

  
**unity**<sup>®</sup>  
of the Valley

DECEMBER 2022



LETTING OUR LIGHT SHINE BRIGHTLY

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

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director

Laura DuBois

# The Light of Hope, Faith, Joy, and Peace

A message from our Ministerial Team

Like the dark days of winter, sometimes our inner fire burns low with little hope for sunshine. Yet even when the heart is cloaked in despair, our soul whispers, "Don't give up!" Although we don't know what lies ahead or how long our strength will last, that voice of hope is its own invisible spark, and we struggle onward.



As our intention and actions attract improving circumstances, hope brightens into faith—at least some faith in ourselves and the possibility of a better life. And so we hear common phrases like, "Life finds a way," and "Funny how things work out." Yet even as we fulfill our outer needs and gain some resulting joy and peace, our soul keeps whispering, calling us to something beyond. Many are the reasons we ignore this whisper. We may not want to disappoint others by stepping beyond our religious dogma. We may take pride in dismissing any reality beyond what science can prove. But the soul's whisper will keep echoing in the dark...until we let ourselves at least hope to unveil its meaning.

How do we follow these "whispers from eternity" as one saint called them? If we look to the wisdom teachings of the ages, several core practices can be found. These include serving the world through ethical living, opening ourselves to higher awareness through prayer and meditation, and "practicing the Divine Presence" in all our waking hours. Those who earnestly apply these practices are often surprised by the subtle yet life-transforming powers that begin to emerge from within—powers such as will, creative inspiration, intuition, and more. As our discoveries and awakenings build upon each other, a new kind of faith dawns. We realize the spiritual path is real and we're on it! All our religious notions pale in comparison to the joy of finding that a Divine Presence is making itself known—that God is neither myth nor glorified parent but the One Life in all things.

As we incorporate this awareness into every waking hour, the true peace of Spirit breaks through with the full radiance of spring sunshine after a long dark winter. But we don't have to wait for the spring! During this holy season, may we all find the spark to let our Eternal Light shine, shine, shine!



## SERVICES IN DECEMBER

**Sunday, December 4: "In the Midst of Darkness."** Guest speaker **Rev. Nola Woodbury** describes her message as follows: "In October 2021, I was camping and kayaking high in the Cascade lakes with my husband David. In October 2022, I was tucking his ashes into Vermont soil. When life upsets our "normal" and presents us with unexpected challenges and changes, where is the sense and order of it all? Where do we find our way through the darkness?"

**Sunday December 11: "Finding Holiday Magic in Everyday Life, Part 1."** A service for the whole family! **Rev. Sherry Lady** and **Jon West** will be joined by puppet master **Doris Hicks** sharing ways to pull joy and purpose out of thin air wherever you are and whatever you're doing. Several teens will also share insights from a recent Unity youth camp.

**Sunday, December 18: "Finding Holiday Magic in Everyday Life, Part 2:"** **Rev. Sherry Lady** and **Jon West** will continue sharing heartfelt stories and insights on bringing a touch of the Christmas spirit and meaning into our workaday worlds. Our wonderful Unity choir will perform under the direction of **Mo Robeson**.

**Sunday, December 25: "A Spiritual Family Christmas Gathering."** **Jon West**, **Donna O'Neil**, and **Laura DuBois** will lead a simple yet sacred service of gentle wisdom, humor, and soulful music interspersed by moments of Divine Silence. Feel free to come in your (decent) pajamas and bring your favorite blanket to stay warm and cozy! Gift Exchange: Bring a wrapped present to exchange for another gift under our tree!

## Christmas Eve Ushers Needed

We are looking for four Ushers for our Christmas Eve Candle-Lighting Service, which will be held at 5:00 p.m.

If you would like to serve at this wonderful service, please sign up in the Fellowship Hall or contact Géna at [unityval@riousa.com](mailto:unityval@riousa.com) or 541-345-9913, ext. 11.

Blessed is the season which engages the whole world in a conspiracy of love.

~Hamilton Wright Mabie

## Christmas Singalong

Wednesday, December 14<sup>th</sup>  
7:00 p.m.



As we move into the holidays, a wonderful way to celebrate is to sing Christmas Carols. Their timeless melodies fill our hearts with joy and reconnect us to the truths of giving, peace, and love.

