

April 2025



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

I'm Just One Person and Can't Do Anything

By Bonnie Paquin, Unity Board Trustee
and member of Unity's Council of Elders

"I am concerned about what is happening in our country, but I am just one person, and I can't do anything." I hear that being said all the time, and it is just not true! In my view, we are watching our democracy crumble, as are many throughout the world. It has happened before because millions of people said, "I am only one person and can't do anything."

As Elders, we have a responsibility to lead our families and communities through this perilous time. We can provide the anchor by creating safe havens, building strong support systems, modeling positive action, and most importantly, living our spiritual teachings.

Joan Chittister's book *The Time Is Now, A Call to Uncommon Courage*, gives us a roadmap for moving through this time. She says we have choices, and she provides tools for how to make them. The first choice is to quit a road going somewhere we do not want to go. Run away, go in a different direction. The second choice is to not surrender to the forces of resistance that obstruct our every step toward wholeness. We do not hunker down and wait for the storm to pass. The third choice is to refuse to accept a moral deterioration of the present and insist on celebrating the coming of an unknown, but surely holier, future. Chittister provides the following tools for how we make the choices we will face over the next few years:

1. Strengthen our spiritual foundation.

What are the teachings and beliefs that we honor and cherish?

2. Be aware of what is happening and talk about it.

This is not a time to close our eyes and silence our voices.

3. Lean on our friends.

Friends keep us grounded in reality. We need community!

4. Find a balance between personal peace and action.

Regular separation from the issues is imperative

5. Keep the laughter.

Laughter brings a new perspective on life.

Our world is changing. We now live in a world that we thought could never exist in our country. Shall we do nothing and claim that we are powerless in the world? Or shall we do something to reshape the heart and the soul of the world we inhabit?

SERVICES IN APRIL

Sunday, April 6: “Be an Informed Voice: The Powers of Awareness, Communication & Community.” Four members of **Unity's Council of Elders** will share how using these powers requires making choices, not just continuing down the same road.

Sunday, April 13: “Strengthening Our Spiritual Foundation” with **Rev. Sherry Lady**. While the temptation is to surrender to the “way things are,” we can choose another road, as Jesus did in his Palm Sunday journey to Jerusalem. It's a higher form of surrender when we are willing to follow our calling despite our fears.

Sunday, April 20 - Easter Sunday: “Balancing Personal Peace & Action” led by our **Ministerial Team**. Few of us are called to be crucified. But we can at least give up some “me time” to do our part in making the world a better place. We can refuse to accept the victory of negativity and instead celebrate our faith that transformation is unfolding even if not evident to the eyes. **We will have a performance by Unity’s Easter Choir too!**

Sunday, April 27: “Smile! Staying Lighthearted in Heavy Times” with **Jon West**. One of the great lessons of life is learning how to shine our light even when the world seems dark around us. This includes not taking ourselves or our challenges so seriously that we lose our joy, energy, and enthusiasm for the gift of being alive and being able to make a difference.

First-Sunday Potluck **April 6** **after the service**

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

Unity will provide coffee, tea, and dessert.



Every First Wednesday *Chanting & Meditation*

Join us April 2nd, 7 - 8 p.m.

*E*xperience a deeper connection with Spirit through the timeless practice of chanting, both in English and Sanskrit. Between chants, we meditate in silence for 7 to 10 minutes. We conclude with a healing prayer for the world.

Info: Jon West (541) 683-7666
jwest97405@gmail.com

PARENTS EMPOWERED BY CONNECTING

Thursday, April 3- 5:30-6:30 p.m.



Parents, Grandparents, and Guardians are invited to join us in the Garden Room for a safe, confidential, and collaborative parent support group. **For information contact Alice Sparks at 541-729-3817**

Sacred Women's Circle



**Saturday, April 5
10:30 a.m. - Noon**

April Theme
Releasing & Letting Go

Calling all women to join **Géna** in the upstairs Fillmore Wing for a time of connecting, meditating, and doing a fun project that incorporates the theme for this month's gathering. For more information, contact Géna at 541-345-9913, ext. 11.

Living Unity Principles

with Jon West

In-Person class on 4 Wednesdays

April 9 - 30

6:30 - 8:00 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@riousa.com*

MEMBERSHIP INVITATION

**Congregants who attend
this class will be eligible for voting
membership in our spiritual community.
New Member Ceremony: Sunday, May 18th**

This class is being given free of charge.

**Empathetic Presence and Nonviolent Communication:
A Monthly Primer and Practice Group
Sunday, April 6 – 12:15-1:30 p.m.**

Join **Michael Dreiling** in the upstairs Fillmore Wing for this monthly intro. and practice session for empathetic presence and Nonviolent Communication (NVC).

During these sessions, Dreiling will provide templates and examples for practicing self-empathy and offer links and news about other resources for learning NVC. Donations welcome.



