



March 2020



Sunday Service
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

TAKING THE RIDE OF OUR LIVES

A Message from Our Ministerial Team

“Are you ready for the big one?”

It’s a question that might refer to the big earthquake that some say Oregon is due for, or to any calamity that could render inaccessible our usual sources of food, water, electricity, and more.



Yet, in many ways “the big one” may already be upon us, even if it’s happening in slow motion instead of as a sudden jolt or tidal wave. There could be a big health challenge we’re facing, or a combination of many challenges related to aging. We might be dealing with a major shift in our finances, career, or housing situation. Maybe we have a relationship problem that’s been creating conflict and heartache for years.

When problems stretch on and on over time – or gradually increase like the global temperature – we may lose a sense of their true dimensions. We may assume that it’s “just the way life is” – not “the big one” calling us to draw on a deeper set of resources beyond the usual.

Throughout this month, we will explore keys for keeping our balance when the ground of circumstance quakes beneath us...wise ways of surfing the tides of time in our aging bodies and our time-traveling minds...and we will learn from inspiring souls who’ve faced great storms by courageously riding the winds of change.

At the deepest level, “the big one” is the wholeness of life that surrounds us now. It is the infinite potential of life we can access now. It is the great, swelling ocean of Divine Love and the all-embracing winds of Spirit that carry us forward on this ever-changing adventure.

So let’s be ready for it!

MARCH AFFIRMATION

My heart is an open sail in the adventurous winds of life!

SERVICES IN MARCH

Sunday, March 1: “Spiritual Time Traveling, Part 1: When You’re an Eternal Soul in an Aging Body.” Speaker: **Jon West**. At every age and stage of life, the way we relate to our physical body can either uplift or drag down our consciousness. How can we shift this relationship for our inner and outer wellbeing?

Sunday, March 8: “Spiritual Time Traveling, Part 2: The Elusive Place Between Yesterday and Tomorrow.” Speaker: **Jon West**. As we try to make the most of our time in this world, it can seem like any real contentment is either slipping away or just out of reach. Could it be that we are reaching for contentment in a mythical past or future where it doesn’t exist?

Sunday, March 15: “Finding Our Spiritual Adventure Story.” Speaker: **Rev. Sherry Lady**. The story of St. Patrick is one of finding a higher calling in the face of great personal challenges. There is a spiritual adventure waiting to unfold for every person willing to seek higher truth behind the mortal storm.

Sunday, March 22: “The Many Faces of Courage at Unity.” Speaker: **Jon West**. Right in our own spiritual community there are many inspiring examples of people shining their Inner Light through difficult situations. These wonderful souls show us what it means to have real faith and courage.

Sunday, March 29: “Staying Spiritually Awake in a Quaking World.” Speaker: **Rev. Inge Tarantola**. The Information Age has merged into the Thought and Emotion Age, swamped with millions of people’s views, feelings, and even intentionally misleading news. This adds to the strife already prevalent in these politically divisive times. By living with the intention to be a center of wisdom and loving calm in the chaos, we contribute to the evolution of the world.



Youth & Family Ministry News

We are ready for spring in YFM!



Our **Nursery/Unikids class (ages 0-7 yrs.)** are planting mini gardens and talking about our Earth.

In **Galileans (ages 8-11 yrs.)**, we will be building Oz using boxes, toilet paper tubes, and lots of green paint! We will continue our exploration of the 12 Powers through the wonderful story of Dorothy and her friends, and how we can use these powers to help us in our daily lives. Also, start preparing for our plant sale Sunday, April 26. All proceeds go to the children's program at First Place Family Center.



Our **Y.O.U./Uniteens (middle/high schoolers)** will be gearing up for Regional Rally in April, and inviting a guest presenter as well.

I.Y.O.U. A few of our teens and I are going to I.Y.O.U. (International Youth of Unity) Retreat this July at Unity Village in Missouri. Stay tuned for ways you can contribute and support us on this amazing trip!

As always, if you feel the call to share a little of yourself with our children, please contact me. We are always in need of positive adult examples! Christina Scott 541-222-9971 or at unityyfmeugene@gmail.com.

Sunday
March 8



*Bring a
main dish
or salad*

First-Sunday

*Unity will
provide
dessert*



March 1 (after the service)

The Unity Players



Sunday, March 1 – 1:00 pm

Would you like to be on the stage? The Unity Players theater group will be holding auditions in the Sanctuary for three one-act plays, to be performed April 25 and 26.

