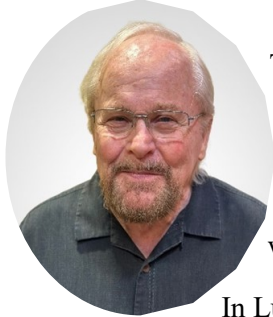

Unity of the Valley Spiritual Center

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

- July 2026 -

STAND FAST IN YOUR FREEDOM!

By Rev. Micah Murdock



The old saying, “Freedom isn’t free, you have to pay the price and sacrifice if you wish to be free,” can be misleading. We must deny the past limiting beliefs about ourselves and the world if we wish to be free.

In Matthew 17:20, Jesus says, “...for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.”

In Luke 4:18, Jesus says, “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free...”

Our souls are intended to be the transformational medium God has created and uses to convert the unexpressed divine potential into unlimited manifest possibilities and freedom.

The price we must pay to be free is to find and deny the power of pre-cognitive, limiting belief systems that have kept us limited and bound to lives we do not wish to repeat.

My world is consciousness, so I must change my own mind to truly be free. Freedom isn’t free; this is the only work I can and need to do.

By denying as true the old limiting beliefs about ourselves, such as, “I am not good enough, strong enough, smart enough, cute enough,” and so on, we can then affirm a free life full of deserved love, health, power and joy. God is glorified by our joy and happiness.

Choosing suffering in order to please God is never necessary or desired. Psalm 51:16 reads, “You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.” The Old Testament prophet wrote in Micah 6:8, “And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.”

We must become mindful. The ancient Zen Masters said, “If we live in forgetfulness, we die in a dream. We live like a dead person.” To be free we must return to life, pay attention to our activities, our beliefs, how we live, with whom we live.

Is our current life a life we chose to live? If not, we will change our minds. Affirmations of Truth will set us free? Affirm: “I am a perfect, holy, innocent child of God. I am free and I choose freedom.”

Thich Nhat Hanh said, “Usually we are a prisoner of our society. We must begin to resist the invasion of our surroundings and our wrong perceptions. When the lamp of awareness is lit, our whole being lights up. Self-confidence is reestablished (self-worth is reaffirmed).”

This month when we celebrate freedom is a perfect time to become aware and set yourself free! I will join you this month!



Volunteer Opportunities . . .

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.)
- ◆ **URGENT NEED: 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.)
- ◆ **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 with prep and cooking - Help Serving - Help with clean-up

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

Musicians needed!

To provide music for Sunday services
once or twice per month

If you, or someone you know, can play the piano
or other instrument, and would be interested
contact the office for more information

707-447-0521 / unityvv@pacbell.net



“Be still. Be still. Be still. God in the midst of you is substance.
God in the midst of you is love. God in the midst of you is wisdom.
Let not your thoughts be given to lack, but let wisdom fill them
with the substance and faith of God.”

—Myrtle Fillmore



Don't forget. . . The 4th 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*



PLEASE NOTE: Calendar is subject to change. Please contact the church office for more information.

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Meditation Service - 6:00 p.m.	3	3 First Friday @ 5 - Prayers for the World (online)	4 
5 10:00 a.m. Service Ice Cream Social - 11:00 a.m.	6 NA - 7:00 p.m.	7 FA - 7:00 p.m.	8 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 - 1:00 p.m.	13 NA - 7:00 p.m.	14 Board Meeting - 9:30 a.m. FA - 7:00 p.m.	15 Meditation Service - 6:00 p.m.	16 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 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 Pranic Healing - 12:30 p.m. POTLUCK SUNDAY 	27 NA - 7:00 p.m.	28 FA - 7:00 p.m.	29 Meditation Service - 6:00 p.m.	30 NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	31	

Schedule of On-going Classes and Activities

- Mondays, 6:00 p.m. - The Shape of Grief (group resumes in August)
- 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, 9:30 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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August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Pranic Healing Wksp - 8 a.m.
2 10:00 a.m. Service Song Circle - 11:30 a.m. Pranic Healing Wksp - 2:00 p.m.	3 NA - 7:00 p.m.	4 FA - 7:00 p.m.	5 Meditation Service - 6:00 p.m.	6 NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	7 First Friday @ 5 - Prayers for the World (online)	8
9 10:00 a.m. Service Project Linus - 1:00 p.m.	10 NA - 7:00 p.m.	11 FA - 7:00 p.m.	12 Meditation Service - 6:00 p.m.	13 Men of Unity - 8:30 a.m. NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	14	15
16 10:00 a.m. Service	17 NA - 7:00 p.m.	18 Board Meeting - 9:30 a.m. FA - 7:00 p.m.	19 Meditation Service - 6:00 p.m.	20 Women of Unity 11:30 a.m. NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	21	22
23 10:00 a.m. Service George Haver and Friends in Concert - 11:30 a.m.	24 Grief Group - 6:00 p.m. NA - 7:00 p.m.	25 FA - 7:00 p.m.	26 Meditation Service - 6:00 p.m. The Shape of Grief - 6:00 p.m.	27 Men of Unity - 8:30 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
30 10:00 a.m. Service	31 NA - 7:00 p.m.					



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- Mondays, 6:00 p.m. - The Shape of Grief
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Ongoing Classes and Activities . . .

