



Unity of the Valley

"Celebrating the One Light in All"



July 2014
The Game of Life
Sunday Service 10:30 am

Rev. Sherry Lady
Co-Minister

Rev. Inge Tarantola
Co-Minister

Jon West
Ministerial Team Member
and Music Director

www.unityofthevalley.org

Message from Our Ministerial Team

The Game of Life

As a ministerial team, we occasionally end our weekly meetings with such statements as, "Life has its way, doesn't it?" or "Life is a mystery, no matter what we think," or "Life is such a trip!," among other comments, sharings, and confirmations that reflect how much we love working together.



So, for July we've felt inspired to use the theme, *The Game of Life*, and see what we glean from our quiet time with Spirit and from the book by Robert B. Stone so affirmatively titled with our principles: *Life without Limits*. You can get your copy in our wonderful bookstore.

We will be covering subjects such as the elimination of fears and phobias, the healing power of our minds, reducing stress, discovering our strengths, the relationship between life energy and money, and the effect of our beliefs and body language on daily life.

With all that exciting exploring still to come, here are some truths we hope will bring a smile to your face this very moment. Are you ready?

1. It's always darkest before the dawn – so, if you are going to steal your neighbor's newspaper, that's the best time to do it.
2. The quickest way to double your money is to fold it in half and put it back in your pocket.
3. Experience is often something you don't get until just after you need it.
4. If you tell the truth, you don't have to remember anything.
5. If you think no one cares whether you're alive, try missing a house payment.
6. If you lend someone \$20 and never see them again, then that \$20 was probably worth it.
7. Never test the depth of the water with both feet.

For other pearls of wisdom, check in with "Headquarters" – Charles Fillmore's adjective for God – and then come and be with us on Sunday mornings.

Blessings,

Your Ministerial Team – Inge, Sherry and Jon

10:30 AM SERVICE AT UNITY OF THE VALLEY

Our Sunday service is powerful, positive, practical, and fun! You'll experience great music, friendly people, and a welcoming atmosphere. The message is always relevant, helping you move through everyday challenges with greater spiritual awareness and fulfillment. Come early and experience Sacred Meditative Space in the Sanctuary from 10:00-10:20 am, with soft background music and occasional guided meditation.

RECORDINGS of the service may be purchased in our Bookstore, or listen to the talks at our website: www.unityofthevalley.org. ASSISTIVE LISTENING DEVICES for people with hearing-impairment are available upon request. Please ask an usher for assistance. FOR PARENTS: Our foyer is equipped with speakers so parents who need to attend to children can still hear the service. Through our Youth & Family Ministry, we offer nursery care and engaging life lessons for young people. See the bottom of this page for more information.

Join us in July as we explore these topics:

- Sunday, July 6:** Breakthrough to Joy (Rev. Inge Tarantola)
- Sunday, July 13:** Unlimited Wealth (Jon West)
- Sunday, July 20:** The Wavelength of Love (Rev. Sherry Lady)
- Sunday, July 27:** Magnify Your Magic (Jon West)

YOUTH & FAMILY MINISTRY (YFM)

A vital key to transforming our world is giving young people practical spiritual tools for living and opportunities to express their innate joy, love, mutual respect, and creative potential. YFM provides all of this every Sunday in a safe, fun, and nurturing environment for five different age groups:

1. Unitots provides childcare with learning opportunities for infants and children up to age 3 or 4;
2. Unikids is the next step up, with children generally in Grades K-2;
3. Galileans is for Grades 3-5;
4. Uniteens is for Grades 6-8;
5. Y.O.U. (Youth of Unity) is for teenagers Grades 9-12.

Through activities that engage both the heart and mind—such as music, stories, drama, arts & crafts, meditation, and community service—participants learn life values that can last a lifetime. These values are reinforced through positive interaction with our adult membership and through retreats, camps, and other special events in the larger community.

Youth & Family Ministry Summer Schedule



JULY-AUGUST – “Summer in the Park.”

Beginning in July, after we all gather together each Sunday for our opening meditation, we will be off to Tugman Park for sunshine and summer play. This will continue through Labor Day weekend. During these months, teachers will be working on the fall curriculum for ages pre-school through 5th grade, titled “The metaphysics of Alice in

Wonderland,” and filling it with some really terrific activities. The teen leaders will be creating curriculum and activities for Uniteens and Y.O.U.

