

  
**unity**<sup>®</sup>  
of the Valley

APRIL 2024



**Sunday Livestream & In Person Service**  
**10:30 a.m.**

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

# **IMAGINE THIS!**

## **UNLEASHING OUR CREATIVE NATURE**

A message from our Ministerial Team

Once upon a time, we picked up a crayon or two and discovered we could create our own little world on paper. People and houses, trees and mountains, the sun and moon, cats and dogs, horses and dinosaurs, you name it—all waiting to be summoned by our POWER of imagination!

Once upon a time, we realized that getting something we wanted might depend on how we asked for it. So we chose our words carefully, like a speechwriter seeking CONNECTION with our audience.

Once upon a time, a classroom teacher gave an assignment that we could take in almost any direction. Turning within, we asked ourselves questions like, “What would I most like to do? What would show the REAL ME?”

In such ways, we began tiptoeing into the ocean of universal creative energy. At first, it makes sense to tiptoe. Yet gradually, we learn the necessity of going deeper—that our ability to envision the life we want is key to expressing our POWER, building CONNECTION, and discovering our REAL SELF. To paraphrase Henry David Thoreau: *“If we advance confidently in the direction of our dreams, and endeavor to live the life which we have imagined, we will meet with a success unexpected in common hours.”*

If you would like to advance more confidently in the direction of your dreams, join us each Sunday this April.

In celebration of our creative community,  
The Unity Ministerial Team



## SERVICES IN APRIL

**Sunday, April 7: “Painting the Sky”** with **Rev. Sherry Lady**. Creativity is intelligence having fun (Einstein). It is also thinking up new things and doing new things. In the spirit of joy, we will investigate the many paths laid out by creative ideas and celebrate our lives filled with the Presence of Divine inspiration.

**Sunday, April 14: “Recovering the Eternal Child Within Us.”** Speaker: **Jon West**. Western culture stresses the importance of "growing up" and becoming a responsible adult. Yet master teachers have encouraged us to "become as a child again," including seeing ourselves and the world with fresh eyes. How can grownups like us rediscover the best parts of our inner child?

**Sunday, April 21: “Opening Our Skin to the Earth”** with guest speaker **Tom Titus**. See description on page 6.

**Sunday, April 28: “Honoring Your Creativity”** with **Rev. Inge Tarantola**. Every one of us is creative in a number of ways. One example is being creative in our approach to well-being by how we balance body, mind, and spirit. Let’s celebrate the many ways creativity finds expression through you.

### First-Sunday Potluck April 7 after the service

Bring a main dish or salad, and  
invite your family and friends!

Unity will provide  
coffee, tea, and dessert.



# Sacred Women's Circle



**Saturday, April 6**  
**10:30 a.m. - Noon**

April's Theme

## ***Enhancing Our Sacred Journey***

Calling all women to join Géna in the upstairs  
Filmore Wing on the first Saturday of each month.

We will spend time connecting, meditating, and  
doing a fun project that incorporates the  
theme for that month's gathering.

For more information, contact Géna at 541-345-9913, ext. 11.



## THERAPEUTIC TOUCH

**Thursday, April 11**  
**3:30-5:00 p.m.**

The Northwest Therapeutic Touch Institute (NWTTI)  
is offering Therapeutic Touch (TT) sessions for those  
who have taken TT classes, those interested in TT,  
and those who would simply like to experience  
a calming, healing TT session.

Sessions are offered on the 2<sup>nd</sup> Thursday of each month.

For more information, contact **Bev Forster at 541-520-9358.**

# *Living Unity Principles*

with Jon West

**Zoom class only / 4 Thursdays  
April 18 - May 9, 6:30 - 7:45 p.m.**

For all Unity newcomers and anyone who would like to explore our essential principles more deeply than we can on Sundays. You will get to know classmates and share personal reflections and experiences.

*Sign up in the Fellowship Hall or  
email: [unityval@rioussa.com](mailto:unityval@rioussa.com)*

## **MEMBERSHIP INVITATION**

**Congregants who attend  
this class will be eligible for voting  
membership in our spiritual community.  
New Member Ceremony: Sunday, May 19<sup>th</sup>**

**This class is being given free of charge.**

Every First Wednesday at Unity  
*Chanting & Meditation*

**Wednesday, April 3<sup>rd</sup>, 7-8 p.m.**

Open to the Infinite Spirit within through the timeless practice of chanting our way into deep meditation. We chant both in English and Sanskrit, with 10 minutes of silent meditation between each chant. We conclude with a communal prayer for the world.

