

February 2024



Letting Love Unfold

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

LETTING LOVE UNFOLD

A message from our Ministerial Team

“All you need is love,” sang the Beatles. Not only did this message resonate with millions, but it was based on a universal truth taught through the ages. *“The greatest commandment,”* Jesus reportedly said, *“is to love God with all your heart, mind, soul and strength. The second commandment is like the first: To love your neighbor as yourself.”* In the ancient Hindu scriptures, loving devotion to the Divine is one of the paths to spiritual awakening.

The Dalai Lama has said the following: *“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”* *“Love and compassion are the true religions to me. But to develop this, we do not need to believe in any religion.”* *“The more you are motivated by love, the more fearless and free your action will be.”*

Within our Unity teachings is an ongoing exploration of the meaning and application of love. The reasons for this are both simple and subtle. For example:

1. We all know love is an essential part of what makes people responsible to each other. Imagine holding a family together where there is no love. Imagine how our world would come together if everyone “loved their neighbor” as Jesus taught.
2. Feeling and expressing love naturally increases our enjoyment and happiness. For many of us, love provides a sense of connection, purpose, and wholeness. This simple truth leads us to a higher principle: The deeper we contemplate and embody the pure essence of love, the more our sense of connection, purpose, and wholeness grows.
3. Our love naturally extends beyond our immediate relationships. Early in life, many of us feel affection for those we don't know yet admire, for animals (both stuffed and living) and other aspects of nature, and even to a Higher Power. At first, our love for the Divine may consist of learned beliefs. But if we keep seeking “the truth that sets us free,” Divine love will keep drawing us back to our Source...back to conscious oneness with the infinite field of beingness known as God, Spirit, and many other names.

Throughout February, we invite you to join us in this great quest of letting our love unfold like a seed into a tree, like a river into the sea.

Namasté

SERVICES IN FEBRUARY

Sunday, February 4: “Created to Flourish” with **Rev. Sherry Lady**. Embracing our emotions and listening to the wisdom inherent within each one of us can lead us to an amazingly powerful life in ways we never thought possible. It can also support the creation of a powerful spiritual life that will set us free to be the person we were really intended to be.

Sunday, February 11: “Becoming Part of a World Family” with **Jon West**. We will explore how letting the spiritual power of love blossom within us lifts the whole world.

Sunday, February 18: “Doing What We Love.” with **Rev. Inge Tarantola**. In his anthology of sacred writings *God Makes the Rivers to Flow*, Eknath Easwaran quotes from the Bhagavad Gita (18:49), the primary text of Hinduism. It’s all about service to God: *Make every act an offering to me*. That is a wonderful affirmation as we state our intentions for 2024.

Sunday, February 25: “Peace as a Portal to Unfolding Love” with **Dr. Serenee Smith**. As Thich Nhat Hahn tells us, “Peace is a practice not a hope.” As peace establishes itself as the foundation of our thoughts, feelings, and actions we find the portals of expanding love opening to embrace the Spirit of God in new and glorious ways. Visualizing the Divine in all beings we will light the candles of Peace for all religions, cultures, nations, and for the world.

First-Sunday Potluck

February 7
after the service

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

Unity will provide coffee, tea, and dessert.

PARENTS EMPOWERED BY CONNECTING



Parents, Grandparents, and Guardians are invited to join us in 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.

Join us the 1st Thursday of each month.

**First Meeting – Thursday, February 1, 2024
10:30 a.m.-Noon in the Garden Room**

For information contact
Amanda Hadd at 541-999-6673
or Alice Sparks at 971-254-7464

Chanting & Meditation

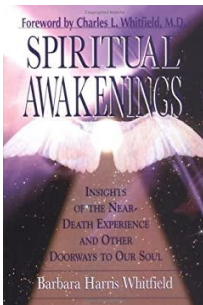
**First Wednesdays at Unity, 7-8 p.m.
Beginning February 7th**

Open to the Infinite Spirit within through the timeless practice of chanting our way into deep meditation. Over the hour, we will flow in sequences of 10 minutes of chanting and 10 minutes of silence, concluding with a communal prayer for the world and all beings.

**For more info, contact Jon West at (541) 683-7664
or jwest97405@gmail.com**

Sunday Morning Book Study Group

Facilitated by Cindy Fulton-Tinawi



**Starts February 4th
9:00-10:20 a.m.**

Downstairs Rainbow Room

Come and join the Sunday Morning Book Study Group in the study of ***Spiritual Awakenings***, by Barbara Harris Whitfield.

In *Spiritual Awakenings*, Barbara shares her own story and the stories of others who have encountered near-death experiences (NDEs), to show readers how and why NDEs have such a transformative effect on individuals. She shares the latest research on the subject and gives readers assistance in achieving the same powerful experience without risking their lives. For more information, contact Cynthia at 216-466-1897.

A Message from Board of Trustee President Dr. Serenee Smith

Happy New Year and happy new beginnings from your board of trustees! As the new year dawns, we look forward to another year of prosperity, beautiful inspiration and creativity.