SEPTEMBER – All of us are looking forward to a Southern Oregon special Youth & Family Ministry weekend event in September, to be held here at Unity of the Valley. Northwest Region Consultant, Chris Castaldi, will be here!

Smiles are like pebbles cast into the water.
The ripples spread and spread...
~Fred Van Amburgh

A Warm Thank-You to Earl Strumpell!

We extend a warm thank-you to Earl Strumpell for his incredible work designing our website, and for his ongoing maintenance and upkeep of it.

Earl’s creative talent and technical know-how are wonderful gifts to Unity of the Valley. Earl moved to the Los Angeles area earlier this year, and his willingness to post updates and changes in such a timely fashion is very much appreciated.

We thank you, Earl, for continuing to offer your support while living outside of the area!



Prayer Chain

For immediate prayer, you may call Inge Tarantola at 541-343-4181, or any other prayer chain member. A complete list of members is located next to the prayer box in the foyer. Members on the prayer chain immediately pray for you by telephone. These requests are also sent to Silent Unity for 30 days of 24/7 prayer.

You may also call:

Silent Unity (800) 669-7729 24 hours a day

Unity of the Valley Dial-a-Prayer 541-345-9913, ext. 7

Unity of the Valley Prayer Chaplaincy Line 541-345-9913, ext. 8

July Prayer

WITH WIDE-OPEN HEARTS

In living a life without limits,
we affirm that each of us
has something to give,
so we speak words of kindness
and encouragement to each other.
We offer prayers of encouragement
to link our hearts to the One
and to each other.

May we gather with
friends and family
to share the bonds of the heart –
to see and be seen,
to hear and be heard.

May our cups overflow during
this season of gatherings,
and may we know together that
God is our Source,
and we are one in love.

Amen

Individual Prayer Support Available on Sundays

Our Chaplains are available
for prayer following the
Sunday service.

They are trained to maintain
a spiritual space,
keep confidentiality,
and pray with you.

You also may call the
Chaplain Message Line
(541-345-9913, Ext. 8)
to leave a request for prayer
or for a return call.

Wednesday Noon "Open Heart Meditation"

Every Wednesday, 12-12:30 pm.
Come and open your heart
to feel the complete and
continuous Love of the Divine.

Everyone welcome!

July 2014 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
April	137	\$17,412	\$17,348	\$127
May	117	\$18,432	\$16,395	\$140

Prosperity Giving

Financial giving includes sending \$200 to Unity national organizations. Our Youth & Family Ministry sent \$27 to their sponsored child. We reimbursed our Volunteer Coordinator for a little of her time and travel expenses. We paid for one Minister, the Volunteer Coordinator, and three Board members to attend a regional training in Seattle. We held a donor-appreciation dinner to thank members for their substantial financial donations, and we had a pizza party/ leadership training. Personal gifts included soup provided by the Bookstore, Coming Alive Players, Angel Network, and the Soup Group. The choir sang one Sunday, and three congregants spoke at a special Mother's Day Service.

Prosperity Blessing

Thank you God for your manifest abundance that flows through Unity of the Valley and creates paths of growth for our service to community.



Board Meeting

Tuesday, July 15, at 6:30 pm

Your Board of Trustees holds one board meeting a month, at 6:30 pm on the third Tuesday of every month.

Come and join them in the Garden Room. All are welcome! If you would like to speak at the meeting, please email John Freshwater at freshwater541@gmail.com.

Opener/Closer Ministry

What does it mean to be an "Opener"?

What does it mean to be a "Closer"?

There are members of our community who proudly wear these titles. The "Openers" are people who enjoy preparing the building for our arrival on Sundays, walking into a quiet building and waking it up. They unlock doors, check temperatures and turn on lights. Openers and Closers make sure the ministers have what they need before and during the service. They sit by their side, ready to serve when asked. These wonderful beings find that it makes their hearts happy to make the building a welcoming, pleasant place for all of us.

After we have enjoyed the service and the music, after we have visited with our friends over soup and coffee, and after the discussion group has disbanded, the "Closers" make sure the building is properly shut down. These people are proud to take on this responsibility. They offer their skilled attention to detail to safely put the building to rest until we come to use it again.

We are grateful that these people are so willing to perform the tasks that add so much to our Sunday experience. Thank you, Eva Bird, Darcy Guhl, Sue Martinez, Jan Wulling, Manuela Felkl, Ruth Kaminski, Lori Syphers, and MaryKay Alexander. Thank you, Sharon Craft, for organizing their efforts!

