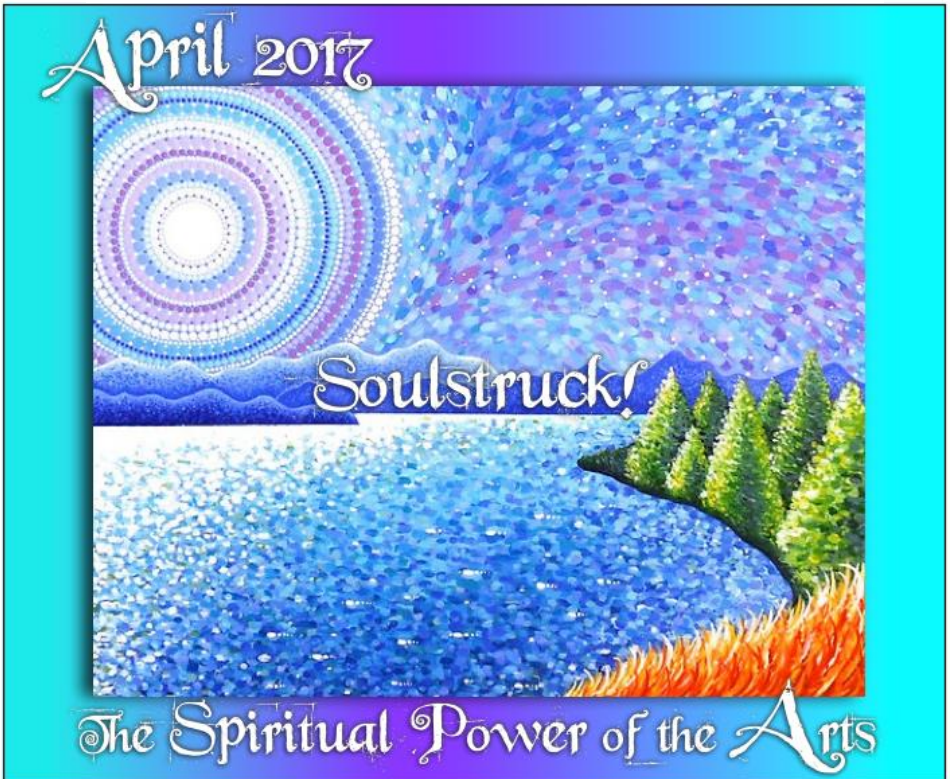




unity[®]
of the Valley



Sunday Services
9:30 & 11:15 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

www.unityofthevalley.org

The Artist in Every Soul



The power of art to touch and inspire us at a profound level has been recognized through the ages. In his book, *Callings*, Gregg Levoy writes: "Through [art] we have access to timeless sources of wisdom in ourselves, deep drives, and memories of who we really are.... Through art we can also reactivate the mind of the child within us, which knows what it knows with great simplicity and accuracy."

This month, Unity embarks on a quest to discover how art can help us awaken to our higher potential. Accompanying us will be various artists willing to share insights from their creative process. What are some possible signs that the artistic dimension within us needs more room to breathe, play, and grow?

1. Frequent moods of grim determination to fulfill our basic responsibilities, with a belief that there's no time for anything else (except crashing in front of the TV at the end of the day).
2. We keep ignoring occasional flashes of wanting to resume a previous artistic hobby or to try something new like joining a choir, taking a watercolor class, etc.
3. Our appreciation of the beauty and humor of life is increasingly overshadowed by stressful thoughts about current events.
4. We've forgotten that art doesn't just give us a way to escape worldly concerns, but can help us step free from mental boxes and tap into a wealth of inspiration and innovation.

Whether we know it or not, we are all artistic beings. Each life is a novel, a symphony, an epic poem, and a vast canvas rolled into one. Every day we add a new verse, a new stroke, or a new twist to the story. Some days we start a whole new chapter or come to the end of one. Life is a creative experience that, with practice and awareness, becomes a joyfully artistic one. We find ourselves beholding beauty at every turn, and the beauty of our lives blesses the world around us. Let this be our shared vision as we join together in Unity this April.