We have parts big and small for 10 women and 6 men of any age. Come, have lunch, and then try out. It will be a low-key, fun experience.

We rehearse Thursday evenings, but arrangements may be made for other times, once the plays are cast. Come and join the fun!

For more information, contact
Sunny Schneider at 541-521-3319

Behind the Lens Seminar

Tuesdays, March 3-24 (7:00 p.m.)

The March lineup for the **Behind the Lens Seminar**, hosted by Tom Blank, is:

Tuesday, March 3: *Laura*, directed by Otto Preminger. (88 min.)

Tuesday, March 10: *Arsenic and Old Lace*, directed by Frank Capra. (118 min.)

Tuesday, March 17: *Since You Went Away*, directed by John Cromwell. (177 min.)

Tuesday, March 24: *Meet Me in St. Louis*, directed by Vincent Minnelli. (113 min.)

A Q&A with Tom Blank will follow each screening.

Cost: \$5 per time – Register by picking up a registration form in the Fellowship Hall.

FRIDAY SPIRITUAL CINEMA

Friday, March 20, 7:00 p.m.



The **March** film is "*Un Coeur En Hiver*," *A Heart in Winter*. A spiritual movie doesn't have to be about religion, since the spirit isn't limited to organized religious practices, but may involve any aspect of the human condition. *Un Coeur en Hiver*, from director Claude Sautet, concerns love, relationships, and the various interactions of the heart and the mind in working out emotional connections.

A beautiful concert violinist becomes intrigued with her lover's business partner, an aloof restorer of musical instruments, and a bizarre love triangle forms in which each participant slowly reveals their insecurities and imperfections. (105 minutes)

Tom will lead a Q & A session after the film. Donation basis.

Chair Yoga Series
with Alexandra Levine
Mondays, March 2-April 6
10:00-11:00 a.m.

Learn to feel at home in your body in a gentle, supportive, and safe commUNITY! We address stress and tension in each part of the body while using the breath to create peace and harmony in the mind.



Donation basis.
No one turned away.

For more information,
contact Alexandra at
alexandra canhellyou@gmail.com



“The 5 Love Languages” Class
offered by Kaiven Fenton
based on the book by Gary Chapman
Fridays, March 6-April 10 (1:00-3:00 p.m.)

Join Kaiven in the Garden Room to learn about and practice expressing genuine love to friends, family members, partners – or anyone – in their own love language rather than yours, by reading the book, discussing, and practicing one love language each week.

~ Love Is All There Is ~

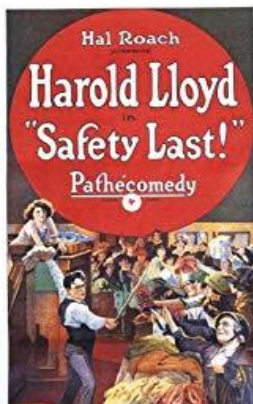
A free 30-question online quiz, which will show your 5 love languages, is at www.5lovelanguages.com.

Suggested donation of \$5 per class. **Sign up in the Fellowship Hall.** For more information, contact Kaiven Fenton at 541-654-2619.

Unity of the Valley's Silent Movie Night with Live Music

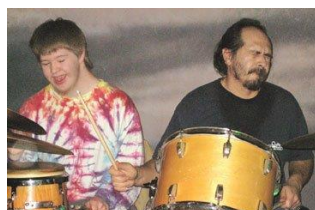
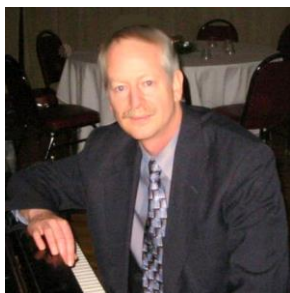
From Paul Biondi, Gus Russell,
and Rick & Van Cobian

Tuesday, March 31, 7:00 p.m.



Safety Last, directed by Fred C. Newmeyer and Sam Taylor. In 1922, country boy Harold says goodbye to his mother and his girlfriend Mildred in the train station and leaves Great Bend expecting to be successful in the big city. As soon as he makes it big, his sweetheart will join him and marry him. His enthusiasm to get ahead leads to some interesting adventures. (74 minutes)

This screening will feature live music during the movie by world-renowned musician **Paul Biondi** on saxophone and flute, along with versatile **Gus Russell** on piano, and **Rick** and **Van Cobian**, a father and son percussion duo from Eugene.



