



January 2023

*The Grace & Wonder of
New Beginnings*



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director

Laura DuBois

THE GRACE & WONDER OF NEW BEGINNINGS

A message from our Ministerial Team

Listen to the sounds around you this moment. What do you hear? The steady hum of forced air heating? The drone of traffic? A clock ticking away hour by hour, week by week, year by year? Sometimes the New Year feels like that: just more of the same.



Yet notice also the random noises: A creak in the wall. Footsteps down the hall. A voice far or near. Each one reflects the ever-shifting nature of this universe and every year that passes within it. There isn't a cell, a molecule, an atom in your body that isn't busy in this mysterious ocean of cosmic energy.

What is all this busyness for? Is there a meaning to any of it?

Perhaps now you hear music playing somewhere—a song you've heard many times. But the experience of it, the feelings that arise, are never exactly the same. This, too, is like the New Year: both old and new. Our long-held memories, attitudes, and beliefs carry our past into our future. Still, it's a future yet to be born.

What happens when we set our small self aside and gaze clear-eyed into this new moment? What happens if we listen with all our being to the symphony of the universe within and around us? Might we discover there is a Divine grace and purpose subtly guiding the tides of time? Might we begin to hear, behind all the random sounds of life, the infinitely wondrous song of our soul?

May we each open to a vision of new possibilities as we begin the year 2023...for the first time in the history of time itself.



SERVICES IN JANUARY

Sunday, January 1: “Burning Bowl Service.” Join Rev. Inge Tarantola in releasing what no longer serves us through this ancient fire ritual. See page 4 for more details.

Sunday, January 8: “White Stone Ceremony.” Rev. Sherry Lady will guide us through a powerful experience in opening to new possibilities for the coming year. See page 5 for more details.

Sunday, January 15: “Life Transforming Moments” with Unity Worldwide Ministries Executive Director Shad Groverland. Join Rev. Shad as he shares spiritual realizations that have come from a lifetime in Unity and transformed how he sees and interacts with the world around him.

Sunday, January 22: “Surrendering to the Unfolding Miracle of this Precious Life.” Speaker Dr. Serenee Smith. The new year is a sacred time for letting go of the old and embracing the new. But what is the key that opens the door to new dimensions of Spirit’s grace, and do we have the courage to turn the lock and explore the miracle possibilities of this precious life? Surrender was never meant to mean, “giving up” but only releasing the things we cannot change as we open our hearts and minds to the limitless dimensions of Divine Spirit!

Sunday, January 29: “Less Ego, More Happy: Making Way for the Unfoldment of Pure Being.” Jon West will introduce us to a new personal growth class to be offered in March. Regardless of our spiritual beliefs, we can always learn more about our true essence that hides behind limiting thoughts and attitudes. For more information about the class, call Jon at (541) 683-7664 or email jwest97405@gmail.com.

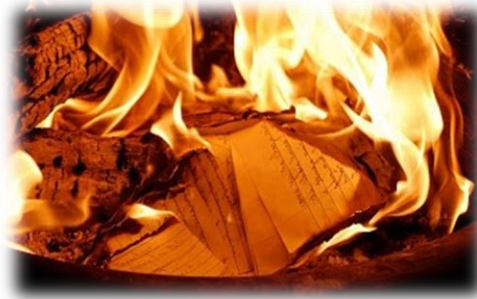


January Affirmation

Divine Transformation
is unfolding in my life
this very moment.
I am blessed.

HAPPY★NEW★YEAR

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.

Rev. Inge Tarantola will guide us in experiencing this time-honored tradition – a richly meditative experience accompanied by heart-opening chants and instrumentals.

Join us for this freeing and moving experience in consciousness that opens the door to a greater you!



White Stone Ceremony Sunday, January 8, 2023 10:30 a.m.

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.

Join us on January 8th as **Rev. Sherry Lady** guides us in this beautiful experience. 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.



Keep on sowing your seeds;
for you never know which will grow—
perhaps it all will....
~Old Testament

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.

