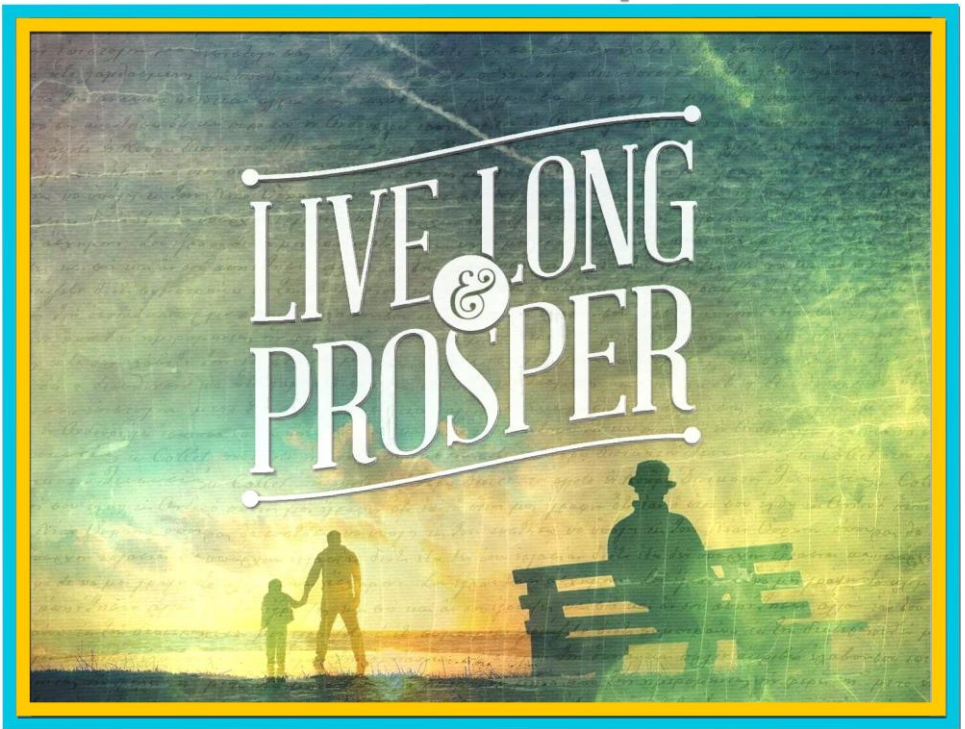




September 2024



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

LIVE LONG AND PROSPER

A message from our Ministerial Team

“Prosperity is a way of living and thinking, and not just money or things. Poverty is a way of living and thinking, and not just a lack of money or things.” — Eric Butterworth, Unity minister and author

Our theme for September is a phrase popularized by the original Star Trek series. “Live long and prosper” was the customary farewell of the highly advanced Vulcan race. For our purposes, we are using the term “prosper” in the broadest sense: to thrive and flourish in all ways. What would it look like if you were to picture yourself “living long and prospering” in the most fulfilling way possible? Visualizing your ideal future in this way is a helpful practice. So please take a moment and give it a try. No rush... we'll be waiting for you in the next paragraph.

Hi again! How did that go for you? If you have rarely visualized a fantastic future for yourself, it may take some practice for the images to flow. Just as important as images is the *feeling*. In Unity, we teach that the more we can *see and feel* a possible experience as a present reality, the more we align our consciousness—and thus our outer experience—with that vision. “Thoughts held in mind produce after their kind.”

As spiritual beings, we are innately designed to thrive in all aspects of life and experience complete fulfillment. If you find it hard to take that concept seriously, don't worry. We know it seems to defy the everyday reality around us. We ask that you keep an open heart and mind to the possibility that this whole world is an out-picturing from a higher reality, a higher Source. If we are connected to that Source, then there must be ways to let it express more fully in our lives...so that “living long and prospering” is just our natural way of being.

For those willing to boldly explore this vast frontier of Spirit, life's richest blessings await.



SERVICES IN SEPTEMBER

Sunday, September 1: “Why Am I Here? Fulfilling Our Appointment with Destiny” with **Jon West**. Unity teaches that we are innately designed to thrive, flourish, and prosper. Yet something will always be missing if we don't have a sense of higher purpose or destiny. We will explore time-tested ways of progressing toward our destiny of divine wholeness.

Sunday, September 8: “We Live in the Infinite Flow of Divine Substance” with **Laura DuBois**. As we are tossed and turned by life's external events, we have a powerful tool at our disposal - to see things not as they are, but as WE are. Join Laura as she explores ways to tap into our innate prosperity consciousness, based on the teachings of Eric Butterworth and Charles Fillmore.

Sunday, September 15: “We are Abundantly Blessed” with **Rev. Dick Everts**. How do we block our own good, and what do I think I have already?

