



Unity of the Valley Spiritual Center

350 N. Orchard Avenue • Vacaville, CA 95688 • (707) 447-0521 • www.unityvacaville.org

- September 2025 -



Spiritual Healing and a Plant-based Life

Rev. Dr. Micah Murdock, Senior Minister

"I come that they might have life and have it abundantly." – Jesus (John 10:10)

All world religions believe that healing begins in first "calling forth" (affirming) the very life of God-Spirit and then all else will follow. God is the source of life.

According to author and speaker Rona Cherry, "sacred texts from ancient traditions are unexpected manuals for contemporary healing. They generally offer an holistic approach to well-being that encompasses physical, mental and spiritual health – a perspective increasingly valued in our fast-paced world."

Some of you know that I am a pescatarian (not a Presbyterian). Decades ago, based upon nonviolence and a respect for all life as sacred, I adopted a vegetarian diet that foregoes consumption of meat and fowl. Eastern religions advocate "Ahimsa" (nonviolence) that is extended even into their dietary choices.

Our Christian Bible presents a plant-based diet as part of God's plan, suggesting a menu of mostly fruit, vegetables and grains. However, the Bible also mentions meat consumption.

We must use our own understanding and wisdom as God-Mind guides us. Jesus turned water into wine; perhaps Moscato is sacred!

Seriously, it is wise to note that current research shows the benefit of plant-based diets in reducing risks of chronic disease and promoting better overall health.

A recent study published by the Journal of the American Heart Association found that "higher consumption of plant-based foods was associated with a lower risk of cardiovascular disease and all-cause mortality," now confirming ancient wisdom.



The Prayer for Protection

The light of God surrounds us;
The Love of God enfolds us;
The Power of God protects us;
The Presence of God watches over us.
Wherever we are, God is.

Upcoming Activities & Special Events

LIFE LINE SCREENING
The Power of Prevention

You're invited to a Life Line Screening event!

Location:
Unity of the Valley
350 N Orchard Ave
Vacaville, CA 92688

DATE: Friday September 19, 2025

Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk Screenings.**

Trusted by over 11 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend: Anyone age of 40+

Special Pricing for \$129

- Carotid Artery Disease Screening
- Peripheral Artery Disease Screening
- Atrial Fibrillation Screening
- Abdominal Aortic Aneurysm Screening

4 ways to book your appointment...

Scan here: 

Call 800-324-9458 and use promo code: HABC001

Visit [LLSA.SOCIAL/HABC](#)

Text the word "circle" to 216-279-1607

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease.
Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.



The sanctuary will be open from 9 a.m.- 5 p.m.
Our Prayer Chaplains will be holding a sacred space for reflection and prayer. All are welcome. Prayer request forms are available in the Great Hall or online at unity.org/en/article/world-day-prayer-2025



Fireside Chat Sunday, September 21

Do you have questions about Unity?

This is your opportunity to get the answers you seek. Join Rev. Micah for a quiet conversation about all things Unity. You will be able to submit the questions you would like answered prior to the service so put your thinking caps on!

We encourage you to attend this special service.

Question submittal forms will be available beginning September 7

Lets Celebrate Halloween!

Sunday, October 26

Costumes are encouraged for all

There will be a costume parade following the service for the children

No spooky costumes please



Ongoing Classes and Activities . . .

Mondays -

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

Tuesdays -

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

Wednesdays -

Healing Prayer Circle - 5:30 p.m. (Starts October 1)

Daily Word Meditation Service - 6:00 p.m. - facilitated by our Prayer Chaplains and Rev. Micah Murdock

Thursdays -

Men of Unity Breakfast - 8:30 a.m. - Second and Fourth Thursday of the month - Held at a variety of local restaurants - Contact Dave Rybicki at drybicki@solanowireless.com for location and information

Board of Trustees Meeting - Third Monday of the month

Women of Unity Potluck - 11:30 a.m. - Third Thursday of the month - Email Cindy Hulburt at cindyhulburt@gmail.com for information

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

Potluck Sunday - Fourth Sunday of the Month - Bring your favorite dish to share!

Project Linus - Second Sunday of the month - 1:15 p.m.