We have a new Special Events Coordinator!



Linda Flock has graciously stepped up to take on the responsibilities of Special Events Coordinator. Linda held this position in the past and enjoyed it.

We have come to rely on the energy and enthusiasm that Linda brings to our community and to everything she does with and for us. She has an excellent team already in place. Lorre Lucas, Jeannine Mercer, and Kaisa Krafft have been covering special events. If you would like to join the team, contact the office at 541-345-9913.

Welcome, Linda, and thank you for your service to Unity!



Unity of the Valley's
Annual

Ice Cream Social

Sunday, July 20
after the service

Join us for ice cream,
chit chat, games, and fun!

Everyone is invited!



Groups/Classes on
Summer Hiatus

Coming Alive Theater Group (July-September 18)

Joy of Watercolor (July-August)

Metaphysical Studies Group (July-August)

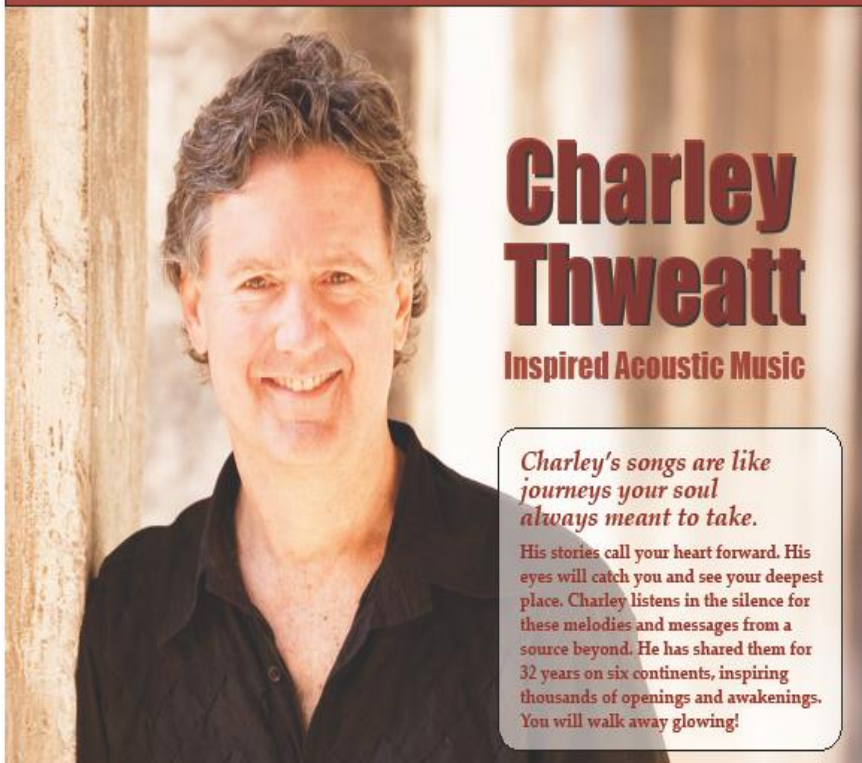
Spiritual Exploration Group (July-August)

Soup on Sundays (July-August)

Taizé Service (July-August)



CONCERT *Visiting from California*



Charley Thweatt

Inspired Acoustic Music

Charley's songs are like journeys your soul always meant to take.

His stories call your heart forward. His eyes will catch you and see your deepest place. Charley listens in the silence for these melodies and messages from a source beyond. He has shared them for 32 years on six continents, inspiring thousands of openings and awakenings. You will walk away glowing!

Friday, July 25th 7:30 - 9:30 p.m.

"Love Remains"

CONCERT

\$20 Suggested Donation

Unity of the Valley

3912 Dillard Rd., Eugene, OR 97405

541-345-9913 unityofthevalley.org

musicangel.com

32 Years Touring

14 CDs

Santa Cruz, California

831.239.3488

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

~Peace Pilgrim

Jeffrey Martin
with Anna Tivel

Saturday, August 2, 7:00 pm
Album Release

Jeffrey Martin grew up in Eugene, and over the years has become heavily involved in the local folk music scene. While Jeffrey is busy touring around the country these days, he caught his first breaks in the Eugene music scene. His music has been compared to the likes of Josh Ritter, Joe Pug, and John Cjorka.



