing them as seeds for growth. If *you* don't find loving, constructive ways to help them progress to their next stage of unfoldment, who will?

In Unity philosophy, we aren't aiming for merely a "better" life. We teach, along with the sages and mystics of many cultures, that within us hides "limitless undying love that shines around us like a million suns" to paraphrase John Lennon. And not only limitless love, but limitless joy, peace, purpose, and more—a wholeness beyond description! We can sometimes sense this wholeness calling to us even through our conditioned thinking.

As that great unconditional thinker, Henry Thoreau wrote: "So we saunter toward the Holy Land, till one day the sun shall shine more brightly than ever he has done, shall perchance shine into our minds and hearts, and light up our whole lives with a great awakening light, as warm and serene and golden as on a bankside in autumn."

As we move toward that golden autumn, remember that the Spirit within you is ever springing forth. Be attentive to the rustlings and yearnings for growth and unfoldment within you. Release any limiting doubts or beliefs that you can't experience the fullness of your divine essence. All it needs is your permission, your willingness, your warm welcome to light up your life in every way.

Love and blessings,
Jon

* * * * *

A message from our cover photo star: Hello and much love from Denise Trepanier, Unity gal and choir in-absentia, deep in the weeds, always reaching for the sun.

SERVICES IN SEPTEMBER

Sunday, September 3: “How Do We Grow from Here?” Speaker: **Rev. Sherry Lady.** In order to grow, plants need to root in the soil best suited for them and don’t flourish well in unsuitable environments. As human beings we are more flexible and can adapt to many different environments. This often leads us to new opportunities for growth spiritually. Let’s take a brief look at some of the challenges that come with this process, including adaptive strategies.

Sunday, September 10: “The Deep Waters of Emotional Calm.” Speaker: **Jon West.** Sometimes our emotions seem to control us rather than the reverse. The Science of Calm is based on one simple idea: A calm, balanced nervous system is the foundation for a calm mind and a healthy body. It also sets the stage for deeper spiritual exploration.

Sunday, September 17: “Opening to Our Own Higher Consciousness.” Speaker: **Jon West.** According to Unity philosophy, our true essence is literally Divine Consciousness individualized. What clues can we find from great mystics and even modern science to validate this and guide us toward unfolding our innate awareness of being?

Sunday, September 24: “Your Toolbox to Help You Grow.” Speaker: **Rev. Inge Tarantola.** Unity offers many resources to help us grow spiritually. We would be wise to grow mentally and physically as well because we are whole beings, and each aspect supports the whole.

September Affirmation

I am living and growing in the loving Light of Spirit.

New Series Starting

Behind the Lens Seminar

Summer 2023: 1948

Tuesdays, August 29-November 14, (7:00 p.m.)

It's 1948, Harry Truman is in the White House, and studios are reeling from "United States v. Paramount, Inc.," the Supreme Court decision that curtailed profits from feature film exhibition. It would take decades to overcome the changes in the way Hollywood could make its money. Meanwhile, the House Un-American Activities Committee continued investigating communist activity in the movie world and blacklisting anyone who refused to name names of party members or left-wing sympathizers.

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.

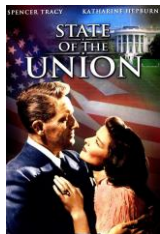
Tuesday, August 29: "State of the Union" (Spencer Tracy, Katherine Hepburn), directed by Frank Capra (124 min.)

Tuesday, September 5: "The Search" (Montgomery Clift), directed by Fred Zinnemann (104 Min.)

Tuesday, September 12: "They Live by Night" (Farley Granger), directed by Nicholas Ray (95 min.)

Tuesday, September 19: "Fort Apache" (John Wayne, Henry Fonda), directed by John Ford (128 min.)

Tuesday, September 26: "Unfaithfully Yours" (Rex Harrison), directed by Preston Sturges (105 min.)



The Contemplative Life



Tuesdays
September 12-26
2:00-4:00 p.m.

Facilitated by Rev. Inge Tarantola

Contemplative Prayer allows us to delve more deeply into the silence, being present, and surrendering to our Higher Power.

Come and explore this process with us in an experiential setting.

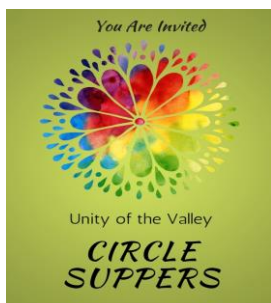
Contemplation is the highest expression of intellectual and spiritual life. It is that life itself, fully awake, fully active, fully aware that it is alive...It is a vivid realization of the fact that life and being in us proceed from an invisible, transcendent and infinitely abundant Source. Contemplation is, above all, awareness of the reality of that Source.

