

  
**unity**<sup>®</sup>  
of the Valley

March 2023



*In Tune  
with*  
The Rhythm of Life

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

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

# In Tune with the Rhythm of Life

A message from our Ministerial Team

Have you ever found yourself out of step with the moment? One young man did at the funeral for the oldest and most devoted meditator in his church. He listened as people shared their grief through one long, tear-stricken speech after another. Seeing the mic left open, he had an inspiration. Stepping before the congregation, he spoke in all seriousness: "In honor of this great and beloved soul who I am sure is watching us all now, I would like to lead us all in a brief silent meditation...of one hour." Suddenly, people were chuckling through their tears. Enjoying the sight of people smiling at him, the young man thought of a joke to keep it going. "KNOCK KNOCK!" he called out. But the faces that were shining with fond memories seconds before were now staring at him in confusion. "KNOCK KNOCK!" he called out again, but the room was silent. He heard the pianist whisper to him: "Read the room!"



The young man had a long restless night trying to figure out what went wrong, regretting he ever opened his mouth, resenting how people reacted, and cycling through variations on all these themes. Taking a tired stroll the next morning through the park, he saw the pianist who had whispered, "Read the room." He wanted to hide, but it was too late: She saw him. But her smile gave him courage to approach her. As they stood face-to-face, he started to speak. "About the funeral yesterday..."

"Tough room," she said cheerfully. Words from a friend.

As he thought more about it later, the young man felt an inner acceptance of what had happened. He had started off in tune with the congregation's need: relieving the tension built up from an hour of unrelenting sadness. But when he tried to stir laughter for his own benefit, his jokes lost their relevance. He needed to forgive himself and take the lesson from the experience. And maybe give up KNOCK KNOCK jokes for good.

Throughout this month, we will explore how to live more in sync with what each moment is asking of us—to be in tune with the rhythm of life. Finding true harmony in this ever-changing world can be elusive. But as those timeless words in scripture tell us: "Ask and it shall be given you; seek and ye shall find; KNOCK KNOCK and it shall be opened unto you."

## SERVICES IN MARCH

**Sunday, March 5:** "Where Are My Dancing Shoes? Steps to Recovering Our Energy and Enthusiasm," with Rev. Inge Tarantola.

**Sunday, March 12:** "Remember to Breathe: Balancing Stillness with Action," with Jon West. (Remember to Spring Forward your clock!)

**Sunday, March 19:** "Why Isn't This Working Anymore? Adapting to the Seasons of Life," with Rev. Sherry Lady.

**Sunday, March 26:** "Making Peace: The Power of Nonresistance," with Dr. Serenee Smith and Jon West.



### Join Unity's Easter Choir



**Come and share your voice  
with Unity's Easter Choir!**

Rehearsals start on March 6 and are on:  
Mondays (7:00-8:30 p.m.)  
with Easter performance on April 9.

**Sign up in the Fellowship Hall or  
contact Mo Robeson  
at 541-520-8489.**

## March Is Love-in-Action Volunteer Month

We have many fun and rewarding volunteer positions and leadership opportunities at our church. **Representatives from each volunteer ministry will be in the Fellowship Hall after the service on Sundays, March 12 and 19**, to provide information and to help volunteers sign up. Some volunteer opportunities are:

**Angel Network** – Volunteers serve individuals and families of our congregation in practical, supportive, and uplifting ways.

**Bookstore** – Volunteers work at the cash register after the service on Sunday mornings and for special events.

**Church Facilities** – Volunteers help with maintenance and upkeep of the church, inside and out, by doing remodeling, painting, and beautification projects.

**Church Gardens** – Volunteers help with ongoing maintenance and upkeep of the landscaping and grounds, and with one-time projects.

**Church Closers** – Volunteers help count the love offering after the service, and close and lock the church.

**Kitchen Angels** – Volunteers serve coffee and refreshments after the Sunday service once a month.

**Office Angels** – Volunteers assist staff by answering phones and doing light office tasks once a week for two-hour shifts.

**PowerPoint Ministry** – Volunteers operate the PowerPoint computer at the Sunday service and at occasional special events.

**Prayer Chaplain Ministry** – Volunteers provide one-on-one prayer after the Sunday service and whenever you are at church and feel moved to pray with others.

**Usher Ministry** – Volunteers serve at one Sunday service per month, greeting people, handing out bulletins, receiving the love offering, etc.

**Youth & Family Ministry** – Volunteers assist teachers one Sunday per month. Volunteers are also welcome to provide treats, read stories, sing to babies, etc.

Please join us by sharing your gifts of service!

# Behind the Lens Seminar

## Winter Quarter 2023: The Best Movies of 1945 Tuesdays (7:00 p.m.)

1945...WWII staggers to a close and the world is changed. The Hollywood studios struggling to retain the profits of the war years, experiment with new forms. France finally gets to see American crime movies unavailable during the years of conflict and christens them "film noir." Hollywood reacts to the newly profitable foreign market and powers up to make more of the same.

**Cost: 12 films for \$30, or \$5 per time.**

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

**A full listing of all 12 movies is on the Registration Form.**

**Tuesday, March 7: *Meet Me in St. Louis*** (1944), with Judy Garland, directed by her future husband, Vincent Minnelli. (113 min.) NOTE 1: Tom will try to explain why actors can get away with "breaking into song." NOTE 2: Previous subscribers missed this when COVID so rudely interrupted us and will not be charged admission to this film or will be given a \$2.50 credit toward enrolling for the current series.