**For more info, contact Jon West at (541) 683-7664  
or [jwest97405@gmail.com](mailto:jwest97405@gmail.com)**

**“Opening Our Skin to the Earth”**

**Guest Speaker: Tom Titus**

**Sunday, April 21 at 10:30 a.m.**



We have become conditioned to categorize our universe. This need to categorize causes us to separate ourselves from the other-than-human world. Many of our fellow beings, including some fellow humans, show us ways to become open to all facets of the Earth. This open-minded, open-hearted, multi-sensory engagement unifies us with all

things. We become individuals knit into the fabric of the Earth, a process that is both fundamental to our spiritual growth and necessary for the ongoing survival of the biosphere.

**Tom Titus** is a writer, biologist, gardener, grandfather, forager, and free-range philosopher who writes at the messy interface of human experience and the natural world.

# Behind the Lens Seminar

**Tuesdays, February 20-May 14, 2024 - 7:00 p.m.**

Melodramas, Comedies, Westerns and Film Noirs of 1950. The country shakes off the war years and Joe McCarthy rises.

**Cost: 12 films for \$30, or \$5 per time.**

**Pick up a registration form in the Fellowship Hall.**

**A full listing of all 12 movies is on the Registration Form.**

**Tuesday April 2: “Rio Grande”** (John Wayne, Maureen O’Hara) directed by John Ford (105 min.)

**Tuesday April 9: “In a Lonely Place”** (Humphrey Bogart) directed by Nicholas Ray (93 min.)

**Tuesday April 16: “Night and the City”** (Richard Widmark, Gene Tierney) directed by Jules Dassin (95 min.)

**Tuesday April 23: “Annie Get Your Gun”** (Betty Hutton, Howard Keel) directed by George Sidney (107 min.)

**Tuesday April 30: “Born Yesterday”** (Judy Holiday, William Holden, Broderick Crawford) directed by George Cukor (102 min.)

## STEP INTO SPRING Sunday, April 7



Come and join Joe Sanders for a walk to begin immediately after the potluck. We will walk around the neighborhood on local streets leaving directly from Unity on foot. There will be some short local inclines and elevation changes. Walk time: 45-60 minutes at a steady pace. (Not a workout, but a bit more than a stroll.) Dress for the weather; advise sturdy walking shoes. We will meet in the foyer at 12:15 p.m.

For more information, contact Joe at 541-255-2524.

# A NOTE FROM UNITY'S ENVIRONMENTAL ACTION TEAM

Can our spiritual community make a difference on global warming? Working together, I believe we can. Inspired by Mike Meyer's talk on June 18, 2023, I immediately approached Géna and the Ministerial Team about forming a group. Two Sundays later with the support of 5 friends and a recruitment announcement, UV EAT was formed with a membership of 15-18 congregants.



At our first meeting, we gathered information about existing environmental groups across Lane County we could assist. These included Eugene 350, Earth Keepers, Oregon Shores Conservation Coalition, a new program in Unity Worldwide, and others.

We gained more members after our second recruitment announcement last December. In January, one of our members, Michael Dreiling, made these important suggestions: 1) Meet once a month; and 2) Offer one form of service each month. This could include participating in a local environmental event.

Helping our cause are several wonderful outside advisors. My ocean advisor, Christie De Moll, deserves HUGE kudos. A longtime Board Director with the Oregon Shores Conservation Coalition, Christie put me in touch with their new Executive Director, the lovely and amazing Elise Newman. Elise connected me with two Coalition members who plan on helping us get organized, possibly as soon as our **April 14 meeting which is 12:00-12:45 p.m. in the Rainbow Room**. Possible service activities include a sea star project and picking up debris over a mile of beach.

The Coalition is also focused on youth, for example through their CoastWatch in the Schools program. Fortunately, we have two parents, Allie and Chloe Maggio, who are Unity youth teachers and members of UV EAT.

I send my heartfelt thanks to every member of our team, and of course, to Géna, the Ministerial Team, and other Unity leaders for their enthusiastic support.

To be notified of service events, email [heavenstobetsy74@gmail.com](mailto:heavenstobetsy74@gmail.com).