Sunday, September 22: “What is Success?” **Rev. Sherry Lady** will share insights from interviews with people from varied life experiences, careers, etc. and the conversations about what we have and can learn from each other.

Sunday, September 29: “Your Life is Your Message” with **Rev. Inge Tarantola**. Based on a book by Eknath Easwaran the focus is on finding harmony with yourself, others and the Earth. That seems to be a topic as relevant today as it was when it was written many years ago. What are the key points that make our lives harmonious? What are the rewards of living harmoniously? Let's address these questions and more.

Each day comes bearing its gifts.
Untie the ribbons.

~Ann Ruth Schabacker




First-Sunday Potluck

Sunday, September 1
after the service

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

Unity will provide
coffee, tea, and dessert.



The more we thank God
for the blessings we receive,
the more we open the way
for further blessings...

~Betty J. Eadie



Caring from the Heart LGBTQIA++ Support Group

1st & 3rd Monday, 5:30-7:00 p.m.
September 2 & 16

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**.

Every 1st Wednesday at Unity
Chanting & Meditation

Join us on September 4th, 7-8 p.m.

Surrender to the infinite love, joy and peace of the Divine through the practice of chanting, both in English and Sanskrit. Between chants, we meditate in silence for 10 minutes. We conclude with a prayer for the world.

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

**PARENTS EMPOWERED
BY CONNECTING**



**Thursday, September 5
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, September 7
10:30 a.m. - Noon**

September's Theme

Walking with Our Ancestors

Calling all women to join **Bonnie Paquin** in the upstairs
Filmore Wing on Saturday, September 7th.

We will explore how our ancestors influenced
who we are and how we walk in this world.

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

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

Living Unity Principles

with Jon West

**In-Person class / 4 Thursdays
September 19 - October 10
7:00 - 8:30 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@rioussa.com*

MEMBERSHIP INVITATION

**Congregants who attend
this class will be eligible for voting
membership in our spiritual community.
New Member Ceremony: Sunday, Oct 20th**

This class is being given free of charge.

A NOTE FROM OUR PRAYER MINISTRY

Rev. Inge Tarantola

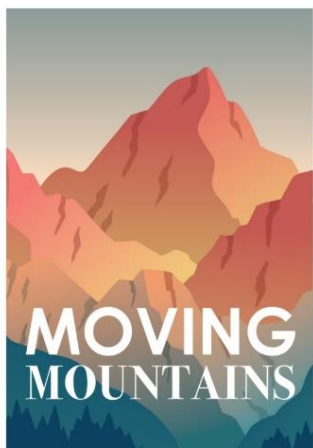


"More things are wrought by prayer than this world dreams of, wherefore let thy voice rise like a fountain night and day." ~ Alfred Lord Tennyson

Unity of the Valley has been in Eugene since 1942. There has always been prayer, since Unity was founded on prayer. Starting in 1993, our Prayer Ministry was formalized and has been one of several powerful resources available to you at Unity.

- On Sundays our **Prayer Chaplains** are available to pray with you after the service.
- You can also request to meet with the **Healing Prayer Circle** on Sundays between 12:15 and 1:15 p.m. Contact **Julia Linebarger-Taylor at 541-968-5896** for more information.
- Fill out a **Prayer Request card** whenever you are at church, to be included with the weekly Prayer Team.
- If you have a **prayer need during the week** you can call **Rev. Inge at 541-968-5540** to pray and activate the Prayer Chain.
- **Spiritual Direction** is available, contact **Rev. Inge**. This means having a listening companion on this spiritual journey to share and discuss your spiritual ideas and questions.
- If you or a loved one would like a **Prayer Shawl** to bring you comfort, they are available for free upon request.
- Call our **Dial-a-Prayer** Line at 541-345-9913, ext. 7 for some prayer inspiration.
- You can also call **Silent Unity** at 800-669-7729.

This year we celebrate **Unity World Day of Prayer** on **Thursday, September 12 from Noon to 6:00 p.m.** The labyrinth will be set up and some spiritual inspiration will be offered every hour with silence in between. The theme is *Moving Mountains*, and our affirmation is *Fueled by faith, I can move mountains*. (See page 9 for more info.) Come and join us for this uplifting experience, and be sure to hang your prayer request on Unity's Prayer Tree.



UNITY WORLD DAY OF PRAYER 2024

**Thursday, September 12
12:00-6:00 p.m.**

People from all faiths are invited to join us in the Sanctuary 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

Fueled by faith, I can move mountains.

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

Unity's Environmental Action Team (UV EAT)

Sunday, September 8 – 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.

Did you know that Clothing Manufacture accounts for 10% of human-caused greenhouse gas emissions? Sustainable solutions include:

- Buying fewer garments and supporting sustainable brands.
- Buy natural fibers like organic cotton, hemp, and bamboo.
- Thrift store shopping!

