

December 2019

The mystical  
message of the  
Holy Season



**Sunday Service**  
**10:30 a.m.**

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

# DISCOVERING THE GREATEST GIFT

A message from our Ministerial Team

As shadows grow long and a frosty chill settles over the land, it's natural to seek out an extra measure of comfort and joy. Perhaps we'll find what we seek in the festivities of December, in sharing cards and gifts, in moments of closeness with loved ones, or in making a batch of Christmas cookies for the first time in years. Yet often at this time, there's a faint calling in the soul, a whispered yearning we can't seem to fill or define.



The birth story of Jesus has not only comforted and uplifted countless millions for centuries; it whispers clues to the core essence of reality. It shines like a star in the night sky over our long journey of discovery. Yet discerning these subtle signs of guidance takes a willingness to keep listening and looking with fresh awareness (as we will explore on December 1 and 8). It takes developing the powers we need to persist through all obstacles (December 15). Along the way, we will need to keep refining our understanding of our relationships with each other and with the Divine (December 22).

At some point, even in the darkest of times, the seeking soul surrenders to the infinite love and joy that's been within us from the beginning. We recognize that One Spirit shines behind every face and underlies all great faith traditions around the world. It is then that the whole universe seems to break forth in song, which we will symbolize and glimpse in our Christmas Eve concert. In this rebirth of higher understanding, we realize the time has come to release any beliefs or attachments holding us back from our highest good (December 29).

And so, throughout this month, we will not only sing and celebrate the simple joys of the season; we will reach into the mystic hearts of Jesus, the Magi from the East, Mary, and Joseph, and other saints and sages. For there is no end to the learning, or the joy and love, that await us on this holy road we travel.

\* \* \*

## SERVICES IN DECEMBER

**Sunday, December 1: “Seeing the Season with Fresh Eyes: Insights from Our Youth”** (a family service). Led by our Youth & Family Coordinator, Christina Scott, our youth will share reflections and inspirations about Christmas. All youth classes will join us in the sanctuary, with nursery care provided for infants and toddlers.

**Sunday, December 8: “To See the World in a Christmas Tree”** Speaker: **Jon West**. With humankind seemingly fractured and at odds, we can learn to celebrate our unique “oddness” as different reflections of the Divine. During this service, we will also hold our NEW-MEMBER CEREMONY. Please see page 6 for more information about becoming a voting member of our spiritual community.

**Sunday, December 15: “How to Ride Your Camel through the Desert of Life.”** Gather around the oasis with the Three Magi from the East (represented by our Ministerial Team) as they unpack their toolkit for the spiritual journey. Our wonderful Christmas Choir will perform under the direction of Mo Robeson.

**Sunday, December 22: “Mary and Joseph Speak on Letting in the Light.”** A special appearance by this famous parental unit will reveal that something amazing and wonderful is ready to come forth in all our lives – if we're willing to receive it. Our kids will also be treated with a visit from Santa after the service.

**Tuesday, December 24: Unity’s Christmas Eve Celebration** at 5:30 and 7:30 p.m. See details on page 11.

**Sunday, December 29: *The Burning Bowl Service***, guided by **Rev. Inge Tarantola**. See details on page 16.



# Youth & Family Ministry News



Thank you all for your participation in our service projects. The Coat Drive and Pumpkin Sale will help many struggling families in our area.

Our **Unikids** have been talking about love, animals, our earth, families, and traditions, and are making creations. Our **Galileans** have been winding their way through Oz with the help of the 12 Powers, serving others, and singing in our youth choir. Our **Uniteens** just got back from retreat and, together with our **Y.O.U.**, have been finding their inner Christ light, deepening their understanding of the power of meditation, and decorating our new youth room. *(Come and take a peek!)*



## WHAT DECEMBER LOOKS LIKE IN YFM



**Sunday, December 1 (10:30 to 11:30 a.m.):** Family Service. No youth classes. Nursery care provided for ages 0-4 years.

