



March 2024



The Power of a Resilient Spirit

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

THE POWER OF A RESILIENT SPIRIT

A message from our Ministerial Team

When did you last feel really down, defeated, despairing, or a deep sense of doom and gloom? If those descriptions seem too dramatic, perhaps you can relate to a mild depressed feeling—one that swings with your moods or persists under the surface like a dull ache in your heart. If so, you are reflecting a common aspect of the human condition. As Thoreau famously observed, “The mass of men [and women] lead lives of quiet desperation.”

Fortunately, most of us find ways to pick ourselves up and keep moving forward, in body if not in spirit. Some of us become experts at maintaining outer motion while feeling less than fully alive. When asked, “How are you doing?” our answer may be a cheerful, “Very well, thank you!” Positive affirmations such as this can be helpful, but not if they are primarily keeping us from facing our own darkness.

In Unity philosophy, having a resilient spirit is not about changing the true you. It’s about recovering the pure being already within us, the very core of our life. As we awaken to our core essence, we realize that the ups and downs of occupying a physical form are superficial, like waves on the sea. Our true nature is pure conscious energy, the same living energy manifesting this entire universe! At first, this knowing seems to help us “bounce back” from every fall. In time, we see that the soul never truly “falls” and is never less than whole. Instead, it is eternally brilliant and beautiful, even when obscured by a passing cloud.

Join us throughout March as we explore the wonderful and amazing resiliency in us all!



SERVICES IN MARCH

Sunday, March 3: “The Life Stream: Tapping Our Spiritual Pick-Me-Up Power” with **Jon West**. What is this mysterious force—sometimes referred to as prana or chi—coursing through our mind and body? What are the habits and practices that depress this energy or help it to flow freely? We will explore how this divine force is a vital key to bouncing back to health and happiness from life's low points.

Sunday, March 10: “It's About Time: Uplifting Our Sense of Past, Present & Future” with **Jon West**. Do you get stuck on past disappointments or concerns about the future? Do you feel there aren't enough hours in the day? Or that your time is winding down toward a scary, mysterious end and that your best years are behind you? Together, we will leap forward into a more expansive and harmonious viewpoint of this thing we call time.
REMINDER: Please set your clocks ahead one hour on Saturday night before this service.

Sunday, March 17: “Lessons from St. Paddy” with **Rev. Sherry Lady**. St. Patrick's success was due to tenacity and determination even in the face of uncertainty and second guessing about his own self-worth. We will take a look at how we face those challenges.

Sunday, March 24: “Palm Sunday: Lessons from the Joy & Heartbreak of Jesus' Journey” with **Laura DuBois**. Come and explore what may have been in the mind of our Great Way-Shower during this time leading up to Easter. Can we use his life and his teachings to stay connected to the Divine Flow?

Sunday, March 31: “Easter Sunday: Finding the Beauty & Higher Purpose in Life's Struggles” with **Rev. Inge Tarantola** and **Jon West**. Join us for an inspiring celebration of the Divine potential within us all, accompanied by our Unity Choir.



First-Sunday Potluck

March 3

after the service

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

Unity will provide coffee, tea, and dessert.

PARENTS EMPOWERED BY CONNECTING

Thursday, March 7, 2024

6:30-7:30 p.m. in the Garden Room



Parents, Grandparents, and Guardians are invited to join us in a safe, confidential, and collaborative parent support group.

Come and explore ways to uplift, support, and empower our children and ourselves while navigating the challenges that come with raising children.

Join us the 1st Thursday of each month.

For information contact

Amanda Hadd at 541-999-6673 or

Alice Sparks at 971-254-7464

Prayer, The Game Changer



Tuesdays

March 5-26

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 Grief Support Group facilitated by Rev. Inge Tarantola

Wednesday, March 13 & 27

4:00-5:00 p.m.

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



March Affirmation

I spring forward today
with unlimited love, joy,
peace and power!

Unity Open Men's Circle

**First & Third Tuesday of each month
7:00-9:00 p.m.**

The Unity Open Men's Circle is open to all men,
within our church and in our larger Eugene community.



The Men's Circle is a safe container where a man
can openly and authentically share about his life, with the
support and in the company of other men.