Daily Word Meditation Service



Wednesdays at 6 p.m.
in our sanctuary
led by our Prayer Chaplains
and Rev. Micah Murdock

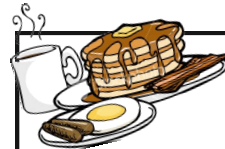
Beginning Wed., October 1 at 5:30 p.m.
Rev. Micah will hold a healing prayer
Circle before the evening service
All are welcome

Join the Women of Unity for Lunch!

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

Contact Cindy Hulburt at cindyhulburt@gmail.com
for more information

Women of all ages are welcome!



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 Dave Rybicki at 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

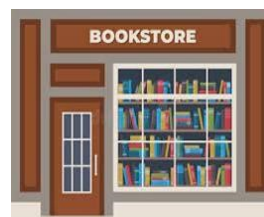
VOLUNTEERS NEEDED

Contact the church office at 707-447-0521
or unityvv@pacbell.net for more information



Unity of the Valley Bookstore

Open on the second and fourth Sunday of the
month following the service







Stop by and say hello

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



September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NA - 7 p.m.	2 FA - 7:00 p.m.	3 Meditation Service - 6:00 p.m.	4 NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	5 First Friday @ 5 - Prayers for the World (online)	6
7 10:00 a.m. Service 	8 NA - 7:00 p.m.	9 FA - 7:00 p.m.	10 Meditation Service - 6:00 p.m.	11 Men of Unity - 8:30 a.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m. WORLD DAY OF PRAYER 	12	13
14 10:00 a.m. Service and Spiritual Communion Project Linus - 1:15 p.m.	15 NA - 7:00 p.m.	16 FA - 7:00 p.m.	17 Meditation Service - 6:00 p.m.	18 Board Meeting - 9:00 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.	19 LifeLine Health Screenings - 8:00 a.m. (appts. required)	20
21 10:00 a.m. Service - Fireside Chat	22 NA - 7:00 p.m. 	23 FA - 7:00 p.m.	24 Meditation Service - 6:00 p.m.	25 Men of Unity - 8:30 a.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	26 4th Friday Feed Community Kitchen at Epiphany Episcopal Church	27
28 10:00 a.m. Service POTLUCK SUNDAY 	29 NA - 7:00 p.m.	30 FA - 7:00 p.m.				

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, 6:00 p.m. - Daily Word Meditation Service
- 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, 9:00 a.m. - Board of Trustees Meeting
- Third Thursday, 11:30 a.m. - Women of Unity Potluck Luncheon
- Fourth Fridays, 12:00-7:00 p.m.. - Community Kitchen at Epiphany Episcopal Church
- Sundays, 10:00 a.m. - Worship Celebration
- Second Sunday, 1:15 p.m. - Project Linus
- Fourth Sunday - Potluck Sunday



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October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Healing Prayer Circle - 5:30 p.m. Meditation Service - 6:00 p.m.	2	3 First Friday @ 5 - Prayers for the World (online)	4
5 10:00 a.m. Service	6 NA - 7:00 p.m.	7 FA - 7:00 p.m.	8 Healing Prayer Circle - 5:30 p.m. Meditation Service - 6:00 p.m.	9 Men of Unity - 8:30 a.m. NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	10	11
12 10:00 a.m. Service Project Linus - 1:15 p.m. Usher/Greeter Mtg - 11:30 a.m.	13 NA - 7:00 p.m. 	14 FA - 7:00 p.m.	15 Healing Prayer Circle - 5:30 p.m. Meditation Service - 6:00 p.m.	16 Board Meeting - 9:00 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.	17	18
19 10:00 a.m. Service	20 NA - 7:00 p.m.	21 FA - 7:00 p.m.	22 Healing Prayer Circle - 5:30 p.m. Meditation Service - 6:00 p.m.	23 Men of Unity - 8:30 a.m. NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	24 4th Friday Feed Community Kitchen at Epiphany Episcopal Church	25
26 10:00 a.m. Service Costume Parade POTLUCK SUNDAY 	27 NA - 7:00 p.m.	28 FA - 7:00 p.m.	29 Healing Prayer Circle - 5:30 p.m. Meditation Service - 6:00 p.m.	30 NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	31 HAPPY HALLOWEEN! 	

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Church Directory . . .

