



May 2024



BE THE CHANGE
Caring & Compassion in Challenging Times

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

Be the Change: Caring & Compassion in Challenging Times

A message from our Ministerial Team

“Be the change you want to see in the world.” Often attributed to Gandhi, these words remind us *we can choose to make a difference* instead of just wishing things were different. As rays of pure Spirit, we are innately designed to unfold our true brilliance and beauty like flowers in the sun.

Yet for many in today’s world, life feels less like a happy harmonious garden than a vacant lot or an unfriendly jungle. Think of a senior or person with disabilities desperately seeking employment to cover the rent. Or a person of color or in the LGBTQIA+ community facing prejudice and exclusion. Or anyone overwhelmed by life’s challenges. In such conditions, it's hard to fully take care of oneself, let alone radiate loving compassion.

That is why great spiritual teachers have taught us to start with the garden we have dominion over: Our own hearts and minds. As we daily tend the soil of our thoughts, attitudes, feelings and choices, we make room for our Divine Self to blossom. In the late 1960s, a high school teacher assigned to a school in Brooklyn, NY found herself in the weeds of chaos and violence. Opening herself to her higher wisdom, she conceived "The Love Principles," which transformed the school into a haven of peace. Her first principle was: *Be the change you want to see happen, instead of trying to change everyone else.*

Over time, these words were adapted by various writers. Arun Gandhi used them to describe the essence of his grandfather’s teachings. But they originally came from a school teacher named Arleen Lorraine. May we be inspired by both Arleen and Gandhi as we nurture caring and compassion for ourselves and others in our own corner of this Earth garden.




SERVICES IN MAY

Sunday, May 5: “Easy Power: Caring without Carrying the Weight of the World” with **Jon West**. As compassionate individuals, we may occasionally get worn down in our efforts to make a difference. How can we let divine love flow in our lives without struggle and strain?

Sunday, May 12: “Mothers’ Day: Life Through a Mother’s Eyes.” We will learn from the diverse viewpoints of three mothers: **Rev. Sherry Lady, Amanda Hadd, and Dr. Serenee Smith**. Join us as we honor the sacred role of motherhood in all its forms.

Sunday, May 19: “Ancient Future: What Will Caring for Self and Our Planet Look Like in 500 Years?” with **Jon West**. Human minds evolve, but the core principles of harmonious living remain the same. What clues from the past can help us live today in a way that will lead to a better world for all?

Sunday, May 26: “The Universe is Calling...Are You Listening?” with guest speaker **Rev. Patty Williams**. At times we think we are listening, however without realizing it we have tuned into a different frequency. Even in difficult times we are called to tune to (or back to) the Universal frequency of Love. See pg. 5 for information about Patty.



First-Sunday Potluck May 5 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, May 4
10:30 a.m. - Noon

May's Theme

Nature's Gifts

Calling all women to join Géna in the upstairs
Filmore Wing on the first Saturday of each month.

We will spend time connecting, meditating, and
doing a fun project that incorporates the
theme for that month's gathering.

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



THERAPEUTIC TOUCH

Thursday, May 9
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.**

“The Universe is Calling... Are You Listening?”

Guest Speaker: Rev. Patty Williams

Sunday, May 26 at 10:30 a.m.



Rev. Patty was ordained by Unity in 2010. She most recently served for six years as the Senior Minister at Unity of Salem in Salem, Oregon. She has also served as the Associate Minister at Unity Minneapolis for three years and at Unity Church of Manhattan in Kansas for two years. She worked for Silent Unity at Unity Village for seven years. She hopes to stay here in Oregon as it has been her chosen home

since 2019 when she originally moved to Portland. Prior to Ministerial School she was a Licensed Unity Teacher at Unity of Beaverton and served as the Spiritual Leader at Christ Light Unity in Gresham. She coordinated the Regional Conference for our region for a number of years, and also worked as a Marketing Director and Special Events Coordinator for The Grotto and Event Auditor for the Portland Rose Festival. Rev. Patty has just completed her Doctorate with Claremont School of Theology and has her Masters from Unity Institute, Bachelors from Reed College, and Associates from Portland Community College.

Unity’s Environmental Action Team (UV EAT)

Sunday, May 12th – 12:00-1:00 p.m.