Emotional literacy, honesty, integrity, and
truth telling will be modeled and invited and held in a
structure of confidentiality and safety. There are opportunities
for growth, transformation, and fun.

For more information, contact

Raymond Albano – 541-285-3943 /

Ralbano.tmlp@gmail.com or Jim Drews – 541-731-8492 /
drewsjim@yahoo.com

Every First Wednesday at Unity
Chanting & Meditation

Wednesday, March 6th, 7-8 p.m.

Open to the Infinite Spirit within through the timeless practice of chanting our way into deep meditation. We chant both in English and Sanskrit, with 10 minutes of silent meditation between each chant. We conclude with a communal prayer for the world.

For more info, contact Jon West at (541) 683-7664
or jwest97405@gmail.com

Join Unity's Easter Choir



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

Rehearsals start on March 4 and are on:
Mondays (7:00-8:30 p.m.)
with Easter performance on March 31st.

Sign up in the Fellowship Hall or
contact Mo Robeson
at mo@sidarosa.com or 541-520-8489.

March Is Love-in-Action Volunteer Month

We have many fun and rewarding volunteer positions and leadership opportunities at our church, and we need your help. **Representatives from each volunteer ministry will be in the Fellowship Hall after the service on Sundays, March 10 and 17**, 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.

Soup Ministry – Volunteers set out refreshments and serve soup.

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

Tuesdays, February 20-May 14, 2024 - 7:00 p.m.

Melodramas, Comedies, Westerns and Film Noirs of 1950.
The country shakes off the war years and Joe McCarthy rises.

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

Pick up a registration form in the Fellowship Hall.

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

Tuesday, March 5: “The Asphalt Jungle” (Sterling Hayden)
directed by John Huston (112 min.)

Tuesday March 12: “The Breaking Point” (John Garfield &
Patricia Neal) directed by Michael Curtiz (97 min.)

Tuesday March 19: “Harvey” (James Stewart) directed by
Henry Koster (105 min.)

Tuesday March 26: “Rashomon” (Toshiro Mifune) directed
by Akira Kurosawa (89 min.)

Tuesday April 2: “Rio Grande” (John Wayne, Maureen
O’Hara) directed by John Ford (105 min.)

Tuesday April 9: “In a Lonely Place” (Humphrey Bogart)
directed by Nicholas Ray (93 min.)

Tuesday April 16: “Night and the City” (Richard Widmark,
Gene Tierney) directed by Jules Dassin (95 min.)

Tuesday April 23: “Annie Get Your Gun” (Betty Hutton,
Howard Keel) directed by George Sidney (107 min.)

Tuesday April 30: “Born Yesterday” (Judy Holiday, William
Holden, Broderick Crawford) directed by George Cukor (102
min.)

A good laugh
is sunshine in a house.
~William M. Thackeray

FINANCIAL REPORT

Meeting Our Needs as a Spiritual Family

MONTH(S)	INCOME	EXPENSES	NET
DECEMBER	\$22,117	\$33,284	(\$11,167)
JAN - DEC	\$227,540	\$232,870	(\$5,330)

After 10 years of net gains averaging \$20,000 per year, we finally used some of our savings in 2023. As costs keep rising, our Sunday in-person attendance remains ½ of our pre-Covid level. With your support, we envision reaching many more people with the Love and Light of Unity in 2024.

Faithfully yours, the Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

Thursday, March 21
10:30 a.m.

All Board meetings are held in the Garden Room.

All are welcome to attend.

If you would like to speak at the meeting, please contact **Serenee Smith** at sereneeheart@yahoo.com.



Don't forget
Set your clocks
ahead one hour on
Saturday Night,
March 9th.

YOUTH & FAMILY MINISTRY NEWS



YFM Fundraiser – Sunday, March 3 (after the service) – Douglas Fir Potted Tree Sale. This is an opportunity for you to pick up a 1-foot potted tree at \$10 and support our youth at the same time. **If you would like to reserve a tree ahead of time, contact Alice Sparks at 971-254-7564.** Funds raised help pay for camps and retreats for our youth, training retreats for YFM leaders, and help YFM with everyday needs.

Easter Family Fun Night Wednesday, March 27 6:30-8:00 p.m.

Calling all adults with children to join us in the fun. We will have Easter Bingo, a visit from the Easter bunny, and food too. Free, but donations welcome.



