

December 2024



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

A December message from our Ministerial Team

Holy Light, Ignite Each Heart!

Sometimes, news from the outer world comes at us like an ever-blustering wind, shaking our house, rattling our windows, and stripping the beautiful fall leaves to the ground. After all the drama of recent months (and years!) now is the time to check in with our own inner being. In what ways has the outer storm crept into our bodies and minds? Can we locate places within that feel heavy and damp, aching from the accumulated raindrops of our fear, frustration, even rage?

Holy Light, Ignite Each Heart!

As days grow shorter and temperatures fall, we can no longer rely on the sun above to brighten our rooms with its happy glow. And we certainly can't rely on televised news to focus on what is good and beautiful in the world. Whether we realize it or not, we are the newscasters and reporters of our own lives. Are we busy shining a light on the countless blessings we've been given? Are we affirming the truth that we are all divine beings having a temporary human experience?

Holy Light, Ignite Each Heart!

The suffering we feel when our hopes and expectations aren't met can be so hard. And it only drags on and on...until we begin truly following in the footsteps of Jesus and the great masters of the ages. Surely, they were not blind to the disorder and discord around them. Yet they did not fight or judge anyone in order to "make things right." For they knew a deeper truth: The heaven we seek shines at the core of each of us. As an old hymn reminds us: *No storm can shake that inmost calm, while to that rock I'm clinging. Since love is lord of heaven and earth, how can I keep from singing?*

May your holy days be filled with the light of peace, love, and joy.



Happy Holidays

SERVICES IN DECEMBER

Sunday, December 1: “Born in Us: The Christ Consciousness: Part 1” with Jon West. *Advent theme: Hope.* As we seek the hidden truths in the Christmas story, we discover that enlightened teachers have come forth in every age—not to rule over us, but to point toward the spiritual potential within us all. This is the true “hope of the ages.”

Sunday, December 8: “Born in Us: The Christ Consciousness: Part 2” with Jon West. *Advent theme: Love.* As we open to the possibility of higher awareness and begin preparing the way for inner unfoldment, our transformation or “rebirth” begins: the awakening of Divine wisdom, purpose, power, and a loving sense of oneness with all life.

Sunday, December 15: “The Gift of Peace” with **Rev. Sherry Lady.** *Advent theme: Peace.* The Christmas story theme is of the bringing of light, love, and peace more fully into expression in the world. In the Gospels that follow the telling of the story are the words “Peace I leave with you, my Peace, I give you” – John 14:27. The teachings of peace were meant for all people, everywhere. How do we become the guardians of love, light, and peace not only in the larger world but also for each other as we walk the journey of life as we know it today.

Sunday, December 22: Come and Celebrate: A Christmas Musical by Susan Smith. Directed by Alice Sparks and Laura DuBois. Join us for this fun and heartfelt Christmas service for adults and youth age 6 and up.

Sunday, December 29: “Living in Joy” with **Rev. Inge Tarantola.** Every moment is a choice point. We can choose to live in joy or give in to outer circumstances that rob us of our joy. This is not Pollyanna thinking. This is using Unity principles to stay centered and live our lives from that peaceful, joyful center. Together let us explore the skills available to us, empower one another, and claim God's joy that is available to all of us. *Advent theme: Joy.*




First-Sunday Potluck

**Sunday, December 1
after the service**

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

Unity will provide coffee, tea, and dessert.



Come and join us for Unity's annual

Christmas Decorating Party

Sunday, December 1, after the svc

We are looking for at least 15 elves
(the more, the merrier) to help
Decorate the Christmas tree
and hang the garland in the sanctuary.

**We'll have Christmas music as we work
and food when we're done.**

A UNITY CHRISTMAS EVE



Candle Lighting Service



Join us on at 5:00 p.m for
inspiring music, prayer and
universal wisdom.

Please dress warmly as we will be ventilating
fresh air. If you feel unwell or have
respiratory symptoms, please enjoy the
livestream version from your home at:

www.facebook.com/unityofthevalley

Every 1st Wednesday (New Earlier Time)

Chanting & Meditation

December 4th, 5-6 p.m.

Surrender to divine love, joy and peace through the timeless practice of chanting, both in English and Sanskrit. Between each chant, we meditate in silence for up to 10 minutes. We conclude with a prayer for the world.

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

Empathetic Presence and Nonviolent Communication: A Monthly Primer and Practice Group Sunday, December 1 – 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. December 2 & 16

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.**

PARENTS EMPOWERED BY CONNECTING

Thursday, December 5 - 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 Amanda Hadd at 541-999-6673 or Alice Sparks at 541-729-3817**

Christmas Eve Ushers Needed

We are looking for four Ushers for our Christmas Eve Candle-Lighting Service, which will be held at 5:00 p.m.