Can our spiritual community make a difference on global warming? Working together, we can! Join Betsy Priddle and others on the second Sunday of each month as we explore how and what we can do to make a difference.

To be notified of service events or for more information, contact **Betsy Priddle** at heavenstobetsy74@gmail.com.

Every First Wednesday at Unity
Chanting & Meditation
Wednesday, May 1st, 7-8 p.m.

Open to the Infinite Spirit within through the timeless practice of chanting. Between chants we meditate in silence for 10 minutes. We conclude with a communal prayer for the world.

Info: Jon West (541) 683-7664
or jwest97405@gmail.com

Unity Open Men's Circle

**First & Third Tuesday of each month
7:00-9:00 p.m.**

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.

Emotional literacy, honesty, integrity, and truth telling will be modeled and invited and held in a structure of confidentiality and safety. There are opportunities for growth, transformation, and fun.

For more information, contact

Raymond Albano – 541-285-3943 /

Ralbano.tmlp@gmail.com or Jim Drews – 541-731-8492 /
drewsjim@yahoo.com

Behind the Lens Seminar

New Summer 2024 Series Begins

Tuesdays, May 21-August 6, 2024 - 7:00 p.m.

In 1951, the House Un-American Activities Committee investigation into Communism in the film industry was four years old. The Supreme Court upheld the Internal Security Act which legalized the deportation of Communists and the detention of “subversives.”

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 May 21: “An American in Paris” (Gene Kelly, Leslie Caron) directed by Vincente Minnelli (114 min.)

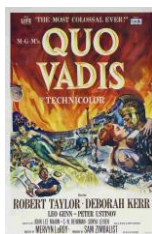
Tuesday May 28: “A Streetcar Named Desire” (Marlon Brando, Vivian Leigh) directed by Elia Kazan (122 min.)

Tuesday June 4: “Quo Vadis” (Robert Taylor, Deborah Kerr) directed by Mervyn LeRoy (174 min.)

Tuesday June 11: “The Thing from Another World” (Kenneth Tobey, James Arness) directed by Howard Hawks/Christian Nyby (87 min.)

Tuesday June 18: “Ace in the Hole” (Kirk Douglas) directed by Billy Wilder (111 min.)

Tuesday June 25: “A Place in the Sun” (Montgomery Clift, Elizabeth Taylor) directed by George Stevens (121 min.)



A NOTE FROM OUR BOOKSTORE MANAGER ELIZABETH KING



May is a wonderful time to visit Unity of the Valley's Bookstore. We offer new and used books on many subjects, such as Unity New Thought and Philosophy, health and healing, self-help, and a big variety of spiritual topics. Or come shop for a gift for someone you love or find something special for yourself. We offer a great variety of new and used gifts like windchimes, jewelry, journals, candles and many more items. It's a fun place to have a treasure hunt! Have you seen our little Bluebirds of Happiness for only \$4? Fly on in and pick one up today.

The volunteers at the bookstore look forward to welcoming you and helping you find just the thing you're looking for. Are you new to Unity? If so, check your welcome packet for a special discount on books. Come in and say hello to me or one of the wonderful volunteers that are here to serve you. Denice, Gary, Suzanna, and I would love to say hello!

It's an honor to manage Unity's Bookstore, and I can't believe I'm on my third year. Time goes by so fast. My favorite thing is greeting newcomers and saying hello to old friends as well. Shopping at the bookstore is a fun way to support Unity of the Valley as all proceeds go to the church.

With Gratitude,
Elizabeth King



There are many paths to enlightenment.
Be sure to take the one with a heart.

~Lao-tzu

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@riousa.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.

FINANCIAL REPORT: Keeping Unity Strong!

MONTH(S)	INCOME	EXPENSES	NET
FEBRUARY	\$16,556	\$20,327	(\$3,771)
MARCH	\$18,398	\$22,243	(\$3,845)

One area that could use more financial support is our Youth & Family Ministry where our hard-working coordinator needs a part-time salary. Two easy ways to help: 1) Join our Simple Giving auto-donation program, or 2) If you haven't upped your Simple Giving in 3 to 5 years, please consider at least a small increase.

Thank you for keeping Unity thriving!
Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF Trustees' MEETING

Tuesday, May 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.

May Affirmation

Divine Love and
Kindness flows through
my words and deeds.