**Wednesday, December 4 (6:00-8:00 p.m.):** Unity Holiday Decorating Party.

**Sunday, December 8 (before & after the service):** Galilean Holiday Bazaar. Regular YFM classes (10:30-11:30 a.m.).

**Sunday, December 22 (10:30-11:30 a.m.):** Regular YFM classes with Hanukkah Celebration. Santa comes after YFM and the service.

**Sunday, December 29 (10:30-11:30 a.m.):** Regular YFM classes with Burning Bowl.

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- We are still in need of an assistant for our little ones' class on a few weeks, so please see me if your inner child is bugging you to come and play!
- We very much need a few lovely souls to be on a substitute list for when our teachers need to be out.
- I am also always on the hunt for guest presenters. Come and share your talent, knowledge, passion, profession, or hobbies with our youth!

As always, if you have any questions or concerns, contact Christina Scott, YFM Coordinator at [unityyfmeugene@gmail.com](mailto:unityyfmeugene@gmail.com) or txt/call 541-222-9971.



# First-Sunday Potluck

**December 1** (after the service)

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

Unity will provide coffee, tea, and dessert.

Friendship is to feel as one while remaining two....

~Ann S. Swetchine



# Christmas Decorating Party



**Wednesday, December 4**

**6:00-8:00 p.m.**

- We are looking for at least 15 adults (the more, the merrier) to help with the big tree and garlands.
- We are looking for families with children for craft activities and to decorate the small tree in the Fellowship Hall.

Refreshments include pizza, yummy apple cider, and cookies. Everyone is invited!

# BECOME A MEMBER OF UNITY OF THE VALLEY

We will be welcoming new voting members into our spiritual community on Sunday, December 8 at the 10:30 a.m. service. If you've taken any of the Foundation classes, you are eligible.

Sign up in the Fellowship Hall.

I see God in everything.  
I recognize my oneness with all mankind  
and my oneness with God.

~Peace Pilgrim



## Galilean Holiday Bazaar Sunday, December 8



Join us in the Fellowship Hall  
before and after the service for:

### Handmade Crafts

**Candles, Decorations, Ornaments, and More!**

**Well-loved resale items of all sorts, too!**

(We are accepting any well-loved  
items you may wish to donate.)

All proceeds will go toward celebrating Valentine's Day with the residents at Good Samaritan Nursing Home, and providing roses and valentines for them.

## Unity's Annual Pledge Campaign & Raffle



Be a Simple Giving  
E.L.F.  
(Expanding Love Force)

By signing up for automatic monthly donations through our Simple Giving program (or if you already send in regular monthly donations) you'll enter a **drawing for one of three \$100 Market of Choice gift cards!** You can track participation in the campaign by each E.L.F. hanging around in our Fellowship Hall!



### 3 Reasons People Use Simple Giving

"It's a great way to earn miles on our credit card while supporting our spiritual home!"

"It's truly flexible and easy. I can change my automatic deduction as needed. And I like not worrying whether or not I brought something for the offering."

"I love that there's no expectation at Unity about attending services or giving a set percentage of my income. But with that freedom, I also want to do my part to ensure Unity's Light keeps shining for others and that it's here when I return."

**PLEDGE FORMS** are available in the foyer or by emailing [unityval@riousa.com](mailto:unityval@riousa.com). Return it by mail, with the Sunday offering, or during our weekly office hours.

# Behind the Lens Seminar

Fall 2019 Series: Hollywood Does Its Bit

**Tuesdays, December 3-17 (7 p.m.)**

Cost: 12 films for \$30, or \$5 per time. Register by picking up a registration form in the Fellowship Hall at Unity.

**Tuesday, December 3:** *For Whom the Bell Tolls*, directed by Sam Wood. (166 min.)

**Tuesday, December 10:** *The Life and Death of Colonel Blimp*, directed by Michael Powell and Emeric Pressburger. (163 min.)

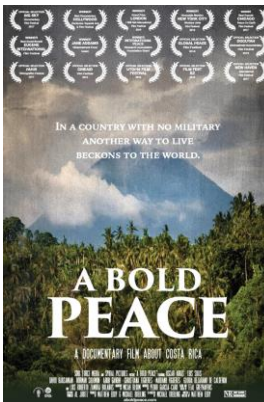
**Tuesday, December 17:** *The Miracle of Morgan's Creek*, directed by Preston Sturges. (98 min.)

