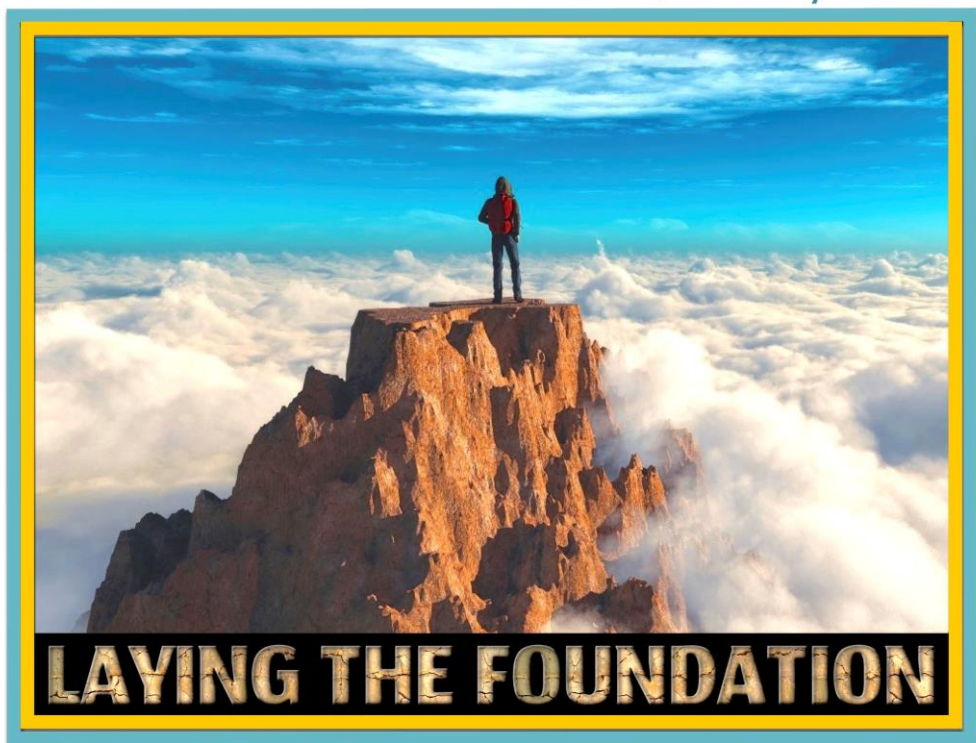




January 2025



LAYING THE FOUNDATION

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

Laying the Foundation: A message from our Ministerial Team

A strong foundation is built brick by brick, with care and attention to detail. How in 2025 can we apply this basic principle to our personal and spiritual unfoldment? Here are some wise suggestions from various thinkers and writers, with each quote followed by a brief commentary:

Humility is the solid foundation of all virtues. –Confucius.

Humility as a spiritual practice does not mean devaluing our core essence, thinking we are “less than” anyone else, or that we aren’t worthy of the highest fulfillment. Humility means recognizing the endless opportunity we have to learn and grow by not clinging insecurely to our current knowledge, beliefs, and routines.

Self-knowledge is the foundation of real success. –Rachel

Simmons. We often occupy ourselves wondering about the mysteries of life or concerned about the trouble spots in the world. We may do this, not realizing we are largely a mystery to ourselves! By looking deeply within, we discover the wholeness of being that waits behind all our personal trouble spots.

Our relationship to our body is a primary one, and it is foundational to how we orient in life. We will inhabit this body until we die, so if we can befriend it, rather than judging, berating, and fighting with it, we only stand to sweeten our lives.

–Kimberly Ann Johnson. If you need to grow in creating a healthy connection with your body, this is the ideal month to set an intention and free yourself from a self-defeating relationship.

I didn’t have anybody, really, no foundation in life, so I had to make my own way. I had to go out in the world and become strong to discover my mission in life. –Tina Turner.

The greatness of Spirit shines in all of us. As we go forward in positive faith that we are always connected with our Source/Father-Mother-God/Ground of Being, etc., we will find our way through every challenge to true success.

