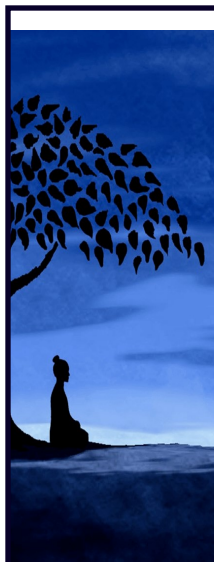




# Unity of the Valley Spiritual Center

350 N. Orchard Avenue • Vacaville, CA 95688 • (707) 447-0521 • [www.unityvacaville.org](http://www.unityvacaville.org)

- June 2023 -



## Mindfulness Meditation

*Facilitated by Rev. Dalia Adams*

**Thursdays  
May 11 through June 29  
10:15 -11 a.m. Via Zoom**

*Slow down racing thoughts, let go of negativity, and calm both your mind and body. Become fully focused on "the now" so you can acknowledge and accept your thoughts, feelings, and sensations without judgment.*

**If you have not signed up for this class but are interested in joining contact the office to get the Zoom invite**



Come by and say hello to the Unity of the Valley volunteers participating in this event

If you would like to help out contact Maisie Hughes at 707-803-1749 or [marywhughes@gmail.com](mailto:marywhughes@gmail.com)



## Thursday, June 15 - LifeLine Health Screening

*Take a step toward staying healthy and active.*

**Pre-registration is required**

For appointment call 1-800-640-6307 for visit LLSA.SOCIAL/HC



***Daily Word Contemplative Prayer Service  
Wednesdays at 6 p.m. in our sanctuary  
led by our Prayer Chaplains***

## ***Celebrating our oneness ~ Honoring our diversity***

Unity of the Valley Spiritual Center is dedicated to the Belief in God as universal Spirit  
Our purpose is to provide opportunities for each individual to express their inner Christ Spirit

# Ongoing Classes and Activities . . .

Email the church office at [unityvv@pacbell.net](mailto:unityvv@pacbell.net) to request an invitation to Zoom meetings

## Mondays

NA (Narcotics Anonymous) - 6:30 p.m.

## Tuesdays

FA (Food Addicts in Recovery Anonymous) - 7:00 p.m.

## Wednesdays

Prayer Group - 1:30 p.m. (via Zoom)

A Course in Miracles— 7:00 p.m. —facilitated by Rev Dalia Adams (via Zoom)

Daily Word Contemplative Prayer Service - 6:00 p.m. - facilitated by Prayer Chaplains

Silent Meditation—6:30 p.m. (Available online)

## Thursdays

Men of Unity Breakfast - 8:30 a.m. - Second and Fourth Thursday of the month - Held at a variety of local restaurants

Contact Bob Panzer at 707-410-8839 / [rmp572@gmail.com](mailto:rmp572@gmail.com) or Dave Rybicki at [drybicki@solanowireless.com](mailto:drybicki@solanowireless.com) for location and information

Women of Unity Potluck Luncheon - 11:30 a.m. - Third Thursday of the month - Email Pat Chinperetz at [chinperetz@comcast.net](mailto:chinperetz@comcast.net) for location

Spiritual Classics Reading Room - 1:00 p.m. (via Zoom)

Board of Trustees Meeting - 4:00 p.m. - Third Thursday of the month (via Zoom)

NA (Narcotics Anonymous) - Women's Group - 5:00 p.m.

NA (Narcotics Anonymous) Men's Group - 7:00 p.m.

## Fridays

Prayers for the World, First Friday at 5:00 p.m. (available online)

'4th Friday Feed' - Community Kitchen at Epiphany Episcopal Church, 12:00-7:00 p.m. - Fourth Friday of the Month - Volunteers are always needed

## Sundays

Worship Celebration - 10:00 a.m. - In person and live-streamed at [www.unityvacaville.org](http://www.unityvacaville.org)

NA (Narcotics Anonymous) - 5:30 p.m.

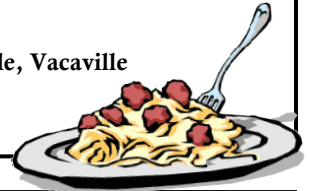
## Join the Women of Unity for a Potluck Lunch!

