



# Unity of the Valley

*Positive, Practical Spirituality*

January 2017



## Planting Seeds for a New Year

**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](http://www.unityofthevalley.org)

## And Off We Grow!

It may seem early to be thinking of gardening. Yet, many a Master Gardener will be busy even in January starting certain varieties indoors – and what better time for all of us to plant *spiritual* seeds for the coming year? As Unity co-founder Charles Fillmore wrote in *Dynamics for Living*:



*Thoughts are seeds that, when dropped or planted in the subconscious mind, germinate, grow, and bring forth their fruit in due season. The more clearly we understand this truth, the greater will be our ability to plant the seeds that bring forth desirable fruits. After sowing, the plants must be tended. After using the law we must hold to its fulfillment. This is our part. God gives the increase... You have now the fruits of previous sowings. Change your thought seeds and reap what you desire. Some bring forth very quickly, others more slowly, but all in divine order.*

Throughout this month, we can each prepare our inner ground for a lush and bountiful year of personal and spiritual growth. We begin on Day 1 (literally!) with a special January 1<sup>st</sup> service for the young and well-seasoned alike. We'll follow up the next two Sundays with some "community gardening," using the concentrated energy of sacred ceremony to release and renew. On January 22, we'll welcome the peaceful wisdom of a truly flowering soul in guest speaker Sherrie Frank. Finally, having plowed, planted, fertilized, watered, and weeded, we'll graduate – if not as Master Spiritual Gardeners, then at least as Truth Students willing to dig deep in pursuit of our highest potential.

Happy planting!  
Jon & the Ministerial Team



## SERVICES IN JANUARY

**Sunday, January 1: (11:15 a.m. only): "Make This the Greatest Year Ever!"** Speaker: **Jon West**. Beginning the year with joyful intention can provide a powerful kick-off to 2017. This will be a family service for people age 7 and up; nursery care only.

**Sunday, January 8: Burning Bowl Service.** Speaker: **Rev. Inge Tarantola**. See description on Page 9.

**Sunday, January 15: The White Stone Ceremony.** Speaker: **Rev. Sherry Lady**. See description on Page 9.

**Sunday, January 22: "Cultivating Peace through Presence, Curiosity and Grace."** Guest Speaker: **Sherrie Frank**. See description on Page 6.

**Sunday, January 29: "Master of the Garden,"** Speaker: **Jon West**. The mind is a garden where we bury seeds that grow into forms of many kinds – some that we like, some that we may want to uproot. Tending our inner garden daily, we allow life's beauty to express fully in our lives.



### First-Sunday Potluck

**January 1**  
after the 11:15 a.m. Service

Bring your favorite dish to share.

Unity will provide coffee, tea,  
cookies & cake to celebrate  
the January birthdays.

## Youth & Family Ministry News

What an incredible whirlwind of a year we had in 2016! It's been wonderful getting to know all of the children and teens in our program. We're looking forward to another great year ahead with fun activities, creative learning, and coming together as a community.

YFM will ring in the new year with our own versions of the burning bowl ceremony and white stone ceremonies.

**The Unikids** will continue learning Unity Principles through story, song, and play. They learn and practice the Christ Light Meditation. Many thanks to Betsy, Mirtza, and Bonnie, our new Unikids Teachers, and thank you to our Unikids Angel Helpers; Samantha, Whitney, Em, and Ron.

**The Galileans** will continue their adventures on the yellow brick road with the 12 Powers. Their current service project is getting ready for a trip to Good Samaritan Society where they will deliver red roses and valentines to residents there. It is a beautiful sight to see elders and children sharing love on this special day. Many thanks to lead Teacher Alison! Thank you to our Angel Helper Megan for being so dependable, positive, and bringing a great attitude to our class!

**Our Unity Teens** are excited to continue their service project for Heifer International. The purchase of several farm animals will contribute to helping many families in need across the world.

**Class Structure Change:** We are excited to announce that we are now providing separate classes for Uniteens (middle school or approximate age of 12-14) and YOUers (high school or approximate age of 15-18). This will allow us to offer activities that are more relevant to each age group. To help us have two solid groups, please encourage youth attendance!