**Caring from the Heart
LGBTQIA++ Support Group
1st & 3rd Monday, 5:30-7:00 p.m.
April 7 & 21**

This group meets in the Garden Room on the 1st & 3rd Monday of each month. Join them in this safe place to be open and to share, express, and support each other in the LGBTQIA++ community. No judgement, no fear. For more information, contact **Erik at 541-556-0228**.

**Unity Grief Support Group
facilitated by Rev. Inge Tarantola**

**Wednesday, April 9 & 23
4:30-5:30 p.m.**

Unity's Grief Support Group is a safe place to share feelings and experience positive change. The loss can be recent or unresolved from years past. Meetings are held at Unity and via Zoom. For more information, contact **Rev. Inge Tarantola at 541-968-5540 or ingetarantola@gmail.com**.

Unity's Environmental Action Team (UV EAT)

Sunday, April 13 – 12:30 p.m.



Join us every 2nd Sunday of the month as we explore ways to live in harmony with Mother Earth. For more information, contact **Donna O'Neil** at yogawithdonna@gmail.com or **Betsy Priddle** at heavenstobetsy74@gmail.com.

Tip:

Please take the small steps to Recycle your Plastics with us! Each month **before our meeting on the second Sunday of the month, we will be collecting clean and dry #2, #4, and #5 plastics recycling in the Garden Room at 11:45 a.m.** Please pick up the instruction sheet on the table in the Fellowship Hall just beneath the Bulletin Boards by the water fountain before bringing them.

Our deeds determine us, as much as
we determine our deeds.

~George Eliot

THERAPEUTIC TOUCH

Thursday, April 10 - 3:30-5:00 p.m.



The Northwest Therapeutic Touch Institute (NWTTI) offers 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 2nd Thursday of each month. For more info., contact **Bev Forster** at **541-520-9358**.

An Interview with Our New Librarian Micheal Dunham



How did it come about that you became the librarian at Unity of the Valley?

I started by coming to Unity's Bookstore, and I noticed the library in the Fellowship Hall, and I had to check it out. Then one Sunday, Geneva Miller, one of the co-librarians at the time, saw I was interested and asked me if I had an interest in taking over as the librarian.

How long have you had an interest in libraries?

Over 50 years now. I am such a book lover. I went to graduate school at U of O in the '80s, and I would visit the Paradox Book Store on the campus. I started exploring metaphysics then, and it really kindled my interest in reading even more. They had books on subjects I never heard about. I didn't even know the term "Metaphysics." Soon I exhausted all their available books on metaphysics and spirituality, and they recommended that I check out Peralandra Book Store which addressed those topics in more depth. I went through that store with a fine-tooth comb reading everything I could get my hands on. My love of books grew even more. I have such an appreciation for the teachers/authors of books.

What would you like people to know about you?

I have been a seeker as long as I can remember. There has been a burning desire to find truth. My childhood revolved around the Catholic church, and I was expected to become a priest. At the end of the 8th grade, I was taken to Mt. Angel Monastery, and it left me cold. Not long after that I left the Catholic church and considered myself an atheist. I dealt with drug and alcohol problems in the '80s, and I had a mystical experience which changed everything and led me to really become the seeker I am today. I know this connection with Source is in every one of us. Many of us find it through the journey of books.

Unity has such a nice library – full of a wealth of wisdom. Come and check it out, and if you see me, come and chat books with me. I will be spending time getting familiar with all the books we have so I can answer questions and make recommendations to aid in spiritual growth and expansion.

FINANCIAL REPORT

ENVISIONING A PROSPEROUS & THRIVING 2025

MONTH(S)	INCOME	EXPENSES	NET
JANUARY	\$ 13,947	\$ 28,795	– \$ 14,848
FEBRUARY	\$ 15,171	\$ 20,439	– \$ 5,268

An Affirmation for Giving:

*“My generous support of our spiritual community is
the power of Spirit shining through me.
I give in love and I trust God.”*

Key Areas of Focus This Year

Serving Our Youth: A year ago, our Sunday morning youth classes rarely had more than 10 children. Now, we see as many as 22!

Outreach: A vital way to carry Unity’s message beyond our walls is by updating our online presence and video production.

Roof Replacement: Watch for further announcements about this \$50,000 project.

Invest in Unity: Please contact our office to learn about our Simple Giving program and/or including Unity in your Will.



Scan to reach Unity
homepage. Click
DONATE on right side.



BOARD OF Trustees' MEETING

**Tuesday, April 15
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 **Bonnie Paquin**
at **541-556-9669** or
blpaquin2@gmail.com.

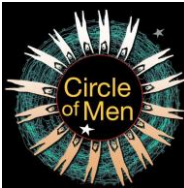
April Affirmation

With courage and compassion,
I work with my community
to create a better world.