YOUTH & FAMILY MINISTRY NEWS

There is a Mother in Each of Us

Wednesday, May 29

6:30-8:00 p.m.



May's Family Fun Night is focused on "There is a Mother in Each of Us." Calling all adults with children to join us in the Garden Room on May 29th for a Mother's Day craft, playing a "Mother May I" game, acting out a story, and of course food. Free, but donations welcome. **R.S.V.P. to Alice Sparks 541-729-3817.**

Parents Empowered by Connecting

Thursday, March 7, 2024

6:30-7:30 p.m.



Parents, Grandparents, and Guardians are invited to join us in the Garden Room for a safe, confidential, and collaborative parent support group. Come and explore ways to uplift, support, and empower our children and ourselves while navigating the challenges that come with raising children.

For information contact **Amanda Hadd at 541-999-6673** or **Alice Sparks at 541-729-3817.**

TEACHERS & ASSISTANTS NEEDED

Your help can make a difference!

We are looking for teachers and assistants for our youth program. This includes the Nursery, Unitots, Unikids, Uniteens, and Y.O.U. Training is available. Curriculum, lesson plans and supplies for activities are provided. **If you would like to volunteer, please contact Alice Sparks at 541-729-3817.**



Spring to Life with The Kindred Spirits Band Sunday, June 9 3:00-4:30 p.m.

Join **Beth Green** (classically trained on piano and keys) and **James Maynard** (vocalist with a beautiful bass-baritone voice) in the Sanctuary for original improvisational music to touch the Soul and lift the Spirit. Their program is 100% improvised on the spot, which allows them to connect to the audience and create performances that are always new. Their music is uplifting, soothing, surprising, fun and funny, emotionally compelling and connected to the audience and the divine. No Charge, but \$15 suggested donation.

For more info., check out: www.bethgreen.org
www.facebook.com/GrannyRocksOn;
www.HealingArtsNetwork.org

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)

Some suggested donation items are: Protein (such as peanut butter, canned meat: tuna, chicken, salmon, corned beef, etc.), dried beans, canned food, soup, spices, cooking oil, broths, shelf-stable non-dairy milk alternative (i.e., almond milk, oat milk, soy milk, etc.), cereal, grains, pasta, rice, baby food, baby formula.



YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

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

Unikids (Kindergarten-5th Grade) We currently offer fun and inspiration for the kids. There is a puppet show each Sunday for the first 10 minutes. Parents are asked to drop off their children starting at 10:20 a.m.

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

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

MAY PRAYER

from Rev. Sherry Lady

In awe of the return of Spring,
In wonder and gratitude
for the beauty of nature's blooming,
In anticipation of reconnection
to the wonder that is our earth,
In gratitude for the Mother energy
that guides the breezes of Spring
And the nurturing of all of life, we step forward into
the knowing that all is in Divine Order
as our lives unfold, day by day in this journey called Life.
As we do, we commit to you, Sweet Spirit,
each step, each thought, each unfoldment, and
we allow your loving hands to be the winds
behind our backs, the breeze upon our faces,
the warmth within our hearts, and the essence of the love
we share with each other and the world.

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 (Garden Room) 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.

SATURDAYS: - 10:00-11:30 a.m. via Zoom - Gong Bath Meditation Class with Sunny & Vicky Hills - Sign Up at <https://sunnyhillsmeditation.com>

SUNDAYS: Sunday Morning Book Study Group (Rainbow Room) 9:00-10:20 a.m. Currently studying *Spiritual Awakenings*, by Barbara Harris Whitfield. For more info., **Cynthia** at 216-466-1897.

Ongoing Monthly Groups & Events at Unity

Unity Grief Support Group (Garden Room). This group, facilitated by **Rev. Inge Tarantola**, is currently on hiatus. For more info., **Inge** at 541-968-5540.

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

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.**

UNITY'S FIVE BASIC PRINCIPLES

- 1. There is one Presence and one Power: God, the Absolute Good.**
- 2. We are spiritual beings, created in God's image. The spirit of God lives within each person; therefore, all people are inherently good.**
- 3. What we think, feel, and believe reflects in our life experience.**
- 4. Affirmative prayer and meditation heighten our connection with God.**
- 5. Knowledge of these spiritual principles is not enough. We must live them.**

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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