

May 2019



**Sunday Service**  
**10:30 a.m.**

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

## OUR SPRING AWAKENING

*Live in each season as it passes;  
breathe the air, drink the drink, taste the  
fruit, and resign yourself to the influence  
of the earth. ~Henry David Thoreau*



The flowery dance of spring is in motion around us, here twirling in graceful pirouettes, there taking bounding leaps with childlike glee. Sometimes the sun seems intent on heating up the stage with its buttery embrace before a darkly dressed rain cloud sweeps in to make a final bow.

All in all, spring is an incredible performance deserving our daily standing ovation—along with ovations of walking, biking, hiking, and yes, dancing, balanced by periods of inner quietude and contemplation. In every dance there are pauses. In every piece of music, rests. Within that calm space, the mystical energy of life is replenished so we can rejoin the celebration with fresh enthusiasm.

Throughout this merry month at Unity, we will let ourselves be swept off our feet by the mysterious beauty and power of the season. Sometimes we will join the dance through music and meditation. Sometimes we'll join the dance by remembering the Divine Mother who beats in every heart. Finally, we'll dance into the mystic corners of consciousness and follow the eternal calling to know life's meaning and our purpose in it.

Spring, it can be said, is God calling forth the seed of God within all life. Every blossom and bud reflect the deeper essence we each contain. One way to encourage this inner awakening is through the heartfelt use of affirmations. Here is our spiritual community's affirmation for May: *I am open like a flower to the amazing radiance and beauty of life!*

Celebrating your divine unfolding,  
Jon, Sherry, and Inge

## SERVICES IN MAY

**Sunday, May 5: The Spiritual Magic of Music and Meditation.**

Speakers: **Jon West** and **Laura DuBois**. This service will be devoted to exploring how music can open the heart and lead us into a meditative state of communion with the Infinite.

**Sunday, May 12 (Mother's Day): The Mysteries of Motherhood.**

Speaker: **Rev. Sherry Lady**. Birthing and nurturing a child is a beautiful and wonderful thing, but there's a mysterious current of motherhood that flows through women who have never had their own children, and expresses through men and nature as well.

**Sunday, May 19: The Marvelous Power of Mystical Thinking.**

Speaker: **Jon West**. Mystics through the ages have shown us how we can live in tune with universal wisdom, love, and peace through our focused intention.

**Sunday, May 26: Our Meandering Motions Toward Meaningful**

**Living.** Speaker: **Jon West**. Finding deep meaning and purpose is a timeless quest of existence, but solutions are closer at hand than society and life's day-to-day actions, attractions, and distractions often lead us to believe. Our Unity Choir will perform under the direction of Mo Robeson.



## First-Sunday Potluck

**May 5**

(after the service)

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

**Unity will provide  
coffee, tea, and dessert.**

## Youth & Family Ministry News



May Flowers are everywhere in YFM!

Our **Unikids (ages 4-7)** created flowers for our classroom wall and are exploring our connection to the Earth, getting really good at meditation, and loving our music time with our amazing music volunteers!

In **Galileans (ages 7-11)** we enjoyed making and painting pots for our plant sale and, thanks to your help, we know it will be a huge success! We are adding to our kindness tree and learning ways to connect to each other.

In **Uniteens/Y.O.U. (ages 13-18)** we attended the Y.O.U. Rally and are working towards Unitreat in June. We are exploring writing our own meditations and discussing our ideas and concepts of God.

Remember to check out our bulletin board for our Spotlight Kid each month and for upcoming activities. New this month is our Family Corner!

We are looking for a few volunteers to chaperone trips to the park this summer. If you can help, please contact Christina Scott, our YFM Coordinator, at 541-222-9971 or [unityfmeugene@gmail.com](mailto:unityfmeugene@gmail.com).

The world is but a canvas  
to our imaginations....  
~Henry D. Thoreau



Welcome to **The Art of Healthy Sleep**  
with Barb Stevens-Newcomb.

You are invited to a **new** 6-week class  
weaving together sleep and relaxation  
practices, ancient teachings, and  
the chemistry of sleep  
to deepen your sense of wellbeing.

*Support your mind and heart.  
Feel better in your body.*



## **The Art of Healthy Sleep**

**Wednesdays, May 1-June 5**

**4:45 - 5:45 p.m.**

Email [whitebutterfly@riousa.com](mailto:whitebutterfly@riousa.com) or call 541-554-7694.

