


unity[®]
of the Valley

August 2022



The Many Paths to Divine Spirit

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 Paths to Divine Spirit

A message from our Ministerial Team

“Ah, look at all the lonely people.
Where do they all come from?...
Where do they all belong?”



So sang the Beatles in “Eleanor Rigby.”
And it's true that from a certain view,
humanity is a crowded yet often lonely affair. We each follow our
own road, one that may be long and winding, or all-too-brief. But
ultimately, we come to the same conclusion: driving straight off
the cliff of mortality into whatever lies beyond. It's an image that
has caused many philosophers to question the sense of it all.

Yet if Unity principles are true, even the briefest life on Earth has
a purpose and a pattern. As eternal rays of Divine Awareness,
we are on a wondrous journey of awakening back to our own
core essence. Each experience, even the most painful ones,
offers lessons that can guide us along this journey.

Fortunate are those who notice the schooling life is giving us.
Instead of being a wanderer seeking some measure of
happiness, we become students blossoming like flowers in the
sunlight of Spirit.

Although our education is greatly assisted by universal principles,
we must each find our own best avenue of growth. Some will
progress by emphasizing the nutrients of divine love and
devotion; others by emphasizing service; others by the practice
of meditation; or all of the above. On this heroic adventure, we
must overcome the dragons that block our way. And we must
leave behind the attachments that distract us from the greatest
treasure of all: our oneness with Spirit.

Throughout this month, we will explore some of these paths of
awakening. May you be inspired to discover the Source and
wholeness of your being as never before.



SERVICES IN AUGUST

Sunday, August 7: “Making Friends with Dragons ~ Moments on the Path that Awaken Our Oneness with Divine Spirit.”

Guest speaker: **Dr. Serenee Smith**. As we journey through life in search of understanding and manifesting our Divine Natures, our paths are often strewn with obstacles or dragons that seem to block our passage. As we learn to recognize these scary lessons as our teachers in disguise, their magical healing gifts begin to transform our lives.

Sunday, August 14: “The Path of Service.” Speaker: **Rev. Sherry Lady**. One cannot be fully alive without relationships with others. We are made for love, to be connected in giving and receiving with others, and ultimately unified with the Divine.

Sunday, August 21: “Living with Devotion.” Speaker: **Rev. Inge Tarantola**. As we deepen our practice of prayer and meditation, we can learn to live our lives from that level of mindfulness and reap the benefits of such devotion.

Sunday, August 28: “Simplify, Simplify, Simplify.” Speaker: **Jon West**. The title is a quote from Henry Thoreau. He famously observed that “the mass of men lead lives of quiet desperation,” in part because of how we complicate our lives. He also noted how we are selling off our inheritance of the natural world instead of appreciating its simple gifts. These are ideas that have never been more timely than today.

Fellowship, Refreshments & Connection



After every Sunday service we offer coffee, tea, and refreshments. Although we will not be serving a meal or using plates or utensils, you are welcome to bring home baked goods or finger food to share.

If you would like to bring a baked good item or finger food to share, please sign up in the Fellowship Hall. On the Sunday you are signed up to bring something, just bring your offering to the kitchen when you arrive for the service. When the weather is good, we will set out the food and some chairs on the lawn outside the kitchen.

Friday, August 12 - Parking Lot Sealing



Although we are still closed due to the COVID pandemic, we are still taking care of our facility. The parking lot was paved in 2019, and the seal coating and striping is finally scheduled to take place on August 12. The parking lot will be open by Sunday, August 14 for the in-person service.

Unity Community Outreach

Our Unity Community did such a great job of donating Food in June that we have decided to extend our **Food Drive** through the summer.

All food collected goes to Food For Lane County to help keep the local pantries stocked. These pantries serve as emergency assistance for people who are in need of food and can help make a real difference to families having enough to eat in a month.



**Please help us fill the barrel in the foyer.
Together We Make a Difference!**

**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.

YOUTH & FAMILY MINISTRY

We offer fun and inspiration for kids ages 5 to 10 years old (4th grade) who are fully vaccinated. 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. Current Safety Precautions for younger 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.

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.