If you would like to serve at this wonderful service, please sign up in the Fellowship Hall or contact Géna at unityval@riousa.com or 541-345-9913, ext. 11.

COME VISIT 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.

A NOTE ABOUT UNITY'S MINISTERIAL TEAM

Géna Duel

Our Ministerial Team is made up of **Rev. Sherry Lady**, **Rev. Inge Tarantola**, and **Jon West**. In 2013, we moved from a senior and assistant minister model to a Ministerial Team with three very qualified leaders sharing the workload and responsibilities. Here's just a little information about each.



Rev. Sherry Lady. In 1985 I entered the doors of Unity of the Valley and knew I had finally found a place where I could not only be inspired on Sundays but learn about the spiritual things that mattered to me. I have been here ever since, and I have served in various capacities as both volunteer and staff. It is my spiritual home where I get to be with my spiritual family as companions on this life path. I feel very blessed, supported, inspired, and grateful for it all and look forward to what is yet to come. Sherry

Rev. Inge Tarantola. I am so blessed to be part of the Ministerial Team and to call this community my spiritual family. At our February General Meeting I made the commitment to serve for another 5 years on the Ministerial Team as a volunteer, and I look forward to sharing many more enriching experiences with this congregation. Peace and blessings, Inge



Jon West. As a 27-year-old musician in 1991, I didn't know what was in store when a church Music Director named Donna invited me to be UV's church pianist. (Revs. Sherry and Inge were already important leaders here.) Within three months, Donna and I were married and serving as Co-Music Directors for a supportive spiritual community. It was here I grew into an adult, found my calling in ministry, and in 2013 joined with Sherry and Inge in forming a ministerial team based on shared leadership. What a joyful adventure it's been!

We are grateful for each one of you!

Sacred Women's Circle



Saturday, December 7
10:30 a.m. - Noon

December's Theme
Finding & Expressing
Our Spiritual Gifts

Calling all women to join **Alison Cantril & Géna Duel** in the upstairs Fillmore for a time of meditation, connection, and doing a fun project that incorporates the theme for December's gathering.

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

Christmas Singalong



Wednesday, December 11th
7:00 p.m.

As we move into the holidays, a wonderful way to celebrate is to sing Christmas Carols.

Their timeless melodies fill our hearts with joy and reconnect us to the truths of giving, peace, and love.

Join our music team & choir on the 11th at 7:00 p.m. for a delightful Christmas Singalong.

You may attend in person or join us on Facebook Live at www.facebook.com/unityofthevalley.



Dear friends,

Please join us this holy Christmas season by celebrating our spiritual community with a special gift of love.

For a variety of reasons, we do not anticipate being able to balance our budget this year. Our estimated shortfall is \$20,000 out of our budget of \$245,000. We wish to end the year on the positive side of the tally sheet, so we invite each of you to purchase a beautiful ornament for this year's Christmas tree in the sanctuary. Beginning on December 1st we will have a table in the foyer with an assortment of delightful tree ornaments. Select your favorite one and let your heart guide you as you place a donation of any amount in an envelope with your name on it. If you choose to increase your Simple Giving amount, write down that pledge in the envelope.

On December 22, we will have a drawing with our donors' names in a box and gift someone with a lovely appreciation Christmas basket. We'll also have a special appreciation cake in the Fellowship Hall in gratitude for our whole wonderful congregation.

As always, we want to thank you for your generosity over the years. We are so blessed to be part of this thriving spiritual community; we are all in this together, and together we will continue to shine!

*With loving respect and gratitude,
Your Unity Board of Trustees
& Ministerial Team*

Unity's Environmental Action Team (UV EAT) Sunday, December 8 – 12:15-1:15 p.m.



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

O'Neil at yogawithdonna@gmail.com.

These tips from John Garrett & Ruth Kaminski:

- If you buy coffee on your way somewhere, carry your own mug. Many coffee shops will fill your personal mug, so you don't have to use a throw-away cup and lid.
- We bring our own containers into restaurants, so if we have leftovers, we can put them in our containers, bring the food home, wash and re-use them.
- If I am eating at a cafeteria-style place, or hot food bar, I bring my own utensils, so I have no need for throw-away ones.

THERAPEUTIC TOUCH

Thursday, December 12
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 2nd Thursday of each month.

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

Board Trustees Volunteer Opportunity

Our Unity Board Nominating Committee is seeking candidates for our Board of Trustees.

We have two open seats. We also have a seat open for someone willing to serve as an Alternate (willing to step in if a Trustee doesn't complete their full term).