Sunday, March 31 – Join our youth classes at 10:30 a.m. for fun and festivities. We will have an Easter egg hunt, Easter race, Easter baskets, and more.

TEACHERS & ASSISTANTS NEEDED Your help can make a difference!

We are looking for teachers and assistants for our youth program. This includes the Nursery, Unitots, Unikids, Uniteens, and Y.O.U. Training is available. Curriculum, lesson plans and supplies for activities are provided. **If you would like to volunteer, please contact Alice Sparks at 971-254-7564.**



Calling All Volunteers!

**Piece of the Puzzle, Part of the Whole
Volunteer Appreciation Brunch**

**Saturday, March 16
10:30 a.m.-Noon**

Your Shared Leadership Team would like to honor you and express our appreciation for your gifts of time, talent, generosity, love, and service to this community.

Be sure to save the date and join us for food, frivolity, and festivity!

Sign-ups in the Fellowship Hall by March 12!

Gratitude is the memory of the heart.
~Jean B. Massieu

Unity Food Drive

We are collecting food for Food For Lane County to help keep the local pantries stocked.

Please help us fill the barrel in the foyer.

Donated items should be shelf-stable food (i.e., canned or no refrigeration needed)

Some suggested donation items are: Protein (such as peanut butter, canned meat: tuna, chicken, salmon, corned beef, etc.), dried beans, canned food, soup, spices, cooking oil, broths, shelf-stable non-dairy milk alternative (i.e., almond milk, oat milk, soy milk, etc.), cereal, grains, pasta, rice, baby food, baby formula.



YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

Nursery (Infant-4 years old) Nursery care is offered during the service in the Harmony Room.

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.

Uniteens (Grades 6-8) meet in the upstairs Treehouse room from 10:25 to 11:25 a.m.

Unity Teen Group (Grades 9-12), meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room.

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.

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 (12:15-1:15 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, contact **Julia Linebarger-Taylor at 541-968-5896**.
- **Prayer Requests** - Email your name and prayer request to Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.
- 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

PRAYER FOR THE WORLD SOUL

(from the writings of Rabbi Abraham Isaac Kook)

Radiant is the world Soul,
Full of splendor and beauty,
Full of life, Of treasures of the holy spirit,
Of fountains of strength and of greatness.
Ascend toward the heights of the world Soul
That gives life to the universe.
How majestic the vision.
Come, enjoy. Come find peace,
Embrace delight.
Taste and see that God is good.
Amen

SUNDAY LIVE STREAM

Sunday Services. Can't be here in person? 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

WEDNESDAYS: UV Community Connect (via Zoom) 2:00-3:00 p.m. A one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. Led by **Rev. Dick Everts**. To take part, send an email request to Rev. Dick at richard.everts@comcast.net.

THURSDAYS: Unity's Council of Elders (Garden Room) 1:00-2:30 p.m. (60 or older) Come explore the journey and wisdom of elderhood. For more info., Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.

THURSDAYS: Passage Meditation (Fillmore Wing) 5:30-6:45 p.m. This group practices "Passage Meditation" as taught by Eknath Easwaran. For more info., Laurie Cracraft at 541-554-5434.

SATURDAYS: \$1 Gong Bath Relaxation (via Zoom) 10:00-11:30 a.m. plus Free Optional Sharing Time with Sunny & Vicky Hills. Register at: <https://sunnyhillsmeditation.com/>.

SUNDAYS: Sunday Morning Book Study Group (Rainbow Room) 9:00-10:20 a.m. Currently studying *Spiritual Awakenings*, by Barbara Harris Whitfield. For more info., Cynthia at 216-466-1897.

Ongoing Monthly Groups & Events at Unity

Unity Grief Support Group (Garden Room). This group, facilitated by **Rev. Inge Tarantola**, meets alternating Wednesdays. For more info., Inge at 541-968-5540.

Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 3:30-5:00 p.m. Join experienced practitioners for a calming, healing Therapeutic Touch session. For more info., 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

OFFICE & BOOKSTORE HOURS

Tues–Fri, 10:00 a.m.-1:00 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
Ted Taylor, Secretary
Michael Ticknor, Trustee
Geneva Miller, Trustee
Alice Sparks, Trustee
Richard (Dick) Everts, Trustee