See flyer in Fellowship Hall for a listing of all the movies.

# MOVIE NIGHT AT UNITY

**Friday, December 13**

**7:00 p.m.**



The December film is the extended version of **A Bold Peace**, U of O Professor Michael Dreiling's award-winning documentary on the demilitarization of Costa Rica. (102 minutes.)

A circle discussion with Ann will follow the movie. Free (Donations Accepted)



Calling All Women

# Winter Solstice Celebration

Thursday, December 19

1:00-3:00 p.m.



Unity's Elder Council is hosting a **Winter Solstice Celebration** for Women on **Thursday, December 19** in the Sanctuary. Our theme is "***Embracing the Darkness.***"

Come and join us  
as we honor this change of season.

Please dress in black or dark clothing,  
and bring a snack to share.

## A Message from Our Volunteer Coordinator

### Ushers & Greeters



Our Ushers are a remarkable group of volunteers. Always a smile to greet us. Always available to help. While you enjoy our great music and beautiful service, they are watching out for anything needed in the sanctuary during the service and making sure everything runs smoothly.

Being an Usher is a great way to interact with our community and to serve at the same time. If you've been thinking you'd like to be more involved, being an Usher is a great way to start. One Sunday a month you could be that smiling face we all look forward to seeing. Let me know if this sounds good to you.

Thank you,  
Ellen Ticknor  
541-344-1490

### Christmas Eve Ushers Needed

We have openings for four Ushers for each of our Christmas Eve Candle-Lighting Services, which will be held at 5:30 and 7:30 p.m.

If you would like to serve at this wonderful service, please sign up in the Fellowship Hall, or call Géna at 541-345-9913, ext. 11.

Love is a mysterious divine glue that unites the hearts of all....

~Sivananda

The church office  
will be closed  
Monday,  
December 23  
through  
Wednesday,  
January 1  
for the holidays.

# UNITY'S CHRISTMAS EVE CELEBRATION



Join us for a wondrous night of sacred music, prayer, our traditional candle lighting ceremony, and universal wisdom from both eastern and western spiritual traditions.

Services at 5:30 and 7:30\* p.m.

Music Direction: Laura DuBois  
Unity Choir Conductor: Mo Robeson

Children welcome!  
Nursery care provided

\* Seating is more available at 7:30 p.m.

## SHOP UNITY'S BOOKSTORE!

Our Bookstore, like most aspects of our community, is run by volunteers. Krishnangini Bennett keeps the bookstore well stocked and looking beautiful.



On Sundays, you will find a cheerful volunteer to help you find the latest *Daily Word*, a CD of a special service, a charming gift, and inspirational books. We carry many local artists' books, cards, and gift items as well.

With the holidays coming, I hope you will all remember to look through the Bookstore. You may find the special gifts you've been looking for, while supporting our community at the same time!

**Our hours are Sundays, before and after the service, and Tuesday-Friday, 10:00 a.m.-4:00 p.m.**



### A Note of Thanks from Ellen Ticknor

I want to thank all of you for the support you offered – and continue to offer me – while I recover from both the cancer and the treatment. Your financial help made it possible to go through my treatment without the additional burden of debt. Your love and good wishes were, and are, invaluable. Words cannot express the gratitude I feel for all of you and our amazing community.

Thank you!





# ANGEL NETWORK

The Angel Network is a group of volunteers actively committed to serving individuals and families of our congregation in practical, supportive and uplifting ways. Together, we create a circle of caring. This means you can ask for help in tough times – or be of help by joining the Angel Network team to provide short-term services, such as a supportive call or home visit, a ride to a medical appointment, shopping for groceries, yardwork, etc., or, perhaps giving a monthly ride to church services to someone living near your home. 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 completing a “What Kind of Help from the Angel Network Do You Need” form.\*
- Or leave a request on the Angel Network Request line: 541-345-9913, ext. 14.
- If someone is ill or going through a hard time, tell us. We can send them a card or check in on them.
- We're always looking for folks to join our Volunteer Team. It's not a big commitment. Just help when you can. So please fill out an “Angel Network Volunteer” form.\* Our motto: “Many hands make light work!”
- We also accept donations of gift cards from food stores and cash to have on hand for emergencies.

