



October 2024



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

MANY RIVERS, ONE OCEAN

A message from our Ministerial Team

When we arrive on this planet, we embark not only on a physical journey, but a journey through the landscape of human consciousness. From the hills of higher thought to the canyon bottoms of confusion and despair, we travel in our search for fulfillment. Naturally, we look for that clear stream or river, one that can quench our thirst for understanding and guide us through life's roughest terrain.

Throughout the ages, religion in all its forms has offered "rivers of Truth" for humankind to follow.

Of course, no river is perfectly smooth and straight, and neither is our experience of religion. While a faith tradition may have arisen from the pure spring of inspiration, its outer form was gradually shaped by the forces and influences it encountered. Today, we see various mighty religions carving their unique path through the world, their banks crowded with believers ready to defend their river as the "one true path."

For those following only the outer banks, the river can be a slow but sure guide to the ocean of oneness in the distance. Yet if one dives deep into the rushing current, far beneath the flash and foam of story and ritual, a realization begins to take hold. It's all water—it's all Spirit. In the serene calm of inner stillness, all hearts blend into one.

Over the coming 7 weeks, we will hear from representatives of different faiths and learn from their own journey into the heart of Truth. Here at Unity, helping bring our world family together is one of our sacred missions. Thank you for coming along on the adventure with us!



SERVICES IN OCTOBER

Sunday, October 6: “Love Your Enemies: The Hard Work of Living as Jesus Taught” with **Mary Sharon Moore**. See page 10 for more about Mary Sharon.

Sunday, October 13: “The Timeless Path of Yoga” with **Dale Van Metre**. See page 10 for more about Dale.

Sunday, October 20: “Buddhism Wisdom and Compassion: Zen and Pure Land” with **Mark Unno**. See page 11 for more about Mark.

Sunday, October 27: “Introduction to Zoroastrianism: One of the World’s Oldest Religions” with **Rebecca DesPrez**. See page 11 for more about Rebecca.

October Affirmation

Behind our differences,
we are one world family.

Soup’s Back!

We have enjoyed the bounty of our Gardens all summer in our Sunday salads. Starting **October 13**, we will begin serving soup again. It’s time to warm our bodies and souls with beautiful homemade soups.



We are looking for volunteers to bring soup. Please sign up in the Fellowship Hall to bring a big pot of soup on a Sunday.



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.

Thanksgiving Day Potluck Coordinator(s) Needed

Here it is fall again, and we have the wonderful holiday season to look forward to. Unity's Thanksgiving Day Potluck is coming up.

We are looking for 1-2 people who can coordinate this event and take care of things on the day of the event. This is a fun occasion and well attended. Everyone brings a dish to share. Volunteers are always willing to help. If you can help organize and/or work on this project, please let me know ASAP.

Thank you so much.

Géna Duel

541-345-9913, ext. 11

unityval@riousa.com



Empathetic Presence and Nonviolent Communication: A Monthly Primer and Practice Group with Michael Dreiling

First Sunday of the month
12:00-1:15 p.m.
Starts October 6th



Join **Michael Dreiling** in the upstairs Fillmore Wing for this monthly introduction and practice session for empathetic presence and Nonviolent Communication (NVC).

These monthly sessions offer an overview and Q&A about NVC followed by small group sessions that include opportunities to practice NVC and cultivate empathetic presence. During these sessions, Dreiling will provide templates and examples for practicing self-empathy and offer links and news about other resources for learning NVC.



Dreiling's approach to empathy begins by bringing awareness to the immediate present, the Now, by noticing what life has to say in this moment, in the body, mind, and spirit. NVC practice provides a foundation for this mindfulness practice to elevate empathy in our inner/outer conversations and relationships.

Unity of the Valley is offering this space to meet monthly. Donations to Unity for the space are much appreciated and will contribute to building compassionate community in the Eugene/Springfield area.

