



Unity of the Valley Spiritual Center

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

- September 2026 -



Breathe. Trust. Create!

By Rev. Micah Murdock

We often hear the saying, “We are spiritual beings having a human experience.” As spiritual beings, we are ageless; but aging and changing are parts of the human experience.

Scripture is not shy about the fact that we age. Before the Great Flood in the Old Testament, the patriarch Methuselah was reported in Genesis 5:27 to have lived 969 years! Some take that literally; others say that reflects the length of his influence on subsequent generations.

By the time we get to the Psalms and the Prophets, things have changed. Psalm 90:10 reads, “The length of our days is seventy years— or eighty if we are strong— yet their pride is but labor and sorrow, for they quickly pass, and we fly away.”

Isaiah 46:4 holds this promise: “Even to your old age, I will be the same, and I will bear you up when you turn gray. I have made you, and I will carry you; I will sustain you and deliver you.”

Proverbs 16:31 reminds us that “Gray hair is a crown of glory,” but it doesn’t tell us what to think if we go bald.

Changing and aging are simply part of our human experience; but we do not go through them separately from our spiritual life. All things bring wisdom and compassion.

No matter what we do, we will get older. Changes will occur that we cannot control. What we are able to do is decide how we want to approach those changes. Will we desperately hold on, or will we let go and trust the God of our faith?

Our goal might be to retire or to move from one phase of life to the next, beginning a new life with ease. Through all things, we remember with whom we are One, turning each moment over to the grace of God. We can do that right now! We affirm, “Grace is God’s ever-present love. I breathe and let go, turning all things over to the care and direction of God.”

Author Julia Cameron writes, “Artists don’t retire.” That’s true of all of us.

Turning again to the Psalms, we find this reassurance: “In old age they will still bear fruit; healthy and green they will remain.” Healthy and green refers to our eternal creativity, the source of the fruit we bear, our connection with Divine Mind.

Ms. Cameron goes on to write this in her book *It’s Never Too Late to Begin Again* that there are “Basic Principles for Creativity Recovery.” They are as follows:

1. Creativity is the natural order of life. Life is energy - pure, creative energy.
2. There is an underlying, indwelling creative force infusing all of life – including ourselves.
3. When we open ourselves to our creativity, we open ourselves to the Creator’s creativity within us and our lives.
4. We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves.
5. Creativity is God’s gift to us. Using our creativity is our gift back to God.
6. The refusal to be creative is self-will and is counter to our true nature.

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7. When we open ourselves to exploring our creativity, we open ourselves to God: good, orderly direction.
8. As we open our creative channel to the Creator, many gentle but powerful changes are to be expected.
9. It is safe to open ourselves up to greater and greater creativity.
10. Our creative dreams and yearning come from a divine source. As we move toward our dreams, we move toward our divinity.

Pablo Picasso said, "Every child is born an artist. The trick is remaining one as an adult." I was an artistic bricklayer at one time.

Passion, commitment, and most of all the courage to be a beginner are the qualities that it takes, and qualities that are within our grasp.

I am about to be a beginner again. I am both anxious and excited! I am leaving full-time church work and ministry. I will serve as needed even if I do not know right now exactly in what ways that will take place. Age alone cannot stop me.

I worked for years in Silent Unity praying with people. Some said, "But you are just praying, not working!" They did not understand that praying is sacred work. I know I can pray for others any time and anywhere at any age!

Tim Meeham, a famous composer, was 86 years old when he had two musicals on Broadway at the same time. Roman Totenberg, violinist and teacher, taught until his death. I spent a night in a Frank Lloyd Wright home in Ohio, and my friend there told me Frank died in the process of building another home at age 91.

Ministry is my work and my passion, and at first I thought it was coming to an end. We all need time to adjust to change, but our passion simply waits to be redirected.

Years ago, the blues guitarist B.B. King played music in a circle of musicians on my living room floor. He kept touring up to age 89.

It's never too late or too much, as long as we are able to adjust and adapt to a new world and a new beginning!

The end of a career is the start of a new, creative time. Take a class. Explore those long held dreams we all have. Maybe travel, paint, garden, write, build, cook, explore, relax, listen, sing, dance, visit old friends and make new ones, begin a new phase of the work we are doing now. Explore every park and museum, pray and learn and meditate even more.

Of course, new beginnings can hold some anxieties. Finances, a new life, a different time schedule; these can cause anxiety. We might have avoided ending a relationship or a career or experiencing new freedom because we feared dealing with change.

Be assured that if we tap into our creativity, we have nothing to fear. We will be too busy recreating ourselves as our holy path!

