

March 2025



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

How Can I Serve?

A message from our Ministerial Team



“The best way to find yourself is to lose yourself in the service of others.”
– Mahatma Gandhi

Can you recall what “serving others” meant to you in your formative years? Did you have parents who were kind and generous to others? Did they have time to serve their community in some way, even if it was primarily serving with dedication in their jobs? Or did they need to pour most of their energy into serving their own family? All of these approaches model service, even if you couldn't always see it as a child.

Within nature, we can observe animals and insects working for the good of their community. Even certain plants provide support to other plants. This kind of service is built right into their biological system. An oddity of human culture is how we tend to view ourselves as separate from the animal kingdom. Thus, many of us grow up viewing service as merely an option rather than a necessity for balanced and fulfilled living.

Yet, it appears our species alone has the privilege of observing that *we are not only part of a pack, a pod, a herd, or a hive, we are intimately connected with the entire circle of life on this planet. What we do ripples out in countless ways, potentially impacting generations far into the future.* What better way to ensure the brightest future possible than by being of service to our world?

Least understood of all is the link between service and the spiritual dimension of life. In Unity philosophy, our true self isn't a body. It's a higher dimensional force using a finite body to work creatively in this physical plane. We see this same creative process when we let an inspiration (a non-physical force) flow from our heart and hands into physical expression.

Throughout this month, we invite you to pay closer attention to that higher force of service within you, and see what happens when you let it flow freely through your heart and hands to the world.

SERVICES IN MARCH

Sunday, March 2: “Becoming an Instrument of Love” with **Jon West**. Through spiritual study and practice, we rise above cultural notions to discover that love is a universal power helping us evolve toward our highest expression of being.

Sunday, March 9: “Service as a Way of Life” with **Rev. Inge Tarantola**. Rabindranath Tagore: “I slept and dreamt that life was joy. I awoke and saw that life for service. I acted and behold, service was joy.”

Sunday, March 16: “Service for Three.” **Rev. Sherry Lady** will share unexpected lessons from a restaurant experience involving 1) the self; 2) God; and 3) others.

Sunday, March 23: “What do you want to do with me now, God?” with **Rev. Dick Everts**. “When I woke in the morning after having open heart surgery, I realized I was still alive. This was my first thought, knowing there was more for me to be. My message will include personal stories and spiritual teachings that continue to change my life in wonderful ways I could not have imagined.”

Sunday, March 30: “The Power of Connecting in Spirit.” Insights and experiences from our **Unity Chaplains**. The One Light truly shines in us all!

First-Sunday

POTLUCK

March 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, March 1
10:30 a.m. - Noon

March Theme

Sacred Sound & Healing Energies

Calling all women to join **Bev Forster** in the upstairs Fillmore Wing as we explore sacred sounds for the chakras and intentional use of energy for self-healing.

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

First Wednesday

Chanting & Meditation

Join us March 5th, now at 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 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, March 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.



Caring from the Heart
LGBTQIA++ Support Group
1st & 3rd Monday, 5:30-7:00 p.m.
March 3 & 17

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, March 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, March 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 ingetarantola@gmail.com.**

Unity's Environmental Action Team (UV EAT)

Sunday, March 9 – 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.

This month, EAT will be presenting a viewing of the documentary film of *Juliana v. the United States of America* climate-related lawsuit. See page 7 for more information.

Tip of the Month:

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.

Great opportunities to help others seldom come,
but small ones surround us daily.

~Sally Koch

THERAPEUTIC TOUCH

Thursday, March 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.

**SUNDAY
MARCH
9**



Unity's Environmental Action Team (EAT) presents



**Sunday, March 9
12:30 p.m.**

Join us in the sanctuary for a screening of the recent documentary that tells the story of the *Juliana v. the United States of America* climate-related lawsuit filed in 2015 by 21 American youth against the U.S. government for violating their constitutional rights to life, liberty, personal safety, and property through their willful actions in creating the climate crisis they will inherit.

The case was filed right here in Oregon and has a connection to Oregon and Eugene.

No charge.

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. Some volunteer opportunities are:

Angel Network – Volunteers serve individuals and families of our congregation in practical, supportive, and uplifting ways.

Bookstore – Volunteers work at the cash register after the service on Sunday mornings and for special events.

Church Facilities – Volunteers help with maintenance and upkeep of the church, inside and out, by doing remodeling, painting, and beautification projects.

Church Gardens – Volunteers help with ongoing maintenance and upkeep of the landscaping and grounds, and with one-time projects.

Church Openers/Closers – Volunteers open the church, help count the love offering after the service, and close and lock the church.

Kitchen Angels – Volunteers serve coffee and refreshments after the Sunday service once a month.

Office Angels – Volunteers assist staff by answering phones and doing light office tasks once a week for two-hour shifts.

PowerPoint Ministry – Volunteers operate the PowerPoint computer at the Sunday service and at occasional special events.