Life is a series of awakenings.
~Sivananda

PARENTS EMPOWERED BY CONNECTING



Thursday, October 3
5:30-6:30 p.m.

Parents, Grandparents, and Guardians are invited to join us in the Garden Room on the 1st Thursday of each month 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

Sacred Women's Circle



Saturday, October 5
10:30 a.m. - Noon

October's Theme

Finding the Blessings

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.

Every 1st Wednesday at Unity
Chanting & Meditation

Join us on October 2nd, 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

The same heart beats
in every human breast.
~Matthew Arnold



Caring from the Heart
LGBTQIA++ Support Group

1st & 3rd Monday, 5:30-7:00 p.m.
October 7 & 21

Join **Shawn, Erik,** and **Jalon** in the Garden Room on the 1st & 3rd Monday of each month for an opportunity to gather in a 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.**

A NOTE FROM OUR ADMINISTRATOR



As many of you have heard me say “It takes a village,” and we have a beautiful, thriving village!

As Unity continues to offer more and more events and gatherings, our need for volunteers at those events and gatherings grows. Below are some of the events coming up at Unity as well as some of the volunteer needs that we have.

Wednesday, October 30 (5:30-7:00 p.m.) – YFM Halloween with Unity Celebration Fundraiser. We are advertising this event in the larger community and many volunteers are needed. Please see page 16 for more on this event.

Saturday, November 9 (10:00 a.m.-12:30 p.m.) – *I Give Myself Permission To ...* a play shop with Karen Drucker. We are cohosting this event at the Center for Spiritual Living. See page 17 for more info.

Saturday, November 9 (7:00 p.m.) – Songs & Stories Concert with Karen Drucker at Unity of the Valley. See page 18 for more about this wonderful concert offering.

Sunday, November 17 (3:00 p.m.) – Tom Titus and Eric Alan will be presenting a ***Nature of Gratitude*** event. See page 19 for more about this exciting offering.

These are just a few of the events coming to Unity, and we need volunteers. **YFM needs teachers and assistants** as well. See page 16 for more about those needs.

Volunteers for our Special Events Team are needed. Volunteers work the day of the event by unlocking the doors, collecting the money, seeing to the guest/presenters needs, and closing down the facility. If you can help out with any of the above events or want to be part of the Special Events Team, please **contact me at 541-345-9913, ext. 11**. We really do need your help!

Sunday Kitchen Clean Up Volunteers are needed. Volunteers help wash tables and counters and take the tables down, sweep, etc. If you can help, please contact **Sunny Schneider at 541-521-3319**.

Hugs to you all and thanks for volunteering!
Géna

Unity's Environmental Action Team (UV EAT)

Sunday, October 13 – 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.

Cleanup Opportunity: Saturday, October 12th (9 a.m.-Noon)

Join Willamette Riverkeeper and the City of Eugene Parks team for a cleanup by land starting at Maurie Jacobs and walking to Owosso Bridge, Delta Ponds, Riverfront, and Alton Baker Parks areas on both sides of the river.

Unity Environmental Action Team members will meet at Maurie Jacobs Park at 8:50am on Saturday Oct. 12.

Feel free to register in advance at: <https://willamette-riverkeeper.org/event-list/2024/10/12/2024-gwcu-in-eugene-greater-maurie-jacobs-amp-alton-baker-park-areas-land-101224>.

Unity Grief Support Group

facilitated by Rev. Inge Tarantola



Wednesday, October 9 & 23

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.

“Love Your Enemies: The Hard Work of Living as Jesus Taught”

Guest Speaker: Mary Sharon Moore

Sunday, October 6 at 10:30 a.m.

Mary Sharon Moore is passionate about “building the new” (Beloved Community, the Kingdom) “in the shell of the old.” She’s also passionate about helping social activists, no matter their spiritual path, to live deeply from their meaning-making language. She gets to practice her passion through civic engagement, and on bitter cold nights as part of Team Egan.

