

  
of the Valley

July 2017 ~ Joy is Our Home State



**Sunday Service**  
**10:30 a.m.**

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

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

# INTO THE HEART OF HAPPINESS



Joyful celebrations and the month of July seem to go hand in hand. One definition of joy might be: a feeling of happiness so strong and deep that it seems to be bursting through the walls of your heart. Imagine that you sat down to be interviewed by a child about the secret of true, long-lasting joy. How would you answer these questions:

Q: Do you believe that true, long-lasting joy is a real possibility in this world, including for yourself?

Q: What are some of the ways you've sought lasting happiness in the past, and how did those efforts work for you?

Q: Who are the clearest examples you know of people who have experienced true, life-long happiness?

Q: With all your life experience, what do you believe are the keys to experiencing true and lasting joy? How committed are you to following those keys?

Q: If your commitment to experiencing joy is low, why? What else are you committed to that might conflict with your own happiness?

If you struggled with any of these questions, you're not alone—it's part of being human. In Unity, we take a somewhat unusual approach to life's deepest questions. Unity co-founder Charles Fillmore wrote, "Unity is the Truth that is taught in all religions, simplified...so that anyone can understand and apply it."

If you're ready to commit to experiencing joy at a deeper level, join us in July as we plunge into the very heart of happiness.

"I have told you this so that my joy may be in you and that your joy may be complete." John 15:11

Jon and the Ministerial Team



## SERVICES IN JULY

**Sunday, July 2: Three Keys to Feeling Free.** Speaker: **Jon West.**

The very nature of physical existence seems to weigh us down with limitations and responsibilities. Yet, with practice, we can experience a progressive sense of joyful freedom.

**Sunday, July 9: Happiness Lives Within.** Speaker: **Rev. Inge**

**Tarantola.** According to Abraham Lincoln, "Most people are about as happy as they make up their minds to be." Let's look at how to nurture that indwelling happiness.

**Sunday, July 16: Beginning with Yes.** Guest Speaker: **Lorena Smith.** See details on page 8.

**Sunday, July 23: Lightening Up When Life Gets You Down.**

Speaker: **Jon West.** Almost everyone will experience painful setbacks or feel depressed for no obvious reason. But why settle for "getting back to normal" when you can tap into the everlasting joy of the soul?

**Sunday, July 30: Sharing My Joy: A SPECIAL YOUTH-LED SERVICE!** Our youth will be sharing their personal insights and discoveries.



Bring your favorite dish to share.  
Unity will provide coffee, tea, cookies & cake  
to celebrate the July birthdays.

# Youth & Family Ministry News

## Look out world here we come!

The Youth & Family Ministry is going on a world-wind trip in July!

Each week we will be learning about the culture, traditions, sights, tastes, and sounds of a different country. We will have special guests each week who will tell us about their experiences living and visiting in Japan, Africa, Europe, and China. We'll be trying our hand at hitting a cricket ball, learning a new song in French, hearing how families create shelters and celebrate in Africa, and learning games from Japan!

We would love to have some extra hands. If you are willing and able, please contact Christina Scott at 541-222-9971.

Our Y.O.U.ers will be going to Rendezvous in Washington – partially with the proceeds from your generous support at our book sale. Be looking for our next book sale, coming up soon!

## A Warm Welcome To Our New Youth & Family Ministry Coordinator Christina Scott



Christina comes to us with many years' experience in teaching children. She's been a church youth director on three separate occasions, BSA leader for 15 years, girls' camp director, and preschool/daycare director, and has home instructed her own seven children. She has also directed children & youth choirs.

Christina frequently helps out with announcements in our Sunday services and was MC for our last Christmas Eve Service. She has also performed with our Coming Alive Theater Group and is a committed member of our Unity choir.

Christina is excited to work with our children and youth, and to share her vision of our youth becoming a more intricate part of our services, because she believes children are our future!

# Unity of the Valley Prayer Ministry

## July Prayer

### Prayer for Freedom

Spirit, open me  
to the freedom of your presence.  
Let me see beyond every perceived limit  
that I allow to bind me.