Prayer Chaplain Ministry – Volunteers provide one-on-one prayer after the Sunday service and whenever you are at church and feel moved to pray with others.

Soup Ministry – Volunteers set out refreshments and serve soup.

Usher Ministry – Volunteers serve at one Sunday service per month, greeting people, handing out bulletins, receiving the love offering, etc.

Youth & Family Ministry – Volunteers assist teachers one Sunday per month. Volunteers are also welcome to provide treats, read stories, sing to babies, etc.

Calling All Volunteers!
It Takes a Village
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-up in the Fellowship Hall
by March 11th!

HAVE YOU MOVED?

Please let us know if you have recently moved or
changed your telephone number or e-mail address.
You may notify us by calling Géna at 541-345-9913, ext. 11,
e-mailing unityval@riousa.com, or writing us a note
so we can keep our records up to date.

Thank you!

FINANCIAL REPORT: A Year of Regrouping/Recovery

MONTH(S)	INCOME	EXPENSES	NET
DECEMBER	\$42,920	\$23,057	\$19,664
JAN-DEC '24	\$229,585	\$249,985	-\$11,400

Unity is an expression of the Divine in each of us joining to create a center of Love and Light in the world. Outwardly, our attendance and income are still climbing back from the pandemic. Inwardly, we know the power of Spirit shines as bright as ever. So let's keep shining and growing together!

In loving service,
your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

Tuesday, March 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
juliatiated@comcast.net.

March Affirmation

The Light of Love shines
through me to the world.



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.

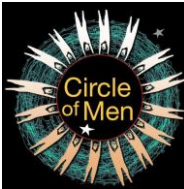
Be sure to come and visit with us!

It is one of the beautiful compensations of this life that no one can sincerely try to help another without helping himself.

~Charles D. Warner

Unity Open Men's Circle

Tuesdays, March 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 / Ralbano.tmlp@gmail.com

Jim Drews – 541-731-8492 / drewsjim@yahoo.com

YOUTH & FAMILY MINISTRY NEWS

We have been busy in YFM, and look forward to that continuing.

In January, we had a **Lunar New Year Celebration**.

Many thanks to Doris Hicks, Diana Stearns, Bo Youn, Shawn Heren, and Erik Peterson for volunteering.

We had such a fun time.



In February, we had a **Valentine's Dance**. Thank you to Gaia Bedgood, Kathy Chadwell, Shawn Heren, Doris Hicks, Erik Peterson, and Jon West. And, we thank all that attended and sure did enjoy everyone's dancing.

In March, Love-in-Action signups are being held in the Fellowship Hall on Sundays, March 9 & 16. Please come and check out all the volunteer possibilities and be sure to visit the YFM table too. We love and need our volunteers!



In April, our **Congregational Fun Night** will be held on **April 30th (5:30-7:00 p.m.)** and we will be 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!

Give a little love to a child
and you get a great deal back.

~John Ruskin

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, March 4: “La Strada” (Giulietta Massina, Anthony Quinn) directed by Federico Fellini (108 min.)

Tuesday, March 11: “Sabrina” (Humphrey Bogart, Audrey Hepburn, William Holden) directed by Billy Wilder (112 min.)

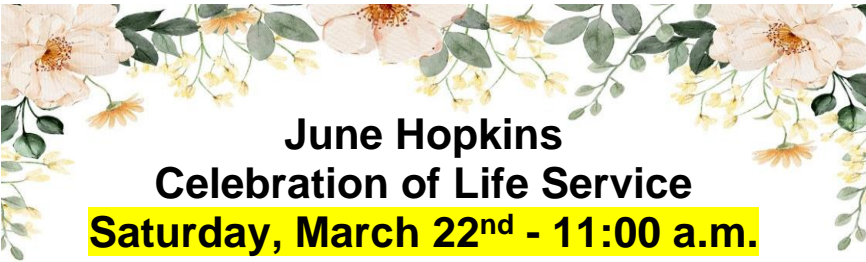
Tuesday, March 18: “The Student Prince” (Ann Blyth and the voice of Mario Lanza) directed by Richard Thorp (107 min.)

Tuesday, March 25: “Sansho the Bailiff” directed by Kenji Mizoguchi (124 min.)


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>.





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.

Reception to follow.

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)



Join Unity's Easter Choir



**Come and share your voice
with Unity's Easter Choir!**

**Rehearsals start March 17th and are on:
Mondays (4:00-5:30 p.m.) with
Easter performance on April 20th.**

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: 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.

MARCH PRAYER

from Rev. Sherry Lady

A Prayer for these Times

As a servant of the Light, when they hate, I will love.
When they curse, I will bless. When they hurt, I will heal.

When they divide, I will unite.

When they rage, I will calm.

When they deny, I will affirm.

I will carry on with my work as
a Steward of this earth and all of her children.

I will simply be who I am:

for that is what Spirit created me to be.

(Adapted from a prayer by Bishop Steven Carlson.
Citizen of the Choctaw Nation)

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 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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