*In loving service,
Jon and the Ministerial Team*

SERVICES IN APRIL

Sunday, April 2: Sharing the Awe-Inspiring Beauty of Life.

Speakers **Rev. Inge Tarantola** and **Jon West** will explore the importance of experiencing life's wonder and beauty both alone and with others. As we develop our capacity to continually see the divine art of life, we begin to open the doors of heaven.

Sunday, April 9: The Path of Most Persistence, with guest **Eric Alan**. See details on page 9.

Sunday, April 16, EASTER SUNDAY: A Vision of Transcendence.

Rev. Sherry Lady and **Jon West** will share some of the deep spiritual messages of Easter that can help inspire our everyday lives. The Unity Choir, conducted by Mo Robeson, will bless us with their musical art.

Sunday, April 23: Playing in the Fields of Creation. Speaker **Jon West** and **several Unity friends** will share the uplifting power of expressing creativity in our lives. As we grow spiritually, our very life becomes a work of art.

Sunday, April 30: CELL SOUP: A Poetic Exploration of Personal Metamorphosis with guest **Jorah LaFleur**. See details on page 12.



Sunday, April 2
after the 11:15 a.m. service

Bring your favorite dish to share. Unity will provide coffee, tea, cookies, and cake to celebrate the April birthdays.

Youth & Family Ministry News

Spring is here! How beautiful it is to see the signs of new life emerging after winter. This month, each of the youth classes will celebrate Easter Sunday with their teachers on April 16. Nursery services are available for infants up to 4 years old. Our warm and caring Nursery Angels are available during both the 9:30 and 11:15 a.m. services each Sunday.

The **Unikids (ages 5-2nd grade)** work with Mirtza Griffin and Betsy Priddle to celebrate the emergence of life that spring inspires. The creative power of the divine mind and heart help us to plant seeds in the garden, in their being, and in the world. They will plant seeds of love, then water and nurture their creations. They will focus on activities to help ground their body, mind, and spirit with meditation, song, and play. They will enjoy planting flowers as a metaphor for how they nurture the creations of life and their divine light. They will also enjoy an egg hunt as they celebrate Easter Sunday.

The **Galileans (3rd-5th grade)** work with Alison Cantril, and they are gearing up for their **Annual Plant Sale on April 30**. They will decorate flower pots and create garden art to sell. They will gladly accept your donations of plants starting April 16. All funds raised from this sale will benefit the children at First Place Family Center. They will also celebrate a "Wizard of Oz Easter" and continue their journey down the yellow brick road. Come up and visit their Emerald City when you have a chance! Follow the yellow brick road!!

Our **Teen Group (Uniteens-middle school & Y.O.U. (high school))** work with Sally Crum, Shawna Newcomb, Raymond Albano, and Jim Drews. Jim returns after many years and brings a deep and practical understanding of Unity principles and powers. It is great to have him share his talents with the group. The teen's curriculum is based on the 12 Unity Powers and how to develop them in daily life. They have learned about the power of STRENGTH, with examples of the courage of spiritual giants such as Martin Luther King, Jr., Gandhi, and the Dalai Lama. They have also shared examples of how they have each faced daily situations that require strength of conviction and compassion. This month they will experience the beginning and return of life following winter. They will celebrate the growth of new life and the meaning of Easter, and they will explore the ways in which all life is connected as they honor Earth Day.



April Prayer

In gratitude, we affirm together
that Spirit is active within everyone.

We visualize Divine Light
enfolding and surrounding all beings,
Divine energy infusing every cell
with life and vitality, knowing that,
no matter what the need, desire, or longing,
Illuminating Light leads us toward
the highest good for our lives.

As we follow that Light
we can release all into Spirit's loving care.

And so it is.
Amen.



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:

- Our Chaplains are available for prayer following the Sunday services. Chaplains are trained to maintain a spiritual space, keep confidentiality, and pray with you.
- Fill out a prayer request form and place it in the prayer box in the foyer. Members of our prayer team will pray for you for two weeks, and then we will send your request to Silent Unity for another 30 days of prayer. All requests are held in complete confidentiality.
- Call our Prayer Chain for immediate prayer 9 a.m.-9 p.m. each day. The Prayer Chain contact list is on the prayer request table in the foyer.
- 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.