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
OCTOBER	\$13,886	\$12,147	\$1,739
NOVEMBER	\$22,906	\$15,289	\$7,617

Thank you! Even as inflation affects all aspects of this ministry and we endeavor to raise staff wages for the first time in years, this generous community is rising to the need. Joining our Simple Giving program at any amount and remembering Unity in your Will are two vital ways you can contribute to our sustainability.

In celebration of our unity,
Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

**Tuesday January 17
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.

Unity of the Valley

ANNUAL MEETING



**Sunday, February 26,
after the service**



A Note from our Kitchen Angel Coordinator Sunny Schneider



Several people have asked me lately if and when we are going to return to having soup after our Sunday service. We all miss the camaraderie of sitting with each other in loving community.

Those of you who have been attending the services since we reopened after the pandemic know that we have been serving finger foods along with our coffee and tea service. Thanks to Lynn Sancet, Geneva Miller, and some delightful Sunday schoolers, we have had a variety of warm and cold savories along with cookies and other pastries – that we can eat standing up – and at a distance from one another if we so choose. In the warm weather we ate outside.

Sitting closely packed at long tables as we do when we share soup and community still feels precarious since we are now in the midst of flu season. Our hope is to return to our soup Sundays this spring. In order to do that, we need more volunteers – some to make soup, and a few to work once a month in the kitchen.



If you'd like to help out, please come see me in the kitchen after church or call Géna in the office (541-345-9913, ext. 11) and she will pass your name on to me. We all look forward to things getting back to the old normal—or perhaps something better. Who knows?

With much love, Sunny

Great opportunities to help others
seldom come, but small ones
surround us daily....
~Sally Koch



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.

PASSAGE MEDITATION

**Thursdays, 5:30-6:45 p.m.
in the Fillmore Wing**

Join Laurie Cracraft on Thursdays for the practice of **Eknath Easwaran's Passage Meditation.**

In Easwaran's universal method of passage meditation, you choose a spiritual text, or passage, from the world's great traditions that embody your highest ideals.

You memorize it, and then send it deep into consciousness through slow, sustained attention.

This method of meditation stays fresh because you can vary the passages according to your own needs. With regular practice, the passages become lifelines, taking you to the source of wisdom deep within and then guiding you through the challenges of daily life.

**For more information:
contact Laurie Cracraft at 541-554-5434**

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.
- 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.

JANUARY PRAYER

from Rev. Sherry Lady

As the new year opens to us all, may we feel the warm flow of possibility, hope, and assurance permeating every corner of our hearts.

May it flow into every cell of our being as well so we may be a blessing in all we do.

May we be a source of inspiration to those with whom we interact, and an encouragement to those who need to hear that they are welcome in our world, and bearers of hope and light as we open to all that is possible in the days ahead.

Keep the hearts of people everywhere open and receptive to what is possible for them, and together may we all be willing to create a year of unprecedented success as we affirm and honor our shared center of our divinity.

From this place miracles are born.

May this be a year of miracles in which dreams come true in ways we never thought possible.

May the promise of peace become a reality.

May Love rule in all, for all, and with all.

Let us not fear the future for Spirit is already there, waiting to take our hands and lead us home.

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.

Passage Meditation, Thursdays 5:30-6:45 p.m. in the Fillmore Wing. This group practices "Passage Meditation" as taught by Eknath Easwaran. For more information, contact **Laurie Cracraft** at **541-554-5434**.

Unity's Council of Elders meet once a week via Zoom. If you are 60 or older and would like to explore the journey and wisdom of elderhood, please join us. If interested contact **Bonnie Paquin** at blpaquin2@gmail.com or **541-345-8873**.

DID YOU KNOW?

You can visit Unity Online at <http://www.unityofthevalley.org>.

Unity of the Valley's Music Releases can be found at <https://www.facebook.com/unityofthevalley/videos/368369060857899/>.

"**Connecting from the Heart**" is now an independent nonprofit organization, working closely with Unity of the Valley. To enjoy their music, meditation, and mental wellness videos, go to cfth.us.org.

We also post Unity videos, when possible, at https://www.youtube.com/channel/UCqUL3d7-JjO_45Bo3vLfrWQ/videos

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.-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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Geneva Miller, Trustee
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