Give me the wisdom to see the subtle  
ways people can be in bondage,  
and give me the courage to speak  
for those who have no voice.  
Show me how to love more deeply  
so I can make a difference.

Each day, as we wake to the wonder,  
the joy, and the beauty of creation,  
let us commit to never being a part  
of the exploitation of the earth,  
which is the wondrous manifestation of  
your loving, caring, creative hands.

May we be inspired  
to keep our needs simple,  
our desires soft, our will pliable,  
and our hearts open  
so that, as we establish peace  
in our lives, we may also  
participate in bringing true freedom  
and peace to our world.

Amen



### Chaplains We Are Here for You

Our Chaplains are available for prayer following the Sunday services. Chaplains are trained to maintain a spiritual space, keep confidentiality, and pray with you.

**Call our Prayer Chain** for immediate prayer 9 a.m.-9 p.m. each day. The Prayer Chain contact list is on the prayer request table in the foyer.

You can also call **Silent Unity** 24 hours a day at (800) 669-7729.

**Fill out a prayer request form** and place it in the prayer box in the foyer.

Members of our prayer team will pray for you for two weeks, and then we will send your request to Silent Unity for another 30 days of prayer. All requests are held in complete confidentiality.

**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.

## Celebration Ministry

We all look forward to the annual Unity Friendship Picnic at Tugman Park. This year it will be held on Sunday, August 6. Every year we take our tables, chairs, and BBQ grills to the park.

It takes a team of volunteers to make all this happen. We need the people with trucks and space to help move all the food and coolers, as well as the BBQ and the tables and chairs.

Other volunteers will help set up the tables and get them ready for everyone, and the cooks will get the grills going. After the service, everyone will arrive with their potluck dishes, and a volunteer will make sure everything is arranged nicely. Volunteers are also needed to make sure there are games for both the youth and adults.

Please check the sign-up sheet in the Fellowship Hall to see how you can best help with this fun event. Let's all have a great picnic this summer!

Namasté  
Ellen Ticknor

## Summer Salads at Unity



In July, August, and September, instead of soup on Sundays, we will be having summer salads.

Unity will provide the lettuce, and we encourage you to bring an item to add to the salad. We have a sign-up sheet in the Fellowship Hall for people who would be able bring a BIG salad on one Sunday (could be a green salad, fruit salad, pasta salad....)

We will continue our First-Sunday Potlucks!

## FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
APRIL	\$18,456	\$17,805	\$651
MAY	\$19,948	\$17,007	\$2,941

As you can see, our financial picture over the last few months has been positive. Thank you for your generous support of our spiritual community! A special thanks to those who signed up for our **Simple Giving auto-donation program** as we head into the summer months. Even when you're gone, Unity will still be here, offering a sacred place for growth and connection.

With love and appreciation,  
Your Board of Trustees.



The church office will be closed on Tuesday, July 4th, in observance of Independence Day!

**Board**  
**of Trustees'**  
**MEETING**

**TUESDAY, JULY 18**  
**6:30 P.M.**

All are welcome to attend this meeting. Join us in the Garden Room. If you would like to speak at the meeting, please contact Pam Gutierrez at 541-232-5612.

Minutes of the board meetings are posted in the Fellowship Hall on the Board bulletin board.



**Sunday, July 16**  
**“Beginning with Yes”**  
**with Lorena Smith**



In order to find that internal place of joy, it is important to embrace all parts of ourselves, all parts of our experience. Saying "Yes!" to the present moment, whatever that looks like, keeps us mindful of the fact that we always have a choice. Gifts are tucked away in every experience, every part of ourselves. Are we willing to find and embrace them? As Byron Katie says, "Life is simple. Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon or too late. You don't have to like it, it's just easier if you do."

**Rev. Lorena Smith** is a mom of five, whose personal transformation and diagnosed Stage-4 cancer have made her a powerful inspiration. She recently was chosen to be the opening speaker for Caroline Myss at Oregon State University.