With that in mind the trustees are excited to complete some unfinished projects and take on new challenges. Some of these things include:

- Unity's Emergency Plan, which will provide a comprehensive action plan for the protection of our congregants and property in the event of an emergency.
- Updating our technology and strengthening our communication avenues to maintain the highest levels of connection with our congregation.
- Care and maintenance of our facility which has some leaks and creaks that are calling out for attention.
- And much more!

The Board of Trustees is elected to represent and serve the needs of our community, to ensure financial responsibility, along with protecting and safeguarding the integrity of our non-profit organization. We serve to maintain a healthy, happy, and prosperous spiritual community.

To that end we invite you to share with us any ideas or suggestions you might have regarding projects that would enrich or strengthen Unity of the Valley. We look forward to working together and thank you all for your continued support!

Your Board of Trustees

To heal is to touch with love that which we
previously touched with fear.

~Stephen Levine

Behind the Lens Seminar

Tuesdays, February 20-May 14, 2024 - 7:00 p.m.

Melodramas, Comedies, Westerns and Film Noirs of 1950. The country shakes off the war years and Joe McCarthy rises.

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.

Note: Tuesday, February 20: Make-up screening of “White Heat” with James Cagney replacing cancellation on January 16. Paid subscribers from last season and anyone subscribing for the new season may attend at no charge.

Tuesday, February 27: “All About Eve” (Bette Davis, Anne Baxter) directed by Joseph L. Mankiewicz (138 min.)

Tuesday, March 5: “The Asphalt Jungle” (Sterling Hayden) directed by John Huston (112 min.)

Tuesday March 12: “The Breaking Point” (John Garfield & Patricia Neal) directed by Michael Curtiz (97 min.)

Tuesday March 19: “Harvey” (James Stewart) directed by Henry Koster (105 min.)

Tuesday March 26: “Rashomon” (Toshiro Mifune) directed by Akira Kurosawa (89 min.)



February Affirmation

The power of infinite love flows through my life.

A NOTE FROM OUR ADMINISTRATOR

Géna Duel



Greetings everyone! Wow, January decided to show up with quite the weather excitement. It brought some beautiful scenery, pictures, and quite a few challenges. Walking or driving on the roads, loss of power for many, closures, boiling water notices, so many trees down, and some anxiety on how to maintain any sense of normalcy at home and work.

I know I found myself wondering “what now.” How do I get the work done, etc. I then found myself thinking of all the people out in the community helping others, and I was filled with such gratitude for them trying to clear the roads, remove tree limbs, fix the power lines, etc., and I just sent them some love and thanks through the ethers. I then expanded that gratitude through the ethers to our Ministerial Team, Staff, Board of Trustees, Volunteers, and Congregation. We have such a beautiful community and family here at Unity of the Valley. Any time is a good time to feel and show appreciation, but nothing like a good winter ice storm to give us time to expand that appreciation bubble.

As we move into February and some normalcy returns, I want to remind everyone there are many classes and events being offered at Unity. You can check out our ongoing ones on pages 14 and 15.

Some of the new offerings in February are:

- **Thursday, February 1 (10:30-Noon) – Parents Empowered by Connecting Group** starts and will meet on the 1st Thursday of each month. See page 4 for more info.
- **Sunday, February 4 (9:00-10:20 a.m.) – Sunday Morning Book Study Group** begins. See page 5 for more info.
- **Wednesday, February 7 (7:00-8:00 p.m.) – Chanting and Meditation** offering held on the 1st Wednesday of each month. See page 5 for more info.
- **Wednesday, February 14 (7:30-9:00 p.m.) – Alchemical Crystal Singing Bowls with Nancy Hopps.** See page 9 for more info. on this annual offering.

Happy February everyone. Thank you for being a part of my life and the life of Unity of the Valley. I love and appreciate you!

Hugs,
Géna

22nd Annual World Sound Healing Day

Alchemical Crystal Singing Bowls, Toning & Guided Meditation

with Nancy Hopps

Wednesday, February 14, 7:30-9:00 p.m.

A powerfully joyful, deeply renewing experience.

Join Nancy, your community, and many, many folks around the world, on this special day of healing. We CAN make a difference during these challenging times. Please join us as we come together with the intent, on this Valentine's Day, of creating healing frequencies of Love - within our own beings, for others who are suffering, and for our beautiful planet. Science is validating the efficacy of sound to make profound shifts in innumerable ways. Please come experience its magic. Follow your heart..hope to see you.

\$20 at the door.



NANCY HOPPS is an internationally recognized author, healing artist, and performing artist. Her award-winning **Relax into Healing** recordings have benefited more than 100,000 listeners worldwide. Her first book, **All the Courage Love Takes**, released in June 2023, has already garnered awards, and reached bestseller status in several categories on Amazon.com.

