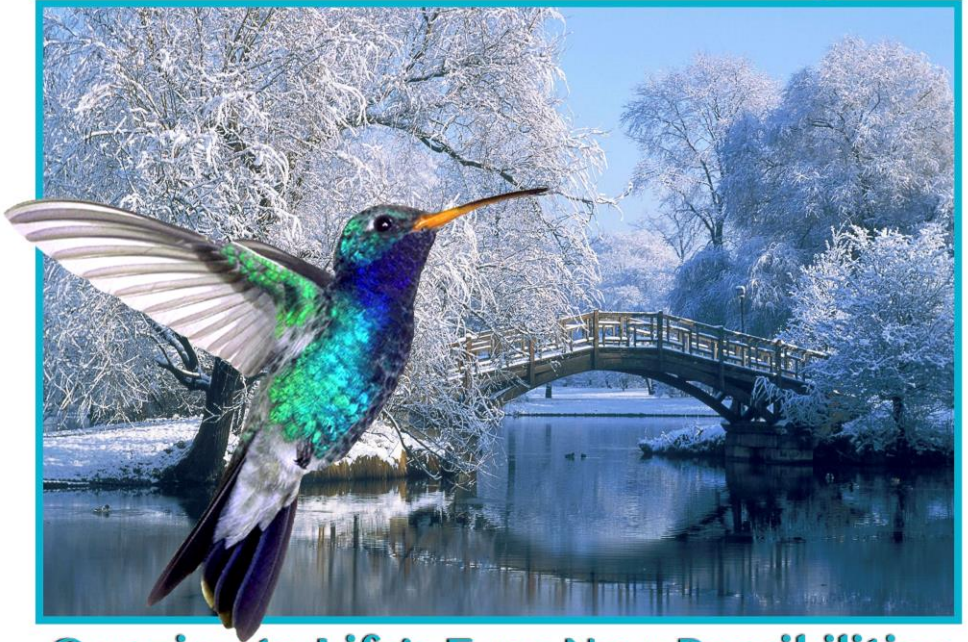



unity®
of the Valley

January 2022



Opening to Life's Ever-New Possibilities

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

Opening to Life's Ever-New Possibilities

A message from our Ministerial Team

Dear friends, at this time of passage into a new year, we want to give gratitude for the year that was and all of the gifts and graces we received. As we turn our attention to the unfolding of 2022, let us consider how our hearts and minds are poised for this new



adventure. Will we step into January with the forward-looking enthusiasm of a world traveler, anticipating the many new horizons ahead? Will we take a more methodical route, making a list of goals and then diligently working through them? Will we realize it's time to try a road less traveled, such as focusing on spiritual growth and living more joyfully in the present?

Despite these possible approaches, the more common path to the new year seems to be this: to feel some initial modest anticipation, followed by a fairly swift settling back into old routines. Why? Perhaps one reason is that stored within our memory are all the New Year's plans we never fulfilled. Yes, our successes are recorded as well. But for some reason, we humans tend to emphasize the negative – seeing what's wrong with the picture in front of us instead of what's right. Of looking for reasons why something can't be done instead of testing the words in Napoleon Hill's classic book, *Think and Grow Rich*: "Whatever your mind can conceive and believe, it can achieve."

If we want this new year to be absolutely wonderful—and why wouldn't we? – it can help to ask a few probing questions like this: Are my habitual routines leading me toward the comfort of the familiar at the expense of fulfilling my higher vision? What adjustments in my attitudes and actions will help keep me on track with my vision?

Perhaps the ticket to transformation in the new year will contain some elements of these three things: 1) Looking forward with the eagerness of a world traveler; 2) methodically listing and making progress on specific goals; all while 3) staying grounded in a deep appreciation of the now-moment. If all that sounds like too much to hope for, take some time to listen within. Your soul knows the possibilities are endless!

SERVICES IN JANUARY

Sunday, January 2: "Burning Bowl & White Stone Ceremonies" Rev. 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 9: "Living in the Moment, A Pathway to God." Guest speaker Gary Wymore will share personal reflections on connecting with Spirit. Gary has been a much-loved part of our Unity community for over 30 years. He has been a member of the Board of Trustees, led a Shamanic Evening drumming circle for many years, and participated in the music and theater ministries, playing such roles as Sasquatch and The Cowardly Lion. He is currently the Facility Coordinator and serves on our Shared Leadership Team.