I’ve come to believe that all my past failure and frustrations were actually laying the foundation for the understandings that have created the new level of living I now enjoy. –Tony Robbins.

It’s easy to feel down when life isn’t going our way. This can become an ever-repeating cycle. Yet as spiritual beings, we have the power to break this cycle simply by deciding to do so and following through. In this way we learn step-by-step to use challenges as a springboard to our next great adventure in growth.

Laying the Foundation (continued)

Whatever you want to achieve is secondary: the business, the exchange of information, whatever it may be. Yes, you do that also, but there is a deeper foundation - meeting that human being in a state of shared presence. –Eckhart Tolle. This is the essence of spiritual community: Letting our outer work and service express our inner connection with universal love and wisdom and our oneness with all life.

We look forward to setting sail with you into a new year of unlimited possibilities!

SERVICES IN JANUARY

Sunday, January 5: Burning Bowl Ceremony led by Rev. Sherry Lady. See page 4 for information.

Sunday, January 12: White Stone Ceremony led by Rev. Inge Tarantola. See page 5 for information.

Sunday, January 19: “Plug into the Power of Intention,” with Jon West. Here is a very accessible way to experience our connection to the Divine: Set a heartfelt goal or intention with full awareness that we are in partnership with the universal Source of all things.

Sunday, January 26: “Breaking the Mold: From Old Patterns to an Inspired Design,” with Jon West. Despite our firm intentions, we often remain stuck doing things that don't really make us happy but we can't seem to stop. Yet time-tested solutions are available to us if we are willing to try them.

First-Sunday

POTLUCK

January 5

(after the service)

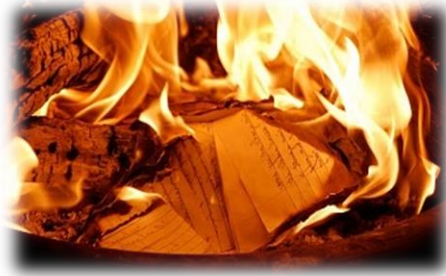
Bring a main dish or salad, and invite your family and friends!

Unity will provide coffee, tea, and dessert.



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.

Rev. Sherry Lady will guide us in experiencing this time-honored tradition – a richly meditative experience accompanied by heart-opening chants and instrumentals.

Join us for this freeing and moving experience
in consciousness that
opens the door to a greater you!



Caring from the Heart

LGBTQIA++ Support Group

1st & 3rd Monday, 5:30-7:00 p.m.
January 6 & 20

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.**



White Stone Ceremony Sunday, January 12 10:30 a.m.

In the time when Jesus was teaching, prisoners who were released were given a white stone to signify their freedom. Each of us has experienced varying kinds of inner restriction or bondage. Having released some limitations and created space in our lives through our Burning Bowl Service, this ancient ritual represents stepping forward into a larger, richer, and more meaningful expression of life.

Join us on January 12th as **Rev. Inge Tarantola** guides us in this beautiful experience. First, we will select our stone. The white stones we are using came from the area between Hebron and Bethlehem, Israel. Holding these powerful stones in hand, we will affirm we are starting with a clean slate. Opening to our inner guidance, we will then write on the stone a word or short phrase representing the new beginning or energy we envision in our lives.

PARENTS EMPOWERED BY CONNECTING

Thursday, January 2 - 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**

Start the New Year with

Chanting & Meditation

January 1st, 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, January 5 – 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.

THERAPEUTIC TOUCH

Thursday, January 9 - 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.**

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, January 15 & 29
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.

A NOTE OF THANKS

A new year is here. It's another opportunity to share gratitude with those around us and those we love. So let us start the year off with our love and gratitude for you.

Angel Network – Thank you to all the angels who helped give a ride to someone needing one, provided a meal(s) for those who were unable to make them, helping pack up or move someone, and so many other activities.

Board of Trustees – Thank you for serving our community.

Bookstore Ministry – Thank you for opening the store up, answering questions, and helping our bookstore thrive.

Church Openers/Closers – Thank you for helping open and close the church on Sundays so that we can hold our beautiful Sunday services.

Church Facilities – Thank you for the painting, window washing, floor waxing, problem solving/fixing team that keeps this place running.