Join our music team on the 14<sup>th</sup> at 7:00 p.m. for a delightful Christmas Singalong.

You may attend in person or join us on Facebook Live at [www.facebook.com/unityofthevalley](https://www.facebook.com/unityofthevalley).

From *Silver Bells* to *Chestnuts Roasting on an Open Fire*, we'll fill the evening with songs you love to sing!

# A UNITY CHRISTMAS EVE



## Candle Lighting Service



Join us on this holy night for  
inspiring music, prayer and  
universal wisdom.

Streaming and in-person service  
5:00 p.m.

Please dress warmly as we will be ventilating fresh air.  
If you feel unwell or have respiratory symptoms, please  
enjoy the livestream version from your home at:

[www.facebook.com/unityofthevalley](https://www.facebook.com/unityofthevalley)

## YOUTH & FAMILY MINISTRY

### Sunday Gathering for Youth

**Unikids (Kindergarten-5th Grade)** We currently offer fun and inspiration for the kids. There is a puppet show each Sunday for the first 10 minutes. Parents are asked to drop off their children starting at 10:20 a.m.

**Unity Teen Group (Grades 6-12).** The Unity Teen Group meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room with guidance from Jim Drews. Jim brings a deep and practical understanding of Unity principles and how to help youth develop their spiritual powers through creative exploration and fun activities. The Rainbow Room is in the Fillmore Wing of Unity, first door to the left of the stairway.

No one is useless in this world  
who lightens the burdens of it for another....  
~Charles Dickens

### 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.



## FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
SEPTEMBER	\$13,342	\$15,362	(\$2,020)
OCTOBER	\$13,886	\$12,147	\$1,739

Thanks to this generous community, we've kept making necessary repairs and improvements on our facility, while providing some modest funds to community members in need. Spirit is flowing! *Two vital ways people can support Unity is joining our Simple Giving auto-donation program and including Unity in your Will.*



Scan to reach  
Unity homepage.  
Click DONATE  
on right side

With joyful appreciation,  
Your Unity Board of Trustees



### December Affirmation

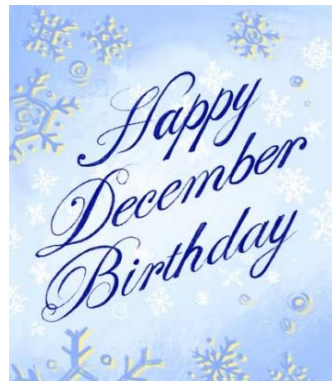
As I follow my own star,  
joy and peace  
fills my heart.

**Tuesday December 13**  
**6:30 p.m.**

All Board meetings are currently being held via Zoom.

All are welcome to attend.

If you would like to attend and/or speak at the meeting, please contact **Serenee Smith** at [sereneeheart@yahoo.com](mailto:sereneeheart@yahoo.com).



## A Thank You from Santa



This time of year, at Santa's Village we are bustling around getting our many helpers, especially the reindeer ready to bring comfort, happiness, and peace to all of God's children. My reindeer friends driving the sled, Dancer, Prancer, Dasher, Vixen, Comet, Cupid, Dunder, Blixten and Rudolph are excited about our Blessed Christmas Eve journey.

Looking around to see who's been "naughty and nice," I'm thrilled to see that Unity of the Valley have their own rein-deer's too. They call their rein-dears – volunteers who fly about not just at Christmas time but all through the year to drive the good message of Peace on Earth and Goodwill to all people!

Just on Sunday's alone I found greeters coming to welcome everyone in with a Smile, while ushers handed out programs as they gladly went the extra Mile. They even have angels in the kitchen making them warm and Merry, serving everyone goodies and treats; always with joy and never Contrary. And there were the sweet sounds of music and singing with songs new and Old, with everyone clapping and dancing, such a wonderful sight to Behold. There was even a wizard with cameras and mics who make everything look Good, while keeping the service running smoothly as it Should. I saw little dears smiling as they gathered together with puppets at Play, as kind and loving teachers showed them how to work together the peaceful Way. There were bookstore elf's offering so many wonderful things to look at and Read and the Prayer Chaplin's who are always eager to join in prayer for every Need.