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
MAY	\$13,434	\$13,815	(\$381)
JUNE	\$14,326	\$15,965	(\$1,639)

Through all the ups and downs of these unusual times, our spiritual community has stayed strong and supportive. Our net income *for the year* remains positive in part because of people generously remembering Unity in their Wills. Thanks to all!

In gratitude,
Your Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

Board Trustees' MEETING

**Tuesday August 16
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.

August Affirmation

I am One
with the
invincible Power
of Pure Being.

HAPPY BIRTHDAY
everyone born in the month

AUGUST

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.



PRAYER BLESSINGS FOR AUGUST

from Rev. Sherry Lady

In gratitude for another month of new beginnings,
I affirm each moment is sufficient with abundant grace.

I am lifted up in joy and transformed
by the presence of the Holy Spirit that dwells in me.

I see the light of Spirit abiding in others.

I see opportunities for good in every situation.

I replace every fear with courage and faith.

I pray that my going out and my coming in
will be a blessing for the world.

May we walk in love
as we journey together toward peace
in all lands and hearts everywhere.

Amen

A Note from Board President, Dr. Serenee Smith

UNITY OF THE VALLEY'S MUSICAL STORY

I recently had the opportunity to attend some of the extraordinary concerts presented at the Oregon Bach Festival. Among my favorite pieces were those born out of the composer's day-to-day personal experiences living through extreme hardship. In the depths of their suffering they chose to tell the story of their survival through music and out of this has come some of the most moving compositions ever written.



One composer living in New York, right beside the hospital that became ground zero when Covid 19 first broke out, was told by his doctor that due to his asthma his chances of surviving the virus were slim. So, he set out to chronicle the progression of the pandemic in music as he isolated himself in his apartment for over two years. Another composer, an Auschwitz survivor wrote a piece for the clarinet, violin, and piano into which he poured out his feeling about what he believed to be the last days of his life in a concentration camp.

Listening to these musical stories made me think about the composition Unity of the Valley has created detailing the challenges these last couple of years have presented. We've certainly had our own front row seat as we've navigated our ministry through the ups and downs of the tedious Covid 19 pandemic.

I think that Unity's Musical Story would begin with the sweet overtones of faith provided by the Ministerial Team and the unified vision with which they conducted our ministry. Unity's Board of Trustee's provided the rhythm and steady beat of discipline establishing the valuable polices that would provide the theme for our composition. The Shared Leadership Team with their many diverse tones and voices led with their strong melodies keeping us in tune and on track. Our supporting ministry teams including, prayer, music, youth education, and angel network added their holy harmonies to our growing composition. And our blessed congregation kept us up to date on how many beats we needed to measure the needs of our flock as we carefully made our way.

(Continued on page 9)

A Note from Dr. Serenee Smith continued

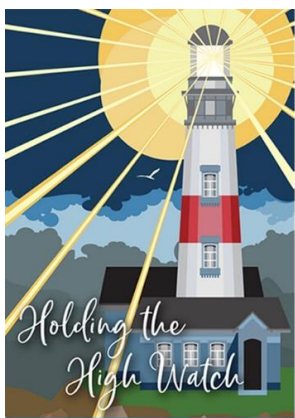
Unity's Musical Story is based on our love for one another, our love for our spiritual community, and our love for the world. It's grounded in our understanding that the Divine Light of goodness shines through each and every one of us directing our every step and decision.

With courage, humility, and grace we as a spiritual family have composed a message of hope and resiliency that has blessed us all. Together as one we continue to add new notes and harmonies to our story as we move forward. We have shown that even in the most difficult or seemingly impossible situations Unity of the Valley is resolute and valiant ~ Our beat it strong, our melodies are enduring, and our spirit is unstoppable!

"Sing to the Lord a new song, sing to the Lord all ye earth!"
Psalm 96



Thursday, September 8



UNITY WORLD DAY OF PRAYER 2022

Be sure to save the date for the annual Unity World Day of Prayer. More information to come in the September Bulletin. Together, we are holding the high watch!

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@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.

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.

A light for one is a light for a hundred.
~The Talmud

Facebook Users: Did you know that you can help spread the word about Unity of the Valley? By Liking  the 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>.

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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