Coming Alive Theater Group

The Coming Alive Theater Group gathers once a week throughout the year. They work together to plan and produce two productions a year, coordinating talents and skills to bring song, laughter, and thoughtful commentary to our community.

If you have ever been curious about what it takes to write a play or skit, portray a role, create a stage set, make costumes, or do sound effects, come join us Thursday evenings at 7:00 p.m. in the sanctuary. We work and play together as a group. Everyone is welcome!

Namasté
Ellen Ticknor

Love is the great solvent of all difficulties, all problems, all misunderstandings....

~White Eagle

CIRCLE SUPPER COORDINATOR NEEDED

We are looking for a volunteer to head up the Circle Supper Ministry. Circle Supper sign-ups take place twice a year.

We work as a team for sign-ups and forming groups. Computer knowledge is helpful. The Circle Supper Coordinator is responsible for typing up the group list and emailing it to the hosts, as well as for coordinating any changes. The hosts are responsible for communicating with their guests.

**If you are interested, please contact
Ellen Ticknor at 541-344-1490.**

FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
JANUARY	\$15,328	\$17,743	(\$ 2,415)
FEBRUARY	\$19,041	\$17,225	\$1,816

Thanks to all for your generous support of this community!
With love and appreciation, your Board of Trustees.



SHARE UNITY ON SOCIAL MEDIA



Along with our Facebook page, Unity of the Valley now has a Youtube channel! Our goal is to create one or more videos monthly that we can share through social media. As we spread the message of Unity, we grow our community and shine the spirit of oneness in the world. To receive email updates about our videos and other activities, email unityval@riousa.com or sign up in the Fellowship Hall.

BOARD OF Trustees' MEETING

Tuesday, April 18
6:30 p.m.

All are welcome to attend this meeting. Join us in the Garden Room.

Minutes of the board meetings are posted in the Fellowship Hall on the Board Bulletin board.

Welcome New Board Members

A very warm welcome to our new Board Members:

John Garrett
Pamela Gutierrez
Tim Harrow
Lori Stern

Many thanks and blessings to you and all our board members for your service to Unity of the Valley!

Unity of the Valley's Elder Council presents:

GRACEFUL CLOSURE PLANNING FOR LIFE'S LAST CHAPTER

Wednesdays, April 5-May 24 (6:00-8:00 p.m.)



This 8-week course, presented by Unity's Elder Council, is designed to take participants on a journey of personal reflection about death and dying, and to present a menu of possibilities to help create the life and death we choose.

A combination of personal and group exercises, discussions, speakers, and surprises will be used to create this personal journey.

For more information, contact
Bonnie Paquin at 541-345-8873.

Silent Auction Planning – Your Help Is Needed

We are holding our Silent Auction earlier this year –on July 16– and we want to start planning *now*.

- Be thinking about whether you have any items you would like to contribute for the Silent Auction.
- We are looking for volunteers to help with the food.

We are fine-tuning each year, and it looks as though we have a great time lined up for all. Mark your calendars, check your possible items to donate, and consider helping. **For more**

information or to help out, contact Joyce Aschim at
joyceann.aschim@gmail.com or 541-315-6914.

Sunday, April 9
“The Path of Most Persistence”
Guest Speaker: Eric Alan

Artistic expression is a means of experiencing beauty, adding to that beauty, and transforming challenges. It is also a personal and professional path requiring constant inner inquiry, sensitivity, and relentless persistence. Eric Alan shares personal observations of the link between art and soul growth, from a life centered on nature and artistry.



Eric Alan is an author, photographer, lyricist, and broadcaster. His books include *Wild Grace: Nature as a Spiritual Path* and *Grace and Tranquility*. He works with former National Geographic photographer Dewitt Jones on the project, “Celebrate What’s Right with the World,” he is the music, arts and culture reporter for KLCC, and a founding board member of the Cerro Gordo Land Conservancy.