Fellowship Team – Thank you to our Kitchen and Soup Angels for feeding our tummies. Your devotion to and making sure we have nourishment for the belly fills our hearts too.

Music & Choir Ministry – Thank you for keeping the music moving through us all. We are so very blessed.

PowerPoint Team – Thank you for keeping the Sunday services, Celebration of Life services, Singalongs, ... slides flowing.

Prayer Chaplains & Prayer Ministry – Thank you for holding sacred space on Sundays to pray with us individually, pray in a group, pray during the week.....and just well pray for us.

Prayer Shawl Ministry – Thank you for the countless hours of creating beautiful shawls filled with loving healing energy that are passed on to so many.

Office Angels – Thank you for making the work week flow easier.

Ushers & Greeters – Thank you for helping us feel welcome and helping to keep the Sunday service flowing. It takes a village.

Youth & Family Ministry – Thank you to all the teachers, assistants, and volunteers for helping play with & nurture our youth.

Each One of You – Thank you to each and every one of you for helping behind the scenes and just plain showing up. It's part of what makes our Unity family so awesome!

FINANCIAL REPORT: Creating a Community of Unity

MONTH(S)	INCOME	EXPENSES	NET
OCTOBER	\$13,571	\$19,461	-\$5,890
NOVEMBER	\$19,531	\$21,681	-\$2,150

Our budgeting for 2025 includes forecasting our income and potential growth as a community. Forecasting is made easier by your regular monthly donations through our Simple Giving Program. We also invite your ideas and energy to help this community become as welcoming and visible as possible. There are many who have yet to find the Light of Unity.

With loving gratitude
Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

**Tuesday, January 21
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.

January Affirmation

Grounded in Spirit,
my awareness of all
that is good grows daily.



YOUTH & FAMILY MINISTRY NEWS

In November, 2024, YFM completed the Five Basic Unity Principles for the Youth. It was a fun and learning experience for us all. We welcome 2025 with open arms and hearts!



In January, our **Unikids through Y.O.U.** begin the journey, once again, celebrating the 12 Powers, Part 1 written by cofounder Charles Fillmore in a simplified curriculum by Diane Venzera, *The Awakened Classroom*. We study two Powers per month, although we will take a break from that study for our Easter classes in April.

FAMILY FUN NIGHT Last Wednesdays of January and April

On **January 29** we will be holding a celebration of The Lunar New Year “The Year of the Snake.” We will have food, beverages, arts and crafts for youth & adults, fun and games, and music by our one and only Katie Sontag! Thank you, Katie!



On **April 30** we will be highlighting and celebrating Spring with food, fun, games, and music too!

If you would like to get involved and help out in the Youth & Family Ministry, we are always looking for volunteers.

Contact Alice Sparks at 541-729-3817 to explore how you can help.

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, Jan. 7: “Stalag 17” (William Holden) directed by Billy Wilder (120 min.)

Tuesday, Jan 14: “The Wages of Fear” (Yves Montand) directed by Henri-Georges Clouzot (147 min.)

Tuesday, Jan. 21: “Shane” (Alan Ladd) directed by George Stevens (117 min.)

Tuesday, Jan. 28: “Tokyo Story” (Chishu Ryu, Setsuko Hara) directed by Yasujiro Ozu (136 min.)

New series begins in February!

Unity’s Environmental Action Team (UV EAT)

Sunday, January 12 – 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 yogawithdonna@gmail.com or **Betsy Priddle** at heavenstobetsy74@gmail.com.

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.

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.

JANUARY PRAYER

from Rev. Sherry Lady

Holy Spirit within,
I feel the presence of you within me.
When I remember to acknowledge the truth
of our blessed connection, I am, once again, born anew.
I take all that stands in the way of my acceptance
of your presence and release those fears and doubts
into the universe for dissolution.
As I do, every moment becomes filled
with the blessed assurance that I am not alone.
I acknowledge your presence as my true and guiding light
for the future that lies before me.
In that moment of release my soul sings its song
of joy, hope, peace and love, and
I experience gratitude beyond measure.

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.

**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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