Senior Minister: Rev. Ken Micah Murdock

Church Administrator: Marcella Mackes

Board of Trustees:

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

Ministerial Assistant: Warren Spayth

Prayer Chaplains:

Warren Spayth, Patt Florez, Cheryl Potts,
Daniel Perkins

Youth Education:

Jennifer Darcangelo, Director / YOU Sponsor / KOU

Newsletter / Bookstore: Marcella Mackes

Volunteer Coordinator: Marcella Mackes

Sound Technicians: Theo Farnum, Roy Morris

Music Coordinator: Linda Hogan

Video & Podcast Editor / Webmaster: Lisa Murray

Video Technicians:

Jim Stueve, Gary Eisenberg, Gloria Ramirez,
Dave McCallum

Did you Know? . . .

- **Prayer requests:** Prayer requests placed in our prayer chest are read in strictest confidentiality by our Prayer Chaplains, 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 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.
- **You can bring clean plastic bottles and soda cans to the church to be recycled:** This is a community service provided by the Men of Unity. **To date they have raised over \$5,000**

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.

Unity of the Valley Spiritual Center Financial Statement

January-June 2025

Financials are updated quarterly

	January-June 2025	Annual Budget	\$ Under/Over Budget
Income			
300.00 · INTEREST	.67	2.00	-1.33
400.00 · BOOKSTORE	108.66	200.00	-91.34
410.00 · CLASSES/ WORKSHOPS/ SPECIAL EVENTS	1,282.00	6,800.00	-5,518.00
419.00 · SUBTENANT INCOME	0.00	5,000.00	-5,000.00
420.00 · CONTRIBUTIONS	97,430.74	225,161.00	-127,730.26
430.00 · FACILITY & PROPERTY	6,120.00	12,200.00	-6,080.00
460.00 · FUNDRAISERS	6,831.00	9,320.00	-2,489.00
490.00 · MISCELLANEOUS INCOME	0.00	25.00	-25.00
Total Income	111,773.07	258,708.00	-146,934.93
Expense			
600.00 · ADMINISTRATIVE	16,174.35	29,326.72	-13,152.37
605.00 · BOOKSTORE EXPENSES*	233.74	310.00	-76.26
610.00 · EDUCATION	121.12	3,820.00	-3,698.88
620.00 · FACILITY**	39,257.40	62,697.21	-23,439.81
625.00 · FUNDRAISER EXPENSES	575.00	1,400.00	-825.00
630.00 · MINISTRY	3,588.54	19,522.00	-15,933.46
630.23 SEARCH TEAM EXPENSES	0.00	5,000.00	-5,000.00
640.00 · PAYROLL	46,440.21	114,381.57	-67,941.36
650.00 · TITHES & CHARITABLE GIVING	9,820.62	20,900.00	-11,079.38
6560 · PAYROLL EXPENSES	1,245.00	1,200.00	45.00
Total Expense	117,455.98	258,557.50	-141,101.52
Net Income	5,652.91	150.50	5,833.41

*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 June 30, 2025

Savings:	\$ 13,644.57
Checking:	\$ 54,644.57
Flower Fund:	\$ 55.26
Petty Cash:	\$ 9.34
Total All Accounts	\$ 68,242.41
Total Available Cash:	\$ 62,185.06

EARTHCARE CORNER - By MeiLing Albert



The EarthCare mission is to develop a better awareness of our physical and spiritual Oneness with the Earth and all the beings that live here: all plants and animals (non invasive species), forests (especially old growth), mountains and river habitats, the oceans, and all humans. How does the way we live impact other lives? We are being called to take various actions, personal and social, to restore and protect the balance of nature.

Under the mantle of EarthCare, we hold this vision to renew and sustain a just and abundant world through mindful consumption, reduction of waste, give-and-take reciprocity, protection of life and diversity, compassion and a willingness to act.

In Jesus' prayer, God is honored by the words, "Thy kingdom come and Thy will be done on Earth" To me that kingdom is the embodiment of love on Earth in the form of Wholeness, Oneness, Harmony, Interdependence, Peace, Joy, Compassion, Inclusion. No one left behind. Nothing ignored. You can add your own thoughts to the list.

Don't forget. . .

**The Fourth Sunday of the month is
Potluck Sunday!
Bring your favorite dish to share**



We ask that you please take home any leftovers and the container they came in, it makes clean-up much easier



Volunteer Opportunities

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

- ♦ **Usher/Greeter - Urgent need for volunteers** - 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
- ♦ **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.
- ♦ **4th 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 Serving - Help with clean-up. If you can spare a couple of hours per month to help out sign up in the Great Hall or contact Dan Perkins.

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