



November 2024

One Ocean, Many Rivers

Following the *Mystic*
Thread of Universal Truth

(Our 7 week series
continues)



**And special presentations on
November 9 & 10 from delightful
speaker and musician Karen Drucker**



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

FLOWING TOWARD ONENESS

A message from our Ministerial Team

As we sail toward the holiday season, it's easy to focus on "doing" while forgetting to keep dipping our toes (at least) in the waters of Spirit within and around us. Unity is here to support that connection, whether you take a class, attend a meditation or chanting gathering, join a support group, help someone through our Angel Network, spend time with our youth, volunteer on our Board or one of our service ministries, or simply share your presence on Sundays.

This month, for example, we continue seeking the common truths shining in the heart of many faith traditions. What are some of the benefits to be gained by taking this journey with an open mind?

- We can strengthen our grasp of the underlying connections we all share;
- We can gain new insights that enrich our own faith and philosophy;
- By providing an inclusive, welcoming environment for each presenter, we demonstrate our commitment to bringing our world together as one.

The root meaning of the word "Spirit" is breath. This reminds us that beneath the words, stories, and customs that bind us into a particular social group, our deepest essence is the same. We all have the same basic physical and psychological needs for our well-being and growth. And we are all temporary guests on this wondrous, yet delicate world. In the words of a song, "It takes every hand doing what we can to reach the farther shores of peace." And what a joy it is to be sailing as a spiritual family!



SERVICES IN NOVEMBER

Sunday, November 3: “Judaism: Humanity in the Image of God” with **Rabbi Ruhi Sophia Motzkin Rubenstein** of Temple Beth Israel. See page 10 for more info.

Sunday, November 10: “My Religion is Kindness” with **Karen Drucker**. See page 10 for more info.

Sunday, November 17: “And God said, “Let there be justice” with **Hanan Elsherif**. See page 12 for more info.

Sunday, November 24: “Can the Light of Unity, Amongst All Faiths, Illuminate the Whole Earth?” with **John Luckey**. See page 12 for more info.



Every 1st Wednesday at Unity

Chanting & Meditation

Join us November 6th, 7-8 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

**Sunday
November
3rd**



Calling All Voices!
Come & Join the Christmas Choir!

Our Christmas Choir is always a wonderful addition to the holiday festivities. Come and share your voice with us!

Rehearsals are held weekly
Mondays, 4:00-5:30 p.m. (starts on November 4)
Performance December 15th

Sign up in the Fellowship Hall

First-Sunday Potluck

Sunday, October 6

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, November 2
10:30 a.m. - Noon

November's Theme
The Fullness of Gratitude

Calling all women to join **Géna Duel** in the upstairs Fillmore for a time of meditation, connection, and play.

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

Empathetic Presence and Nonviolent Communication: A Monthly Primer and Practice Group

Sunday, November 3 – 12:15-1:00 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.
November 4 & 18

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**.

I Give Myself Permission To...

A playshop for creativity, connection, community, & commitment
with Karen Drucker

Saturday, November 9

10:00 a.m.-12:30 p.m.

at Center for Spiritual Living



Are there places in your life that you would like to give yourself permission to do what you want, have the things you desire, or be the person you want to be?

In this playshop, cohosted by Unity of the Valley & Center for Spiritual Living, Karen will take us on a journey where we will look at the word "permission" as it relates to our daily lives, our creativity, and our dreams.

With songs, stories, small group discussions, exercises, and lots of laughter, we will learn how to give ourselves permission to be, do, and have all that we desire.

Attendees will walk away with:

- Practical tools to help them have a "practice" for centering and relaxation.
- Understanding of how the inner critic works and how they can "tame" that critical voice.
- A fun tool of writing their own chant to affirm whatever they want in their lives.
- Practical information about self-care and how to practice that daily.

Location

Center for Spiritual Living
390 Vernal Street, Eugene, Oregon

Cost

Sliding Scale \$20-\$25 (no one turned away)

More info. about Karen at www.karendrucker.com

PARENTS EMPOWERED BY CONNECTING

Thursday, November 7 - 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**

Karen Drucker Songs & Stories Concert

**Saturday
November 9
7:00 p.m.**



**Join Karen at Unity of the Valley
for an evening of music and
storytelling that is sure to inspire,
open hearts, and spread hope,
acceptance, and love.**

**Cost: \$15-\$20 sliding scale
No one turned away**

A NOTE OF GRATITUDE

From Géna Duel

Unity of the Valley is such a beautiful community filled with inspiration, love, service, activities, and so much more. We could not do all the things we do at Unity without you, our congregation and volunteers. Thank you!



