



January 2020

New Pathways, New Possibilities



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

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

## AND AWAY WE GO!

The cycle of seasons has a comforting familiarity. Imagine, for instance, if we never returned to the month of “January” and instead gave each month a completely new name. Yet along with the familiar comes the vast unexplored territory of a new year and this question: “How shall we approach it?”



A common response is to resist change; to hold on to what we know, even as the world around us shifts in gradual or dramatic ways. What is a practical, spiritual approach? *Get ahead of the curves and align ourselves in mind, body, and spirit with the flow of the universe.*

To align our mind, a powerful approach is to set a clear and positive intention for the next step we'd like to take (as we will do on January 5). Tuning up our body includes utilizing both ancient and modern techniques for rewiring and strengthening our brain and nervous system, the essential power station for the divine life force within us (see January 12). We can continue to learn from and be inspired by those who blazed new trails in the consciousness of the world (January 19). Ultimately, we are called to open ourselves to nothing less than the infinite power of love, light, and wisdom that is our very essence as a pure ray of Spirit (January 26).

Both individually and as a spiritual community, may we experience the joy and wonder of exploring the infinite possibilities of life. Happy Journey-ary, everyone!

Your Unity Ministerial Team



## SERVICES IN JANUARY

**Sunday, January 5: “The White Stone Ceremony,”** led by **Rev. Sherry Lady**. In this ancient ritual using stones from Israel, we will choose a word or phrase representing an intention or direction we are choosing for ourselves in the new year.

**Sunday, January 12: “The Amazing Connection Between Spirituality and Your Brain.”** Speaker: **Jon West**. Both science and the testimony of many reveal that we can refine our neural pathways and transform our experience of life by elevating our thoughts and actions to a new level.

**Sunday, January 19: “Applying the Spiritual Lessons of MLK.”** Speaker: **Jon West**. We will explore the rich and inspiring link between the universal principles of Unity and the life and message of Martin Luther King Jr.

**Sunday, January 26: “The Power of Expecting Your Highest Good.”** Speaker: **Jon West**. One month into the new year is an ideal time to make sure we aren’t short-changing ourselves in the growth we are willing to accept in our lives. Our Unity Choir will perform under the direction of Mo Robeson.

## First-Sunday Potluck

January 5 (after the service)



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

Unity will provide coffee, tea, and dessert.

# Youth & Family Ministry News

In YFM we're starting 2020 with a big Hooray!!

Our teachers are prepared with fun lessons and activities to open and motivate young hearts and minds!

In our **Nursery/Unikids Group (ages 0-7 yrs)** Tawny & Betsy are ready to teach about our bodies and all they can do, and also how we can help nourish our world. They will also be teaching about serving in our families and exploring our feelings and emotions. They'll have crafts, games, songs, and stories to engage little minds.

In our **Galileans Group (ages 8-11 yrs)** Alison & Megan continue to explore Unity's 12 Powers as they relate to the Land of Oz! They always have creative and motivating ideas to share these concepts and leave plenty of time for open, real discussion about our pre-teen's world with their own special set of issues.

In our **Uniteens/Y.O.U. Group (Middle/HS)** Christina & Dallas are exploring how we each can be the hero of our own stories by exploring our feelings, thoughts, and beliefs about ourselves and our world. We also meditate, pray, and open our teens' growing spirituality to old and new concepts of connection and love.

- We have three teens raising funds to attend I.Y.O.U. (International Youth of Unity) a week long retreat held at Unity Village this coming July. Watch for ways you can contribute and help them get to this amazing experience.
- We will be having our annual "Sweets for your Sweetheart" Bake Sale February 9<sup>th</sup>. \*Watch for signups to donate goodies!

Thank you for supporting YFM by purchasing at our fundraisers, donating to our account, sharing as guest presenters in our classes, and your loving and supportive comments directly to our kiddos!

Any questions or comments please contact Christina Scott, our YFM Coordinator at 541-222-9971 [unityyfmeugene@gmail.com](mailto:unityyfmeugene@gmail.com).

*A child is a reflection of God....*

~Nityananda



## 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.

## Unity's Openers and Closers

When the weather turns cold and driving is sometimes unpleasant, I am even more grateful for our Openers and Closers. Openers and Closers are the Ministry that makes sure our facility is unlocked, warmed up, and everything is set to welcome us to Sunday service. When we have enjoyed our gathering and visited with our friends over soup, the Closers make sure everything is locked and shut down properly.

Much thanks to Sharon Craft and the responsible and reliable group of volunteers. Gary Collins has been an important part of this ministry, and is missed while he heals. Wishing you a speedy recovery Gary, and we will try to fill your shoes till you return.

Thank you,  
Ellen





# 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.**

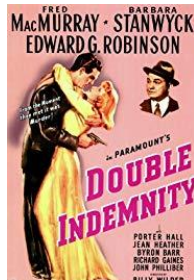
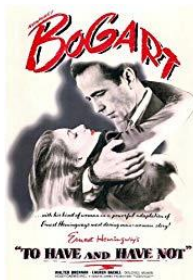
**Register by picking up a registration form in the Fellowship Hall at Unity.**

**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.)

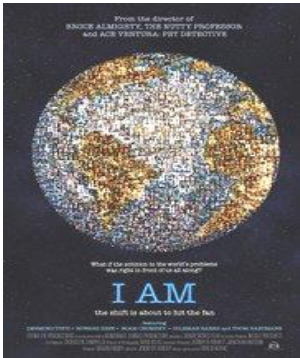


See flyer in Fellowship Hall for a listing of all 12 movies.

# MOVIE NIGHT AT UNITY

**Friday, January 24**

**7:00 p.m.**



***I Am*** is a 2010 American documentary film written, directed, and narrated by Tom Shadyac. The film asks the question: "What is wrong with the world, and what can we do about it?", and explores Shadyac's personal journey after a bicycle accident in 2007 that led him to the answers. He visits great minds all over the world including Howard Zinn

and Desmond Tutu. The catchy phrase is What if the solution to the world's problems was right in front of us all along? A circle discussion with Ann to follow the movie. Free (Donations Accepted)

In conjunction with  
**18<sup>th</sup> Annual World Sound Healing Day**  
**Alchemical Crystal Singing Bowls,**  
**Toning & Guided Meditation/Activation**  
*with Nancy Hopps*

**Saturday, February 15, 7:00-8:30 p.m.**



**Nancy** is an internationally recognized healing and performing artist. As a sound healer, the frequencies of her alchemical crystal singing bowls, along with her inspired guided meditations and toning, create a truly transcendent experience.

A powerfully joyful, deeply renewing experience. \$20 donation at the door (No one turned away.)

## FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
OCTOBER	\$19,733	\$19,469	\$264
NOVEMBER	\$16,229	\$16,992	(\$763)

To our wonderful spiritual community, we extend our gratitude and loving blessings for your generous support throughout the year and during our recent holiday campaign. Together, we are contributing to the unity of the world.

Your Board of Trustees



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

### Board of Trustees' Meeting Tuesday January 21, 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.

### Unity of the Valley

## ANNUAL MEETING



**Sunday, February 23  
12:00 p.m.**

Join us for lunch and our Annual Meeting. We will bless our outgoing board members, elect new board members, review our accomplishments of 2019, and envision possibilities for the future.

### 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.

### JANUARY PRAYER

from Rev. Sherry

#### NEW BEGINNINGS

In the out of the way places  
of the heart

Where your thoughts  
never think to wander,

This beginning  
has been quietly forming  
waiting until you were  
ready to emerge.

Though your destination  
may not yet be clear,  
you can trust the promise  
of the opening.

Unfurl yourself  
into the grace of beginning  
that is at one  
with your life's desire.

~John O'Donohue

Thank you Spirit  
for this new beginning.  
Amen

### 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.**

*Love is the most  
powerful healing  
force I know.*

~Louise L. Hay

## **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**.

**MEDITATION & DOUBLE-GONG RELAXATION WITH SUNNY & VICKY (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!

Words are also seeds, and when dropped  
into the invisible spiritual substance,  
they grow and bring forth after their kind.

~Charles Fillmore

**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 **Sunny** at [sunnyschneider22@gmail.com](mailto:sunnyschneider22@gmail.com).

**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](mailto: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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