**Tuesday, March 14: *Brief Encounter***, directed by David Lean. (86 min.)

**Tuesday, March 21: *Mildred Pierce***, directed by Michael Curtiz. (111 min.)

**Tuesday, March 28: *Rome, Open City***, directed by Roberto Rossellini. (105 min.)



## 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: TIME FOR A RAISE!

MONTH(S)	INCOME	EXPENSES	NET
DECEMBER	\$16,019	\$25,146	(\$9,127)
JANUARY	\$17,182	\$17,841	(\$659)

After years of giving little or no raises to our beloved staff, we are stepping out in faith that our generous community will support us in making this change. Cost-of-living has gone up for everyone, so we're all in this together. Even a small increase in monthly giving helps. And if you aren't part of our Simple Giving program, please ask about it!



Scan to reach  
Unity homepage.  
Click DONATE  
on right side

Gratefully,  
Your Board of Trustees

## BOARD OF Trustees' MEETING

**Sunday, March 21**  
**12:30 p.m.**

All are welcome  
to attend this meeting.  
Join us in the Garden Room.

If you would like to speak  
at the meeting, please contact

**Serenee Smith** at  
[sereneeheart@yahoo.com](mailto:sereneeheart@yahoo.com).

### March Affirmation

My life is in tune  
with the divine rhythm  
of the universe.





## Message from our Bookstore Manager Elizabeth King

Thanks to everyone in the Unity Community for supporting our bookstore! It's been a joy to serve the church by offering books on a wide variety of subjects. We have an extensive section of books on the Unity movement that can deepen your understanding of the principles shared during our services.



The store carries many unique gift items, cards, artwork and jewelry. The volunteers and I love to say hello to newcomers who might be stopping in for the first time, as well as serving as a hub for those who've been coming here for years. Right now I'd love to find one more volunteer to round out our crew, so

if you can give an hour one Sunday a month please stop by and talk with one of us after the service sometime.

With gratitude,  
Elizabeth

Life is a series of surprises.  
~Ralph W. Emerson



**Don't forget  
Set your clocks ahead  
one hour on  
Saturday Night, March 11.**



# Unity Grief Support Group

co-facilitated by  
Rev. Inge Tarantola and Nancy Morrow

**Wednesday, March 1, 15, and 29**



Grief and loss are woven into the fabric of our lives. At times, they need extra tending and support. Unity's Grief Support Group is a safe place to share feelings and experience positive change. The loss can be recent or unresolved from years past. Meetings are held at Unity and via Zoom. Confidentiality observed.

**For more information**

Rev. Inge Tarantola at 541-968-5540 or [ingetar@pacinfo.com](mailto:ingetar@pacinfo.com).

## Prayer, The Game Changer



**Thursdays**  
**April 6-27**  
**2:00-4:00 p.m.**  
with Rev. Inge Tarantola

If prayer is not yet part of your spiritual practice, or you want to transform how you pray, here is an opportunity to make a change and watch the positive results in your daily life.

Join Rev. Inge in the Fillmore Wing for an opportunity to take a look at how you pray now, learn steps to affirmative prayer, and create a daily spiritual practice.

As you change your prayers, you change yourself. Offered on a donation basis. SEE credits available.

**Sign up in the Fellowship Hall.**

# 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 (12:00-1:00 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, contact **Rev. Inge Tarantola at 541-968-5540.**
- **Prayer Requests** - Email your name and prayer request to Rev. Inge Tarantola at [ingetar@pacinfo.com](mailto: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.

## MARCH PRAYER

from Rev. Sherry Lady



### Ode to Spring

I see buds on the trees, and feel the fresh breeze  
And I say thank you.

I see a new rushing stream and begin to dream  
And I say thank you.

There are birds in the air and the skies are fair  
And I say thank you.

As I gaze upon the changing season,  
For some wonderful reason,  
My heart begins to sing.

And as the unfolding season appears,  
As it has for millennial years, the words I offer to its unfolding  
Are simply this:

I am humbled and grateful to once again be a part of it all.

Amen

## **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).

### **Weekly Meditation, Prayer Circles, & Study Groups**

**UV Community Connect (via Zoom) 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](mailto:richard.everts@comcast.net).**

**Passage Meditation (Fillmore Wing) Thursdays, 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.**

**\$1 Gong Bath Relaxation (via Zoom) Saturdays, 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 Theater Group (Sanctuary) First & Third Thursday, 6:30-8:00 p.m.** Join us for playing theater and improv games and for enjoying the experience of being an actor as well as an audience member for short skits and scenes in a no-stress gathering. For more information, please contact **Doris Hicks at 458-205-8570 / [dlhlibrary@aol.com](mailto:dlhlibrary@aol.com) or Alice Sparks at 971-254-7564.**

**Unity's Council of Elders (Garden Room) Last Thursday, 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](mailto:jlinebargertaylor@yahoo.com) or 541-968-5896.**

Joy is the fruit of the spirit.  
~New Testament

## **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

#### **BOARD OF TRUSTEES**

Serenee Smith, President  
John Garrett, Vice-President  
(completing two full 3-year terms)  
Vicky Hills, Treasurer  
Ted Taylor, Secretary  
Michael Ticknor, Trustee  
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