



August 2025

# OUTSIDE THE BOX



**Claiming Your Creatively Inspired Life**

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

Ministerial Team

Rev. Inge Tarantola   Rev. Sherry Lady   Jon West

Music Director

Laura DuBois

## **Outside the Box: Claiming Your Creatively Inspired Life**

### **A message from our Ministerial Team**

Most of us have used the phrase, “We need to think outside the box.” But how do we do that? And what might “thinking outside the box” look like?

Let’s begin by defining what we mean by “the box.” Here is one attempt: *The box refers to the usual or common ways of looking at life and the range of choices and creativity available to us.* The box in this case is not a physical structure, but an artificial limitation in what we perceive and can imagine.

The idea of a reality and of possibilities beyond common understanding is embedded in the mystical teachings of many cultures. It’s also woven throughout Unity philosophy. Consider the basic Unity principle that there is “One power in the universe and in our lives.” We begin to step beyond the box of traditional Western thinking by accepting we are all part of One Spirit, despite our beliefs, behaviors, or any other perceived differences. We further free ourselves from that box when we allow our compassion and love to embrace all people and all life.

Of course, the culture around us significantly influences our mental boundaries. Yet every rational person is ultimately responsible for deciding which aspects of culture to embrace, hold at arm’s length, or set entirely aside. This journey of growth for most of us includes learning how to manage our fear, anger, and other emotional responses so they don’t overpower our intellect and the “still small voice” of Divine love and guidance within us. The more we nurture awareness of the infinite sky of consciousness within us that we call God, Spirit, Source, etc., the easier it is to live as a creatively free Spirit, including:

- Being open to new ideas;
- Embracing the power of your creative imagination;
- Collaborating with others;
- Experimenting and journeying into the unknown with confidence.

(Continued on page 3)

## Outside the Box: Claiming Your Creatively Inspired Life (continued)

According to Henry David Thoreau, "The world is but a canvas to our imagination." Maya Angelou wrote, "You can't use up creativity. The more you use, the more you have." These are clues that no matter what kind of box we've been living in, we've all been given invisible paint brushes and an unlimited palette of colors to create our unique expression of life. Throughout this month and beyond, we invite you to stretch your creative wings and see what new worlds await!

### SERVICES IN AUGUST

**Sunday, August 3: "What Now? Playing the Hand (or Foot) You've Been Dealt"** with **Jon West**. It may not feel like you're holding all aces and guaranteed the greatest jackpot in the world. But what if you could get the same result by opening yourself to the Divine essence waiting to unfold within and around you?

**Sunday, August 10: "Growing Beyond our Wildest Dreams"** with **Rev. Inge Tarantola**. We are hampered by our perceived limitations. Give your creativity and imagination free rein and see what opportunities present themselves. The impossible gets done by people who did not know it was impossible.

**Sunday, August 17: "How to Love Your Life Even More"** with **Jon West**. The stress and strain of everyday living hides a deeper reality: We are all in God's sandbox, learning how to play our part with a joyful heart and a free spirit. But how do we do that?

**Sunday, August 24: "Getting to Know Your Box"** with **Rev. Sherry Lady**. All boxes have multiple uses. All boxes can be changed in ways that may astound us, but if we don't know our box really well, how can we know what needs changing or when? How do we know if it's time to get a new box? Can we let go of the need to even have a box in our lives?

**Sunday, August 31: "The Power of Our Words"** with **Laura DuBois**. Our thoughts - and the words we use to communicate them - both reflect and reinforce our beliefs. From the classic teachings of Myrtle Fillmore and H. Emilie Cady to the modern-day wisdom of Joe Dispenza, let's explore ways to create the world we want to see.

## First-Sunday Potluck

**Sunday, August 3**

**after the service**

Bring a main dish or salad.

Invite your family & friends!

Unity will provide coffee, tea, & dessert.



## Sacred Women's Circle

**Saturday, August 2**

**10:30 a.m. – Noon**

### Theme: Letting Our Spirit Soar

Calling all women to join **Alice & Doris** in the upstairs Fillmore Wing for a time of connection, meditation, and exploring letting our spirit soar through a Neurographics art play project.

## Parents Empowered by Connecting



**Thursday, August 7**

**5:30-6:30 p.m.**

Parents, Grandparents, and Guardians are invited to join us in the Garden Room for a safe, confidential, and collaborative parent support group. **For information contact Alice Sparks at 541-729-3817.**

## Every First Wednesday *Chanting & Meditation*

Join us August 6<sup>th</sup>, 7 - 8 p.m.