The Women of Unity meet at 11:30 a.m. on the Fourth Thursday of the month

Contact Pat Chinperetz at [chinperetz@comcast.net](mailto:chinperetz@comcast.net) for more information

*Women of all ages are welcome!*

Join the Women of Unity on June 22 at Vaquero Café - 1010 Vaquero Circle, Vacaville  
Come share your "Yay! Moments" with the group

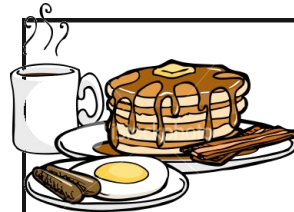


## Join the Men of Unity for Breakfast!

The Men of Unity meet at 8:30 a.m.

on the Second and Fourth Thursday of the month at various local eateries.

Contact Bob Panzer at 707-410-8839 / [rmp572@gmail.com](mailto:rmp572@gmail.com) or Dave Rybicki at [drybicki@solanowireless.com](mailto:drybicki@solanowireless.com) for location and information



## Community Kitchen at Epiphany Episcopal Church

Fourth Friday of the Month 12:00-7:00 p.m.

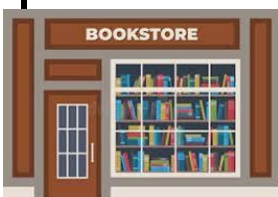
We invite you to join us in this important community outreach team and help feed the homeless and hungry

Contact the church office at 707-447-0521 or [unityvv@pacbell.net](mailto:unityvv@pacbell.net) for more information



The Unity Bookstore is now open on the second and fourth Sunday of the month before and after the service

*Stop by and say hello*



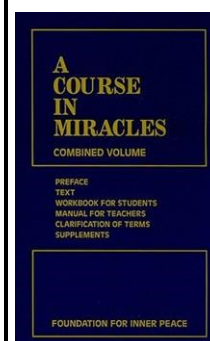
The Bookstore also available during normal office hours  
Tues. & Thurs 9 a.m.-1 p.m.

## A Course In Miracles

Wednesdays - 7:00 p.m.

Facilitated by Rev. Dalia Adams

Via Zoom - email the church office at [unityvv@pacbell.net](mailto:unityvv@pacbell.net) to request an invitation



## Church Directory . . .

**Senior Minister:** Rev. Dr. Dalia Adams

**Board of Trustees:**

Phyllis Flemings, President  
John Working, Vice President  
Leticia Widemann, Secretary  
John Thompson, Treasurer

**Licensed Unity Teachers:** Carol Sublett

**Minister's Assistant:** Warren Spayth

**Office Manager/Newsletter:** Marcella Mackes

**Prayer Chaplains:**

Warren Spayth, Patt Florez, Cheryl Potts,  
Genevieve Cushing

**Youth Education Team:**

Genevieve Cushing - Youth Ed Director/YOU Sponsor

**SEE Education Director:** Carol Sublett, LUT

**Sound Technicians:**

Warren Spayth, Thomas Nabarrete, Roy Morris

**Bookstore:** Carol Sublett

**Volunteer Coordinator:** Marcella Mackes

**Webmaster:** Lisa Murray

**Video Technicians:**

Jim Stueve, Bobbi Fortner, Gloria Ramirez,  
John Working

## Did you Know? . . .


- **Prayer Chaplains** are available for prayer support, home or hospital visits, and listening when you need someone. Prayer Chaplains are available after church on Sunday or may be reached by calling the church office (Mailbox #6).
- **Prayer requests** are read in strictest confidentiality, placed in our prayer chest, then sent to Silent Unity where they are held in prayer for 30 days.
- **Lending Library:** If you need a book for a class or for your personal spiritual enrichment they can be checked out from our lending library. The library is available on Sundays before and after the service and during normal business hours Monday-Thursday.
- **Bookstore:** The Bookstore is available the Second and Fourth Sundays before and after the 10 a.m. service and on Tuesdays and Thursdays during normal office hours.
- **You can support Unity of the Valley Spiritual Center by making a donation through our website:** We are able to accept one-time donations or recurring donations made with any major credit card or PayPal. Simply select the blue donate button and follow the prompts.
- **You can support Unity of the Valley Spiritual Center by making a donation through Text 2 Give:** Simply text the word GIVE to 707-316-8325 and follow the directions.
- **You can put your tithe and Love Offerings on your credit card:** Credit card donation forms are available by contacting the church office.



