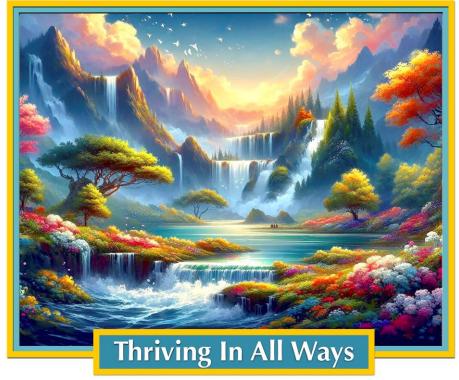


February 2025



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

Ministerial Team Rev. Inge Tarantola Rev. Sherry Lady Jon West

> Music Director Laura DuBois

Thriving In All Ways A message from our Ministerial Team

Have you ever visualized the current landscape of your life as just that—a landscape? Well, buckle up, because we're taking off right now for a quick flyover!

The first thing we notice looking down is the degree of lush, green growth. We keep things fresh in life as we grow and branch out as the need or inspiration arises. If we are stifled, inhibited, or lacking in constructive, creative energy, we may want to start planting some seeds for expansion.

If you doubt you can do this, just look over there: A river of Divine Creative Substance is flowing through your life. The infinite supply of this river flows to and through us as we continually deepen our awareness of it. The more we trust and welcome the inflow and outflow of Divine Substance, the more it will manifest everything we need. Prosperity is ours to claim.

Naturally our eyes look toward the hills and mountains in the distance. These are the future high points calling us to set goals and work toward their achievement. If there is nothing calling us forward, no sense of meaningful future unfoldment, then the horizon will appear flat and uninviting. In reality, Divine Wisdom knows we have an important destiny. *Seek and you shall find the higher purpose of your life.* We just need to clear away the cloud cover to see it.

Speaking of clouds, it's always good to check the weather and visibility when flying. Are the stormy winds of life tossing you around, making you feel unsteady? Are the rains of stress and fear beating so hard on your windshield, you're unsure if you'll make a safe landing? It may be time to fly higher into the clear sky above. We can lift our awareness into greater clarity through affirmative prayer, meditation, and remembering that the Light of Spirit is always shining behind the surface appearance.

Join us throughout February as we learn to let the prospering power of Spirit express in every acre of our lives.



SERVICES IN FEBRUARY

Sunday, February 2- "Pocket Change" with **Rev. Sherry Lady.** From early childhood and throughout all the ages and stages of our lives, our perceptions, understandings, and experiences of prosperity and abundance go through many adjustments and changes. A popular credit card advertisement – "What's in your pocket?"- will guide us to, and through, an investigation of how we can view prosperity, both practically and spiritually.

Sunday, February 9 – "You and Abundance: Living from Oneness" with guest speaker Rev. Pam Gutierrez. Are you ready to unlock the abundance that's already within you? Discover how to shift from a mindset of lack to one of limitless possibility, tapping into the infinite supply of all good that resides within. Learn practical tools and spiritual principles to manifest greater joy, fulfillment, and abundance in every area of your life.

Sunday, February 16: "God Is My Source, God Gives Through Me" with Jon West. By daily affirming and meditating in the awareness of this simple truth, we hold the essential key to wholeness discovered by saints and sages through time: The One Power and Presence that we call God, Spirit, Ground of Being, etc. is the "missing something" that keeps us from experiencing the wholeness we seek.

Sunday, February 23 "Prosperity Consciousness vs. Poverty Consciousness ~ An Awakening of the Heart" with Dr. Serenee Smith. Diving deep into our hearts we find the essence of who we really are as Children of God ~ And in that knowing we uncover our Divine core of unlimited grace and prosperity.

First-Sunday Potluck February 2 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, February 1 10:30 a.m. - Noon

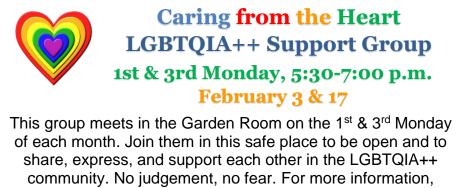
> February's Theme Life Collaging

Calling all women to join Géna in the upstairs Fillmore Wing on Saturday, February 1st. We will spend time connecting, meditating, and doing a fun project that incorporates the theme for February's gathering.

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

You are constantly being sent signs from the universe about what path to take. ~Sanaya Roman





contact Erik at 541-556-0228.

PARENTS EMPOWERED BY CONNECTING Thursday, February 6 - 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

Unity Grief Support Group facilitated by Rev. Inge Tarantola

Wednesday, February 12 & 26 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** <u>ingetarantola@gmail.com</u>.

THERAPEUTIC TOUCH Thursday, February 13 - 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**.