Mondays -

NEW: The Shape of Grief - 6:00 p.m. Contact Debbie Lavin at 707-319-9977 or debbie.lavin@gmail.com for information

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

Tuesdays -

Board of Trustees Meeting - Third Tuesday of the month

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

Wednesdays -

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

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

Project Linus - Second Sunday of the Month - 1:00 p.m.

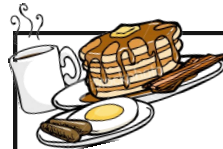
Potluck Sunday - Fourth Sunday of the Month - Bring your favorite dish to share!

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@yahoo.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 and help feed the homeless and hungry

VOLUNTEERS NEEDED

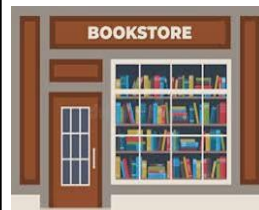
Contact the church office at 707-447-0521 or unityvv@pacbell.net for more information



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.

THE BOOKSTORE WILL RESUME OPERATION IN MAY

Daily Word Meditation Service



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

Church Directory . . .

Senior Minister: Rev. Ken Micah Murdock

Church Administrator: Marcella Mackes

Board of Trustees:

John Working, President

Carolynn Ranch, Vice President

Daniel Perkins, Secretary

John Thompson, Treasurer

Ministerial Assistant: Warren Spayth

Prayer Chaplains:

Warren Spayth, Patt Florez, Cheryl Potts,
Daniel Perkins, Marilyn Ugalde

Youth Education:

Elle Bolin, Director / Teacher

Newsletter / Bookstore: Marcella Mackes

Volunteer Coordinator: Marcella Mackes

Sound Technicians: Theo Farnum, Roy Morris

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 \$6,000**

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-March 2026

Financials are updated quarterly

	January-March 2026	Annual Budget	\$ Under/Over Budget
Income			
300.00 · INTEREST	.34	1.26	-.92
400.00 · BOOKSTORE	0.00	200.00	-200.00
410.00 · CLASSES/ WORKSHOPS/ SPECIAL EVENTS	1,548.00	5,025.00	-3,477.00
420.00 · CONTRIBUTIONS	48,336.07	213,459.04	-165,122.97
430.00 · FACILITY & PROPERTY	3,212.00	13,900.00	-10,685.00
460.00 · FUNDRAISERS	3,810.00	17,120.00	-13,310.00
490.00 · MISCELLANEOUS INCOME	0.00	25.00	-25.00
Total Income	59,909.41	249,730.30	-192,820.89
Expense			
600.00 · ADMINISTRATIVE	6,373.57	30,055.45	-23,681.88
605.00 · BOOKSTORE EXPENSES*	18.26	318.00	-299.74
610.00 · EDUCATION	1.67	2,900.00	-2,898.33
620.00 · FACILITY**	18,328.12	63,466.65	-45,138.53
625.00 · FUNDRAISER EXPENSES	0.00	1,800.00	-1,800.00
630.00 · MINISTRY	2,787.07	15,407.00	-12,619.93
630.23 SEARCH TEAM EXPENSES	0.00	3,000.00	-3,000.00
640.00 · PAYROLL	28,145.10	112,688.20	-84,543.10
650.00 · TITHES & CHARITABLE GIVING	4,007.49	18,600.00	-14,592.51
6560 · PAYROLL EXPENSES	1,258.00	1,495.00	-237.00
Total Expense	60,919.28	249,730.00	-188,811.02
Net Income	-4,009.87	0.00	-4,009.87

*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, 2026	
Savings:	\$ 13,645.60
Checking:	\$ 61,311.52
Flower Fund:	\$ 55.26
Petty Cash:	\$ 9.34
Total All Accounts	\$ 75,021.72
Total Available Cash:	\$ 69,079.37

Upcoming Special Events . . .



Sing Your Soul Free Self-Love Song Circle - Sunday, August 2 at 11:30 a.m. *facilitated by Trevor Justice*

Sing chants and easy songs, some of which have luscious harmonies. We will liberate our souls of hurt, pain, and shame... while cultivating hope, gratitude, and self-acceptance. All are welcome; you don't need to be a "singer"

Suggested Love offering \$20 - No one will be turned away



George Haver and Friends in Concert Sunday, August 23 at 11:30 a.m.

Suggested Love Offering \$20 - no one will be turned away

More information out soon!

Twin Hearts Meditation and Healing Clinic

Sunday, July 26th

Unity of the Valley Spiritual Center
350 North Orchard Ave., Vacaville



Join us for a peaceful Meditation on Twin Hearts followed by a Panic Healing Clinic. Experience inner peace, relaxation, and healing in a supportive environment. Everyone is welcome.

Benefits of Twin Hearts Meditation

- Recharging the body and improving health
- Inner peace and happiness
- Greater ability to handle stress
- Increased energy and inner strength

Healing Clinic

Receive one-on-one Panic Healing sessions from trained practitioners.
12:30 PM to 2:00 PM

Free Admission

Donations are appreciated.

Please RSVP

lilia@pranichealing.com



RAFFLE PRIZES!

BUNCO NIGHT

PIZZA, SALADS, & DESSERTS
INCLUDED!

Join us for a night full of fun, laughter,
and friendly competition!

SEPT. 26, 2026 @ 6 PM

Unity Church - Unity Hall
350 No. Orchard Blvd.
Vacaville 95688

AGES 12 & UP

Contact 707-447-0521
UnityVV@pacbell.net
www.UnityVacaville.org

TICKETS \$30
Contact 707-447-0521
Advanced Purchase
Required