*E*xperience a deeper connection with Spirit through the timeless practice of chanting, both in English and Sanskrit. Between chants, we meditate in silence for 7 to 10 minutes. We conclude with a healing prayer for the world.

Info: Jon West (541) 683-7666  
jwest97405@gmail.com

## Unity Hang Out



**Tuesdays**  
**11:30 a.m. – 1:30 p.m.**

Bring yourself, a friend, a snack and come and hang out at Unity on Tuesdays with Alice and Shawn. Coffee provided.

For more information, contact  
Alice Sparks at 541-729-3817.

## 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](mailto:unityval@riousa.com), or writing us a note, so we can keep our records up to date.

## Empathetic Presence & Nonviolent Communication: A Twice Monthly Primer & Practice Group

**Sunday, August 3 & 17 – 12:15-1:30 p.m.**

Join **Michael Dreiling** upstairs for these practice sessions for empathetic presence and Nonviolent Communication (NVC).

During these sessions, Dreiling will provide templates and examples for practicing self-empathy and offer links and news about other resources for learning NVC.



## Caring from the Heart LGBTQIA++ Support Group

**1st & 3rd Monday, 5:30-7:00 p.m.**

**August 4 & 18**

This group meets in the Garden Room on the 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month. Join them in this safe place to be open and to share, express, and support each other in the LGBTQIA++ community. No judgement, no fear. For more information, contact **Erik at 541-556-0228**.

## Unity's Environmental Action Team (UV EAT)

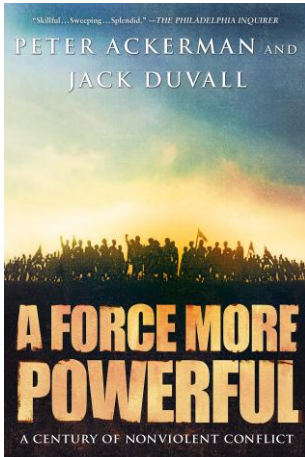
**Sunday, August 10 – 12:30 p.m.**



Join us every 2<sup>nd</sup> Sunday of the month as we explore ways to live in harmony with Mother Earth. For more information, contact **Donna O'Neil** at [yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com) or **Betsy Priddle** at [heavenstobetsy74@gmail.com](mailto:heavenstobetsy74@gmail.com).



# Unity of the Valley Elder Council Presents



## Non-Violent Resistance in Our Community

**Friday, August 15  
6:00 – 8:00 pm**

No charge

Our world is changing. We now live in a world we thought could never exist in our country. How do we gather information to understand what is happening, and how do we respond?

We recently showed the award-winning documentary ***A Force More Powerful***. What did we learn about non-violent resistance movements, why did they occur, and how do they relate to what is happening in America today? What does our resistance movement look like, and how do we get involved?

This is an opportunity to expand our community discussions and build new relationships. We will look at the historical importance of these movements, hear from local movement organizers, and explore how we maintain our spiritual and core values as we move into an era of non-violent resistance in our own community.

**Bring a friend, and help build community.**

The documentary is available on YouTube, but the discussion does not require viewing it.

**If you have questions contact  
Bonnie Paquin at [blpaquin2@gmail.com](mailto:blpaquin2@gmail.com) or 541-556-9669.**

# A Note About Our LGBTQIA++ Support Group

## by Géna Duel



I recently had the opportunity to sit down with **Alice Sparks** and **Shawn Heren** to chat about the **LGBTQIA++ Support Group** and ask them a few questions about this group. What a joy it was to chat with them. And informative too!

**How did the LGBTQIA++ group come about?** Alice wanted to start a group in honor of her son who died from AIDS in October 2005. She asked Shawn and **Erik Peterson** if they would be interested in doing the group with her. They were, and they invited **Jalon Watts** to come and explore what it would look like.

**What was the vision for this group?** To bring a community of congregants and others from the Eugene/Springfield area together and create a non-judgmental, comfortable, and peaceful space where people could support each other. A place where they could feel loved. We envisioned all kinds of people, not necessarily just from the LGBTQIA++ community. We would come together and serve as allies to and for each other.

**What do you do in your group?** We meet twice a month on the 1<sup>st</sup> & 3<sup>rd</sup> Monday from 5:30-7:00 p.m. We have a speaker or facilitator (inside or outside of the group) who tells their story or shares something that they feel called to speak about. We have a sharing time to share what is on our hearts, and education.

**How do you support each other?** We utilize a community chat on our phones so if people are feeling down or having difficulties we can reach out to each other. We also use this to communicate with each other about stuff going on in the group.