Perhaps what we often call a leap of faith is really just a doorway to creativity! Isn't that why we are given imagination in the first place? Remember Psalm 92:14 says, "In old age they will bear fruit!"

Breathe. Trust. Create!



Ongoing Classes and Activities . . .

Mondays -

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 -

Silent Meditation - 5:30 p.m.

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

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 p.m. - Fourth Friday of the Month - Volunteers are always needed

Sundays -

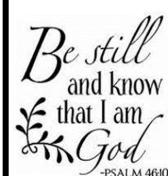
Worship Celebration - 10:00 a.m. - In person and live-streamed at www.unityvacaville.org

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

Pranic Healing - Last Sunday of the Month - 12:30 p.m.

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

Praise Covenant Church - 1:30 p.m.



**Join our Prayer Chaplains
on Wednesdays for**

**A Time of Silent Meditation
at 5:30 p.m.**

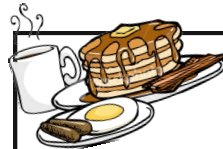
Daily Word Prayer Service at 6:00 p.m.

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 dnrybicki@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

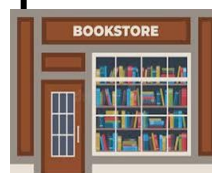
Contact the church office at 707-447-0521
or unityvv@pacbell.net for more information



Unity of the Valley Bookstore

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

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



Come by and say hello

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

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 FA - 7:00 p.m.	2 Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m.	3 NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	4 First Friday @ 5 - Prayers for the World (online)	5
6 10:00 a.m. Service Praise Covenant - 1:30 p.m.	7 NA - 7:00 p.m.	8 FA - 7:00 p.m.	9 World Day of Prayer Opening Ceremony (livestream) - 5 p.m. Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m. 	10 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 Our sanctuary will be open from 9 a.m. - 5 p.m. for silent reflection and meditation	11	12 A.R.E. Conference
13 10:00 a.m. Service Prosperity Wkshp - 11:30 a.m. Project Linus - 1:15 p.m. Praise Covenant - 1:30 p.m.	14 NA - 7:00 p.m.	15 LifeLine Screenings - 8: a.m. Board Meeting - 9:30 a.m. FA - 7:00 p.m..	16 Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m.	17 Women of Unity - 11:30 a.m. NA Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	18	19
20 10:00 a.m. Service Book Study Wk. 1 - 11:30 a.m. Praise Covenant - 1:30 p.m.	21 NA - 7:00 p.m.	22 FA - 7:00 p.m. 	23 Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m.	24 Men of Unity - 8:30 a.m. NA (Women's Grp) 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	25 4th Friday Feed Community Kitchen at Epiphany Episcopal Church	26 Bunco - 6:00 p.m. 
27 10:00 a.m. Service Book Study Wk. 2 - 11:30 a.m. Pranic Healing - 12:30 p.m. Praise Covenant - 1:30 p.m. POTLUCK SUNDAY 	28 NA - 7:00 p.m.	229 FA - 7:00 p.m.	30 Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m.			

Schedule of On-going Classes and Activities

- Mondays, 6:00 p.m. - The Shape of Grief
- Mondays, 7:00 p.m. - Narcotics Anonymous (NA)
- Tuesdays, 7:00 p.m. - Food Addicts in Recovery Anonymous (FA)
- Wednesdays, 5:30 p.m. - Silent Meditation
- 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
- Sundays, 1:30 p.m. - Praise Covenant Church
- Second Sunday, 1:15 p.m. - Project Linus
- Fourth Sunday - Potluck Sunday



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 (707) 447-0521
unityvv@pacbell.net www.unityvacaville.org

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	2 First Friday @ 5 - Prayers for the World (online)	3
4 10:00 a.m. Service Book Study Wk. 3 - 11:30 a.m. Praise Covenant - 1:30 p.m.	5 Grief Group - 6 p.m. NA - 7:00 p.m.	6 FA - 7:00 p.m.	7 Aging & Resilience - 10:30 a.m. Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m.	8 Men of Unity - 8:30 a.m. NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	9	10
11 10:00 a.m. Service Book Study Wk. 4 - 11:30 a.m. Project Linus - 1:15 p.m. Praise Covenant - 1:30 p.m.	12 Grief Group - 6 p.m. NA - 7:00 p.m. .	13 FA - 7:00 p.m.	14 Aging & Resilience - 10:30 a.m. Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m.	15 Women of Unity 11:30 a.m. NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m. .	16	17
18 10:00 a.m. Service Book Study Wk. 5 - 11:30 a.m. Praise Covenant - 1:30 p.m.	19 NA - 7:00 p.m.	20 FA - 7:00 p.m. Board Meeting - 9:30 a.m.	21 Aging & Resilience - 10:30 a.m. Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m. .	22 Men of Unity - 8:30 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 a.m. Service Praise Covenant - 1:30 p.m. POTLUCK SUNDAY 	26 NA - 7:00 p.m.	27 FA - 7:00 p.m.	28 Aging & Resilience - 10:30 a.m. Silent Meditation - 5:30 p.m. Meditation Service - 6:00 p.m. The Shape of Grief - 6:00 p.m.	29 NA (Women's Grp) - 5:00 p.m. NA (Men's Grp) - 7:00 p.m.	30	31 HAPPY HALLOWEEN! 