### UNITY PRINCIPLES

- ◆ God is good and everywhere present.
- ◆ The spirit of God lives within each person, therefore, all people are inherently good.
- ◆ We create our life experiences through our way of thinking.
- ◆ There is power in affirmative prayer, which we believe increases our connection to God.
- ◆ Knowing and understanding Unity principles is the foundation. Taking action based on the truth principles transforms our lives and the world.

## June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Mindfulness Med. - 10:15 a.m. Spiritual Classics - 1:00 p.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	2	3 Vacaville Pride Summer Festival - Andrews Park 12 p.m.
4 10:00 am Service NA - 5:30 p.m.	5 NA - 7:00 p.m.	6 FA - 7:00 p.m.	7 Prayer Grp - 1:30 p.m. (via Zoom) Daily Word Contemplative Prayer Service - 6:00 p.m. ACIM - 7:00 p.m. (via Zoom) Meditation (online) Centering Prayer (online)	8 Men of Unity - 8:30 a.m. Mindfulness Med. - 10:15 a.m. Spiritual Classics - 1:00 p.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	9 Women's Retreat ----->	10 <-----Women's Retreat
11 10:00 am Service NA - 5:30 p.m.	12 NA - 7:00 p.m.	13 FA - 7:00 p.m.	14 Prayer Grp - 1:30 p.m. (via Zoom) Daily Word Contemplative Prayer Service - 6:00 p.m. ACIM - 7:00 p.m. (via Zoom) Meditation (online) Centering Prayer (online)	15 LifeLine Health Screenings Mindfulness Med. - 10:15 a.m. Spiritual Classics - 1:00 p.m. Board Meeting NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m. .	16	17 Lagoon Valley Park Litter Cleanup and Picnic - 8 a.m. AKA - 9:30 a.m.
18 10:00 am Service NA - 5:30 p.m. 	19 NA - 7:00 p.m.	20 FA - 7:00 p.m.	21 Prayer Grp - 1:30 p.m. (via Zoom) Daily Word Contemplative Prayer Service - 6:00 p.m. ACIM - 7:00 p.m. (via Zoom) Meditation (online) Centering Prayer (online)	22 Men of Unity - 8:30 a.m. Mindfulness Med. - 10:15 a.m. Women of Unity - 11:30 a.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	23 4th Friday Feed Community Kitchen at Epiphany Episcopal Church	24
25 10:00 am Service NA - 5:30 p.m.	26 NA - 7:00 p.m.	27 FA - 7:00 p.m.	28 Prayer Grp - 1:30 p.m. (via Zoom) Daily Word Contemplative Prayer Service - 6:00 p.m. ACIM - 7:00 p.m. (via Zoom) Meditation (online) Centering Prayer (online)	29 Mindfulness Med. - 10:15 a.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	30	

### Schedule of On-going Classes and Activities

- Mondays, 7:00 p.m. - Narcotics Anonymous (NA)
- Tuesdays, 7:00 p.m. - FA (Food Addicts in Recovery Anonymous)
- Wednesdays, 1:30 p.m. - Prayer Group (via Zoom)
- Wednesdays, 6:00 p.m. - Daily Word Contemplative Prayer Service
- Wednesdays, 7:00 p.m. ACIM facilitated by Rev. Dalia Adams (via Zoom)
- Wednesdays, 7:00 p.m. - Centering Prayer (online)
- Wednesdays - A Time of Silent Meditation (online)
- Thursdays, 5:00 p.m. - Narcotics Anonymous Women's Group (NA)
- Thursdays, 7:00 p.m. - Narcotics Anonymous Men's Group (NA)
- Second and Fourth Thursday, 8:30 a.m. - Men of Unity Breakfast
- Third Thursday, 4:00 p.m. - Board of Trustees Meeting (via Zoom)
- Fourth Thursday, 11:30 a.m. - Women of Unity Luncheon
- Fourth Fridays, 12:00-7:00 p.m. - Community Kitchen at Epiphany Episcopal Church
- Sundays, 10:00 a.m. - Worship Celebration
- Sundays, 5:30 p.m. Narcotics Anonymous (NA)