Sunday, January 16: "Time's A-Wastin'! Simple Steps to Self Motivation." Speaker: Jon West. We know there's something that's ours to do. Maybe we've done a life-inventory and made a list of action steps that would make a real difference. But we've been dragging our feet. So let's explore some time-tested ways to get our inner motor running!

Sunday, January 23: "Expand Your Horizons Wherever You Are!" Speaker: Rev. Inge Tarantola. At the soul level, we are infinite beings with unlimited creative abilities. How can we use our imagination and ingenuity to take our lives to the next level of fulfillment?

Sunday, January 30: "Enlivening Our Spiritual Practices." Speaker: Jon West. Is your life the spiritual adventure you've imagined for yourself? Do you feel as attuned to your divine essence of peace, joy, love and harmony as you would like? Or has your journey of inner growth slowed to a crawl? We will explore time-tested ways to rekindle our spiritual fire.

The human way of growing is unique;
it has no rules, and can occur in many ways.

~Marsha Sinetar

Notes from Our Administrator



Well, another challenging year has passed and a new year is upon us. I sure am looking forward to 2022!

2021 was filled with hope and expectations that COVID would be more under control than it was, and we would start feeling a sense of normal again. It didn't quite meet that expectation, but Unity once again met and embraced the challenges presented and excelled with continuing to offer strong leadership and heartfelt programs and aid to our amazing Unity Family.

A Huge Thank You to

- Our **Board of Trustees** for continuing to offer strong leadership in handling official business and keeping Unity in tip-top shape as we continue to move through the pandemic. Thank you for sharing your hearts and time!
- Our **Ministers** for continuing to share your spiritual calling and love for our Unity family. Your offering of spiritual direction during tough and busy times is much needed and appreciated!
- Our **Music Team** for sharing your gifts and talents throughout the year in our services and singalongs. Our hearts are full from the sharing of your hearts. Thank you!
- Our **Sound Tech Ryan** for keeping Unity's live stream and videos flowing and posted. We are blessed by your love, skills, and devotion to Unity. Thank you!
- Our **Shared Leadership Team** for continuing to meet weekly to connect deeply, pray for each other and our Unity family, and helping to hold the vision for the day-to-day runnings of Unity. Your hearts are felt in your words and actions. Thank you!
- Our **Volunteers** for lovingly helping and pitching in where needed, often at a moment's notice, to help make our services possible over the last year.
- Our **Congregation**. Thank you for your love and support. You are the best!

Notes from our Music Director

There's something about the sound of a cello, a magic that reaches deep into our hearts, bringing comfort to our souls. How blessed we are to have cellist **Kathryn Brunhaver** perform for us once a month! I thought you might enjoy getting to know her better, so I'm sharing her bio with you today.



Kathryn was born into a musical family, and her early years were filled with music. Some of her favorite memories from childhood are her family's singalongs around the piano, something that they still enjoy doing together. Growing up in Bellevue, WA, Kathryn took up the cello based on the recommendation of her older brother, a bassist. She is still grateful to him for guiding her to this wonderful instrument!

Throughout her youth, Kathryn took advantage of the many wonderful musical opportunities in the Seattle area, such as the Seattle Youth Symphony, and began winning competitions and playing professionally even as a high school student. Her most exciting performance from this time in her life was accompanying the artist Kanye West at Seattle's Bumbershoot Festival—a performance for which she had to lie about her age in order to be hired, since she was only 16!

She earned an undergraduate degree in cello performance at Peabody Institute of Music in Baltimore, and then went on for a master's degree at the Cleveland Institute of Music, where she also earned her training as a teacher of the Suzuki Method. This training has served her well, as teaching cello lessons has become a very important and fulfilling part of her life.

Kathryn then returned to the northwest, and was selected for the DMA (Doctor of Musical Arts) program at U of O with a Graduate Teaching Fellowship that included a position with the Eugene Symphony. Earning a doctorate was the hardest thing that she has ever done, but she is so grateful that it led her to the wonderful community in Eugene. Kathryn continues to play in the Eugene Symphony and is also a member of the Elsewhere Ensemble and two bands—Satori Bob and Halie and the Moon. Kathryn has broad musical interests and also loves to sing and write music.

