

September 2025



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

We Can Do This: Accomplishing Our Major Purposes A message from our Ministerial Team

How long has it been since you pondered and wrote down your major life purposes—not only **what** your various areas of focus are, but the underlying **why** behind them? This question is raised in a heart-moving chant by John Astin:

Why have you come to Earth? Do you remember? Why have you taken birth? Why have you come?

Astin offers a simple yet profound answer in these lines:

To love...serve...and remember.
To love...serve...and remember.

These probably aren't the first reasons that come to mind for the life direction we've chosen. Being employed, for example, provides an income so we can support self and family. Ideally, our work is also a satisfying outlet for our talents and abilities. But here is the difficult reality: Until we realize that our true essence is spiritual not physical, we will be subject to the ups and downs of circumstance. Attached to outer conditions, we teeter on the edge of losing everything we believe matters most.

Some of us try to counter this vulnerability through control and domination. This is like trying to bulldoze a road through the woods. The spiritual seeker, knowing that all life is sacred, looks for the path that flows gracefully through the forest. Something deep inside us already knows we are here to do more than satisfy personal needs and wants. As we align ourselves with this higher purpose, we discover our soul resources of strength, wisdom, and love. Even the outer conditions of our lives unfold with a beauty never imagined. As foretold in the Book of Isaiah:

For you shall go out with joy and be led forth with peace. The mountains and the hills will break forth before you into singing and all the trees of the field will clap their hands.

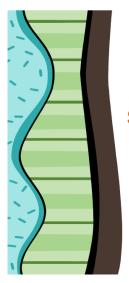
SERVICES IN SEPTEMBER

Sunday, September 7: "The Can-Do Mindset: Trusting in Our Divine Capacities" with Jon West. Where do our thoughts go when we find ourselves confronting a significant problem? How often are we practicing the simple keys for staying soulcentered, so that we are always on steady ground?

Sunday, September 14: "Sailing Lessons: Changing Course from Fate to Destiny" with Jon West. We will examine FATE as the predictable effect of the deeply-held patterns in our thoughts and actions. Then we will explore how to raise our inner sails to catch the winds of grace that lead to our spiritual DESTINY.

Sunday, September 21: "Last Song" with guest speaker **Daniel Nahmod.** If this is my last song; If this is my final day; If tomorrow I'll be gone; What do I want to say? For more about Daniel and the concert he will be doing on September 21st, see page 10.

Sunday, September 28: "We Are the Ancestors" with Unity of the Valley's Elder Council. We follow the path set by our ancestors. Their decisions often determine our future. What choices are we making that determine the future of our children and grandchildren?



First-Sunday Potluck

Sunday, September 7 after the service

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

Unity will provide coffee, tea, and dessert.





Caring from the Heart LGBTQIA++ Support Group

1st & 3rd Monday, 5:30-7:00 p.m. September 1 & 15

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.**

Unity Hang Out

Tuesdays 11:30 a.m. – 1:30 p.m.



Bring yourself, a friend, a snack and come and hang out at Unity on Tuesdays with Alice and Shawn. Coffee provided. For more information, contact Alice Sparks at 541-729-3817.

Parents Empowered by Connecting



Thursday, September 4 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 more info. contact Alice at 541-729-3817.

Life is a series of awakenings. ~Siyananda

First Wednesday Chanting & Meditation Join us September 3rd, 7 - 8 p.m.

he deepest level of prayer and communion with Spirit happens in the silence of the soul. To quiet the mind, we use 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 healing prayer for the world.

Info: Jon West (541) 683-7666 jwest97405@gmail.com



Sacred Women's Circle

Saturday, September 6 10:30 a.m. – Noon

Theme: Affirming Our Good

Calling all women to join **Alison & Géna** in the upstairs Fillmore Wing for a time of connecting, meditating, & doing a fun project that incorporates the month's theme.

THERAPEUTIC TOUCH

Thursday, September 11 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**.

Empathetic Presence & Nonviolent Communication: A Twice Monthly Primer & Practice Group

Sunday, September 7 & 21 - 12:15-1:30 p.m.