Unity Open Men's Circle

**Tuesdays, April 1 & 15
7:00-9:00 p.m.**



The Unity Open Men's Circle is open to all
men, within our church and in our larger
Eugene community.

The Men's Circle is a safe container where a man can openly
and authentically share about his life, with the support and in
the company of other men.

For more information, contact

Raymond Albano – 541-285-3943 / Ralbano.tmlp@gmail.com
Jim Drews – 541-731-8492 / drewsjim@yahoo.com

Opportunities to Serve Our Spiritual Community

For details, please contact our administrator Géna Duel at (541) 345-9913, x11 or unityval@riousa.com.

Volunteer Ministry Coordinator:

Supports team leaders and all volunteers with volunteer placement assistance, special projects, and one-time or seasonal tasks. Works closely with Administrator and Ministerial Team. Welcome to attend our weekly Shared Leadership Team meetings that review a wide range of management issues.

Church Opener/Closer Coordinator

Recruit, train, organize, and schedule Church Openers and Church Closers. Act as contact person for the Sunday Service Team. Liaison and communicate with Administrator and Ministerial Team on a regular basis.

Community Outreach Coordinator

Recruit, train, and organize volunteers on Community Outreach team. A willingness to volunteer within the community and/or provide donated items, as needed. Additional details provided with opportunity, as they come available.

Celebration Team Coordinator

Recruit, train, and organize Celebration Team members. Act as contact person for the Celebration Team. Help plan and coordinate major Celebration Events, including Picnic, Ice Cream Social, etc.

Youth & Family Ministry Teen Class Leader

We are putting together a small team of adults who will alternate leading teen classes. The curriculum is provided, but it's also flexible. When we have enough teens, they will be divided between 13–14 year-olds (UniTeens) and 15-19 year olds (Y.O.U. or Youth of Unity). A modest payment is available. For details, contact **Alice Sparks at 541-729-3817**.

YOUTH & FAMILY MINISTRY NEWS



WEDNESDAY, APRIL 30

CONGREGATIONAL FUN NIGHT

5:30-7:00 p.m.

We are holding a “**New Beginnings**” Celebration. We will have food, a singalong with our own **Katie Sontag**, and crafts for youth and adults. Our youth will also be doing a skit relating to new beginnings. Adults are invited to be part of the skit, and photo ops are available. Signup sheets to attend will be coming out in April. Keep your eyes out.

We have much more planned for the year and will keep you posted. In the meantime, if you would like to volunteer or help in YFM, please contact **Alice Sparks** at **541-129-3817**. We appreciate you!



Your Help Needed

We are striving to make Unity a fragrance-free zone. Many of our congregants are sensitive to fragrances. Please apply essential oils, perfumes, lotions, and other fragrances after leaving the church.

We appreciate your help and thoughtfulness.

Behind the Lens Seminar

WINTER/SPRING 2025

Tuesdays, February 4-April 22, 2025 - 7:00 p.m.

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 8: “Hobson’s Choice” (Charles Laughton) directed by David Lean (108 min.)

Tuesday, April 15: “Seven Samurai” (Toshiro Minfune, Takashi Shimura) directed by Akira Kurosawa (207 min.)

Tuesday, April 22: “Rear Window” (James Stewart, Grace Kelly) directed by Alfred Hitchcock (115 min.)

Journey of the Soul

2nd & 4th Wednesdays

11:00 a.m.-12:30 p.m.

Join Kaiven in the Garden Room for a small group meeting on the 2nd & 4th Wednesday of each month beginning April 9th.

Come willing to share your light, life, and love with others in an open, loving, and trusting unfoldment of your emotional and spiritual journey as we dive deep into a free and responsible search and confirmation of our own truth and meaning.

For more info/, contact Kaiven at 541-933-2588.

OASIS Ensemble

Thursday, April 10 – 7:30 p.m.



Join us for an evening of chamber music. Program to feature: **Brent Weaver:** Northwest Sketches (world premiere), **Maurice Ravel:** Ma mere l'oye (Mother Goose), and **Fanny Mendelssohn-Hensel:** Trio in D minor.

Suggested donation: \$20 adults, \$10 students.

For more information

www.oasisensemble.com or contact
oasisensemble@gmail.com.

Yagody From Ukraine

Saturday, April 12 – 7:30 p.m.



Poetic songs from Ukraine and the Balkans which build a diverse and energetic world of melodies, rhythms, and themes. A concert with Yagody is a ritual. It is about listening to the inner self.

~Turning Tides

A benefit for Nova Ukraine (humanitarian aid).

Tickets \$24 in advance / \$28 at door. Tickets at

<https://turningtidesmusic.ticketspice.com/yagody-in-concert>.