Prayer Shawl Ministry

Are you looking for a project? Do you knit or crochet?
Would you like to learn?

The Prayer Shawl Ministry meets on the second Thursday of each month from 12:00 to 1:00 p.m. in the Fellowship Hall.

We knit and crochet prayer shawls that will bless people who are going through a difficult time with a gift they can wrap around themselves to bring comfort, love, and peace.

No experience necessary!

For more information, contact Inge at 541-968-5540.

**Classical Music Concert
with Internationally Acclaimed Steinway Artist**

Fred Karpoff

Easter Sunday, April 16, at 4:00 p.m.



Join us in the Sanctuary at 4:00 p.m.
Easter Sunday for a delightful afternoon of piano
music presented by virtuoso Fred Karpoff. Mr. Karpoff
will be playing music of Debussy, Barber,
Rachmaninoff, and Beethoven.

We are blessed to have an artist of this extraordinary
caliber presenting a concert at Unity of the Valley.

Admission is \$10.
Tickets on sale in the foyer
on Sundays, April 2 and 9.

Music is the divine way
to tell beautiful, poetic things to the heart....
~Pablo Casals



“DANCE” CHURCH

Fridays, April 21 & May 26
6:45-8:45 p.m.

Come to the Sanctuary for movement, music, and connection. **“Dance” Church** is a sacred space where ALL ages and abilities are welcomed. It’s a place to meditate, move and groove with joy as we sweat our prayers and celebrate our true expression. It provides a space to let go of our week’s worries and reconnect to our core as we support each other. We begin with slow meditative music, which builds in intensity, then slows back down into stillness.

Sliding scale donation: \$4-\$10. Children and teens FREE. This event will be held on Friday, April 21 and May 26. Join the Team! Set-up and take-down, greeters, and altar creators are needed. If you would like to help with this event, sign up in the Fellowship Hall. Service trades available. **For questions, volunteering, or service trade, contact Gerilyn at 831-332-4476.**



Galilean Plant Sale

Sunday, April 30

Join us in the Fellowship Hall before and after the 11:15 a.m. service on Sunday, April 30. Pick up a plant for your garden or as a gift for a friend, and help the Galileans at the same time!

All funds raised from this sale will benefit the children at First Place Family Center.

If you would like to donate plants for this project, the Galileans will gladly accept your donations starting April 16. See Alison in the youth department.

**Sunday, April 30: "CELL SOUP:
A Poetic Exploration of Personal Metamorphosis"
Guest Speaker: Jorah LaFleur**

It is no secret that inner transformation is essential for becoming all that we are capable of being in the world. But it does seem that caterpillars/butterflies hold a secret understanding about how to embrace radical change. Investigating metamorphosis and other terrifying miracles has helped Jorah LaFleur to explore the process of cultivating a full-bodied shift towards greater self-actualization. Through the use of poetry and performance, she invites you to come and play in a field of metaphors. A time of words and wings.



Jorah LaFleur is a writer/performer who wears many different hats as a spoken word poet, actor, emcee, workshop facilitator, and ceremonial officiant. Jorah also has a passion for encouraging expression in others. She's been running the Eugene Poetry Slam for almost a decade. Jorah loves courage, humorous innuendo, and really dark chocolate. Her favorite color is zebra.



**Final Shamanic Evening
Friday, May 5, 7:00 p.m.**

After nearly 30 years of gathering on the first Friday of each month, the Shamanic Evening Drumming will end on May 5. Monthly attendance has dropped off to the point that Gary and Sunny have decided it is time to retire.

Hundreds of you have attended over the years, and we have truly enjoyed our exploration of spirit in this way. We thank everyone for their participation and enthusiasm.

We will hold a special farewell on May 5 at 7:00 p.m., so please sign up to let us know if you plan to attend.

PRAYER, THE GAME CHANGER

Tuesdays, May 2-23

6:00-7:30 p.m.

Facilitated by Rev. Inge Tarantola



If prayer is not yet part of your spiritual practice or you want to transform how you pray, here is an opportunity to make a change and watch the positive results in your daily life. Join Rev. Inge in the Fillmore Wing for an opportunity to:

- take a look at how you pray now
- learn steps to affirmative prayer
- create a daily spiritual practice

As you change your prayers, you change yourself. Offered on a donation basis. SEE credits available.