On Saturday, August 2, at Unity of the Valley, Jeffrey will be releasing an ambitious 15-track new album featuring some of the Northwest's best musicians, including Anna Tivel, fiddle player for the Shook Twins, and Sam Howard, bassist for Ruth Moody (of the Wailin' Jennys).



Anna Tivel will open the show. In addition to playing fiddle for the Shook Twins, Anna is an incredible songwriter.

\$10 at the door

A Heartfelt Thank You

We extend a heartfelt thank you to Bonnie Paquin for serving as our volunteer Bookstore Manager. Your love and revitalization of the bookstore was a true gift to Unity.



A Warm Welcome

A warm welcome and a big thank you to Lorre Lucas who is taking over as manager of the Bookstore. We look forward to the ideas, energy, and love she will bring to the Bookstore.

UNITY FAIR
Picnic & Silent Auction
at Inge Tarantola's Home on August 10



We are looking for
auction items and services
to help make our Silent Auction
a wonderful success.

Do you have an item or service you can donate?

Some Suggestions:

Vacation Rentals, Trips, Business Services,
Artwork, Dinners, Yard Work, Massage,
Lessons (music, cooking, horseback riding, etc.)
Flower Arranging, Tutoring, Baked Goods, Gift
Certificates, Antiques/Other Unique Items, Etc.

Share your talents and creativity
for this wonderful event.

To donate, pick up a form in the Fellowship Hall

For more information contact
Bonnie Chappa at bonniechappa@gmail.com or
Bonnie Paquin at 541-345-8873

3rd Annual Unity Multigenerational Camp

Sponsored by Unity Worldwide Ministries, Northwest Region

fun & relaxation

insight & awareness

PLAY III

community connection

spiritual principles-in-action

August 21 – 24, 2014

Cispus Learning Center

Located outside Randle, Washington

Join us for the 3rd annual Multigenerational Camp for all ages and stages to play, grow and build friendships in the beautiful Gifford Pinchot National Forest outside Randle, Washington.

Experiential education on the Cispus Challenge Course will help us put our spiritual awareness into action.



Mark Welch, musician

and you!



Gifford Pinchot Nat'l Forest

For more information and for pricing pick up a registration pack at the sign up table in the Fellowship Hall.

Registration packet is due in Washington no later than August 4th.

OUR "SIMPLE GIVING" PROGRAM

A win-win option is to intentionally give to Unity of the Valley each month on a simple automatic basis! Just pick up a FAQ-and-Application form at the table in the foyer, fill it out with your VISA, MC, or debit card information, and return it to the Unity office. If you prefer, you can make an automatic fund transfer from your bank account by returning the completed form along with a voided check. Your offering amount can be changed or stopped at any time with a simple phone call to our administrator, C  na Duel, at (541) 345-9913. At the end of each year, an accounting of your total donations will be sent to you for your tax records. Thank you for all you do to keep our spiritual community thriving!

eScrip, Unity of the Valley, and You

Did you know that you can support Unity of the Valley –at no cost to you– by shopping at a variety of merchants and signing up for eScrip?

Several merchants in our area donate income to Unity of the Valley every time a participant spends money at their business.

Safeway, Market of Choice, and American Airlines are just a few of the participating merchants.

Pick up a form in the foyer and sign up for eScrip. The instructions will guide you to the eScrip website (www.escrip.com), where you can follow the instructions online, and you can browse through a list of the various participating merchants.

Also, **Fred Meyer** offers community rewards to Unity when participants link their Fred Meyer Rewards Cards to Unity. Fred Meyer's website is www.fredmeyer.com/communityrewards. Our non-profit number is 88185, or you can look us up by name. Every time you shop and use your Rewards Card, you are helping Unity of the Valley earn a donation – and you still earn your Rewards Points, Fuel Points, and rebates, just as you do now.

Sign up today, and help support Unity of the Valley!

Weekly Meditation, Prayer Circles, & Study Groups

See our website (www.unityofthevalley.org) for more information on any of our ongoing circles or study groups.

THE UNTETHERED SOUL (Harmony Room) Sundays, 9:15-10:15 AM. This group, facilitated by **Rojeanne Benton** and **Ruth Beardsley**, is based on the book, *The Untethered Soul*, by Michael Singer. Come and explore with us! Love-offering basis.

AFTER-SERVICE DISCUSSION & SPIRITUAL PRACTICE GROUP (Fillmore Wing) Sundays, 12:00-12:45 PM. Come and explore questions that have arisen from the Sunday topic, and experience group prayer and the deepening of the message from the service.