\*Forms are located in the Fellowship Hall on the shelves by the bulletin boards.

## FINANCIAL REPORT

| MONTH     | INCOME   | EXPENSES | NET       |
|-----------|----------|----------|-----------|
| SEPTEMBER | \$17,041 | \$22,715 | (\$5,674) |
| OCTOBER   | \$19,733 | \$19,469 | \$264     |

After the expense of hosting our regional conference, we're thankful to see the return of a positive bottom line! Ways you can help keep Unity on a sustainable path include: 1) signing up for automatic monthly giving; 2) adjusting your giving to reflect inflation; and 3) remembering Unity in your Will.

In loving gratitude,  
your Board of Trustees



Scan to reach  
Unity homepage.  
Click DONATE  
on right side.

### BOARD Trustees' MEETING

**Tuesday  
December 17  
6:30 p.m.**

All are welcome to attend this meeting in the Garden Room. If you would like to speak at the meeting, please contact Serenee Smith at 928-533-1646.

### Board Trustees Needed

The Unity Board Nominating Committee is seeking potential candidates for our Board of Trustees. We need to fill three 3-year positions.

If you are interested in filling one of these important and fulfilling volunteer positions, please contact

Jon West at

[jwest97405@gmail.com](mailto:jwest97405@gmail.com).

## Unity's Prayer Ministry

Trained Chaplains are available to pray with you following the Sunday service. Prayer-team members will also pray for those who leave prayer requests in the prayer box in our foyer. You can also contact our Prayer Chain for prayer during the week. For more information, see the Prayer Ministry pamphlet in the foyer.

### DECEMBER PRAYER

from Rev. Sherry

From the manger  
of my heart,  
I reach out to the world  
and embrace it  
with love, non-judgment,  
acceptance, and hope.

May peace prevail  
in the hearts, minds, and  
actions of all people everywhere  
so that the teachings  
of the Master Mind of  
Christ Consciousness become  
manifest in their lives.

I bless all creatures,  
great and small, who walk  
with us on the journey of this life.

I give thanks for the activity  
of the Holy Spirit that guides  
the master plan of the universe  
as it unfolds, and moves all of life  
into an acceptance of Oneness,  
which is the Truth of our Being.

Blessings to all  
in this season of joy!

### Healing Prayer Circle

We meet weekly to offer focused healing prayer to individuals who request it. These individuals can meet in person with the prayer team right after church on Sundays. If you cannot be there in person, we offer distant healing.

For more information and to make an appointment, contact **Rev. Inge Tarantola at 541-968-5540.**

Only love can be  
divided endlessly and  
still not diminish....

~Anne Morrow Lindbergh

## **Burning Bowl Service**

**Sunday, December 29, 10:30 a.m.**



As we stand poised in that place of infinite possibility between one year and the next, this time-honored ceremony will help us make space for positive transformation by releasing whatever is holding us back.



## **White Stone Ceremony**

**Sunday, January 5, 2020**

In the time when Jesus was teaching, prisoners who were released were given a white stone to signify their freedom. Each of us has experienced varying kinds of inner restriction or bondage. Having released some limitations and created space in our lives through our Burning Bowl Service, this ancient ritual represents stepping forward into a larger, richer, and more meaningful expression of life.

First, we will select our stone. The white stones we are using came from the area between Hebron and Bethlehem, Israel. Holding these powerful stones in hand, we will affirm we are starting with a clean slate. Opening to our inner guidance, we will then write on the stone a word or short phrase representing the new beginning or energy we envision in our lives. Join us on January 5<sup>th</sup> for this opportunity to experience new possibilities and freedom.



# Behind the Lens Seminar

Winter Quarter 2020

The Best Movies of 1944

Tuesdays, January 7-March 31 (7:00 p.m.)