My heart was made warm by so many dear volunteers reining in the needs of their Spiritual Community at Christmas and throughout the year! I want you to know that I'll be sending light beams of love to all my beloved Unity friends as I fly over you on that Holy Christmas Eve Night!

From Santa and my rein-deers, to each and every one of your rein-dears at Unity of the Valley ~ I wish you a Blessed and Merry Christmas!





## **Board Trustees Volunteer Opportunity**

Our Unity Board Nominating Committee is seeking candidates for our Board of Trustees.

One current trustee is willing to run for re-election to another 3-year term. So we need candidates for two open seats and a candidate for our Alternate position (willing to step in if a Trustee doesn't complete their full term).

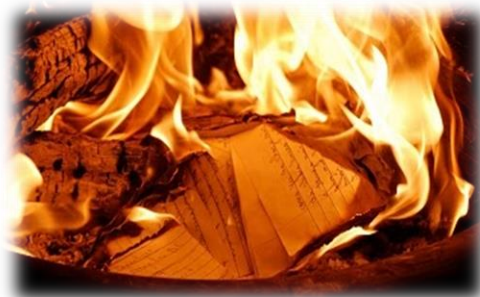
**If you are interested in being of service to our spiritual community in this way, please contact Jon West at [jwest97405@gmail.com](mailto:jwest97405@gmail.com).**

It is possible that a man can be so changed by love as hardly to be recognized as the same person...

~Terence

## **Burning Bowl Service**

**Sunday, January 1, 2023, 10:30 a.m.**



This ancient, ever-new ceremony is a powerful occasion for deep healing and release.

As we sincerely surrender what no longer serves us to the altar flames, we open ourselves to healing and new worlds of discovery.

# 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 weekly via ZOOM to offer focused healing prayer to individuals who request it. For more information and to make an appointment, contact **Rev. Inge Tarantola at 541-968-5540**.
- **Prayer Requests** - Email your name and prayer request to Rev. Inge Tarantola at [ingetar@pacinfo.com](mailto:ingetar@pacinfo.com).
- 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.

## DECEMBER PRAYER

from Rev. Sherry Lady

### A PRAYER FOR PEACE

Taken, in part, from a prayer offered by  
Hindu Mystic Swami Omkar

Welcome, Adorable Presence.  
Thou who are within and without,  
above and below and all around.

May we all be aware of thy presence –  
in the East and in the West,  
in the North, and in the South  
May peace and goodwill abide  
among individuals, communities, and nations.  
This is my/our earnest prayer.

May peace be unto all...  
now and forever more.

## SUNDAY LIVE STREAM

**Sunday Services.** 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).

## CONNECTING VIA ZOOM

### **Community Connect, Wednesdays 2:00-3:00 p.m.**

This is a one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. There is a new topic each Wednesday. Your moderator is Rev. Dick Everts. To take part, send an email request to Rev. Dick at [richard.everts@comcast.net](mailto:richard.everts@comcast.net).

**Sacred Wednesday Morning Yoga Class Via Zoom with Donna O'Neil. 10:00-11:15 a.m. – Hatha Yoga:** Mindful yoga practices for strength, balance, and flexibility. (Level 1) See **Donna's Schedule Page** for cost and more details at <https://yogawithdonna.com/classes-and-schedule>. Contact Donna at [yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com) or text to 541-632-0105. Let her know you're coming at least 15 minutes before the start of class, so you can get the Zoom link.

## **A Note from our Music Director Laura DuBois**

You are cordially invited to visit Unity of the Valley's new sister organization, "**Connecting from the Heart.**" Use a smartphone to scan the QR code, or simply go online to [cfth.us.org](http://cfth.us.org). We welcome your feedback as we grow, and we look forward to your visit!



**[cfth.us.org](http://cfth.us.org)**



Music, Meditation, Mental Wellness

## **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.

(We are currently closed due to the COVID-19 Pandemic)

#### **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**

Serenee Smith, President  
John Garrett, Vice-President  
Vicky Hills, Treasurer  
Ted Taylor, Secretary  
Michael Ticknor, Trustee  
Geneva Miller, Trustee  
Alice Sparks, Trustee