Playing at Unity of the Valley has been a very healing and uplifting experience for Kathryn, and she is so grateful for all of your kindness and support. Every time she comes to play for a service, she goes home with a full heart.

Laura DuBois

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
OCTOBER	\$14,252	\$15,343	(\$1,091)
NOVEMBER	\$14,773	\$15,068	(\$295)

Thanks to this wonderful community, our finances are in good order and we are covering extra expenses like a broken AC unit and strengthening the trusses that hold up our new, heavier platform lights. We are also grateful to a beloved Unity member who bequeathed part of an IRA to Unity.



Scan to reach
Unity homepage.
Click DONATE
on right side

Sending love and blessings,
your Unity Board of Trustees

BOARD OF Trustees' MEETING

**Tuesday January 18
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.



January Affirmation

I welcome each day
as a divine opportunity
for joyful growth
and service!

OPPORTUNITY TO SERVE ON UNITY'S BOARD

The Unity Board Nominating Committee is seeking potential candidates for 3-year positions on our Board of Trustees. To fill our three open seats, one current trustee will be running for re-election. So we are in need of at least two candidates to fill the remaining positions.

If you are interested in being part of this joyful service to our spiritual community, please contact **Jon West** at jwest97405@gmail.com.

The way you begin to change the world
is through service.
~Martin L. King, Jr.

Unity of the Valley

**ANNUAL
MEETING**



Sunday, February 27, at 12:00 p.m.

We will be holding our 2022 Annual Meeting in person and on Facebook Live.

We will bless our outgoing board members, elect new board members, review our accomplishments of 2021, and envision possibilities for the future.

Unity Grief Support Group

co-facilitated by

Rev. Inge Tarantola and Nancy Morrow

(date and time to be determined)



Grief and loss are woven into the fabric of our lives. At times, they need extra tending and support. A second **Unity Grief Support Group** is currently being formed for those who would like to participate.

It is a safe place to share feelings and experience positive change. The loss can be recent or unresolved from years past. Meetings will be held via Zoom for now. Confidentiality observed.

For more information, contact **Rev. Inge Tarantola at 541-968-5540** or ingetar@pacinfo.com.

UNITY'S BOOKSTORE IS OPEN

Take a little time after the service to shop at Unity's Bookstore. Besides carrying many new and gently used books, the bookstore carries prayer and affirmation flags, art, journals, jewelry, and much more! You'll find some wonderful treasures and help support our community at the same time!

As each one of us shops in and supports our bookstore, it helps the bookstore to regularly and actively support us. It is 100% staffed, managed, and operated by dedicated Unity volunteers, with 100% of the profits coming right back to Unity.



All humanity is one
undivided and indivisible family.
~Mohandas Gandhi

JANUARY PRAYER

from Rev. Sherry

As the dawn breaks on a new year
Find a comfortable chair or favorite place to sit.

Invite Divine Spirit to be with you.

Let that presence enfold you.

Put the past year behind you.

Let it evaporate and become droplets of water
that are purified as they become nourishment for the earth.

Let the eyes of Love gaze upon you as you give thanks
for all you have to be thankful for.

Let go of doubt and accept the freedom
to do and be who and what you are.

Embrace new perspectives.

Prepare to live each day in the most loving way.

Know the beauty of your own special soul.

Release all into the hand of the ever-present Holy One.

Be at peace.

And, it is so.

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.**

Nothing is too small
a subject for prayer,
because nothing is too
small to be the subject
of God's care.

~Henry T. Hamblin

Prayer Requests

Email your name and
prayer request to
Rev. Inge Tarantola at
ingetar@pacinfo.com.

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.

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 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.

SATURDAYS (9:45 a.m.) - Join Sunny & Vicky Hills for a Meditation & Gong Relaxation Experience Online, \$5.

Register Here:

<https://www.sunnyhillsmeditation.com/saturday-gong-meditation-class>.

When your heart's dream becomes a burning desire
to achieve and accomplish its specific purpose,
the entire cosmos opens its doors to you.

~Lloyd Littlepage

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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John Garrett, Vice-President
Vicky Hills, Treasurer
Ted Taylor, Secretary
Heather Breckenridge, Trustee
Michael Ticknor, Trustee
Alice Burch, Trustee
Geneva Miller, Trustee
Alice Sparks, Trustee