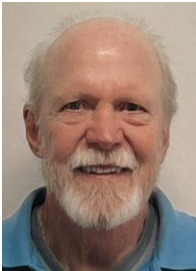


Raised in the Catholic tradition, Mary Sharon describes herself as “church at the margins,” touching lives in spaces where the Institutional Church can’t go. Mary Sharon’s latest book, *Gospel Vulnerability: The Key to Costly Love*, addresses the hard work of cultivating the nonviolent heart and being a prophetic witness to Costly Love, the only kind of love Jesus expressed. And as a seasoned spiritual director, she guides individuals in their journey into Spiritual Elderhood.

“The Timeless Path of Yoga”

Guest Speaker: Dale Van Metre

Sunday, October 13 at 10:30 a.m.



Dale Van Metre has had a long and varied life of study and service. He began his professional career as an economics professor. After 10 years in academia, he moved on to careers in herb farming, food booth ownership, carpentry and general contracting, followed by entrepreneurial endeavors in the solar and electric vehicle industries. He was a financial advisor for 16 years

before retiring. Dale has nurtured a lifetime interest in personal growth through spiritual study and practice. He is a longtime disciple of the Indian mystic Paramahansa Yogananda and a member of Self-Realization Fellowship. He also lived for 12 years at Ananda, an intentional spiritual community founded by a direct disciple of Yogananda. Dale is married to Sharon and has eight grandchildren. He loves to design and build, and he still goes backpacking with his children, grandchildren, and friends.

“Buddhism Wisdom and Compassion: Zen and Pure Land”

Guest Speaker: Mark Unno

Sunday, October 20 at 10:30 a.m.



Mark Unno is Professor of Buddhist Studies and Department Head of Religious Studies at the University of Oregon, specializing in Pure Land, Zen, and Shingon Buddhism. He is the author of *Shingon Refractions: Myōe and the Mantra of Light* (2004), editor of *Buddhism and Psychotherapy Across Cultures* (2006), and author of articles on Japanese Buddhism, comparative religious thought, interreligious dialogue, and Buddhism and psychotherapy. He has also been President for the Society for Buddhist-Christian Studies. His Buddhist essays are published in such Buddhist journals as *Tricycle*, *Buddhadharma: The Practitioner’s Quarterly*, and *Lion’s Roar*. <http://mtunno5.weebly.com/>.

“Introduction to Zoroastrianism: One of the World’s Oldest Religions”

Guest Speaker: Rebecca DesPrez

Sunday, October 27 at 10:30 a.m.

Rebecca DesPrez is a Zoroastrian from Iran. She is currently on the Board of Trustees of Persian Zoroastrian Organization and is the President of the newly forming Oregon Zoroastrian Organization (OZO) based in Eugene. Rebecca has a degree in Political Science and International Relations from San Jose State University and is a frequent contributor to *ChehreNamah*, a publication of the California Zoroastrian Center. Rebecca, like Zarathushtra, believes that happiness comes to those who give happiness to others.





THERAPEUTIC TOUCH

Thursday, October 10
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)

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.



Beautiful Original Artwork Offered as a Fundraising Opportunity for Unity

The "transformation artist" Risha has devoted her life to helping others. Her goal is to create unity on earth and to teach our youth and communities about mutual respect, dignity, and kindness. Since 2005, she has donated several abstract paintings to a number of non-profit, humanitarian organizations in various states. Now she is offering to support Unity of the Valley in the same way. Risha is generously offering this painting for sale at \$250, and she will donate \$200 of the proceeds to Unity of the Valley. This abstract 18x20 art is on display in Unity's Bookstore. Please come by and take a look. It's a great opportunity to view the art and check out all the other wonderful offerings in our Bookstore!

We send our heartfelt thanks to Risha, and to our Bookstore Manager, Elizabeth King.