More information at [www.acalminterlude.com](http://www.acalminterlude.com).

\$60 for 6-week series,

## FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
<b>FEBRUARY</b>	\$16,171	\$15,443	\$728
<b>MARCH</b>	\$16,682	\$16,835	(\$153)

The efforts many have made to support Unity through regular giving or increased giving after they've been away has helped us maintain financial stability for the past 6 years. Thank you for all the ways you strengthen our Unity!

~ Your Board of Trustees

*Note: Please consider including Unity in your Will, as well as giving to our Legacy of Love endowment fund which will provide Unity with interest income for years to come.*



QR CODE: Scan to reach Unity's homepage. Use DONATE button on right side.

# BOARD Trustees' MEETING

**Tuesday, May 21  
6:30 p.m.**

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

Minutes of the board meetings are posted in the Fellowship Hall on the Board bulletin board.

## Sunday, May 12



To the world you may be one person, but to one person you may be the world.

~Unknown





# First Wednesday Meditation Service

May 1, 7:00-8:00 p.m.  
in the sanctuary (Donation)

What comes from the heart,  
goes to the heart....  
~Samuel T. Coleridge



## Unity's Garden & Facility



Spring is here! The sun and rain have brought the grounds to life again. The **Gardening Angels** have been out cleaning and weeding and planting. If you haven't walked around the building in a while, take a stroll and enjoy how beautiful it is. We all enjoy the meditation garden from the sanctuary. Now that the weather is good, step outside and enjoy the garden close up.

The **Facility Angels** have also been at work over the winter. Lights have been replaced to make visibility better at night. The railing to the Fillmore Wing has been extended for additional safety. We enjoy our beautiful facility and are grateful to all those who help keep it safe and beautiful for us.



Thank you!  
Ellen Ticknor, Volunteer Coordinator

## Sunday, May 5 Hike Mt. Pisgah/Buford Park



Come and revel in the Spirit-Outdoors with Joe Sanders on a hike of Mt. Pisgah/Buford Park after church. It is a flat or slight elevation gain (to be decided on by the group upon arrival). One-and-a-half to two hours.

For more information, contact **Joe 541-255-2524** or email [joe.surfsand@gmail.com](mailto:joe.surfsand@gmail.com).

## Behind the Lens Seminar Tuesdays, May 7-28 (7:00 p.m.)

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

**Tuesday, May 7: *Yankee Doodle Dandy***, directed by Michael Curtiz. (126 min.)

**Tuesday, May 14: *The Magnificent Ambersons***, directed by Orson Welles. (88 min.)

**Tuesday, May 21: *Random Harvest***, directed by Mervin LeRoy. (126 min.)

**Tuesday, May 28: *I Married a Witch***, directed by Rene Clair. (77 min.)

**Cost: 12 films for \$30, or \$5 per time – Register by picking up a registration form in the Fellowship Hall or calling the office at 541-345-9913.**

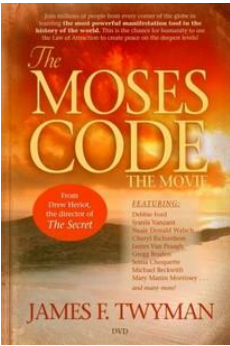
See flyer in Fellowship Hall for a listing of all 12 movies.



## MOVIE NIGHT AT UNITY

**Friday, May 10, 7:00 p.m.**

Free (Donations accepted)



The documentary, *The Moses Code*, with James Twyman, begins with a simple premise – the idea that in Biblical times, in the Old Testament, God gave Moses a rudimentary "code" used to "tap into" the power of

Jehovah and perform miracles in day-to-day life. The creators of this documentary argue that this same code was recently rediscovered and can still be used in the day-to-day lives of individuals to both accelerate one's own personal development and enhance the surrounding world in benevolent ways. (PG) (90 minutes). **A circle discussion with Ann will follow the movie.**

## FRIDAY SPIRITUAL CINEMA

**Friday, May 17, 7:00 p.m.**



Our **May** film is *Silent Light*, directed by Carlos Reygadas. A man of faith succumbs to a temptation he cannot resist. Johan and Esther have been married for years and live with their children in a Mennonite community in Mexico. While Johan and Esther are both taciturn by nature, a moral dilemma is tearing Johan apart – he's been having an affair with another woman in their circle and feels he may be falling in love with her. While the tenets of his faith strictly

forbid adultery, his need to be with her seems stronger than the dictates of his moral compass, and while he's confessed his sins to Esther and his close friend, Zacarias, subjecting himself to the shame of truth hasn't buffered his desires. Even worse, after Johan confesses to his father about his lust for Marianne, he's told that he may have fallen under the sway of Satan. (PG) (144 minutes) **A question-and-answer session with Tom will follow.** (Donation basis)

## 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.

### MAY PRAYER

from Rev. Sherry

#### Turning Within

I turn within,  
where the power of love  
lives deep within my heart.