With great joy and gratitude, Betsy Priddle



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**Abundant blessings and thanks to all our board members for your service to Unity of the Valley!**

## FINANCIAL REPORT: Rising to Meet the Times

MONTH(S)	INCOME	EXPENSES	NET
JANUARY	\$15,269	\$21,861	(\$6,592)
FEBRUARY	\$16,556	\$20,327	(\$3,771)

Our financial flow is stronger than this two-month snapshot reflects. But we do see some opportunities for growth. For example, our in-person attendance is still just half our 2019 numbers. And while donations in recent years have been generous and steady, our costs have continued to increase, though not as fast as inflation. *With Spirit as our Source, we trust Unity's needs will be met.*

In loving gratitude,  
Your Board of Trustees



Scan to reach  
Unity homepage.  
Click DONATE  
on right side

## BOARD Trustees' MEETING

**Tuesday, April 16**  
**6:30 p.m.**

Board meetings are held  
in person in the Garden Room  
and via Zoom.

All are welcome to attend.

If you would like to attend via  
Zoom or speak at the meeting,  
please contact **Ted Taylor** at

541-953-7226 or

[juliated@comcast.net](mailto:juliated@comcast.net).

### April Affirmation

I am joyfully  
advancing in the  
direction of my dreams.



# YOUTH & FAMILY MINISTRY NEWS

## Wildlife Adventure Night

Wednesday, April 24

6:30-8:00 p.m.



April is the perfect month to have a celebration. Wildlife comes out of hibernation, spring is springing, and there is fresh excitement in the air. Calling all adults with children to join us in the Garden Room on April 24<sup>th</sup>. We will go on a bear

hunt, make a glow-in-the-dark fun craft, have an adventure activity, and food too. Free, but donations welcome. **R.S.V.P. to Alice Sparks 541-729-3817.**

## YFM Tree Fundraiser Continues

**We have 1-foot Douglas Fir & Incense Cedar potted trees for sale.** 1 for \$10 or 2 for \$15. This is an opportunity for you to pick up a potted tree and support our youth at the same time. **Please contact Alice Sparks at 541-729-3817.** Funds raised help pay for camps and retreats for our youth, training retreats for YFM leaders, and help YFM with everyday needs.



## TEACHERS & ASSISTANTS NEEDED Your help can make a difference!

We are looking for teachers and assistants for our youth program. This includes the Nursery, Unitots, Unikids, Uniteens, and Y.O.U. Training is available. Curriculum, lesson plans and supplies for activities are provided. **If you would like to volunteer, please contact Alice Sparks at 541-729-3817.**



Did you know you can help Unity of the Valley earn donations just by shopping with your Fred Meyer Rewards Card? Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to **Unity of the Valley** at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).
- You can search for us by our name or by our non-profit number **XU556**.
- Then, every time you shop and use your Rewards Card, you are helping Unity earn a donation, and you still earn your Rewards Points, Fuel Points, and Rebates, just as you do with Fred Meyer.

Thanks for supporting Unity of the Valley!

## Unity Food Drive

We are collecting food for Food For Lane County to help keep the local pantries stocked.

**Please help us fill the barrel in the foyer.**

**Donated items should be shelf-stable food (i.e., canned or no refrigeration needed)**

**Some suggested donation items are:** Protein (such as peanut butter, canned meat: tuna, chicken, salmon, corned beef, etc.), dried beans, canned food, soup, spices, cooking oil, broths, shelf-stable non-dairy milk alternative (i.e., almond milk, oat milk, soy milk, etc.), cereal, grains, pasta, rice, baby food, baby formula.



## **YOUTH & FAMILY MINISTRY**

### **Sunday Gathering for Youth**

**Nursery (Infant-4 years old)** Nursery care is offered during the service in the Harmony Room.

**Unikids (Kindergarten-5th Grade)** We currently offer fun and inspiration for the kids. There is a puppet show each Sunday for the first 10 minutes. Parents are asked to drop off their children starting at 10:20 a.m.