**2017 UNITY RAFFLE**  
**2 nights in Yachats beach house**  
**the week of September 13-17**

**Be guests of Jerry & Ann Woeste (Up to 4 People)**  
**One dinner and all breakfasts provided**  
**\$1 per ticket, or \$5 for 6 tickets**  
**Funds raised go towards upgrades to our facility!**





Unity of the Valley

# Silent Auction

Sunday, July 16 – 4:00-7:00 p.m.

## Hawaiian-Themed Dinner

(Vegetarian friendly, includes dessert and one alcoholic beverage)

Unity is holding an adults-only Silent Auction Fundraiser at the home of Inge Tarantola. Join us for a great dinner, a walk in the gardens, awesome music, time with friends, and shopping for some wonderful items and services at the Silent Auction.



### Tickets:

**\$15 per person or \$25 for two**

Funds raised go  
toward upgrades to  
Unity's facility!

### 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. Thanks!



The Grief Recovery Method®

## GRIEF SUPPORT GROUP

Thursdays, July 20-September 7  
6:30-8:30 p.m.

People say you have to let go and move on in life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method® is an action program for moving beyond death, divorce, and other losses. The Grief Recovery Method® Support Group not only makes that possible, but provides partnerships and guidance to ensure that it happens.

**Orientation Meeting**  
**Thursday, July 13 — 6:30 p.m.**

Offered on a donation basis. \$15 fee (due the first class) for the required text, *The Grief Recovery Handbook*. Meets in the Garden Room. **For more information**, contact Zana Zeigler, MDiv., MEd, LPC Certified Grief Recovery Method® Specialist at 541-517-1495.

## Book Reading and Signing with Author Marianne Brettell-Vaughn

**Sunday, July 23 — 12:00-1:00 p.m.**



Join Marianne Brettell-Vaughn in the Sanctuary at Unity for a free talk and book signing on her new gardening guide, written by her and Mary Tannheimer.

This book will open your eyes and heart to the wonders of nature and its immense spiritual power. Brettell-Vaughn introduces the foundations of gardening, and explores the dangers posed to the natural order by climate change, chemical pesticides, and GMOs. This book will help you to garden better—and it will show you the spiritual heights you can reach with a curious soul and an understanding heart!

## Gentle Yoga at Unity with Donna

**Tuesdays at Noon to 1:30 p.m.  
August 1-September 12**



7-class series. A cooling relief on hot summer days. Develop calming balance, grace, strength and alignment. Join us upstairs.

Summer discounted cost is \$45 for the 7-week series.

Please register in advance with Donna O'Neil at [yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com), or call 541-683-7664.

## Unity's Angel Network

The Angel Network is a group of volunteers who come together to create a circle of caring for the people of our community when they are in need of supportive hospital or home visits, a ride to church or an appointment, a hot meal, a small home repair, yard work, or other short-term assistance.

- ♥ If you or someone you know in our church community has a need, please let us know by completing a **"How Can Angel Network Support You"** form found on the Angel Network Table in the Fellowship Hall.
- ♥ You can also leave a request on the Angel Network Request line, which is 541-345-9913, ext. 14.
- ♥ If you would like to become a volunteer on the Angel Network, please complete an **"Angel Network Info & Resources"** form, and place it in the box on the Angel Network Table in the Fellowship Hall.
- ♥ We also accept donations of gift cards from food stores, money to purchase Ride Source coupons, and cash to have on hand for emergencies.

Unity of the Valley Youth & Family Ministry presents:

# **ONENESS WITH NATURE**

## **CHILDREN'S CHURCH**

**K-12 Sundays August 6, 13, 20, and 27**  
**(10:00 a.m.-Noon)**

### **COME AND EXPERIENCE:**

Guided Nature Walks

Mindful Meditations  Stories about Nature

Nature Songs & Circle Shares   
Animal Totems



Earth-Food-Body Connection  
Growing Healthy Food  
Mindful Eating (snacks provided)

Reduce, Reuse, Recycle  
Community Outreach



**Facilitators:** Sally Crum, B.A., trained with Whole Earth Nature School and Unity Camp Counselor, and Gerilyn Van, M.A., trained by Nature Life Lab and Mindful Schools.