~Thomas Merton

Offered on a donation basis.
Unity Spiritual Education &
Enrichment (SEE) credit available.

Sign up in the Fellowship Hall.

Unity Circle Supper Sign-Ups Are Here!



The summer Circle Suppers were such a success, that we are doing it again! These intimate in-home dinner events for 4 to 10 persons are a great way to experience wonderful food along with Unity fellowship.

If you are interested in **signing up to HOST a Circle Supper** there will be a **signup** table in the foyer on **Sundays, September 3 & 10**. If you're unable to sign up on Sunday please contact Serenee Smith at sereneeheart@yahoo.com.

If you would like to **ATTEND one of the Circle Suppers**, **signup** sheets will be in the foyer on **Sundays, September 17 & 24** or you can email Serenee at sereneeheart@yahoo.com.

HAVE YOU MOVED?



Please let us know if you have recently moved or changed your telephone number or e-mail address. You may notify us by calling 541-345-9913, e-mailing Géna at unityval@riousa.com, or writing us a note, so we can keep our records up to date.

Thursday, September 14



Heart *of* Healing

UNITY WORLD DAY OF PRAYER

**Please join us for a
Unity World Day of Prayer Service
at 12:30 p.m.**

Here at Unity of the Valley, we will present a soothing program of prayer, meditation, and music. Please join us in-person 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/article/world-day-prayer-2023> 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 Today button and follow the prompts from there. Once you are registered, you will receive the Zoom link.

World Day of Prayer Affirmation

I open my heart to healing in this moment.

**Be sure to hang your prayer request on Unity's
Prayer Tree in the Sanctuary starting August 27th!**

An Interview with Unity's Youth & Family Ministry Coordinator, Alice Sparks



Our Administrator, Géna Duel, sat down with **Alice Sparks** to chat about Unity's Youth & Family Ministry (YFM) and get a little more information about Alice to share with the congregation.

Alice has been coordinating YFM from home for over a year, but she officially started using the YFM office in May of this year.

When asked what inspired her to step up and volunteer to coordinate YFM, Alice said she was already teaching the youth and saw the need for guidance for the program so youth can experience spirit and all the things that go with love and kindness as well as teaching about Unity principles and how to utilize them in their lives. She also wants to see Unity grow. Youth programs bring families, and that helps the church grow.

We have been without a YFM Coordinator since the pandemic in 2020. We still had teachers stepping in, like Alice, but no one coordinating the program itself. The challenging part for Alice has been not having any of the past coordinators here to do training with. She has been learning as she goes. A great deal of her time has been spent going through the office materials and boxes of items to see what all age levels can use in their program, gathering information, meeting with the ministers, and teachers and helpers to bring organization and continuity to the YFM program.

The rewarding part for Alice is of course the youth. They inspire her and give her this internal drive and feeling of wanting to help them grow spiritually at whatever age level they are. She says: "In order to do that we have to have all the elements in place for our youth and families."

Alice has a deep sense of love and commitment to youth. She is honored to volunteer as the YFM coordinator and help the youth and families grow spiritually as well as teach prayer to the youth 2½ years old and up.

We are blessed to have Alice at Unity. Thank you for stepping up and volunteering Alice. We love you!



YOUTH & FAMILY MINISTRY NEWS

PUPPET DAY CAMP SUCCESS. For five days in July, YFM had a puppet day camp for youth ages 7-14. It was a huge success. The youth were absolutely amazing under Doris Hicks' guidance as they made simple puppets and learned how to bring those as well as a wide variety of more complex puppets to life. On the final day of camp, they put on a performance with all of their puppets presenting affirmations and stories that illustrated some of Unity's core principles.



Our Thanks To: **Doris Hicks** for this amazing adventure using her knowledge and expertise with puppets and wonderful teaching abilities.

Jon West for subbing for Alice Sparks when she was unable to attend. He wowed the kids with his drawing skills as well as his music and other creative talents, and thank you to **All who attended the show**. We will be offering another Puppet Camp next summer, and the youth who participated this summer are already talking about participating again.

YFM FUNDRAISING SALE

Sundays, September 17 and 24 (before & after the service)



Join our youth in the Fellowship Hall for a sale with creations from the youth, families, and teachers including plants, white umbrellas for children, wooden wind chimes, trinket boxes, and tote bags.

If you would like to donate plants, soil, gardening supplies, or just make a monetary donation, please contact **Alice Sparks (541-254-7564)**. All funds raised from the sale will benefit the YFM program for providing scholarships for our youth to attend Camps, and Retreats provided by NW Regional Unity and Unity Worldwide Ministries.