**Appreciation.** We appreciate Unity for providing space for us to gather and the ways in which Unity helps advertise our gatherings. We have some amazing people that have joined the group to find out more about us. We are growing, and people from other LGBTQIA++ groups are starting to hear about us so the word is getting out there. We recently had a new person join us, and they shared they felt we are building a stronger LGBTQIA++ community. We currently have from 8-10 people each gathering. We are growing, and there's lots of room for more. It's exciting, and we are grateful.



## **Unity Grief Support Group with Rev. Inge Tarantola**



**Wednesday, August 13 & 27**  
**4:30-5:30 p.m.**

Unity's Grief Support Group is a safe place to share feelings and experience positive change. The loss can be recent or unresolved from years past. Meetings are held at Unity and via Zoom.

For more information, contact **Rev. Inge Tarantola** at **541-968-5540** or [ingetarantola@gmail.com](mailto:ingetarantola@gmail.com).

## **Behind the Lens Seminar SUMMER/FALL 2025**

**Tuesdays, July 22-October 7, 2025 - 7:00 p.m.**

Cost: 12 films for \$30, or \$5 per time.

**Pick up a registration form in the Fellowship Hall.**

A full listing of all 12 movies is on the Registration Form.

**Tuesday, August 5: "A Man Escaped"** directed by Robert Bresson (101 min.)

**Tuesday, August 12: "The Searchers"** (John Wayne) directed by John Ford (119 min.)

**Tuesday, August 19: "Invasion of the Body Snatchers"** directed by Don Siegel (80 min.)

**Tuesday, August 26: "Bob le Flambeur"** directed by Jean-Pierre Melville (102 min.)

## Youth & Family Ministry News



**Y.O.U. (Grades 9-12):** Our Youth of Unity have started a new program. Our teens have created a support group based on Unity's 5 Principles and Unity's 12 Powers. The group opens with a meditation, followed by a check in with their highs and lows from the previous

week, and then they explore one of Unity's 5 Principles or 12 Powers and how they can utilize it in their life. They are looking forward to doing some service projects and outings. We currently have four leaders that have stepped up to facilitate the group: Nalani, Kyra, Tahana, and Leal. If you have a teen (grades 9-12), please contact YFM Coordinator, Alice Sparks, at 541-729-3817 for more information. We're excited about this new offering in YFM.

### Want to Have Some Fun with the Kiddos This Summer?

Our curriculum teachers are on break in July and August. Although the youth (ages 4-18) are taking a break from curriculum, they will still be meeting in the Garden & Rainbow rooms. We will do a check-in, meditation, and then we will be doing activities. We will be going to Tugman park occasionally when we don't have an activity.



**VOLUNTEERS NEEDED:** If you have any teens that are interested in volunteering or you can volunteer, all the more fun for us. If you could commit to one time in August, that would be wonderful. **Contact Alice at 541-729-3817 or email her at [alicesparks48@gmail.com](mailto:alicesparks48@gmail.com)**, or visit her in the YFM office to the right of the stairs in the Fillmore Wing.

**Our kids and our Youth program appreciate your help.**

## FINANCIAL REPORT: We're In This Together!

MONTH(S)	INCOME	EXPENSES	NET
MAY	\$23,793	\$17,399	\$6,394
JUNE	\$32,425	\$36,294	– \$3,869

Hurray! As of July 10th, our community has given over \$15,000 for our Raise the Roof fundraiser! Only \$10,000 more is needed to fully cover our spiritual home! We are also seeing higher Sunday attendance as more people join in the spirit of oneness. Thank you for all the ways you keep Unity thriving!

With deepest appreciation,  
Your Board of Trustees



Scan to reach  
Unity homepage.  
Click DONATE  
on right side

## BOARD of Trustees' MEETING

**Tuesday, August 19**  
**5:00 p.m.**

Board meetings are held in person in the Garden Room and via Zoom. All are welcome to attend.

If you would like to attend via Zoom or speak at the meeting, please contact

**Bonnie Paquin** at  
**541-556-9669** or  
**blpaquin2@gmail.com**.

### August Affirmation

I welcome  
infinite possibilities for  
happiness and harmony  
in my life!