If you are interested in being of service to our spiritual community in this way, please contact Jon West at jwest97405@gmail.com.

Your service as a Board Trustee can make all the difference!

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)



Unity Grief Support Group facilitated by Rev. Inge Tarantola

**Wednesday, December 4 & 18
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.

FINANCIAL REPORT: Looking Forward Together

MONTH(S)	INCOME	EXPENSES	NET
SEPTEMBER	\$18,240*	\$18,095	\$ 145
OCTOBER	\$13,571	\$19,461	-\$5,890

Since the start of the year, we've kept our community expenses on track: \$780 under budget. But our total income has fallen by about \$30,000. We can still pay our bills thanks to our reserves. But as we now begin our budgeting process for 2025, we are looking for ways to reduce our expenses and increase our revenues. *Thank you for all you do to keep Unity happy, healthy & whole.*

Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF TRUSTEES' MEETING

Tuesday, December 17
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.

December Affirmation

I am filled with radiant power
and love of Spirit
(or the Divine,
the Christ, God, etc.)



YOUTH & FAMILY MINISTRY NEWS

HAPPY HOLIDAYS! On December 1st, our youth will be exploring the meaning of all four Advent Sundays - Hope, Peace, Love, and Joy.

On December 8th & 15th, the youth will be rehearsing for the play, **Come & Celebrate** that will take place on Sunday, December 22nd during the service. This play was written by our amazing **Susan Smith**, who also wrote all the music, songs, and lyrics. Laura DuBois is helping this all come together with the music and is working with the children on their singing parts. It is a very clever and amazing play. Don't tell anyone but there is a tv anchor, tv director, and reporter! Aw yes! Oh, what fun!

Our Halloween Celebration on October 30th was a success. We had over 50 people in attendance and 4 brand new people from the community that saw our advertising. We had amazing volunteers. I want to thank **Gary, Doris, Gaia, Denice, Theresa, Justus, Donovan, Diana, Emma, Aliana, Denise-Christine, Ann, Alison, Shawn, Wendy, Géna, Susie, Lynn, Geneva, Annamarie, Betsy, Jude, Teo, and last, yet not least, Kyra, Bella, and friends.** Thank you for all you did. You are the ones that really made this happen. We are so grateful for you! As you can see, nearly half of our attendees were volunteers. They had as much fun as everyone else. **Gary, Doris, Gaia,** and **Denice** were part of the original planning committee. This definitely would not have happened if they had not made it happen. **Gary** designed the Crypt Room and was the Crypt Keeper, as well as the spooky room upstairs. **Doris** and **Gaia** were in charge of the Day of the Dead room and theme. **Denice**, our scarecrow, was in charge of so many of the goodies. Thank you, **Justus** for your fabulous music and **Donovan** for all the entertaining you did while guiding everyone! **Emma** and **Aliana**, thank you so much for the cakes! People just loved them! **Denise-Christine**, your Fortune Telling Room was amazing and so were you! Even if I wasn't able to have you tell me my fortune!

A big **THANK YOU** to all of you!



Behind the Lens Seminar

WINTER 2024-25 Series

Tuesdays, Nov. 5, 2024-Jan. 28, 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, Dec. 3: “The Earrings of Madame de...” directed by Max Ophuls (100 min.)

Tuesday, Dec. 10: “From Here to Eternity” (Burt Lancaster, Montgomery Clift, Deborah Kerr) directed by Fred Zinnemann (118 min.)

Tuesday, December 17: “Mr. Hulot’s Holiday” (Jaques Tati) directed by Tati (87 min.)

Tuesday, Dec. 24: MERRY CHRISTMAS No Film. Come back for New Year’s Eve.

Tuesday, Dec. 31: “Gentlemen Prefer Blondes” (Marilyn Monroe) directed by Howard Hawks (91 min.) Let’s celebrate **2025!**

Burning Bowl Service

Sunday, January 5, 2025, 10:30 a.m.



This ancient, ever-new ceremony is a powerful occasion for deep healing and release. As we sincerely surrender what no longer serves us to the altar flames, we open ourselves to healing and new worlds of discovery.

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.

DECEMBER PRAYER

from Rev. Sherry Lady

Holy Spirit,

During this time of celebration of the birth
and the message of the one who came to affirm
the universal presence of Light in all creation,
may we not forget that we, too,
are bearers of that Light.

May we live each day in the knowledge and expression
of that Light in all areas of our life.

May we be a blessing to all
as we remember and give thanks
to the Divine Source of our inspiration.

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.

**The Church Office will be closed
December 23 – January 1**

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. 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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