The Navy is winning the war in the Pacific, and America commits itself to winning Europe. Hollywood learns to support the troops through movies that are not quite propaganda. Film Noir becomes a genre that will last for years: Bogart meets Bacall; the government re-opens the anti-trust case against studio-owned theaters and disallows long-term contracts for their stars, setting the stage for the long, slow death of the Hollywood studio system.

Cost: 12 films for \$30, or \$5 per time.

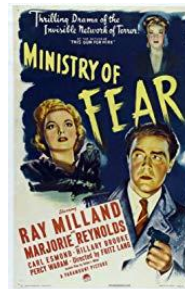
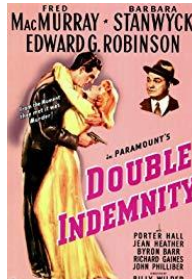
Register by picking up a registration form in the Fellowship Hall at Unity.

Tuesday, January 7: *To Have and Have Not*, directed by Howard Hawks. (100 min.)

Tuesday, January 14: *Gaslight*, directed by George Cukor. (113 min.)

Tuesday, January 21: *Double Indemnity*, directed by Billy Wilder. (107 min.)

Tuesday, January 28: *Ministry of Fear*, directed by Fritz Lang. (87 min.)



See flyer in Fellowship Hall for a listing of all 12 movies.

## 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 (Rainbow Room) Sundays 9:00-10:00 A.M.** This group is studying the book, *Zero Limits*" by Joe Vitale and Ihaleakala Hew Len. Everyone welcome.

**CHOIR PRACTICE (Sanctuary) Mondays, 7:00-8:30 P.M.** To join or for more information, contact **Mo Robeson** at **541-520-8489**.

**YOUTH CHOIR PRACTICE (Sanctuary) Sundays, 12:15-1:00 P.M.** All youth ages 8-18 are invited to join the youth choir. For more information, contact Unity's Music Director, **Laura DuBois** at **732-687-3571**.

**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 SPIRITUAL DISCUSSION GROUP (Harmony Room) Tuesdays, 10:30-11:45 A.M.** This group reads together and discusses books chosen unanimously. The emphasis of the group is on discussion. For more information, contact **Judy Richardson** at **541-484-1958**.

**MELLOW KUNDALINI YOGA, MEDITATION, & GONG RELAXATION (Sanctuary) Wednesdays, 10:15-11:45 A.M.** This class is calming, heart-opening, refreshing, inclusive, gentle and safe. \$5. Drop-ins welcome! For more information, contact **Sunny Hills** at **808-359-4926**.

**NOON PRAYER & MEDITATION (Garden Room) 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!

Be the person you want to spend the rest of  
your life with, because you will.

~Mahatma Gandhi

**FALL QIGONG: INTENTIONAL SURRENDER IN THE FLOW (Fillmore Wing) Thursdays, 11:15 A.M.-12:30 P.M.** led by **Jasmine Grace**. Suggested donation of \$8-\$10 per class. (no one turned away.) For more info., contact **Jasmine** at **541-944-6418**.

**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 info., 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 info., contact **Gary or Sunny (541-461-5663)**.

**A COURSE IN MIRACLES (Fillmore Wing) Fridays, 10:00 A.M.-12:00 P.M.** For more info., contact **Janet and Dennis Chandler** at **541-485-5235** or email at [janechkoppchandler@gmail.com](mailto:janechkoppchandler@gmail.com).

### **Ongoing Monthly Groups & Events at Unity**

**HEALING CIRCLE (Fillmore Wing) Third Sunday, 3:00-3:45 P.M.** Join Dennis & Janet Chandler in a recurring monthly healing circle, based on A Course in Miracles, dedicated to acquiring and understanding healing practices and demonstrations.

**UNITY OPEN MEN'S CIRCLE (Fillmore Wing) 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 **Jim Drews** at **541-726-8510** or **Raymond Albano** at **541-285-3943 / ralban0@icloud.com**.

**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 info., contact **Inge** at **541-968-5540**.

**THERAPEUTIC TOUCH (Fillmore Wing) First 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 info., contact **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](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

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