Join **Michael Dreiling** upstairs for these practice sessions 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.

Unity Grief Support Group with Rev. Inge Tarantola

Wednesday, September 10 & 24 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, September 14 – 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

<u>yogawithdonna@gmail.com</u> or **Betsy Priddle** at heavenstobetsy74@gmail.com.

Prayer Works WondersFacilitated by Rev. Inge Tarantola



Mondays, September 8-29 6:00-8:00 p.m.

An invitation to make prayer for yourself and others part of your daily life.

Prayer is effective, and prayer changes lives.
Together, let us explore how and why it works.
This class can start or enhance your prayer life and show the way to transformation.
It also is required if you wish to participate in the Prayer and Chaplaincy Ministry.

This is an interactive class that includes demonstrations of various approaches to praying for ourselves and others and gives the opportunity to learn by doing.

Prayer Makes a Difference in Our Lives!

Required text: Come Apart for Awhile
(available in Unity's Bookstore)
(If money is an issue, you many borrow a copy from Inge)
Love Offering basis

Sign up in the fellowship hall!

The human way of growing is unique; it has no rules, and can occur in many ways.

~Marsha Sinetar

A Chat with Laurie Cracraft about Passage Meditation by Géna Duel



I recently had the opportunity to chat with Laurie about her meditation practice and Passage Meditation which she has been doing for over 27 years now.

How did you find out about it? Rev. Nola Woodbury went to a retreat at Blue Mountain Center of Meditation in Tomales, California in

1997, and when she came back, she started a class that she called Meditation 101 (now called Passage Meditation) which I participated in. About a year after that, Nola asked if I would lead it, and I've been doing that ever since.

Is that the only meditation you do? Yes. It is a complete spiritual program of 8 practices by Eknath Easwaran (originator of this method of meditating on passages) that can be used throughout the day, for example: meditation, the use of a mantram, one-pointed attention, putting others first, reading the mystics, and more. In Easwaran's method, you meditate on passages or texts from the world's wisdom traditions that are positive, practical, and uplifting, and that speak to your own spiritual aspirations—helping you to stay calm, kind, and focused throughout the day.

What are the benefits you experience? I have a quieter mind, more patience, a growing worldview that we are all One, and everyone and everything is part of that unity. My priorities have changed. I want to be of service, to stay calm and compassionate through the demands of the day, and to faithfully practice the 8-point program to grow closer to Spirit. Easwaran says this is our real job in life; all our other activities are secondary.

What would you like to share with someone new to Passage Meditation? I would encourage everyone to purchase the *Passage Meditation* book by Eknath Easwaran (available in Unity's Bookstore). It is the foundational reference for anyone wanting to learn how to practice. This program has changed my life, and I cannot imagine living without it!

The **Passage Meditation** group meets every **Thursday from 5:30 to 6:45 p.m.** to practice. For anyone interested in exploring Passage Meditation, Laurie can be reached at 541-554-5434.

Instrumental Inner Listening Practice



2nd & 4th Friday each month 1:00-3:00 p.m. (starts September 12th)

Tune into Spirit with your own instrument, voice and movement, or sit in silent stillness. We let Spirit in by emptying our container of doing and shifting attention to our Being.

"In the mystery and grace of the present moment, insights come tumbling in as we see reflections of ourselves in one another." From Age-ing to Sage-ing, Rabbi Zalman Schachter-Shalomi

Be-Friending Death

What if death were one of life's greatest teachers? Facilitated by Rev. Dick Everts & Ani Sinclair

Sundays, September 14 - November 9 6:30 - 8:00 p.m.



Can we change our view of death from being an end point to a sacred part of the human experience? From one of fear and avoidance to acceptance and understanding?

Join us online for an eight-week class where you will have the opportunity to learn and talk about the many aspects of death and dying. We will be learning from experts and sharing in small group discussions.

Topics include information about the spiritual aspects of death as well as practical things such as advanced directives, estate planning, hospice, Medical Aid in Dying, and planning your own Celebration of Life.