A peaceful mind is your most precious capital.

~Sivananda

Unity Grief Support Group

facilitated by Rev. Inge Tarantola



Wednesday, September 11 & 25

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.



THERAPEUTIC TOUCH

Thursday, September 12
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.



Expanding our Horizons ~ Through the Art of Mindfulness



Join Dr. Serenee Smith and Co-facilitators Ani Sinclair and Bev Forster in the upstairs Fillmore Wing as we dive deep into the miraculous and healing world of Mindfulness. Here we will explore some of the ancient healing rituals and practices as taught by teachers from all ages such as Pema Chödrön, Tara Brach, Thich Nhat Hanh, Adyashanti, and others.

Come explore with us how opening the mind and heart through spiritual practice creates the space for Mindfulness to guide us deeper into dimensions of healing for self and others.

Using practices taught by some of the world's finest teachers we will retune our innate knowing as we rekindle our healing abilities to see and comprehend our world in new and exciting ways!

Tuesdays, October 1-22

2:00-4:00 p.m.

"You are the sky ~ everything else is just weather."

~Pema Chödrön

Kitchen Clean Up Volunteers Needed

It takes a village!

We are looking for a couple volunteers each week who can help with cleanup on Sundays in the Fellowship Hall.



Duties would include washing tables and counters and taking the tables down and storing in closet, and sweeping the floor.

If you are available to help, please contact
Sunny Schneider at 541-521-3319

Behind the Lens Seminar

FALL 2024 Series

Tuesdays, August 13-October 29, 2024 - 7:00 p.m.

Sen. Joseph McCarthy is appointed Chairman of the Senate Committee, and Charlie Chaplin's passport is revoked, barring his return to the U.S. and ending his career as an American filmmaker.

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, Sept. 3: "Forbidden Games" directed by René Clement (86 min.)

Tuesday, Sept. 10: "The Narrow Margin" (Charles McGraw) directed by Richard Fleischer (71 min.)

Tuesday, Sept. 17: "Umberto D." directed by Vittorio De Sica (89 min.)

Tuesday, Sept. 24: "Limelight" (Charlie Chaplin) directed by Chaplin (137 min.)

FINANCIAL REPORT The Unique Ways We Share

MONTH(S)	INCOME	EXPENSES	NET
JUNE	\$12,669	\$18,483	– \$5,814
JULY	\$23,394	\$19,615	\$3,779

Thank you, Unity community, for all the ways you keep our spiritual home flourishing! While some have upped their monthly giving, one-time gifts can also make huge a difference, as they did in July. Our Unity Music Program also received its annual distribution from the Sunny & Vicky Hills Endowment. As we each follow our heart's wisdom and community spirit, Unity will keep shining for us all.

Love & Blessings from
Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF Trustees' MEETING

**Tuesday, September 17
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
juliatted@comcast.net.

September Affirmation

The infinite Spirit of life
flows through me,
bringing my highest good
in every way.



YOUTH & FAMILY MINISTRY NEWS



September is here again, and that means the start of cool breezes, colorful leaves, and settling into our curriculum classes at Unity. Our classes start back up on the 8th, and we are excited! There is a lot going on in YFM.

Here's just a snippet of what's happening in September.

Sunday, September 8: Curriculum classes start again. See page 17 for details on ages and classes.

Friday & Saturday, September 13 & 14: YFM Second-Hand Sale will be held in the side yard at Unity from **9 a.m.-4 p.m.** Do you have items you are looking to get rid of? Donate them to YFM, and help support them at the same time. Drop off of your donated items starting September 8th. **Contact Alice at 541-729-3817 to set up a time to drop off your donated items.**

Sunday, September 22: YFM Open House

11:45 a.m.-1:00 p.m. Everyone is invited and encouraged to come and meet the youth teachers, visit with Alice, see the lesson plans, and get an idea of what happens with our youth in their classes.



We are excited for this new curriculum year and have much planned. Stay tuned!

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.**

Calling all youth ages 6-18

Unity of the Valley's Youth Choir



Meets weekly on Sundays, 12:15-1:00 p.m.,
in the Sanctuary. Come and join in the fun!

For more information, contact Unity's Music Director,
Laura DuBois at 732-687-3571.

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

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.

SEPTEMBER PRAYER

from Rev. Sherry Lady

Each of us appears to be separate,
differing in aspects of our physical being.

Hidden deep within each, however,
is the One Self eternal, infinite, ever perfect.

We choose now, to look deep within
and release our fears, anger, and confusion,
and let them melt into unfathomable love
for each other and all of creation.

Guide us, Divine and Loving Spirit
as we come together

to strengthen the soul of our being-ness.

As sustainers of faith in a higher power,
and each other, we affirm
that in reality, all is well, and we are, indeed,
eternal, infinite, and ever free in our oneness.

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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