**This month** our teens will practice meditation and mindfulness, review Unity principles and powers, and focus on how to be a leader with these values. On January 15, we will honor and celebrate Dr. Martin Luther King, Jr. as an exemplary leader of equality, peace, and love in the world. YFM director Shawna leads YOU and Sally Crum leads the Uniteens. Many thanks to Raymond as an Assisting Angel.

A big thank you to all of you who help make Unity's YFM an incredible community for our youth!

In Joyful Contribution from Your YFM Team

## January Prayer

For the New Year

As the new year unfolds, we give thanks for all that is and for all that is yet to be, for we are one in spirit with the Greater Spirit that walks with us now and in the days ahead.

There is no need to fear the future, for God is already there.

In this oneness we can prayerfully affirm:

We are blessed with grace, surrounded by love, in-filled with hope, and nourished by the compassionate Presence. We can relax, breathe, and know we are complete and whole right now.

Thank you, God, for the abundance of Grace so freely given.

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.
- You may also call **Silent Unity** 24 hours a day at (800) 669-7729.

**Sunday, January 22**

**“Cultivating Peace through Presence, Curiosity, and Grace”**

**Guest Speaker: Sherrie Frank**

Most of us dream of a peaceful world. Learning how to create peace in our own lives makes peace a possibility for the world. We will explore what beliefs and practices we can use in our daily lives to cultivate peace within ourselves, and how this transformation of our inner world becomes the alchemy for experiencing peace in the outer world.



**Our Presenter, Sherrie Frank,** leads Wings Seminars, a La Clinica program that provides seminar participants with opportunities for personal and professional growth. Sherrie has a long affiliation with Wings, and has served as its vice president from 2000 and as a facilitator from 2008. She is a certified master practitioner of neuro-linguistic programming (NLP), and has more than 1,500 hours of facilitation training.

## **A Message from Our Volunteer Coordinator**

### **Unity's Facilities Ministry**

Here at Unity some of our volunteers wear many hats. They sing for us, greet us, usher us, serve us coffee and soup, and teach the children. There are many ministries that we don't see, and I thank them all!

I would like to acknowledge the ministry that some of you may not know we have. We are lucky to have a talented group of volunteers who offer their special skills to keep our building functioning and looking good. We call these volunteers the Facility Ministry. You may not know they exist because they take care of issues so quickly you would think we never have problems. The facilities team includes Gary Wymore (team leader), Waji Danoun, David Flock, and Chuck Arrera. They are giving of their time and talents so that we can enjoy our beautiful environment.

Thank you Facilities Ministry!

Namasté,  
Ellen



## 2017 Pledge Campaign

### "Growing Our Future Together!"

By pledging a monthly contribution for 2017 and/or signing up for auto-donations through SIMPLE GIVING, you'll help us create a far more accurate annual budget. Of course, you can also change what you give if needed.

**Are You a "Sustaining Donor"?** \$125 per month per adult is what it costs to sustain Unity. Since some people can't afford that amount, it's vital that others give more to help cover the gap. Also, it costs about \$130 per month for each youth.

**Let's Create More Space for Our Kids!** Our oldest teens don't have a real classroom. Your increased giving and/or one-time donation will help us reach our \$25,000 building fund goal to add classroom space!

**Other Special Gifts:** You can also help ensure Unity's future by making Unity a beneficiary in your will, or contributing to Unity's Legacy of Love Endowment Fund.

**Pick up a pledge form in the foyer, return it with your Sunday offering or return to the office.**

### FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
OCT 2016	\$18,336	\$15,934	\$2,402
NOV 2016	\$22,266	\$20,932	\$1,334

*With heartfelt thanks from your Board of Trustees*

### **Board Meeting**

**Tuesday, January 17, 6:30 p.m.**

Join us in the Garden Room. All are welcome!

If you would like to speak at the meeting, please contact Ruth Beardsley at 541-913-3235 or [ruth.mfon41@gmail.com](mailto:ruth.mfon41@gmail.com).