The heart that breaks open
can contain the whole universe....
~Joanna Macy

FINANCIAL REPORT: 11-MONTH SUMMARY

MONTH(S)	INCOME	EXPENSES	NET
JAN - NOV	\$203,621	\$199,586	\$4,035

Due to delays at our bookkeeper's office, we have not received a financial report for December. So instead, we are providing the totals from January through November.

We thank each of you for helping sustain this amazing place of community and connection we call Unity of the Valley.

With love and blessings from the Unity Board



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

**Thursday, February 15
10:30 a.m.**

All Board meetings are held in the Garden Room.

All are welcome to attend.

If you would like to speak at the meeting, please contact **Serenee Smith** at sereneeheart@yahoo.com.

Unity of the Valley

ANNUAL MEETING



**Sunday, February 25
after the service**

Join us in person or on Unity's Facebook livestream (<https://www.facebook.com/unityofthevalley>).

We will review our accomplishments of 2023, and envision possibilities for the future.

YOUTH & FAMILY MINISTRY NEWS

There is lots of fun and excitement happening with the Youth & Family Ministry (YFM).

On Sunday, January 21st, YFM distributed its first issue of their Quarterly Newsletter. (You can find their newsletter on our website at <http://unityofthevalley.org/pdfs/1YFMWinter2024.pdf>.) It's full of fun photos and news on what's coming up in YFM. Another exciting happening is the hiring of **Amanda Hadd** as a YFM Assistant for our YFM Coordinator Alice Sparks. See the note below from Amanda.



I am excited to be joining Alice and the Youth & Family Ministry Team as Alice's assistant. Many of you know me as the mother of Brogan, Astoria, and Aubriel Hadd. I look forward to connecting and supporting other families.

I have always been passionate about working with children. Before my motherhood journey I spent time volunteering at Head Start in Reedsport, Oregon. While in Reedsport I also spent a lot of years working with various churches youth programs supporting teens and helping them find ways to navigate the challenges they faced.

I find working with children to be very rewarding. I learn something new every day. It is a wonderful experience to see the world from the perspective of a child.

Welcome Amanda!

TEACHERS & ASSISTANTS NEEDED **Your help can make a difference!**

We are looking for teachers and assistants for our youth program. This includes the Nursery, Unitots, Unikids, and Uniteens. Training is available. Curriculum, lesson plans and supplies for activities are provided. **If you would like to volunteer, please contact Alice Sparks at 971-254-7564.**

Are you interested in becoming a
Unity Prayer Chaplain?

Our Prayer Chaplaincy program is ready to expand!
We are inviting all who are interested to look within and ask
“Do I feel called to this ministry?”

Unity Prayer Chaplains:

- ♥ Hold sacred space ♥ Listen
- ♥ Pray ♥ Keep confidentiality

No prior experience in praying with others is required.
You must have been an active member of Unity of the Valley
for at least one year, complete the *Foundations of Unity* class
and the *Prayer Works Wonders* class to qualify.

You can attend a **Prayer Chaplain Introduction on
February 4 and 11 at 12:15 p.m. in the Peace Chapel**
for more detailed information about the program
and to ask any questions.

For more information, contact Bev Forster at 541-520-9358.



Calling All Volunteers!

**Piece of the Puzzle, Part of the Whole
Volunteer Appreciation Brunch**

**Saturday, March 9
10:30 a.m.-Noon**

Your Shared Leadership Team
would like to honor you and express our
appreciation for your gifts of time, talent,
generosity, love, and service to this community.

Be sure to save the date
and join us for food, frivolity, and festivity!
Sign-ups begin the end of February!

YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

Nursery (Infant-4 years old) Nursery care is offered during the service in the Harmony Room.

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.

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.

FEBRUARY PRAYER

from Rev. Sherry Lady

Let Me Love...

Loving Spirit,

Let me share love, like the mother cat for her kitten

Like the dewdrop for the flower

Like the sunshine for the upturned face

Like the child for the parent

Like the parent for the child

Like the lover for the beloved

Like the butterfly for the sunbeam

Like the stars for the moonbeam

Like the friends who offer compassion and understanding

And the heart that opens to the newness of life.

Gracious Spirit,

Let me, your willing servant, be the love the world needs now.

I lovingly bow to Your wisdom within me.

I am nurtured by your Love.

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. 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.**

THURSDAYS: Unity's Council of Elders (Garden Room) 1:00-2:30 p.m. If you are 60 or older and would like to explore the journey and wisdom of elderhood, please join us. **For more information, contact 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 information, contact Laurie Cracraft at 541-554-5434.**

SATURDAYS: \$1 Gong Bath Relaxation (via Zoom) 10:00-11:30 a.m. plus Free Optional Sharing Time with **Sunny & Vicky Hills** + Laura, Inge, and other Unity of the Valley Members who attend often. We Welcome You! **Register at: <https://sunnyhillsmeditation.com/>.**

Ongoing Monthly Groups & Events at Unity

Unity Grief Support Group (Garden Room). This group, co-facilitated by **Rev. Inge Tarantola**, meets alternating Wednesdays. For more information, contact **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 information, 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

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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