We have a cornucopia of volunteers that make up our village and serve on some of our ministries like the Angel Network, Board of Trustees, Bookstore, Adult and Youth Choirs, Church Facilities, Church Gardens, Church Openers and Closers, Kitchen Angels, Kitchen & Fellowship Hall Cleanup Crew, Office Angels,

On-Call Volunteers, PowerPoint Team, Prayer Chaplains Prayer Team, Prayer Shawl Makers, Soup Angels, Special Events Team, Sunday Greeters, Ushers, Youth & Family Ministry.

Then of course we have classes and events that are taught and offered by our beautiful Unity Family like the Behind the Lens Film series, Concerts, Environmental Action Team, Family Fun Night with the Youth & Family Ministry, ongoing Food Drive, Grief Support Group, LGBTQIA++ Support Group, Meditation and Chanting services, Men and Women's groups, Non-Violent Communication Practice Group, Parents Empowered by Connecting Group, Passage Meditation, Sunday Healing Circle, Sunday services and Therapeutic Touch to name a few.

If you are looking for something to do in Eugene, check out Unity. As you can tell, we have a lot going on. If you are looking for a place to volunteer and share your talents, energy, and time, we have a wide-variety of areas for you to serve. I'm sure you'll find the right fit with one of them. If you would like more information, contact Géna at unityval@riousa.com or 541-345-9913, ext. 11.

As we embrace November and the abundance moving in our lives, I say Thank You to our congregation. Together we make a beautiful Unity Community and Family that I am so grateful to be a part of.

Blessings to you all,
Géna

An annual community gathering
exploring diverse aspects of gratitude
through live music, spoken word,
photography, and more.

The Nature of Gratitude



Halie Loren | Don Latarski | Beth Wood | Tom Titus
Jorah LaFleur | Melissa Hart | Eric Alan

Sunday, November 17th at 3:00 p.m.

Unity of the Valley

3912 Dillard Road, Eugene OR

www.unityofthevalley.org, (541)345-9913

www.natureofgratitude.com

“Judaism: Humanity in the Image of God”

Guest Speaker:

Rabbi Ruhi Sophia Motzkin Rubenstein

Sunday, November 3 at 10:30 a.m.



Rabbi Ruhi has served as the lead Rabbi of Temple Beth Israel: Center for Jewish Life in Eugene, Oregon, since her ordination from the Reconstructionist Rabbinical College in 2015. Prior to rabbinical training, she worked as a Jewish environmental educator with the Teva Learning Alliance and was a New

Israel Fund-Shatil Social Justice Fellow. She grew up in Saratoga Springs and has studied and lived in Costa Rica and Jerusalem. Ruhi Sophia graduated from Smith College in 2007.

“My Religion is Kindness”

Guest Speaker: Karen Drucker

Sunday, November 10 at 10:30 a.m.

Karen Drucker, new thought singer, songwriter, and author has recorded 22 CDs of her original inspirational music, and a best-selling book, *Let Go of the Shore: Stories and Songs That Set the Spirit Free*. She has been a professional comedienne, led her own band for corporate events, and has been the music director for three different New Thought Churches, as well as music director and "music weaver" for many spiritual conferences and retreats.

Karen sings, speaks, and leads workshops at women's retreats, mind-body & health conferences, and various churches around the country. Karen has been called "a master of communicating presence and spirituality through music." She loves making music, making a difference, and touching hearts.



“And God said, “Let there be justice”

Guest Speaker: Hanan Elsherif

Sunday, November 17 at 10:30 a.m.



Hanan Elsherif is an Egyptian American Muslim professor of Arabic language and culture at the University of Oregon’s Religious Studies Department. She is passionate about fostering understanding across cultures and faiths and focusing on building meaningful connections. Hanan has presented at religious institutions in Eugene, Springfield, Cottage Grove, Florence, and Roseburg, promoting dialogue and mutual respect among diverse communities. Inspired by Egypt’s rich heritage, she highlights the shared values that unite different traditions and encourage peaceful coexistence. Through her teaching and outreach, Hanan explores how language and culture shape identity and create opportunities for deeper conversations. When she’s not teaching, Hanan stays busy as a proud mother of three, a loving cat mom, and an overenthusiastic plant lover. Whether in the classroom, at community events, or watering her ever-growing jungle of houseplants, she strives to bring people together with empathy, care, and heart.

“Can the Light of Unity, Amongst All Faiths, Illuminate the Whole Earth?”

Guest Speaker: John Luckey

Sunday, November 24 at 10:30 a.m.

John Luckey first became a Baha’i in 1988. He is currently a member of the Baha’i community here in Eugene. As a part of his own spiritual journey, he first became attracted to the Baha’i Faith through its core beliefs in diversity, world peace, and service to others. In John’s professional life, he has been a Special Education teacher and Speech Pathologist, working locally in Springfield as well as spending 15 years as a Special Education teacher in 3 different international schools in China. In his free time, John enjoys expressing his love of the arts through piano and guitar while dabbling with composition.



Unity's Environmental Action Team (UV EAT) Sunday, November 10– 12:00-1:00 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.