#### Unity of the Valley Spiritual Center

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## July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:00 am Service Ice Cream Social - 11:30 a.m. NA - 5:30 p.m. 	3 NA - 7:00 p.m.	4 FA - 7:00 p.m. 	5 Prayer Grp - 1:30 p.m. (via Zoom) Daily Word Contemplative Prayer Service - 6:00 p.m. ACIM - 7:00 p.m. (via Zoom) Meditation (online) Centering Prayer (online)	6 Mindfulness Med. - 10:15 a.m. Spiritual Classics - 1:00 p.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	7	8
9 10:00 am Service NA - 5:30 p.m.	10 NA - 7:00 p.m.	11 FA - 7:00 p.m.	12 Prayer Grp - 1:30 p.m. (via Zoom) Daily Word Contemplative Prayer Service - 6:00 p.m. ACIM - 7:00 p.m. (via Zoom) Meditation (online) Centering Prayer (online)	13 Men of Unity - 8:30 a.m. Spiritual Classics - 1:00 p.m. Mindfulness Med. - 10:15 a.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	14	15
16 10:00 am Service NA - 5:30 p.m.	17 NA - 7:00 p.m.	18 FA - 7:00 p.m.	19 Prayer Grp - 1:30 p.m. (via Zoom) Daily Word Contemplative Prayer Service - 6:00 p.m. ACIM - 7:00 p.m. (via Zoom) Meditation (online) Centering Prayer (online)	20 Mindfulness Med. - 10:15 a.m. Spiritual Classics - 1:00 p.m. Board Meeting NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	21	22 Lagoon Valley Park Litter Cleanup and Picnic - 8 a.m.
23 10:00 am Service NA - 5:30 p.m.  30 10:00 am Service NA - 5:30 p.m.	24 NA - 7:00 p.m.  31 NA - 7:00 p.m.	25 FA - 7:00 p.m.	26 Prayer Grp - 1:30 p.m. (via Zoom) Daily Word Contemplative Prayer Service - 6:00 p.m. ACIM - 7:00 p.m. (via Zoom) Meditation (online) Centering Prayer (online)	27 Men of Unity - 8:30 a.m. Mindfulness Med. - 10:15 a.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	28 4th Friday Feed Community Kitchen at Epiphany Episcopal Church	29

### Schedule of On-going Classes and Activities

- Mondays, 7:00 p.m. - Narcotics Anonymous (NA)
- Tuesdays, 7:00 p.m. - FA (Food Addicts in Recovery Anonymous)
- Wednesdays, 1:30 p.m. - Prayer Group (via Zoom)
- Wednesdays, 6:00 p.m. - Daily Word Contemplative Prayer Service beginning January 25
- Wednesdays, 7:00 p.m. ACIM facilitated by Rev. Dalia Adams (via Zoom)
- Wednesdays, 7:00 p.m. - Centering Prayer (online)
- Wednesdays - A Time of Silent Meditation (online)
- Thursdays, 5:00 p.m. - Narcotics Anonymous Women's Group (NA)
- Thursdays, 7:00 p.m. - Narcotics Anonymous Men's Group (NA)
- Second and Fourth Thursday, 8:30 a.m. - Men of Unity Breakfast
- Third Thursday, 4:00 p.m. - Board of Trustees Meeting (via Zoom)
- Fourth Thursday, 11:30 a.m. - Women of Unity Luncheon
- Fourth Fridays, 12:00-7:00 p.m. - Community Kitchen at Epiphany Episcopal Church
- Sundays, 10:00 a.m. - Worship Celebration
- Sundays, 5:30 p.m. Narcotic Anonymous (NA)



#### Unity of the Valley Spiritual Center

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# Unity of the Valley Spiritual Center Financial Statement