Empathetic Presence and Nonviolent Communication: A Monthly Primer and Practice Group Sunday, February 2 – 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.

Unity's Environmental Action Team (UV EAT) Sunday, February 9 – 12:15-1:15 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 <u>yogawithdonna@gmail.com</u> or **Betsy Priddle** at <u>heavenstobetsy74@gmail.com</u>.

Tip of the Month:

Please take the small steps to Recycle your Plastics with us! Each month before our meeting, we will be collecting CLEAN plastics! 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.





Workshop and Class with Rev Pam Gutierrez

Welcoming Your Unlimited Good Workshop

Sunday, Feb 9. 12:30-2:30 pm Investment \$35

Imagine life overflowing with joy, prosperity, and vibrant health. A life where opportunities blossom around you, relationships brim with love, and your every desire manifests with effortless grace.

This isn't some distant dream; it's the birthright you already possess – your unlimited good. Based on teachings from Eric Butterworth's *Spiritual Economics* and Charles Fillmore's *Prosperity*, you'll be introduced to concepts that will shift your mindset away from scarcity and unlock the door to this inherent abundance, resulting in prosperity in all areas of your life.

You'll practice moving away from the limiting beliefs that hold you back, and instead focusing on the power of gratitude and appreciation, magnetizing more good into your life.

The Game of Life & How to Play It

Classes on Zoom Feb 11, 18, 25 6:30-8:00 pm

Investment \$55 or \$40 if bundled with Feb 9 workshop.

This three-week class offers practical, actionable strategies based on Florence Scovel Shinn's *The Game of Life and How to Play It*. You'll learn how to:

- Use affirmations and visualizations to manifest your goals.
- Practice forgiveness and nonresistance to overcome challenges.
- Tap into your intuition for guidance and clarity.
- Create a life filled with purpose, prosperity, and positive relationships.

This class provides the tools you need to play the game of life successfully and joyfully.

Unity of the Valley receives a portion of your investment.

Unity of the Valley



Sunday, February 23 12:15 p.m.

Join us in person or on Unity's Facebook livestream (https://www.facebook.com/unityofthevalley).

We will bless our outgoing board members, elect new board members, look at the highlights of last year, and talk about our gifts and challenges for the new year.

We will also be voting on important bylaw revisions. Information on these bylaw changes are posted at the signup table in the Fellowship Hall and also on our web site.

Unity Open Men's Circle

Tuesdays, February 4 & 18 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 / <u>Ralbano.tmlp@gmail.com</u> Jim Drews – 541-731-8492 / <u>drewsjim@yahoo.com</u>

FINANCIAL REPORT: IN PROGRESS

We are still working with our bookkeeper to determine our total income and expenses for 2024. However, with the generous support of this community, we believe we have moved closer to meeting our anticipated budget.

Gratefully yours, the Board of Trustees



Scan to reach Unity homepage. Click DONATE on right side

BOALD Frustees' MEETING

Tuesday, February 18 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.

February Affirmation

God is my Source. God gives through me.

(Note: Feel free to use any other term for the Divine such as Spirit, the Infinite, Pure Being, etc.)



2025 Board Nominees



Gaia Christine: I am passionate about service and community. I thrive on spreading love and compassion through volunteer work. My heart is aligned with helping those with disabilities. I also love volunteering with youth. I am grateful to be rearing my beloved grandchildren who are active in Unity's Youth & Family Ministry.

I have a deep appreciation for Unity as it applies to interpersonal relationships. I have a B.A. in psychology with a concentration in industrial organization. I love research and writing. I am a daily swimmer and painter.

I am pursuing my dream of becoming a minister at Unity Worldwide Institute. I am dedicated to uplifting others and making a positive impact.

Shawn Heren: In December 2016, while heading over to my sister's house in an ice storm, I had a seizure on Alton Baker trail which caused me to go in and out of consciousness for about 6 hours, where a series of events were set into motion that changed my life and eventually led to my having both feet



amputated. During rehabilitation, I was told it would take 120 days to learn how to walk again. I was determined to do it much sooner and within two days, I was walking without a walker. I set and achieved some other goals too which led me to be the person I am today.

I bring the willingness to jump in and help where needed. I work well with others. I have a deep love and respect for my spiritual community. I love sharing my bright light and positive energy with others. I am one of the four founder's that founded the "Caring from The Heart" LGBTQIA++ Support Group. I am deeply dedicated to serving Unity and the congregation. I am smart and great at solving problems, am a loving cat Dad to 3 amazing little divine souls, and I love lifting people up and helping them to have a much better day.