This tip from Geneva Miller on the EAT team: Rethink how much you use your car. Ask, is this trip really necessary? Can it be combined with other errands to cut down on fuel costs and emissions? If we all take small steps in a new direction, together we can make a difference!

A thankful heart is not only the greatest virtue,
but the parent of all other virtues.

~Cicero

THERAPEUTIC TOUCH

Thursday, November 14
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.

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)



Concerts at Unity

Legends of the Celtic Harp featuring Patrick Ball, Lisa Lynne, and Aryah Frankfurter



**Wednesday
November 13
7:30 p.m.**

\$28/30 - For tickets, order from:

<https://lionharp.com/event/5725487/692768783/legends-of-the-celtic-harp-with-patrick-ball-lisa-lynn-aryeh-frankfurter>

Tom Paxton and the Don Juans



**Saturday
November 16
7:30 p.m.**

\$27/30 - For tickets: Tsunami Books

Board Trustees Volunteer Opportunity

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

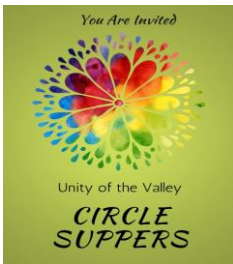
We have two open seats. We also have a seat open for someone willing to serve as an Alternate (willing to step in if a Trustee doesn't complete their full term).

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 in Unity!

Thanksgiving Unity Circle Supper Sign-Ups



Sign-ups to HOST a Circle Supper on Thanksgiving Day, Thursday November 28, will be happening in the foyer on **Sundays, October 27 and November 3**. These intimate, in-home potluck dinners for 4 to 8 people are a great way to share your Thanksgiving joy with our spiritual community.

Sign-ups to attend one of these feasts at the home of a host will happen on the following two Sundays, November 10 and 17.

If you are unable to sign up on Sundays or need more information, contact Geneva Miller at 541-285-5974 or Bonnie Paquin at 541-345-8873.

FINANCIAL REPORT

Share the Warmth of Unity

MONTH(S)	INCOME	EXPENSES	NET
AUGUST	\$19,194	\$17,901	\$1,507
SEPTEMBER	\$18,240*	\$18,095	\$ 145

*Includes \$3,700 interest income from a 6-month Treasury bill the Board invested in with our savings. T-bills are government-insured against loss.

As people turn inward more with the cooler weather, this may be the perfect time to invite friends into the warm embrace of our spiritual community. Thank you for giving the friendliest welcome we can to all our newcomers!

With endless appreciation,
your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF TRUSTEES' MEETING

Tuesday, November 19
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.



I am filled with gratitude
for all the ways
Divine Wisdom
expresses in my life.



YOUTH & FAMILY MINISTRY NEWS

The holidays are upon us, and our youth are staying busy. Here is a quick snapshot of what we are studying in November.

Unikids (4 years old-2nd grade) are studying the Five Basic Principles of Unity in November. The last two weeks of November our focus moves to gratitude.

Our Galileans (grades 3-5) are studying The Teachings of Jesus as a 12-year-old. The youth have really enjoyed this class because they have been able to role play situations with friends and parents. Sometimes they role play young Jesus!

Y.O.U. (grades 6-8) is studying The Twelve Powers.

Unity Teen Group (grades 9-12) continue to gather upstairs on Sundays.

We also offer **Nursery Care (Infant-4 years old)** during the Sunday services in the Harmony Room.

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 get help.**



*We are grateful to each
and every one of you
for your love and support of our Youth
and the Youth & Family Ministry.*



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*

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, Nov. 5: “Roman Holiday” (Gregory Peck, Audrey Hepburn) directed by William Wyler (114 min.)

Tuesday, Nov. 12: “Pickup on South Street” (Richard Widmark) directed by Samuel Fuller (80 min.)

Tuesday, Nov. 19: “Ugetsu” directed by Kenji Mizoguchi (97 min.)


Tuesday, Nov. 26: “The Big Heat” (Glenn Ford, Lee Marvin) directed by Fritz Lang (86 min.)



Unity Grief Support Group facilitated by Rev. Inge Tarantola

Wednesday, November 6 & 20
4:00-5:00 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.



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 pizza when we're done.**

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.

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.

NOVEMBER PRAYER

from Rev. Sherry Lady



Divine Spirit, as each tree nurtures it's leaf children
and then releases them to the ground
to begin their next cycle of life,
so do you give birth to us, then nurture us
until we are ready to be released into the
independence for which we were created.
From there we are free to bless the world
in our own unique ways.

Some of us go willingly and easily.
Some hang on a little longer,
but eventually we begin to experience the blessings
of sharing our unique beauty with the world.

As we continue this journey,
we ask that you continue to bless and guide us.
Please know that we are grateful for our abundance
and for the blessing of participating with you in the ongoing
creative process that honors the holiness of all of life.

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 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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Cynthia Fulton-Tinawi, V. President
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