## January-March 2023

	January - March 2023	Annual Budget	\$ Under/Over Budget
Income			
300.00 · INTEREST	.09	1.00	-.91
400.00 · BOOKSTORE	43.25	75.00	-31.75
410.00 · CLASSES/ WORKSHOPS/ SPECIAL EVENTS	426.00	8,125.00	-7,699.00
419.00 - SUBTENANT INCOME	0.00	12,000.00	-12,000.00
420.00 · CONTRIBUTIONS	48,608.59	210,300.00	-161,691.41
430.00 · FACILITY & PROPERTY	2,830.00	8,800.	-5,970.00
460.00 · FUNDRAISERS	436.70	14,320.00	-13,883.30
490.00 · MISCELLANEOUS INCOME	1.01	20.00	-18.99
Total Income	52,345.64	253,641.00	-201,295.36
Expense			
600.00 · ADMINISTRATIVE	6,216.99	26,537.12	-20,320.13
605.00 · BOOKSTORE EXPENSES*	3.00	505.00	-502.00
610.00 · EDUCATION	400.00	2,700.00	-2,300.00
620.00 · FACILITY**	14,215.74	56,905.89	-42,690.15
625.00 · FUNDRAISER EXPENSES	0.00	1,500.00	-1,500.00
630.00 · MINISTRY	4,183.84	14,131.69	-9,947.85
640.00 · PAYROLL	32,140.11	137,673.00	-105,532.89
650.00 · TITHES & CHARITABLE GIVING	2,253.58	12,488.30	-10,234.72
6560 · PAYROLL EXPENSES	704.75	1,200.00	-495.25
Total Expense	60,118.01	253,641.00	-193,522.99
<b>Net Income</b>	<b>-7,772.37</b>	<b>0.00</b>	<b>-7,772.37</b>

\*Includes Inventory Purchases and Sales Tax Paid

\*\* Includes Mortgage Principal Payments

*We acknowledge God as our source and see abundance flowing forth blessing  
all that we have and all that we give.*

*We gratefully bless those who share their prosperity that we may serve  
Spirit's work as our Unity community.*

### Cash on Hand as of March 31, 2023

Savings:	\$ 3,644.72
Checking:	\$ 63,465.58
Flower Fund:	\$ 135.30
Petty Cash:	\$ <u>9.34</u>
Total All Accounts	\$ 67,254.94
Total Available Cash:	\$ 62,590.45

## Coming Soon . . .



### Come Celebrate Summer!

**Sunday, July 2 - 1:30 a.m. Ice Cream Social in Unity Hall**

Bring your favorite ice cream topping to share and we'll do the rest!

### Saturday, July 22 - 8 a.m. -12 p.m. - Lagoon Valley Park Litter Cleanup & BBQ Potluck Picnic

As a service to the community, Unity of the Valley Spiritual Center will be hosting a Lagoon Valley Park Litter Cleanup followed by a potluck picnic at the Pena Adobe Picnic Pavilion. There is no cost - All are welcome - bring your friends. **Bring:** Hat, gloves, trash bags, sunscreen, water and litter grabber (some grabbers are available) **Potluck items to bring:** Watermelon, Baked Beans, Potato salad, Cole Slaw, Buns, Salad, Condiments (ketchup, relish, mayonnaise, mustard, pickles), iced tea, soda. Sign up for items at Unity or call (707) 447-0521. BBQ chicken, hot dogs, veggie burgers, hamburgers, paper products and utensils will be provided



### Sunday, August 20 - Opening the Intuitive Gate - The Keys to Developing *Your* Intuition with Will Tuttle, Ph.D.

An acclaimed pianist, composer, and author, Will Tuttle unites both eastern and western meditation traditions and is a Dharma Master in the Zen tradition. Uplifting, philosophical, musical, and both challenging and reassuring, this is a workshop that can change lives, as we invite spirit to work its wonders on the ultimate frontier: the human heart. **More information out soon**

## Volunteer Opportunities

If you are looking for ways to lend a helping hand the following teams are looking for you!

- ♦ **Usher/Greeter** - This team is "the face of the church" - the team meets and greets all who enter and make sure newcomers feel welcomed. This is a one week per month commitment
- ♦ **Flower Committee** - This team provides the beautiful and inspiring flower arrangements that adorn the church.
- ♦ **Hospitality Team** - Without this team there would be no coffee or treats to enjoy after the service! This is a one week per month commitment.
- ♦ **4<sup>th</sup> Friday Feed** - We have an urgent need for volunteers to assist with this important community outreach team. This is a once per month commitment. We need:

Help with shopping (UVSC covers the cost of food and supplies) \* Help with prep and cooking

Help Serving \* Help with clean-up

Interested? contact the church office at 707-447-0521 or [unityvv@pacbell.net](mailto:unityvv@pacbell.net) for more information

### The Prayer of Protection

The Light of God surrounds you.

The Love of God enfolds you.

The power of God protects you.

The Presence of God watches over you.

Wherever you are, God is!

## 2023 Board of Trustees



Phyllis Flemings  
President



John Working  
Vice President



Leticia (Tish) Widemann  
Secretary



John Thompson  
Treasurer



Rev. Dalia Adams  
Senior Minister