### **For more information:**

Sally Crum at 541-520-2408

## **The Unity Friendship Picnic is Sunday, August 6**

**It takes a village to put it on, and we need YOU!**

We are looking for:

- 6 people for set-up (slicing tomatoes, making coffee, loading up food, condiments, and cooking utensils and transporting them to the park).
- 3 people to assist at the food tables during the picnic (in rotation, so everyone gets to enjoy some free time).
- 6-8 people for clean-up (transporting things back to the church, getting the dishwashers loaded, etc.).
- 5 grillers (BBQ hamburgers and hot dogs).
- 3-5 people to assist with games and activities.

**If you would like to help with this event,  
please sign up in the Fellowship Hall!**

Unity of the Valley's  
**Annual Friendship Picnic**  
at Tugman Park  
**Sunday, August 6 (after the service)**



Bring yourself, and invite your family and friends to join us at Tugman Park for food, fun, relaxation, activities for kids, and more!

Bring a potluck food to share, and a lawn chair and/or blanket. Unity will supply hamburgers, hot dogs, lemonade, and utensils.

## **Weekly Meditation, Prayer Circles, & Study Groups**

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

**SUNDAY MORNING READING GROUP (Fillmore Wing) Sundays 9:15-10:15 A.M.** This group is studying the book, *Callings*, by Gregg Levoy. Everyone welcome.

**AFTER-SERVICE DISCUSSION GROUP (Fillmore Wing) Sundays, 12:00-12:45 P.M.** Join with others in sharing insights that have arisen from the Sunday topic.

**MEDITATION CIRCLES (Fillmore Wing) Mondays, 5:30-6:30 P.M./Thurs., 5:30-6:45 P.M.** 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** at **541-345-7563**.

**TUESDAY MORNING BOOK GROUP (Harmony Room) Tuesdays, 10:30-11:45 A.M.** This group reads together and discusses books chosen unanimously. For more information, contact **Judy Richardson** at **541-484-1958**.

**NOON PRAYER & MEDITATION (Peace Chapel) Wednesdays, 12:00-12:30 P.M.** Join **Linda Flock** in this beautiful experience of opening your heart to feel the complete and continuous Love of the Divine. Everyone is welcome!

**SPIRITUAL SUPPORT GROUP FOR HEALTHY LIVING (Harmony Room), Thursdays, 11:45 a.m.-12:45 p.m.** is studying *A Course in Weight Loss*, by Marianne Williamson, in the Harmony Room. Donation basis. For more information, contact **Corlea Sue** at **541-747-2404**.

**COUNCIL OF ELDERS (Garden Room) Thursdays, 1:00-2:30 P.M.** 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**.

**COMING ALIVE THEATER GROUP (Sanctuary) Thursdays, 7:00-8:30 P.M.** 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)**. (On hiatus until September 7.)

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

**UNITY OPEN MEN'S CIRCLE (Fellowship Hall) First and Third Monday, 7:00-9:00 P.M.** The Men of Unity Group is open to all men in our church and our larger Eugene community. For more information on how you can participate, please contact **Raymond Albano** at **541-285-3943**.

**PRAYER SHAWL GROUP (Fellowship Hall) Second Thursday, 12:00-1:00 P.M.** 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. For more information, contact **Inge** at **541-968-5540. (on hiatus)**

**THERAPEUTIC TOUCH (Fillmore Wing) First & Third Thursday, 7:00-9:00 P.M.** 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**.

**Calling all  
Musicians, Actors, Dancers, and Storytellers  
COME JOIN OUR CABARET!**

On Friday, September 22, at 7:00 p.m., Unity of the Valley will host a delightful evening of entertainment provided by our very own congregants. We would love to have musical acts, presenters of limericks, poetry, monologues, comedy routines, dancing, or even bawdy sailor songs!

Acts should be no longer than 4 minutes.

We will have a dress rehearsal on  
Saturday, September 17, starting at 2:00 p.m.

**If you would like to be part of the show, please contact  
Laura DuBois at [ladubois@gmail.com](mailto:ladubois@gmail.com) or 732-687-3571.**



## 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](http://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

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