# New Year's Day Family Service 11:15 a.m. only



*"Make This The Greatest Year Ever!"*  
We'll sing, laugh, meditate,  
and do some energizing yoga together!

**Child care provided for children age 0-8**

The spiritual life is the way of walking with God  
instead of walking alone....  
~Elinor MacDonald

## Spiritual Support Group for Healthy Living

Facilitated by Corlea Sue Martinez and Linda Flock

**Thursdays, 6:00-7:00 p.m.**

**Ongoing class beginning January 5**



This ongoing class will include guest speakers, articles, book excerpts, discussion, and the creation of a support network to help interested members reach their goals. This interactive spiritual support group for healthy living will have a focus on: weight management, eating habits, exercise, organizational skills, emotional support, and the use of affirmations.

Participants will be invited to participate in all aspects of the class, which will help us strive to live a balanced, healthy life physically, emotionally, and spiritually.

**For more information, contact Corlea Sue at 541-747-2404.**



## Burning Bowl Service

Sunday, January 8, 9:30 & 11:15 a.m.

As the year 2016 completes its cycle and the year 2017 is born, we have the opportunity to let go of false beliefs and illusions that do not serve our highest purpose, opening the way for new, fresh insights and inspiration.



**Rev. Inge Tarantola** will guide us in experiencing this time-honored tradition of releasing what no longer serves into the fire – a richly meditative experience accompanied by heart-opening chants and instrumentals.

Join us for this freeing and moving experience in consciousness that opens the door to a greater you!

## White Stone Ceremony

Sunday, January 15



Having mentally surrendered what we no longer need to the Burning Bowl, we now make room for something even greater to come into our lives.

The White Stone ceremony allows us to call forth a new focus for the days ahead as we allow Spirit to speak to us in wonderfully insightful ways through meditation and contemplation.

Join us on January 15 at the 9:30 and 11:15 a.m. services for the opportunity to experience new possibility and new freedom.



# A Course in Miracles

## Two Offerings: Foundations Class Ongoing Study Group

### **ACIM Study Group (Fridays, starting January 6, 10:00 a.m.-noon)**

A weekly, ongoing study group for those individuals who want weekly Course support to enhance a deeper understanding and to support their spiritual practice. The study group format will be a 1.5 hours teaching on selected Text readings and specific subject matter, followed by a 30 minute group discussion, question and answer period. The study group is intended for students who have previously completed the Foundations Class listed below and experienced Course students. Cost: \*\$40 a month **Pre-registration required.**

### **Foundations Class (Saturdays, January 28-March 18, 10:00 a.m.-noon)**

An 8-week course to provide a solid foundation for understanding this immensely practical path of spiritual awakening. A blend of teaching, discussion, and practice intended to provide participants with a strong foundation for undertaking study or deepening their journey with the Course. This course is intended for spiritual students, new to the Course, current and/or experienced students of the Course wanting a deeper foundation of understanding to take the Course beyond their current scope, and students interested in adopting the Course as a complete spiritual path. Cost: \$80 (study materials/handouts included.) **Pre-registration required.**

**Teachers:** Janet & Dennis Chandler, affiliated with The Circle of Atonement, a registered non-profit teaching organization dedicated to *A Course In Miracles*, founded 1991.

**To register for the class, the study group, or request additional information contact:  
Janet Chandler at [janetkoppchandler@gmail.com](mailto:janetkoppchandler@gmail.com)**

\* For other financial considerations please contact the teachers.

## **Conscious Aging Workshop (ages 55 plus)** **Wednesdays, January 11-February 22 (1:00-3:00 p.m.)**

This workshop developed by the Institute of Noetic Sciences uses cafe style conversations, inspirational readings, and reflections to:

- Explore unexamined, self-limiting beliefs, stereotypes, and assumptions about aging, and make better, more conscious choices about our worldviews on aging.
- Develop self-compassion to cope more effectively with change, worry, and stresses associated with aging.
- Discover and reflect on what has given heart and meaning to our lives and how that informs our intentions for our aging process.