UNITY'S BOOKSTORE



Be sure to visit Unity's Bookstore. We have new and used books, jewelry, prayer and affirmation flags, art, journals, cards, trinkets, gift certificates, and much more. Come browse to your heart's content after the service on Sundays and find the special gifts you've been looking for, while supporting our community at the same time!

As each one of us shops in and supports our bookstore, it helps the bookstore to regularly and actively support us. It is 100% staffed, managed, and operated by dedicated Unity volunteers, with 100% of the profits coming right back to Unity.

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)



FACEBOOK USERS

Did you know that you can help spread the word about Unity of the Valley? By Liking our Facebook page and then clicking "Like" or "Share" on individual posts, you can let Facebook know that these posts are important and make sure that the posts are seen by MANY more people. Please take a moment now to Like the page and share a Unity post with your friends.

Unity's Facebook page is at

<https://www.facebook.com/unityofthevalley>.



UNITY SPIRITUAL COMMUNITY SUPPORT FUND

Did you know that Unity has a Spiritual Community Support Fund? This fund was inspired in 2020 by a Unity member who offered her government stimulus funds to assist individuals in our spiritual community who need it most.

WAYS YOU CAN CONTRIBUTE FINANCIALLY

- **Mail a check** to Unity of the Valley, 3912 Dillard Rd., Eugene, OR 97405 with a note designating if it's for OSCSF or general Unity finances.
- **Make a donation through PayPal** using the yellow DONATE button on the home page of our website: unityofthevalley.org. Make sure you designate whether you want your donation to be applied to OSCSF or to general Unity finances.
- **Write a letter** stating you wish to join our **Simple Giving Fund** to contribute a set amount (state the amount) on a regular basis (state how often) and include a voided check. Just designate what portion should be used for OSCSF or general Unity finances. Géna, our Office Administrator, opens all our mail in private. So, it is safe to include your account information in a letter, but not in an email.

IF YOU NEED MONETARY ASSISTANCE

To request monetary help, you can write a letter or an email (unityval@rioussa.com) directed to the Ministerial Team. Please include the following information:

1. Your name, mailing address, phone number, and email address.
2. Your association with Unity of the Valley.
3. Name of a reference at Unity of the Valley (someone who knows you).
4. Brief description of your financial need.
5. How much you are requesting.
6. Do you think your financial needs will require monthly support?

Requests for monetary help will be reviewed by our Ministerial Team. If a request is approved, the amount granted will be dependent on how many requests we receive and how much money is available in the OSCSF.

YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

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

Unikids (4 years old-2nd Grade) meet on Sundays in the Garden Room 10:20-11:25 a.m.

Galileans (Grades 3- 5) meet on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room.

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

Unity Teen Group (Grades 9-12). meet on Sundays from 10:25 to 11:25 a.m. in the Treehouse 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 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

Sweet Spirit of life, love, and wisdom,
we open our hearts to your infinite guidance,
asking that you show us the way to live more
boldly and courageously in all aspects of our lives.

May we remember to share the love
we have in our hearts without fear.

May we be fully equipped with the ability
to speak the truth with grace, discern with confidence,
stand for justice with compassion, and
love unconditionally so that true peace may be evident
in all of life, all hearts, and all worlds,
now and ever more.

Amen

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 for link.

THURSDAYS: Unity's Council of Elders (upstairs Fillmore Wing) 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 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.

Ongoing Monthly Groups & Events at Unity

Caring from the Heart: LGBTQIA++ Support Group (Garden Room) First & Third Monday of each month 5:30-7:00 p.m. For more info., Erik at 541-556-0228.

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

Unity Grief Support Group facilitated by Rev. Inge Tarantola (Garden Room). Alternating Wednesdays 4:30-5:30 p.m. For more info., Inge at 541-968-5540.

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.

We must be the change
we wish to see in the world.
~Mohandas Gandhi

THE MISSION OF UNITY OF THE VALLEY IS

To celebrate and express the light and love of God
in each other and all things.

FIVE SPIRITUAL PRINCIPLES TAUGHT BY UNITY

These ancient universal principles offer foundational guidance for living abundantly and staying in tune with your own divine nature. You will find one or more of them woven into each of our Sunday services.

1. God is everywhere and always present in every circumstance. This divine energy underlies and animates all of existence.
2. Human beings are innately good because they are connected to and an expression of Spirit.
3. Our thoughts have creative power to influence events and determine our experiences.
4. Prayer and meditation connect and align us to our own spiritual nature and to God.
5. It is not enough to understand spiritual teachings. We must apply our learning in all areas of life, incorporating them into our thoughts, words, and actions.

CONTACT INFO

3912 Dillard Rd. (39th & Hilyard St.), Eugene, OR 97405

Office: (541) 345-9913 • Fax: (541) 345-9182

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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Cynthia Fulton-Tinawi, V. President

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