



unity[®]
of the Valley

November 2018



Sunday Service
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

FINDING A WAY TO EMBRACE ALL OF LIFE

In many of his writings, Unity co-founder Charles Fillmore expressed the importance of embracing life with eyes of wonder, acceptance of the mystery, and the knowing (though it may seem otherwise) that we are not powerless in the face of challenges. Instead, through the power of Mind, inherent Grace, and the Divine Presence within, we are gifted with the wisdom to choose actions that will move us from confusion and fear into heartfelt gratitude for the blessings that are ours. In his book, *Jesus Christ Heals*, Fillmore writes:



Metaphysicians have discovered that words which express thanks, gratitude, and praise release the energy of mind and Soul; and their use is usually followed by effects so pronounced that they are quickly identified with the words that provoke them. [Provoke = bring into being]

In November, we will be exploring the experience of grief, the awakening to the ever-present flow of Grace, and the possibility of emerging into a deep sense of gratitude. As your ministerial team moves with you through this month of seasonal changes, its yet-to-be-discovered blessings, and the unseen yet ever-present promise of the spring to come, we hold for you these thoughts, paraphrased from the Sufi tradition:

May the blessings of love fall upon you. May its peace abide in you. May its presence illuminate your hearts, now and forevermore.

Sherry and the Ministerial Team



SERVICES IN NOVEMBER

Sunday, November 4: Lessons in Grief from an Old Tree.

Speaker: **Jon West**. