


unity®
of the Valley

January 2021



On the Edge of a New World

Sunday Live Stream Service
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

THE DAWN OF A HIGHER REALITY

A message from our Ministerial Team

When a life-altering event occurs, we sometimes say, "We had a reality check." The story of Prince Siddhartha, for instance, is that he grew up insulated from poverty, illness, and death. Yet after witnessing the harsh world beyond his palace walls, he was inspired to seek the solution to suffering, ultimately leading to his becoming the "Buddha" or awakened one.



Perhaps a more typical human experience is to settle on a particular worldview, one that resists evolving despite daily opportunities for insights and growth. Depending upon our upbringing, we may insist that Earth is only five or six thousand years old according to the Old Testament, or we may agree with the mountain of scientific evidence that the Earth formed billions of years ago. Yet how many of us can honestly say we've released every not-entirely-true belief or limiting attitude we've ever adopted?

As Unity students, we are naturally inclined toward making the world a better, brighter place, and doing our best to take care of each other and the planet we share. But until we find firm footing in daily practices that can expand our spiritual awareness, the limitations and barriers in our thoughts tend to express as limitations and barriers in our outer world. Thus, the ancient saying "As within, so without."

Still, if ever the winds of change were blowing, they seem to be blowing now. Perhaps we are nearing the point when society as a whole realizes that the nature of the world is change itself – that the only stable ground we can reliably stand upon is the invisible Ground of Being, that Power and Presence we call God, Spirit, Divine Consciousness, and many other names. Yet regardless of the path society takes, we can each take practical steps here and now toward spiritual awakening.

And so we dedicate this first month of this new year to the *new world* – the Higher Reality – awaiting discovery within our very souls.

SERVICES IN JANUARY

Sunday, January 3: "Burning Bowl & White Stone Ceremonies" Revs. Inge Tarantola and Sherry Lady will guide us through these ancient and powerful ceremonies of releasing what no longer serves us and welcoming in the next step in our inner awakening.

Sunday, January 10: "Being a Spiritual Scientist"
Speaker: **Jon West**. Just as science plays an essential part in societal progress, Unity philosophy emphasizes the importance of rationally examining and testing our beliefs about God and the purpose of life.

Sunday, January 17: "Updating our Navigation Tools"
Speaker: **Barbara McKee**. If we expect to move from old domains into new realities, we will need to discard, adjust, and tweak some of our navigation tools.

Sunday, January 24: "The New World is Within Us"
Speaker: **Jon West**. As we accept the challenge of discovering our own spiritual dimensions, we find ourselves staying ahead of life's currents and curves.

Sunday, January 31: "Growing Day by Day" Speaker: **Jon West**. We will explore some of the small adjustments and course corrections that make a big difference in bringing true and lasting fulfillment.



January Affirmation

I face my unfolding world
with confidence and purpose,
accepting the good
and offering peace to all.

Notes from our Music Director

Dancing in the Kitchen



In these dark days, we don't have far to look to find fear and suffering. Now, more than ever, how blessed we are to have Unity. When one of us is down, the rest of us are there to gently lift them back into the folds of love and support. And then there's music... The healing powers of music go beyond any words I could express. The next time you're feeling down, afraid, or lonely consider going back to the music that's been there for you through thick and thin. Find a song that lifts you up, take a moment and let the healing notes wash over you.

Some mornings, I have a tough time getting up. I'll be feeling like I just don't have what it takes to face the day, and then I'll hear music coming from the kitchen. My beloved husband, Gary, is there waiting for me playing the "1000 People of Dance" video, and we dance and laugh and all the sudden what seemed like a stressful morning has a hopeful feel again.

Or he'll play the Andy Grammer video, singing "Don't Give Up on Me" with the kids of PS22, and we'll dance a different dance, looking into each other's eyes, crying and singing at the top of our lungs.

Even if you don't have a dance partner there in your home, blast the music anyway and commune with divine consciousness. You are not alone. We are here for you, and we love you.

Laura DuBois



Within our dreams and aspirations
we find our opportunities....

~Sue A. Ebaugh

Calling All Performers

JOIN OUR CABARET



Do you have a
Story to tell
Song to sing
Poem to recite
Art to display
Dance to share?

POETRY

If so, the Unity of the Valley Cabaret
would love to feature you!

This year's program will be presented as a video
at the end of February.

All acts will be 4 minutes or less.

If you'd like to participate, please contact Laura DuBois
at ladubois@gmail.com by **January 21st**.

She will fill you in on the details
and make arrangements for recording at that time.

Thank you!

Courage is very important.
Like a muscle, it is strengthened by use....
~Ruth Gordon

Youth & Family Ministry News

The last 4 years I have had the pleasure of serving our Unity community as the Coordinator for Youth & Family Ministries. At this time, I need to say goodbye to this position. This year's challenges and changes have forced me to move on. I have found growth through heartache and trials not unlike so many of you. After many months of searching and making due, I have secured a new position with the Senior & Disabilities Services and am working hard every day to serve those most in need in our greater community. I feel blessed to have found a new way to be of help to others.



I so much enjoyed working with our children and youth. They truly have taught me much more than I have them. I have also found so many friends here at Unity that I will forever cherish. May spirit bless you all as we quietly celebrate the Holidays and ring in the much-anticipated New Year.

Love & blessings,
Christina Scott

TO YFM FAMILIES FROM THE MINISTERIAL TEAM

We miss you all so much! We can't wait for the day we can all be together again. And while we don't want to let go of our beloved YFM Coordinator Christina, we are proud of her for stepping into the full-time career she deserves.

So YFM will be on hold for a while longer as we each do our part to put the Coronavirus behind us. In the meantime, we can start envisioning what the YFM of the future might look like. Feel free to share your ideas! You can also post updates and pictures of yourself at www.facebook.com/unityofthevalley/ or by emailing us at unityval@rioua.com.

We love you and we behold the Light of Spirit in you.

P.S. To connect with youth from other Unity centers in the Northwest Region, check our weekly email blast for updates. You can sign up for these emails using the same email address above—and let us know your interest in youth activities!

Notes from Our Administrator

What a year 2020 was for all of us. We had chaos, loss, uncertainty, and unexpected time to do things differently than we have always done them. Difficult at times, but **there have been many gifts** as well. I am looking forward to this new year!



I am so grateful for the amazing Unity Family we have and our amazing staff and volunteers. Our **Music Team** has been sharing their gifts and talents through our live-stream services on Sundays and so many wonderful **Connecting from the Heart**, Thanksgiving, and Christmas videos. You can definitely see their hearts shining through. Thank you!

Our **Board of Trustees** has been busy with regular Zoom board meetings (they met every week for much of the year) handling official business and keeping Unity in tip-top shape as we all learn how to do things differently. Thank you!

Our **Ministers** put much time and devotion into bringing forth our live-stream Sunday services. Their spiritual calling and love for our Unity family is awesome. They are always exploring the ways they can lend a listening ear and a helping hand. Thank you!

Our **Sound Tech Extraordinaire** has helped keep Unity's live stream and videos flowing and posted. Thank you, Ryan, for your hours and hours of time, devotion, and skill that you share with Unity!

Our **Shared Leadership Team** holds weekly Zoom meetings. This team consists of the Ministers, Staff, a few Board Members, and several very dedicated volunteers. We spend our time connecting deeply, praying for our Unity family, discussing the day-to-day workings of Unity during this pandemic, and finding projects can we safely work on together to create even more connection with our Unity Family. Thank you!

JANUARY PRAYER

from Rev. Sherry

A NEW BEGINNING

As we enter into a new year, we realize
there is no beginning or ending in Spirit.

There is no stopping or starting in opportunities to grow,
or give love, or do what is to be done by us,
just as there is no withholding and then re-giving of care
or love from that Spirit that dwells in our hearts and fills our lives.

Holy Spirit is constantly present in our lives, always available,
always guiding, challenging us to walk in our fullness
as beings of holiness and love expressing.