2025 Board Nominees



Alice Sparks: My spiritual paths are many, and I have learned a great deal from the spiritual growth I have experienced with having the opportunity to be involved as a prayer team member, a chaplain, part of the Elder Council, participant in shared leadership and growth with so many beautiful beings being the

Youth Ed Coordinator teaching our youth (or better said taught by them). And being a member of the Board of Trustees is beyond anything I ever dreamed of in the distant past.

It has been an honor and amazing journey being a member of the board. We definitely use the Shared Leadership model and work together as one. The wisdom, kindness, joy, leadership, and devotion that I have observed on this board has been so valuable to my growth, both personally and as a trustee to the board, as well as the congregation. I am excited and grateful for the opportunity, to seek being a trustee for another term. Thank you to Unity for inspiring me and supporting my spiritual growth.

Edward VanSciver: My education brings a B.A. in English Language & Literature, a Master of Public Administration (Policy and Planning), and a M.S. in Recreation and Parks Administration. At the City of Kansas City, I worked at the Department of Urban Affairs, Employment and Training Division, where I



was Chief of the Management Information and Analysis Unit (1977-1982). From 1984 to 1988, I worked in the Missouri Department of Corrections as a Board of Probation and Parole Management Specialist. From 1988 to 2005, I worked in the Missouri Department of Health & Senior Services as a Research Analyst.

I was raised in the Presbyterian Church. My initial exposure to Unity was at the Unity School of Practical Christianity, Lee's Summit, Missouri (1962–1970). While there, I became a conscientious objector, so I never served in the military but did civilian alternative service with an anti-poverty agency in Appalachia (based in Harrisburg, Pennsylvania.)

When my children were little, I became a member of Fairview Methodist Church in Columbia, Missouri. where I remained for 28 years. During that time, I served on various committees, and I participated in choir, pageants, sports and fundraisers.

YOUTH & FAMILY MINISTRY NEWS



Valentine's Dance

Friday, February 7th (5:30-7:00 p.m.). Calling all kids and adults, singles and couples to come and enjoy food, music, dance, bake sale, and fun. Music from 1940-2000, limbo rock, line dancing. Love-offering basis.

Teachers & Assistants Needed.

Your help can make a difference! We are looking for teachers and assistants for all areas of our youth program. This includes the Nursery, Unitots, Unikids, and Uniteens. Training is available. Curriculum, supplies for activities are provided. If you would like to volunteer, please contact Alice Sparks at 541-729-3817.



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)



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, Feb. 4: "A Star is Born" (Judy Garland, James Mason) directed by George Cukor (176 min.)

Tuesday, Feb. 11: "Dial M for Murder" (Ray Milland, Grace Kelly) directed by Alfred Hitchcock (105 min.)

Tuesday, Feb. 18: "Twenty-Four Eyes" (Hideko Takamine) directed by Keisuke Kinoshita (156 min.)

Tuesday, Feb. 25: "The Caine Mutiny" (Humphrey Bogart, Jose Ferrer) directed by Edward Dmytryk (125 min.)









March Is Love-in-Action Volunteer Month

We have many fun and rewarding volunteer positions and leadership opportunities at our church, and we need your help. **Representatives from each volunteer ministry will be in the Fellowship Hall after the service on Sundays, March 9 and 16**, to provide information and to help volunteers sign up.

Be sure to come and visit with us!

June Hopkins Celebration of Life Service Saturday, March 22nd - 11:00 a.m.



June was an integral part of Unity's Youth & Family Ministry. Please join us in the sanctuary as we celebrate our beloved June's life.

Save the Date! Volunteer Appreciation Brunch

Saturday, March 15 10:30 a.m.-Noon

Your Shared Leadership Team would like to honor you and express our appreciation for your gifts of time, talent, generosity, love, and service to this community.

Be sure to save the date and join us for food, frivolity, and festivity! Sign-ups begin the end of February!



Sign up in the Fellowship Hall or contact Mo Robeson at mo@sidarosa.com or 541-520-8489.

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 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: <u>unityofthevalley.org</u>. 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 (<u>unityval@riousa.com</u>) 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 oney 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 <u>ilinebargertaylor@yahoo.com</u> 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.

FEBRUARY PRAYER

from Rev. Sherry Lady

In this month of love expressing, we invite Spirit to guide us in remembering we are not alone. We are surrounded by creative powers that are active in each and every moment of our lives filling us with joy, love, light, peace, and inspiration. As we open to receive the blessings, we choose to remember to share with others reminders of their beauty and strength and the knowing that they are loved beyond measure. Together we are alive in Love.

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 <u>https://www.facebook.com/unityofthevalley</u> (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 <u>richard.everts@comcast.net</u> 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 ilinebargertaylor@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 (Filmore 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 / <u>drewsjim@yahoo.com</u>.

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.

> Kindness costs nothing. ~Irish proverb

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 <u>www.unityofthevalley.org</u>

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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