# Summer Congregational Picnic at Rev. Inge's Home



**Saturday, August 16**  
**11:00 a.m.-2:00 p.m.**

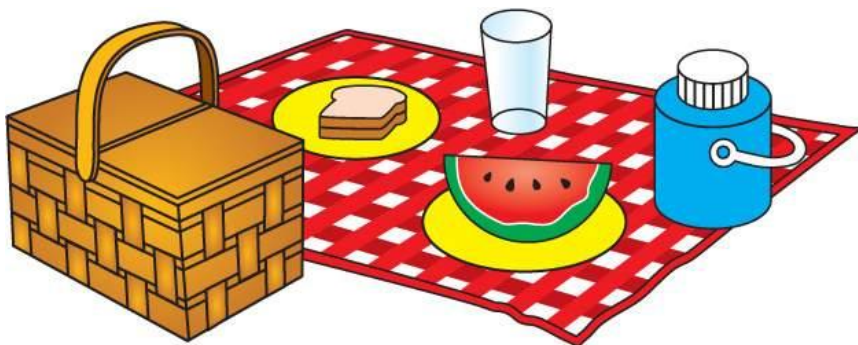


Bring yourself and invite your family and friends to join us at Inge's home for a fun and relaxing time with the Unity Community!

## **What to Bring:**

- Potluck food to share & serving utensils
- Your own dishes and flatware
- A lawn chair and/or blanket

Some tables & chairs provided.



Directions to Inge's will be available in the foyer at Unity on Sunday, August 9.

# **Prayer Works Wonders**

## **Facilitated by Rev. Inge Tarantola**



**Mondays, September 8-29  
6:00-8:00 p.m.**

An invitation to make prayer  
for yourself and others part of your daily life.

Prayer is effective, and prayer changes lives.  
Together, let us explore how and why it works.  
This class can start or enhance your prayer life  
and show the way to transformation.

It also is required if you wish to participate  
in the Prayer and Chaplaincy Ministry.

This is an interactive class that includes demonstrations  
of various approaches to praying for ourselves and others  
and gives the opportunity to learn by doing.

### **Prayer Makes a Difference in Our Lives!**

Required text: *Come Apart for Awhile*  
(available in Unity's Bookstore)

(If money is an issue, you may borrow a copy from Inge)  
Love Offering basis

**Sign up in the fellowship hall!**

Life shrinks or expands  
in proportion to one's courage.  
~Anais Nin

# THERAPEUTIC TOUCH



**Thursday, August 14**  
**3:30-5:00 p.m.**

The Northwest Therapeutic Touch Institute (NWTTI) offers Therapeutic Touch (TT) sessions for those who have taken TT classes, those interested in TT, and those who would simply like to experience a calming, healing TT session. Sessions are offered on the 2<sup>nd</sup> Thursday of each month.

For more info., contact **Bev Forster at 541-520-9358.**

## Open Men's Circle

**First & Third Tuesday of each month**  
**7:00-9:00 p.m.**

The Men's Circle is a safe container where a man can openly and authentically share about his life, with the support and in the company of other men.

Emotional literacy, honesty, integrity, and truth telling will be modeled and invited and held in a structure of confidentiality and safety. There are opportunities for growth, transformation, and fun.

**For more information, contact**

Raymond Albano – 541-285-3943 /

[Ralbano.tmlp@gmail.com](mailto:Ralbano.tmlp@gmail.com) or

Jim Drews – 541-731-8492 / [drewsjim@yahoo.com](mailto:drewsjim@yahoo.com)



## FACEBOOK USERS

Did you know that you can help spread the word about Unity of the Valley? By Liking our Facebook page and then clicking "Like" or "Share" on individual posts, you can let Facebook know that these posts are important and make sure that the posts are seen by MANY more people. Please take a moment now to Like the page and share a Unity post with your friends.



Unity's Facebook page is at

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

## Unity Food Drive

We are collecting food for Food For Lane County to help keep the local pantries stocked. **Please help us fill the barrel in the foyer.**

**Donated items should be shelf-stable food (i.e., canned or no refrigeration needed)**



## UNITY'S BOOKSTORE



Be sure to visit Unity's Bookstore. We have new and used books, jewelry, prayer and affirmation flags, art, journals, cards, trinkets, gift certificates, and much more. Come browse to your heart's content after the service on Sundays and find the special gifts you've been looking for, while supporting 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.

## UNITY SPIRITUAL COMMUNITY SUPPORT FUND

Did you know that Unity has a Spiritual Community Support Fund? This fund was inspired in 2020 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](http://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@rioussa.com](mailto:unityval@rioussa.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.

## YOUTH & FAMILY MINISTRY

### Sunday Gathering for Youth

Our curriculum teachers take a break in July and August. Our youth (ages 4-18) take a break from curriculum, but they still meet on **Sundays from 10:25 to 11:25 a.m.** in the Garden & Rainbow Rooms. We do a check-in, meditation, and then an activity. We will be going to the park occasionally when we don't have an activity. (Nursery care will continue to be offered for infant-4 years old during the service.)