For this truth of this magnificent presence,
we offer a prayer of gratitude, a prayer of remembrance,
a prayer of hope, a prayer of faith,
and a prayer of commitment to be a blessing
to each other and to the world in whatever way possible.

Thank you, Holy One, for the gift of this life,
in this moment and in all the days to come.

Amen

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.

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
OCTOBER	\$10,376	\$10,102	\$374
NOVEMBER	\$11,136	\$10,289	\$847

Thank you for blessing this community with your ongoing support throughout 2020! Along with your regular monthly giving, we have received special donations to Our Spiritual Community Support Fund, allowing us to help congregants needing emergency financial aid. People have also given to our special fund for making monthly payments on our wonderful grand piano. For all the ways you keep Unity shining bright, we are filled with gratitude.



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Unity homepage.
Click DONATE
on right side

Your Board of Trustees

Unity of the Valley



Sunday, February 28, at 12:00 p.m.

Keep a look out in the February Bulletin for more information on how we will be holding our 2021 Annual Meeting.

We will bless our outgoing board members, elect new board members, review our accomplishments of 2020, and envision possibilities for the future.

If you are a Unity member who is interested in joining our Board, please contact our office.

UNITY SPIRITUAL COMMUNITY SUPPORT FUND

The Unity Board created a Spiritual Community Support Fund. This fund was inspired by a Unity member who offered her government stimulus funds to assist individuals in our spiritual community who need it most.

WAYS YOU CAN CONTRIBUTE FINANCIALLY

- **Mail a check** to Unity of the Valley, 3912 Dillard Rd., Eugene, OR 97405 with a note designating if it's for OSCSF or general Unity finances.
- **Make a donation through PayPal** using the yellow DONATE button on the home page of our website: unityofthevalley.org. Make sure you designate whether you want your donation to be applied to OSCSF or to general Unity finances.
- **Write a letter** stating you wish to join our **Simple Giving Fund** to contribute a set amount (state the amount) on a regular basis (state how often) and include a voided check. Just designate what portion should be used for OSCSF or general Unity finances. Géna, our Office Administrator, opens all our mail in private. So, it is safe to include your account information in a letter, but not in an email.

IF YOU NEED MONETARY ASSISTANCE

To request monetary help, you can write a letter or an email (unityval@rioussa.com) directed to the Ministerial Team. Please include the following information:

1. Your name, mailing address, phone number, and email address.
2. Your association with Unity of the Valley.
3. Name of a reference at Unity of the Valley (someone who knows you).
4. Brief description of your financial need.
5. How much you are requesting.
6. Do you think your financial needs will require monthly support?

Requests for monetary help will be reviewed by our Ministerial Team. If a request is approved, the amount granted will be dependent on how many requests we receive and how much money is available in the OSCSF.

UNITY ONLINE

Sunday Services. Although the facility is closed, 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).

Unity's Music Releases can be found at

<https://www.facebook.com/unityofthevalley/videos/368369060857899/>

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.

Online Kundalini Meditation, Music, Mantra, Gong & Song with Sunny & Vicky Hills, Saturdays, 9:45-11:15 a.m.

Very Easy & Calming, \$12 includes "Unlimited Video Replay" Please Register in advance for this meeting at <https://us02web.zoom.us/meeting/register/tZMkceqprjlrGtE6Ss-gH1QuKdqO4c9DQWRG>. After registering, you will receive a confirmation email containing information about joining the meeting.

YOGA CLASSES VIA ZOOM WITH DONNA O'NEIL

Gentle Yoga Tuesdays, 9:30 a.m. Register at <https://eugeneyoga.us/downtown-schedule/>.

Level 1 Hatha Yoga, Wednesdays, 10:30 a.m. This class was previously held at Unity, pre-COVID. Donna holds these via Zoom from her home now. If you are interested in joining the class, or just trying it out, call her at 541-632-0105, or email at yogawithdonna@gmail.com. The online meeting number is ID: 775 275 2582. Donation basis.

Gentle Core Awareness, Thursdays 9:30 a.m. Register at <https://eugeneyoga.us/downtown-schedule/>.

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

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Office: (541) 345-9913 • Fax: (541) 345-9182
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

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