Suggested Donation: \$5-10

Paul Biondi: <http://www.giftedchildmusic.com/paulbio.htm>

Gus Russell: www.gusrussell.com

Volunteer Ministry News

March is one of my favorite times here at Unity of the Valley. We hold our **Volunteer Appreciation Brunch**, where I get to thank all the volunteers who do so much to make our community special. All year our ministries go about the tasks needed to make things run smoothly. Most expect no acknowledgement. It's fun to gather and to let them all know their participation is appreciated. I hope to see you all on Saturday, March 21st!

The other event in March is **Love-in-Action**.

This is a chance to talk to members of the various ministries and find out what they do. It is a good way to find a group with common interests. This is our community, and we all work together to make it the place we like to call home.

I hope you enjoy these events. Thank you for all that you do!

Ellen



Calling All Volunteers!

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

**Saturday, March 21
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.

Sign up today and join us for food, frivolity, and festivity!



FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
DECEMBER	\$21,725	\$16,524	\$5,201
JANUARY	\$22,697	\$17,504	\$5,193

We are starting the year on a very prosperous note! More people are contributing on a regular basis by signing up for our automatic deduction program, using our online PayPal button, and/or making "catch-up" contributions after missing one or more Sunday services. Thank you for being a supportive part of our spiritual community!

Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side.

Tuesday
March 17, 6:30 p.m.

BOARD
OF Trustees'
MEETING

All are welcome to attend this meeting in the Garden Room. If you would like to speak at the meeting, please contact Serenee Smith at 928-533-1646.



Many thanks to each of our Ministry Coordinators for your time, your devotion, and the love you give and share with Unity of the Valley. You are an important piece of the puzzle and part of the whole that helps Unity thrive.

FOUNDATIONS OF UNITY with Jon West

*The essential course for everyone
interested in Unity!*

**4 Week Series on Wednesdays
April 1 – 22
6:30 p.m. – 8:00 p.m.**

**Attendees will be eligible to become
voting members of Unity.**

**Each session includes in-depth
explorations of universal spiritual
principles, followed by break-out
groups where we get to know
each other and share personal
reflections and experiences.**

DONATION BASIS

**Childcare provided
on request**

***Sign up in Fellowship Hall
or email Jon at
jwest97405@gmail.com***

Unity's Prayer Ministry

Trained Chaplains are available to pray with you following the Sunday service. Prayer-team members will also pray for those who leave prayer requests in the prayer box in our foyer. You can also contact our Prayer Chain for prayer during the week. For more information, see the Prayer Ministry pamphlet in the foyer.

Healing Prayer Circle

We meet weekly to offer focused healing prayer to individuals who request it. These individuals can meet in person with the prayer team right after church on Sundays. If you cannot be there in person, we offer distant healing.

For more information and to make an appointment, contact **Rev. Inge Tarantola at 541-968-5540.**

Love is a
mysterious divine glue
that unites
the hearts of all....

~Sivananda

MARCH PRAYER

from Rev. Sherry

Accepting Change

As the inevitability of change continues to remind us of the ongoingness of life in all its forms, we enter into the flow of its unfolding with confidence because we know that we will be divinely guided in all our ways and days.

Thank you, Loving Spirit, for continuing to be a gentle and loving presence in our lives. We open now to peace and joy as we remember the good that has blessed our past, and will continue to bless us in the days ahead because of your love.

We walk into the future with confidence, knowing that there is nothing to fear, for God is already there.

Amen

halie and the moon

"...deeply personal music that waxes universal;
music for everyone, but also just for you."
- Rick Levin (*Eugene Weekly*)



in concert at

Unity of the Valley

Saturday, April 4th

7 pm (doors at 6:30)

Tickets: \$15

halie and the moon:

Halie Loren, Daniel Gallo, Kathryn Brunhaver,
Bobby Stevens, Beau Eastlund

www.halieandthemoon.com

facebook.com/halieandthemoon

Unity Bookstore

Take a little time before or after the service, or during the week, to shop at Unity's Bookstore. You'll find some wonderful treasures and help support our community at the same time! **Hours are Sundays, before and after the service, and Tuesday-Friday, 10:00 a.m.-4:00 p.m.**

Weekly Meditation, Prayer Circles, & Study Groups

See our website (www.unityofthevalley.org) for more information on any of our ongoing circles or study groups.