Preregister at richard.everts@comcast.net

Donations to Unity of the Valley will be welcomed.

Youth & Family Ministry News

Volunteers Needed for the

Halloween with Unity Celebration Fundraiser

Friday, October 31st

We are putting together a Halloween with Unity Celebration Fundraiser. This will be a big event that we are advertising in the larger community, and many volunteers are needed. We will have a spooky fun house, crafts, games with prizes, gift items, food, short puppet workshop, and trick or treat. Your volunteering to help can make a difference. Please sign up in the Fellowship Hall or contact Alice at 541-729-3817.

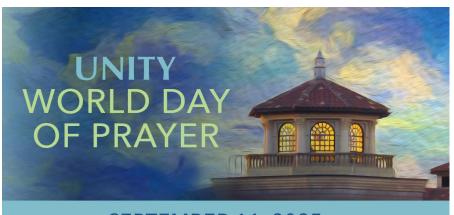
"Last Song" Guest Speaker: Daniel Nahmod Sunday, September 21 at 10:30 a.m.

Daniel Nahmod has spent 25 years exploring, speaking, and singing about the meaning of a "life well lived." In this heartfelt presentation, Daniel will share powerful songs and personal stories – in his unforgettably humble, humorous and human style about kindness and compassion, ambition and advancement, childhood and parenthood, service



and sacrifice, winning and losing, control and surrender. It's an experience sure to provoke you, make you laugh, move you deeply, and ultimately remind you of the good that you want to do. The good that you're here to do. And, perhaps most importantly, the good that you have already done.

Following the service, join Daniel for a 90-minute solo concert performance. With more songs, more stories, and a unique opportunity to experience the artistry of this extraordinary musical talent. Daniel's concerts have earned literally thousands of standing ovations wherever he has performed. "The most incredible performance I've ever seen" is a common refrain. You won't want to miss it... and you won't soon forget it. Suggested donation of \$15 (no one turned away).



SEPTEMBER 11, 2025

People from all faiths are invited to join us on Thursday, **September 11 - 12:00-6:00p.m.** at Unity of the Valley as we connect in prayer with Unity Churches worldwide.

Join us for part or all of this day!
We begin at noon with an opening ceremony
and we continue the day with

- Labyrinth
- Prayer
- Meditation
- Silence
- Closing Ceremony

World Day of Prayer Affirmation
In the stillness,
I awaken to divine wisdom.

Be sure to hang your prayer request on Unity's Prayer Tree in the Sanctuary!

FINANCIAL REPORT: Our Roof Is Raised!

MONTH(S)	INCOME	EXPENSES	NET
JUNE	\$32,425	\$36,294	- \$3,869
JULY	\$36,610	\$17,397	\$19,213

What a joy to see our community's generous support for replacing our old, leaky roof! With a final price tag of about \$38,000, we paid the first half in June and the last half in August. It's reassuring to know our spiritual home is covered for the rains to come!

With deep gratitude, Your Board of Trustees



Scan to reach Unity homepage. Click DONATE on right side



Tuesday September 23 5:00 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

Bonnie Paquin at 541-556-9669 or blpaquin2@gmail.com.

September Affirmation

I am happily fulfilling my role as a member of my world family.



Behind the Lens Seminar SUMMER/FALL 2025

Tuesdays, July 22-October 7, 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, September 2: "Giant" (Rock Hudson, Elizabeth Taylor, James Dean) directed by George Stevens (201 min.)

Tuesday, September 9: "Forbidden Planet" (Walter Pidgeon) directed by Fred Wilcox (98 min.)

Tuesday, September 16: "The Burmese Harp" directed by Kon Ichikawa (116 min.)

Tuesday, September 23: "Bigger Than Life" (James Mason) directed by Nicholas Ray (95 min.)

Tuesday, September 30: "The Ten Commandments" (Charlton Heston) directed by Cecil B. DeMille (231 min.)