MEDITATION CIRCLES (Fillmore Wing) Mon, 5:30-6:30 PM/Thurs, 5:30-6:45 PM The Monday group welcomes all meditation approaches and drop-ins. The Thursday group practices "Passage Meditation" as taught by Eknath Easwaran. For more information, contact **Laurie Cracraft (541-345-7563)**.

METAPHYSICAL STUDIES (Harmony Room) Tuesdays, 10:00-11:15 AM. **Judy Richardson (541-484-1958)** and **Janet Chandler (541-485-5235)** facilitate this group. They are currently studying the book *The Last Frontier: Exploring the Afterlife and Transforming Our Fear of Death*, by Julia Assante. **(on hiatus July and August)**

PRAYER SHAWL GROUP (Fellowship Hall) Tuesdays, 12:00-1:00 PM. This group knits and crochets prayer shawls that will bless people who are going through a difficult time with a gift they can wrap around themselves to bring comfort, love, and peace. No experience necessary. **(currently on hiatus)**

A COURSE IN MIRACLES (Fillmore Wing) Wednesdays, 10:00-11:45 AM. facilitated by **Valerie Kearnes (541-914-0431)**. Drop-ins are welcome.

SPIRITUAL EXPLORATION (Garden Room) Wednesdays, 10:00-11:15 AM. This group is studying the writings of *Matthew, Mark, Luke, and John*, and looking at their influence in the world with new eyes. All are welcome at any time. Love-offering basis. **(on hiatus until September)**

OPEN HEART MEDITATION (Peace Chapel) Wednesdays, 12:00-12:30 PM. Join **Valerie Kearnes** in this beautiful experience of opening your heart to feel the complete and continuous Love of the Divine. Everyone is welcome!

COUNCIL OF ELDERS (Fellowship Hall) Thursdays 1:00-2:30 PM. The Council of Elders is a group that meets to define the possibilities and responsibilities of our wisdom years. If you are 60 or older and have an interest, please join us. For more information, contact **Bonnie Paquin** at **541-345-8873**.

(continued on next page)

Weekly Meditation, Prayer Circles, & Study Groups

(continued)

JOY OF WATERCOLOR (Fellowship Hall) Thursdays 10 AM -Noon and Fridays 11:30 AM -1:30 PM. Join **Ellen Ticknor** for the joy and exploration of expressing yourself through the beautiful medium of watercolor. All are welcome. No experience necessary. Donation basis. **(on hiatus until September.)**

SPIRITUAL SUPPORT CIRCLE (Fillmore Wing) Thursdays, 1-3 PM. Join **Kaiven** for spiritual fellowship with like-minded truth seekers progressing on an awakening journey. All are welcome. Donation basis.

COMING ALIVE THEATER GROUP (Sanctuary) Thursdays, 7:00-8:30 PM. Come and practice and learn more about theater and other drama activities. No experience necessary. For more information, contact **Gary or Sunny (541-461-5663) or Sherry (541-485-6874) (on hiatus until September 18).**

Ongoing Monthly Groups & Events at Unity

We offer a wide variety of activities, classes, and workshops here at Unity. This is a brief list of just some of our ongoing activities. For an up-to-date list, check our website (www.unityofthevalley.org).

MEN OF UNITY The Men of Unity Group is currently focused on community projects. For more information on how you can participate, please call **John Freshwater at 541-895-3214.**

THERAPEUTIC TOUCH (Fillmore Wing) First & Third Thursday, 7:00-9:00 PM. The NW Therapeutic Touch Institute offers sessions for anyone interested in practicing or experiencing Therapeutic Touch healing. For more information contact **Bev Forster at 541-484-6571.**

SHAMANIC EVENING (Sanctuary) First Friday, 7:00-9:00 PM. Come and join us as we gather together to celebrate Spirit through drumming and sound. Bring your drums and rattles. Drop-ins are welcome! For more information, call **Sunny or Gary at 541-461-5663.**



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 Céna at unityval@riousa.com, or writing us a note, so we can keep our records up to date.

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 am-4:00 pm

BUSINESS OFFICE

(541) 345-9913

Céna Duel, Administrator

BOOKSTORE

(541) 345-9913, Ext. 12

CHAPLAINCY MESSAGE LINE

(541) 345-9913, Ext. 8

POSITIVE PRAYER LINE

(541) 345-9913, Ext. 7

SILENT UNITY

(800) 669-7729

BOARD OF TRUSTEES

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