SUNDAY MORNING READING GROUP (Rainbow Room) Sundays

9:00-10:00 A.M. This group is studying the book, *Zero Limits* by Joe Vitale and Ihaleakala Hew Len. Everyone welcome.

CHOIR PRACTICE (Sanctuary) Mondays, 7:00-8:30 P.M. To join or for more information, contact **Mo Robeson** at **541-520-8489**.

YOUTH CHOIR PRACTICE (Sanctuary) Sundays, 12:15-1:00 P.M. All youth ages 8-18 are invited to join the youth choir. For more information, contact Unity's Music Director, **Laura DuBois** at **732-687-3571**.

MEDITATION CIRCLES (Fillmore Wing) Mondays, 5:30-6:30

P.M./Thurs., 5:30-6:45 P.M. The Monday group welcomes all meditation approaches and drop-ins. The Thursday group practices "Passage Meditation" as taught by Eknath Easwaran. For more information, contact **Laurie Cracraft** at **541-345-7563**.

TUESDAY SPIRITUAL DISCUSSION GROUP (Harmony Room)

Tuesdays, 10:30-11:45 A.M. This group reads together and discusses books chosen unanimously. The emphasis of the group is on discussion. For more information, contact **Judy Richardson** at **541-484-1958**.

MEDITATION & DOUBLE-GONG RELAXATION WITH SUNNY & VICKY

(Sanctuary) Wednesdays, 10:15-11:45 A.M. This class is calming, heart-opening, refreshing, inclusive, gentle and safe. \$5. Drop-ins welcome! For more information, contact **Sunny Hills** at **808-359-4926**.

NOON PRAYER & MEDITATION (Garden Room) Wednesdays,

12:00-12:30 P.M. Join **Linda Flock** in this beautiful experience of opening your heart to feel the complete and continuous Love of the Divine. Everyone is welcome!



Wherever the spirit of God is,
there is freedom....

~Paul of Tarsus



WINTER QIGONG: INWARD JOURNEY (Fillmore Wing)

Thursdays, 11:15 A.M. - 12:30 P.M. led by **Jasmine Grace**.

Suggested donation of \$8-\$10 per class. (no one turned away.)

For more info., contact **Jasmine** at **541-944-6418**.

COUNCIL OF ELDERS (Garden Room) Thursdays, 1:00-2:30 P.M.

The Council of Elders is a group that meets to define the possibilities and responsibilities of our wisdom years. If you are 60 or older and have an interest, please join us. For more info., contact **Bonnie Paquin** at **541-345-8873**.

COMING ALIVE THEATER GROUP (Sanctuary) Thursdays, 7:00-

8:30 P.M. Come and practice, and learn more about theater and other drama activities. No experience necessary. For more info., contact **Sunny** at sunnyschneider22@gmail.com.

A COURSE IN MIRACLES (Fillmore Wing) Fridays, 10:00 A.M. - 12:00

P.M. For more info., contact **Janet and Dennis Chandler** at **541-485-5235** or email at janechkoppchandler@gmail.com.

Ongoing Monthly Groups & Events at Unity

HEALING CIRCLE (Fillmore Wing) Third Sunday, 3:00-3:45 P.M.

Join Dennis & Janet Chandler in a recurring monthly healing circle, based on A Course in Miracles, dedicated to acquiring and understanding healing practices and demonstrations.

UNITY OPEN MEN'S CIRCLE (Fillmore Wing) First and Third

Monday, 7:00-9:00 P.M. The Men of Unity Group is open to all men in our church and our larger Eugene community. For more information on how you can participate, please contact **Jim Drews** at **541-726-8510** or **Raymond Albano** at **541-285-3943** / ralban0@icloud.com.

PRAYER SHAWL GROUP (Fellowship Hall) Second Thursday,

12:00-1:00 P.M. This group knits and crochets prayer shawls that will bless people who are going through a difficult time with a gift they can wrap around themselves to bring comfort, love, and peace. No experience necessary. For more info., contact **Inge** at **541-968-5540**.

THERAPEUTIC TOUCH (Fillmore Wing) First Thursday, 7:00-9:00 P.M.

The NW Therapeutic Touch Institute offers sessions for anyone interested in practicing or experiencing Therapeutic Touch healing. For more info., contact **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.-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

Vicky Hills, Treasurer

Heather Breckenridge, Secretary

*Pam Gutierrez, Trustee

*Tim Harrow, Trustee

Steve Smothers, Trustee

Michael Ticknor, Trustee

Alice Burch, Trustee

*3-year term ending in February.