I breathe deeply,  
centered in divine love,  
and fear dissolves.

All things not of love are released.

With every heartbeat,  
I feel divine life  
flowing through me.

With every breath I take,  
wholeness is complete within me,  
and I feel the fullness of life.

I rest with ease  
in my true state of well-being.

Brush strokes of joy  
cover me inside and out –  
and I am whole.

Amen

I see God in everything,  
I recognize my oneness  
with all mankind and  
my oneness with God....

~Peace Pilgrim

Words are  
also seeds,  
and when dropped  
into the invisible  
spiritual substance,  
they grow and bring  
forth after their kind.

~Charles Fillmore

Only love  
can be divided endlessly  
and still not diminish....

~Anne Morrow Lindbergh



## Sunday, June 9 YFM Step-Up

As our children prepare to move onto the next level of classes in the fall, we celebrate them and their achievements. Join us for a "Step-Up" celebration at the 10:30 a.m. service followed by the Ice Cream Social after the service.





## SERVICE OF LIGHTS

The small votive candles on the platform are there for you! Any time during the week, or before or after the Sunday service, feel free to light a candle as you say a prayer for yourself or others.

## Unity's Bookstore



**Did you know?** 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.

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!

**Our hours are Sundays, before and after the service, and Tuesday-Friday, 10:00 a.m.-4:00 p.m.**



Unity of the Valley is a fragrance-free zone.

Many of our congregants are sensitive to fragrances. Please apply perfumes, lotions, and other fragrances after leaving the church.

We appreciate your thoughtfulness.

Calling All Women of Unity  
**Summer Solstice Celebration**  
**Thursday, June 20 (1:00-3:00 p.m.)**  
at Inge Tarantola's home



Unity's Elder Council is hosting a  
**Summer Solstice Celebration** for the Women  
of Unity on Thursday, June 20  
at Inge's home.

We will gather in circle outside in the garden,  
so dress accordingly. Please bring a folding  
(camp) chair for our garden meditation  
experience and bring a snack to share. Our  
theme is "**Sunlight Reflection.**"

(Directions to Inge's will be available  
in the foyer on Sunday, June 16.)

## Weekly Meditation, Prayer Circles, & Study Groups

See our website ([www.unityofthevalley.org](http://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, *The Book of Ho'oponopono - The Hawaiian Practice of Forgiveness and Healing*" by Luc Bodin, MD, Nathalie Bodin Lamboy, and Jean Graciet. Everyone welcome.

### **YOUTH CHOIR PRACTICE (Garden Room) 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**.

### **MELLOW KUNDALINI YOGA, MEDITATION, & GONG RELAXATION (Fillmore Wing) Wednesdays, 10:15-11:45 A.M.**

This yoga technique is safe and effective for everyone no matter age, experience, or level of fitness. \$5. Drop-ins welcome! For more information, contact **Sunny Hills** at **808-359-4926**.

### **NOON PRAYER & MEDITATION (Peace Chapel) 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!

### **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 information, 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 information, contact **Gary or Sunny (541-461-5663)**.

**A COURSE IN MIRACLES (Fillmore Wing) Fridays, 10:00 A.M.-12:00 P.M.** For more information, contact **Janet and Dennis Chandler** at **541-485-5235** or email at **[janetkoppchandler@gmail.com](mailto:janetkoppchandler@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](mailto: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 information, 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 information, contact **Bev Forster** at **541-520-9358**.

### **HAVE YOU MOVED?**



Please let us know if you have recently moved or changed your telephone number or e-mail address. You may notify us by calling 541-345-9913, e-mailing Géna at [unityval@riousa.com](mailto:unityval@riousa.com), or writing us a note, so we can keep our records up to date.

## 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

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