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unityvv@pacbell.net www.unityvacaville.org

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, Marilynn 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-June 2026

Financials are updated quarterly

	January-June 2026	Annual Budget	\$ Under/Over Budget
Income			
300.00 · INTEREST	.68	1.26	-.58
400.00 · BOOKSTORE	28.46	200.00	-171.54
410.00 · CLASSES/ WORKSHOPS/ SPECIAL EVENTS	1,787.00	5,025.00	-3,238.00
420.00 · CONTRIBUTIONS	92,599.50	213,459.04	-120,859.54
430.00 · FACILITY & PROPERTY	6,096.10	13,900.00	-7,803.90
460.00 · FUNDRAISERS	7,111.00	17,120.00	-10,009.00
490.00 · MISCELLANEOUS INCOME	0.00	25.00	-25.00
Total Income	107,622.74	249,730.30	-142,107.56
Expense			
600.00 · ADMINISTRATIVE	14,814.76	30,055.45	-15,240.69
605.00 · BOOKSTORE EXPENSES*	18.26	318.00	-299.74
610.00 · EDUCATION	1.67	2,900.00	-2,898.33
620.00 · FACILITY**	32,465.63	63,466.65	-31,001.02
625.00 · FUNDRAISER EXPENSES	629.50	1,800.00	-1,170.50
630.00 · MINISTRY	6,515.04	15,407.00	-8,891.96
630.23 SEARCH TEAM EXPENSES	0.00	3,000.00	-3,000.00
640.00 · PAYROLL	56,074.88	112,688.20	-56,613.32
650.00 · TITHES & CHARITABLE GIVING	8,302.88	18,600.00	-10,297.12
6560 · PAYROLL EXPENSES	1,359.00	1,495.00	-136.00
Total Expense	120,181.62	249,730.00	-129,548.68
Net Income	-12,558.88	0.00	-12,588.88

*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, 2026

Savings:	\$ 13,645.94
Checking:	\$ 53,880.86
Flower Fund:	\$ 55.26
Petty Cash:	\$ 9.34
Total All Accounts	\$ 67,591.40
Total Available Cash:	\$ 61,295.05

Upcoming Workshops & Special Events . . .



Total Prosperity

A One-day Workshop - Sunday, September 13 - 11:30 a.m. -12:30 p.m.

Facilitated by Rev. Micah Murdock

We are not studying prosperity to become rich but to bring out those characteristics that are fundamental to prosperity. We must learn to develop the faculty that will bring prosperity and the character that is not spoiled by prosperity.

- From Prosperity by Charles Fillmore

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

TWIN HEARTS MEDITATION and PRANIC HEALING CLINIC

Meditate. Heal. Recharge. Transform.

EVERY LAST SUNDAY OF THE MONTH

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Experience deep peace, balance and connection.

PRANIC HEALING CLINIC

Receive one-on-one Pranic Healing sessions from trained practitioners.

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

EVERYONE IS WELCOME!

Join us for a peaceful meditation on Twin Hearts followed by a healing clinic in a supportive and loving environment.

UNITY OF THE VALLEY SPIRITUAL CENTER
350 NORTH ORCHARD AVE., VACAVILLE

PLEASE RSVP: lilia@pranichealing.com

A Five-Week Book Study

Facilitated by Warren Spayth

Using the book **The Five Principles: A Guide to Practical Spirituality** by Ellen Debenport

Sundays, September 20 thru October 18
11:30 a.m. - 12:30 p.m.

Books are available in the Bookstore
Also on Amazon and other online booksellers

Special screening package for \$129 for our members includes:

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

Call to schedule an appointment near you! **800-324-9458**
and use code: **HABC001**

LIFE LINE SCREENING®
The Power of Prevention

Tuesday, September 15 in Unity Hall
Reservations are required
See the flier in the Great Hall