Thursday, October 10 — 7:30 p.m. Andrei Andreev

Tickets: \$24.50 or \$27 at door Tickets at www.tsunamibooks.org

During his studies Andrei began touring Russia, Europe, China, and the United States. He performed in St. Petersburg: the Big Concert Hall of Catherine the Great Palace, the Big Hall of Music House (Дом Музыки), the Big Concert Hall «Beloselskich-Beloozerskich», Big Hall of Osobnyak Myasnikova, Palace of Architect. In Moscow – Glinka's Museum, Gnessin Academy, private music Institutions. Also, the Big Hall of the Saratov State Conservatory, Saratov State Philharmonia, Yaroslavl State Philharmonia with its Orchestra, Penza Philharmonia. In Europe, he performed in several churches and private events, in China he performed at several universities where he was also invited to give master-classes and lectures.

Unity Food Drive

We are collecting food for Food For Lane County to help keep the local pantries stocked. Please help us fill the barrel in the foyer.

Donated items should be shelf-stable food (i.e., canned or no refrigeration needed)





Unity's Community Support Fund (CSF)

- ★ No administrative fee. All funds received are given to people in need in our spiritual community.
- ★ From now through October 1st, 85% of donations to CSF will go to Paul, with 15% reserved for others in need. Or you can specify that your entire donation go to Paul.
- ★ Donations to Unity of the Valley (including our CSF) are tax-deductible if you itemize or if you are 70.5 years or older and make a charitible contribution from your IRA.

To donate or for more CSF details, see page 16.



with Jon West

In-person class on 5 Wednesdays
October 15 - November 12, 6:30 - 8:00 p.m.

For all Unity newcomers and anyone who would like to explore our essential principles more deeply than we can on Sundays. You will get to know classmates and share personal reflections and experiences.

> Sign up in the Fellowship Hall or email: unityval@riousa.com

MEMBERSHIP INVITATION

Congregants who attend this class will be eligible for voting membership in our spiritual community.

New Member Ceremony: Sunday, Nov. 23rd

This class is being given free of charge.

COMMUNITY SUPPORT FUND

Our Community Support Fund (CSF) was inspired by a Unity member who offered her government stimulus funds to assist individuals in our spiritual community who need it most. Grants typically range from \$50 to \$500 for short-term (not ongoing) financial needs, depending on the need and availability of funds.

WAYS YOU CAN CONTRIBUTE FINANCIALLY

- Send a check to Unity of the Valley, 3912 Dillard Rd., Eugene, OR 97405 with a note designating if it's for the CSF or general Unity finances.
- Make a donation through PayPal using the yellow DONATE button on the home page of our website: unityofthevalley.org.
 This can be a one-time donation, repeated as often as you wish for different amounts, or a monthly recurring donation for a set amount. Be sure you designate your donation to be applied to CSF or to general Unity finances.
- Send an email to unityval@riousa.com stating that you wish to pledge a certain amount to the CSF or to general Unity finances. Give your phone number so Géna can contact you to arrange how and when you wish to donate.
- 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) with your bank account routing and account number. Just designate what portion should be used for the CSF 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 (<u>unityval@riousa.com</u>) 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 CSF.

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.

Unitweens (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 upstairs 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

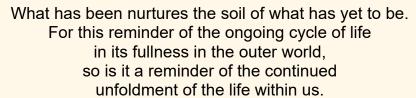
Unity was founded on, and is sustained by, the power of prayer. We invite you to participate in prayer with our devoted Prayer Ministry through these activities:

- 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 <u>jlinebargertaylor@yahoo.com</u> 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.

SEPTEMBER PRAYER

from Rev. Sherry Lady

Sweet spirit,
remind us as we enter into the season
of nature's releasing of summer
and enter into autumn and we watch
the falling leaves cover the ground,
that it's not the end of beauty and purpose
but the beginning of the next cycle of life.



For this reminder and for our life with you we say thank you.



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

TUESDAYS: Unity Hang Out (Fellowship Hall) 11:30 a.m.-1:30 p.m. Bring yourself, a friend, a snack, and come and hang out with Alice & Shawn. Info.: Alice Sparks at 541-729-3817.

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 linebargertaylor@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.

Open Men's Group (Filmore 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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