Past participants have said that talking about these subjects with other women was the most valuable part of the workshop. Registration and payment is required by January 4 to receive the pre-work. Sliding scale: \$80-\$100 for the 7-week class and workbook. **Contact the course facilitator, Emily Rice, at [eanrice@gmail.com](mailto:eanrice@gmail.com) for more information.**



## **WINTER "DANCE" CHURCH**

**Friday, January 13, 6:45-8:45 p.m.**

Come to the Sanctuary for movement, music, and connection. **Winter "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, and it builds in intensity and then slows back down into stillness.

Sliding scale donation: \$4-\$10. Children and teens FREE. This event will be held on the second Friday in January, February, and March. Join the Team! Setup 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.**

# Mandala Workshop

Saturday, January 14

10:00 a.m.-2:30 p.m.



Mandalas can be found everywhere. They occur in nature in the nesting rings of a tree trunk, the sectioned slice of an orange, flowers, snail shells, our fingerprints, and so on. They are also found in the art work of hundreds of cultures.

Join Géna Duel in this one-day workshop where we will:

- \* learn about the history behind mandalas
- \* discover the meaning and uses of mandalas
- \* explore the meditative qualities mandalas offer
- \* look at the spiritual empowerment of mandalas
- \* create a mandala choosing one or more of several different modalities (painting, leaves, collage, etc.)

Cost for the day: \$36 (includes supplies) (bring your own lunch)

**Preregistration required by Tuesday, January 10. (Space is limited to 14 people.)** Pick up a form in the Fellowship Hall.

Keep on sowing your seeds;  
for you never know which will grow—  
perhaps it all will....  
~Old Testament



## The Gospels

### Part Two

Wednesdays, January 11-March 8  
1:00-2:30 p.m.

We laid some framework for the study of The Gospels in Part One. In Part Two, we move on to metaphysical interpretations of the various teachings, stories, parables, and events, and how they apply to our lives. We will continue to demystify the scriptures, remove the fear and stigmas created about them through the centuries, and glean from them the inspirational teachings for our lives. Facilitated by Rev. Sherry Lady. Offered on a love-offering basis. Come any time. (Part Two is not contingent on having taken Part One.) **Sign up in the Fellowship Hall.**

## 12 Powers Movie Premiere

Sunday, January 22, 1:15 p.m.  
at Unity of the Valley

Charles Fillmore's spiritual classic, *The Twelve Powers of Man*, comes to life in this exciting documentary directed by New York Times bestselling author and award-winning filmmaker James Twyman.

Over 30 well-known Unity ministers share their insights on each of the Twelve Powers. The Rev. Ed Townley, who also produced the film, is among the ministers featured in the film.

The movie follows James Twyman as he travels to Syria to host a synchronized meditation which millions of people from around the world participated in on February 1, 2016.

Tickets are \$10 and available the day of the showing.

## Weekly Meditation, Prayer Circles, & Study Groups

See our website ([www.unityofthevalley.org](http://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**.

### **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)**.

Great opportunities to help others seldom come,  
but small ones surround us daily....

~Sally Koch

## 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](http://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**.

**SHAMANIC EVENING (Fillmore Wing) First Friday, 7:00-9:00 P.M.** Come and join us as we gather together to celebrate Spirit through drumming and sound. Bring your drums and rattles. Drop-ins are welcome! For more information, call **Sunny or Gary** at **541-461-5663**.

### BOARD VACANCIES

The Nominating Committee will be setting up interviews to take place in early January to consider interested congregants for our Board of Trustees. Three Trustee terms end at the end of February. If you are interested in this volunteer position, please contact Gary Blaine at [speggary@aol.com](mailto:speggary@aol.com) or 541-686-6114, and pick up a Board of Trustees Position Description sheet at the sign-up table in the Fellowship Hall.

## 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](http://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

#### **BOARD OF TRUSTEES**

Ruth Beardsley, President

Bob Larson, Treasurer

Ann Woeste, Secretary

Gary Blaine, Trustee

Joyce Aschim, Trustee

Elsie Marie Rochna, Trustee

Grace Low, Trustee

Marc Baber, Trustee

Inge Tarantola, Trustee