Sign up in the Fellowship Hall.

Prayer is like the turning-on of an electric switch.
It does not create the current; it simply provides a
channel through which the electric current may flow....

~Max Handel

Weekly Meditation, Prayer Circles, & Study Groups

See our website (www.unityofthevalley.org) for more information on any of our ongoing circles or study groups.

SUNDAY MORNING READING GROUP (Fillmore Wing) Sundays

10:00-11:00 A.M. This group is studying the book, *Callings*, by Gregg Levoy. Everyone welcome.

AFTER-SERVICE DISCUSSION GROUP (Fillmore Wing) Sundays,

1:00-1:45 P.M. Join with others in sharing insights that have arisen from the Sunday topic.

MEDITATION CIRCLES (Fillmore Wing) Mondays, 5:30-6:30

P.M./Thurs., 5:30-6:45 P.M. The Monday group welcomes all meditation approaches and drop-ins. The Thursday group practices "Passage Meditation" as taught by Eknath Easwaran. For more information, contact **Laurie Cracraft** at **541-345-7563**.

TUESDAY MORNING BOOK GROUP (Harmony Room) Tuesdays,

10:30-11:45 A.M. This group reads together and discusses books chosen unanimously. They are currently studying *The Power of Now* by Eckhart Tolle. For more information, contact **Judy Richardson** at **541-484-1958**.

NOON PRAYER & MEDITATION (Peace Chapel) Wednesdays,

12:00-12:30 P.M. Join **Linda Flock** in this beautiful experience of opening your heart to feel the complete and continuous Love of the Divine. Everyone is welcome!

COUNCIL OF ELDERS (Garden Room) Thursdays, 1:00-2:30 P.M.

The Council of Elders is a group that meets to define the possibilities and responsibilities of our wisdom years. If you are 60 or older and have an interest, please join us. For more information, contact **Bonnie Paquin** at **541-345-8873**.

SPIRITUAL SUPPORT GROUP FOR HEALTHY LIVING (Harmony Room),

Thursdays, 6:00-7:00 p.m. Join Corlea Sue Martinez and Linda Flock in this interactive group for healthy living. For more information, contact **Corlea Sue** at **541-747-2404**. Love-offering basis.

COMING ALIVE THEATER GROUP (Sanctuary) Thursdays, 7:00-8:30

P.M. Come and practice, and learn more about theater and other drama activities. No experience necessary. For more information, contact **Gary or Sunny** (**541-461-5663**).

Ongoing Monthly Groups & Events at Unity

We offer a wide variety of activities, classes, and workshops here at Unity. This is a brief list of just some of our ongoing activities. For an up-to-date list, check our website (www.unityofthevalley.org).

UNITY OPEN MEN'S CIRCLE (Fellowship Hall) First and Third Monday, 7:00-9:00 P.M. The Men of Unity Group is open to all men in our church and our larger Eugene community. For more information on how you can participate, please contact **Raymond Albano** at **541-285-3943**.

PRAYER SHAWL GROUP (Fellowship Hall) Second Thursday, 12:00-1:00 P.M. This group knits and crochets prayer shawls that will bless people who are going through a difficult time with a gift they can wrap around themselves to bring comfort, love, and peace. No experience necessary. For more information, contact **Inge** at **541-968-5540**.

THERAPEUTIC TOUCH (Fillmore Wing) First & Third Thursday, 7:00-9:00 P.M. The NW Therapeutic Touch Institute offers sessions for anyone interested in practicing or experiencing Therapeutic Touch healing. For more information, contact **Bev Forster** at **541-484-6571**.

Unity Books and Gift Store

Come in and visit our store. We have books, CDs of Sunday services, greeting cards by local artists, prayer flags, jewelry, wall hangings, and so much more with new fun items added frequently.

Hours:

Tuesday-Friday 10:00 a.m.-4:00 p.m.
Sundays after the services

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.–4:00 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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