**Nursery** (Infant-4 years old), **Unikids** (4 years old-2<sup>nd</sup> Grade), **Galileans** (Grades 3- 5), **Uniteens** (Grades 6-8), and **Y.O.U.** (Grades 9-12).

## 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.

# 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:

## AUGUST PRAYER

from Rev. Sherry Lady

### In The Light of the August Sun

I stretch out my arms  
and my whole being  
to the full flow of  
spiritual light and love  
that is my inheritance.  
I let this light bathe me  
with spiritual sunshine.

I affirm that I have  
the power and opportunity  
to let this light radiate to all beings.  
I say thank you for the oneness,  
love, and light that is the truth  
of the one power and presence  
that is in all creation.

Amen

## Healing Prayer Circle

We meet **Sundays** 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](mailto:jlinebargertaylor@yahoo.com) or 541-968-5896.

## Dial-a-Prayer Line

Call **541-345-9913**, then **press 7** for an uplifting, affirmative prayer at any time of the day or night.

## Silent Unity

You can call **Silent Unity** 24 hours a day at 816-969-2000 or toll free at 800-669-7729.

## **SUNDAY LIVE STREAM**

**Sunday Services.** Can't be here in person? 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**

**TUESDAYS: Unity Hang Out (Fellowship Hall) 11:30 a.m.-1:30 p.m.** Bring yourself, a friend, a snack, and come and hang out with Alice & Shawn. Info.: **Alice Sparks at 541-729-3817.**

**WEDNESDAYS: UV Community Connect (via Zoom) 2:00-3:00 p.m.** A one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. Led by **Rev. Dick Everts.** Email Rev. Dick at [richard.everts@comcast.net](mailto:richard.everts@comcast.net) for link.

**THURSDAYS: Unity's Council of Elders (upstairs Fillmore Wing) 1:00- 2:30 p.m.** (60 or older) Come explore the journey and wisdom of elderhood. **For more info., Julia Linebarger-Taylor at [jlinebargertaylor@yahoo.com](mailto:jlinebargertaylor@yahoo.com) or 541-968-5896.**

**THURSDAYS: Passage Meditation (Fillmore Wing) 5:30-6:45 p.m.** This group practices "Passage Meditation" as taught by Eknath Easwaran. **For more info., Laurie Cracraft at 541-554-5434.**

### **Ongoing Monthly Groups & Events at Unity**

**Caring from the Heart: LGBTQIA++ Support Group (Garden Room) First & Third Monday of each month 5:30-7:00 p.m.** For more info., **Erik at 541-556-0228.**

**Open Men's Group (Fillmore Wing) First & Third Tuesday of each month 7:00-9:00 p.m.** For more info., contact **Raymond Albano – 541-285-3943 / [Ralbano.tmlp@gmail.com](mailto:Ralbano.tmlp@gmail.com) or Jim Drews – 541-731-8492 / [drewsjim@yahoo.com](mailto:drewsjim@yahoo.com).**

**Unity Grief Support Group** facilitated by **Rev. Inge Tarantola (Garden Room).** Alternating Wednesdays 4:30-5:30 p.m. For more info., **Inge at 541-968-5540.**

**Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 3:30-5:00 p.m.** Join experienced practitioners for a calming, healing Therapeutic Touch session. For more info., **Bev Forster at 541-520-9358.**

## **THE MISSION OF UNITY OF THE VALLEY IS**

To celebrate and express the light and love of God  
in each other and all things.

## **FIVE SPIRITUAL PRINCIPLES TAUGHT BY UNITY**

These ancient universal principles offer foundational guidance for living abundantly and staying in tune with your own divine nature. You will find one or more of them woven into each of our Sunday services.

1. God is everywhere and always present in every circumstance. This divine energy underlies and animates all of existence.
2. Human beings are innately good because they are connected to and an expression of Spirit.
3. Our thoughts have creative power to influence events and determine our experiences.
4. Prayer and meditation connect and align us to our own spiritual nature and to God.
5. It is not enough to understand spiritual teachings. We must apply our learning in all areas of life, incorporating them into our thoughts, words, and actions.

## **CONTACT INFO**

3912 Dillard Rd. (39th & Hilyard St.), Eugene, OR 97405

Office: (541) 345-9913 • Fax: (541) 345-9182

[www.unityofthevalley.org](http://www.unityofthevalley.org)

## **OFFICE & BOOKSTORE HOURS**

Tues–Fri, 10:00 a.m.-1:00 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

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