**Uniteens (Grades 6-8)** meet in the upstairs Treehouse room from 10:25 to 11:25 a.m.

**Unity Teen Group (Grades 9-12)**, meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room.

### **Angel Network**



**The Angel Network is a circle of caring.** This means you can ask for help in tough times for short-term services such as a supportive call or home visit, a ride to a medical appointment, a Sunday service, shopping for groceries, yardwork, etc. We can't guarantee help, but we can at least try! If you or someone in our church community has a need, let us know by calling the **Angel Network Request Line** at **541-345-9913, ext. 14**.

**If you would like to join the Angel team**, just call the Angel Network Request line: **541-345-9913, ext. 14** and leave a message.

**If you would like to donate** gift cards from food stores and cash to have on hand for emergencies, you can do so by making a check payable to Unity of the Valley and including ANGEL NETWORK in the memo line. You can mail your check to Unity of the Valley, 3912 Dillard Road, Eugene, Oregon 97405.

# Unity of the Valley Prayer Ministry

Unity was founded on, and is sustained by, the power of prayer. We invite you to participate in prayer with our devoted Prayer Ministry through these activities:

- **Healing Prayer Circle** - We meet **Sundays (12:15-1:15 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, contact **Julia Linebarger-Taylor at 541-968-5896**.
- **Prayer Requests** - Email your name and prayer request to Julia Linebarger-Taylor at [jlinebargertaylor@yahoo.com](mailto:jlinebargertaylor@yahoo.com) or 541-968-5896.
- 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.
- You can call **Silent Unity** 24 hours a day at 816-969-2000 or toll free at 800-669-7729.

## APRIL PRAYER

from Rev. Sherry Lady

### NATURE'S RADIANT CREATION

The soul of the world is radiant,  
full of the splendor and beauty of life.

A world soul that offers the treasures of a Holy Spirit  
that is showering us with fountains  
of strength, courage, and creativity.

As we ascend to the heights of our being-ness,  
the majestic vision of what is possible opens before us,  
giving life to our dreams and longings,  
showing us the way to a radiant, transformed life.

We give thanks for those  
who have gone before us to show the way.  
Radiance is everywhere.

Thank you, Holy Spirit

## **SUNDAY LIVE STREAM**

**Sunday Services.** Can't be here in person? You can join us and many other friends of Unity of the Valley live at 10:30 a.m. each Sunday at <https://www.facebook.com/unityofthevalley> (you don't have to be a Facebook member).

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

**WEDNESDAYS: UV Community Connect (via Zoom) 2:00-3:00 p.m.** A one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. Led by **Rev. Dick Everts**. Email **Rev. Dick** at [richard.everts@comcast.net](mailto:richard.everts@comcast.net) for link.

**THURSDAYS: Unity's Council of Elders (Garden Room) 1:00-2:30 p.m.** (60 or older) Come explore the journey and wisdom of elderhood. For more info., **Julia Linebarger-Taylor** at [jlinebargertaylor@yahoo.com](mailto:jlinebargertaylor@yahoo.com) or 541-968-5896.

**THURSDAYS: Passage Meditation (Fillmore Wing) 5:30-6:45 p.m.** This group practices "Passage Meditation" as taught by Eknath Easwaran. For more info., **Laurie Cracraft** at 541-554-5434.

**SATURDAYS: - 10:00-11:30 a.m. via Zoom - Gong Bath Meditation Class with Sunny & Vicky Hills - Sign Up at <https://sunnyhillsmeditation.com>**

**SUNDAYS: Sunday Morning Book Study Group (Rainbow Room) 9:00-10:20 a.m.** Currently studying *Spiritual Awakenings*, by Barbara Harris Whitfield. For more info., **Cynthia** at 216-466-1897.

### **Ongoing Monthly Groups & Events at Unity**

**Unity Grief Support Group (Garden Room).** This group, facilitated by **Rev. Inge Tarantola**, is currently on hiatus. For more info., **Inge** at 541-968-5540.

**Unity's Open Men's Group (Fillmore Wing) First & Third Tuesday of each month 7:00-9:00 p.m.** For more information, contact **Raymond Albano** – 541-285-3943 / [Ralbano.tmlp@gmail.com](mailto:Ralbano.tmlp@gmail.com) or **Jim Drews** – 541-731-8492 / [drewsjim@yahoo.com](mailto:drewsjim@yahoo.com).

**Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 3:30-5:00 p.m.** Join experienced practitioners for a calming, healing Therapeutic Touch session. For more info., **Bev Forster** at 541-520-9358.

## **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.-1:00 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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