Shared joy is double joy.
~Swedish proverb

Behind the Lens Seminar

FALL 2024 Series

Tuesdays, August 13-October 29, 2024 - 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, Oct. 1: “The Bad and the Beautiful” (Kirk Douglas, Lana Turner) directed by Vincente Minnelli (113 min.)

Tuesday, Oct. 8: “The Life of Oharu” (Kinuyo Tanaka) directed by Kenji Mizoguchi (136 min.)

Tuesday, Oct. 15: “The Quiet Man” (John Wayne, Maureen O’Hara) directed by John Ford (129 min.)

Tuesday, Oct. 22: “Carrie” (Laurence Olivier, Jennifer Jones) directed by William Wyler (121 min.)

Tuesday, Oct. 29: “High Noon” (Gary Cooper, Grace Kelly) directed by Fred Zinnemann (85 min.)



SOUTHERN WILLAMETTE
VALLEY ALLIANCE

**Election Anxiety:
Using Mindfulness Tools to Stay Grounded
with Barry Nobel, JD, PhD**

Thursday, October 17, 6:30-8:30 p.m.

In the Fellowship Hall

As the election creeps nearer, many of us are feeling increasing anxiety. Join us for this experiential and interactive session to help empower our individual and collective lives, ground ourselves in a good place, and come together in the service of reconciliation and goodwill. Free but donations welcome. More info. at swva.braverangels.org.

FINANCIAL REPORT: Thank You!

MONTH(S)	INCOME	EXPENSES	NET
JULY	\$23,394	\$19,615	\$3,779
AUGUST	\$19,194	\$17,901	\$1,507

It's wonderful to see how each individual in our community finds ways to contribute to the strength of the whole and keep Unity shining brighter than ever. Spirit through you blesses the world!

With loving gratitude,
Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF Trustees' MEETING

**Tuesday, October 15
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.



YOUTH & FAMILY MINISTRY NEWS

Fall is in the air, the youth are back in class, and we are busy as can be with them.

We had great support for our Second-Hand Sale on **September 13 and 14** with people donating items for the sale as well as helping us set it up and tear it down each day. And we had good sales too. Thank you everyone! On **Sunday, September 22**, we held an Open House and invited everyone to come and check out the classrooms, meet the people who work with the kids, look at curriculum, etc.

We have a lot more planned this year, so come and check it out and invite any youth and families to come and check us out too!

Coming in October

A Halloween-themed poster with a dark, spooky background featuring a full moon, trees, and a jack-o'-lantern. The text is overlaid on the image.

Halloween with Unity Celebration
Wednesday, Oct. 30 - 5:30-7:00

Fun for Kids and Adults
12 & Older: \$7.50 / Under 12 Free
Volunteers enter free

- Spooky Fun Houses
- Crafts
- Games with prizes
- Gift items
- Food & Halloween themed drinks
- Day of the Dead Room
- Trick or Treat

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.**

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

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**

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 541-345-9913, e-mailing Géna at unityval@riousa.com, or writing us a note, so we can keep our records up to date. Thank you!

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

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.

YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

Curriculum classes start back up September 8th

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

Unifun (4 years old and those needing a little more one-on-one attention) meet in the Rainbow Room 10:25-11:25 a.m.

Unikids (Kindergarten-5th Grade) meets on Sundays in the Garden Room 10:20-11:25 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.

OCTOBER PRAYER

from Rev. Sherry Lady

As the seasons come and go,
as life ebbs and flows,
let us remember to still our minds,
lighten our hearts, put aside self-will, and
let the Spirit within light the lamp of wisdom within us
so that we too can remember,
to send out light from our hearts to everyone, everywhere.
Let us not chose to not add to the darkness
of the unsettled times that pressure us.
Let us keep hope alive.
Let the rhythm of our breathing
blend with the rhythm of a peaceful mind
and a passionate heart,
so we can be the Love that heals in 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 (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.

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

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 4:00-5:00 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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