FINANCIAL REPORT: *Growing Together!*

| MONTH(S) | INCOME | EXPENSES | NET |
|----------|----------|----------|---------|
| JUNE | \$22,612 | \$19,480 | \$3,132 |
| JULY | \$19,233 | \$17,624 | \$1,609 |

Good news! Our higher expenses are being met not only through your monthly donations, extra gifts, bequeaths, etc., but also the return of Movie Nights, concerts, and other events. We thank each of you for including Unity in the Divine flow of your lives. As we bless each other, we are blessed in return.

In loving service,
the Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD of Trustees' MEETING

**Thursday, September 21
10:30 a.m.**

All Board meetings are held
in the Garden Room.

All are welcome to attend.

If you would like to speak
at the meeting, please contact

Serenee Smith at

sereneeheart@yahoo.com.

The spirit of God unites all
in a circle of love.



A Note from Unity's Music Director



Back in the summer of 2020, a miracle occurred. As much of the world shut down and people began to fear for the future, one very special Unity couple did just the opposite. They had the faith and the vision to see past the turmoil. They opened their hearts and their hands, and they worked with the Oregon Community Foundation (OCF) to create an endowment fund to benefit Unity of the Valley's music program. What an amazing gift!

This endowment is truly the gift that keeps on giving, as each July we receive a generous payment. OCF invests the original Endowment into a permanent pool with other Donor Funds. Every year they distribute half of our annual gains to Unity, and reinvest the other half. Both the Endowment and the Payouts will continue to increase each year permanently. So far, after 3 years, the payouts have already totaled \$8,315.

For all this time, I have been longing to share the names of the wonderful couple, to thank them openly for what they have done. I am overjoyed today to let you know that I have finally been given permission to do this!

With a heart full of gratitude, and eyes full of tears, I now publicly thank our donors, Sunny and Vicky Hills. They are angels in our lives, and we are so grateful for this incredible gift!

Their only request is that I use this opportunity to encourage others to follow in their footsteps, creating additional endowment funds to benefit our beloved Unity of the Valley. Funds in almost any amount can be established. This type of gift will continue growing in perpetuity, year after year, with stunning results.

Once again, thank you, Sunny and Vicky! We love You; we appreciate You; and we behold the Light in You!!!

Laura DuBois

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.

Uniteens (Grades 6-8) meets in the upstairs Treehouse room from 10:25 to 11:25 a.m.

Unity Teen Group (Grades 9-12). is on summer break until September 17.

A child is a reflection of God.
~Nityananda

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.



First-Sunday Potluck

Sunday, October 6

after the service

The First-Sunday Potlucks are back!
Bring a main dish or salad, and invite your family and friends! Unity will provide coffee, tea, and dessert.



YOUTH & FAMILY MINISTRY EVENT



Saturday, October 28
4:00-6:00 pm.

Join us for a pie eating contest, carnival games, and art activities for adults and youth. We'll also have bake sale goodies, small decorated pumpkins, unique Halloween costumes, and amazing masks created by our youth team to purchase. Proceeds from the Fall Festival go towards supplies and scholarships for youth.

If you would like to help YFM, please contact **Alice Sparks** at **541-254-7564**. We are looking for donations of prizes, stuffed animals and other toys; material (cloth, fabric trim, thread, or whatever is available), wigs, acrylic paint, permanent markers, etc. Money donations are also welcome.

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 **Julia Linebarger-Taylor at 541-968-5896**.
- **Prayer Requests** - Email your name and prayer request to Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.
- 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.

SEPTEMBER PRAYER

from Rev. Sherry Lady

Holy Spirit of Life and Love,
As we walk through the challenges of life,
we feel your presence, we hear your voice saying to us:
Hold your head up high – don't be afraid of the dark –
I am with you.

At the end of it all is a golden sky
and the return of the song of peace.
You will hear my voice in your heart
and though it seems as if I have forgotten you
I have not.

Though all your dreams seem blown about,
remember to walk with hope in your heart,
For you are never alone.
I remember you, you are cared for and loved.

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) Second & Fourth Thursday, 6:30-8:00 p.m. For more information, please contact Doris Hicks at 458-205-8570 / dlhlibrary@aol.com or Alice Sparks at 971-254-7564. (This group is currently on hiatus until October 12.)

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 information, 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

BOARD OF TRUSTEES

Serenee Smith, President

Vicky Hills, Treasurer

Ted Taylor, Secretary

Michael Ticknor, Trustee

Geneva Miller, Trustee

Alice Sparks, Trustee

Richard (Dick) Everts, Trustee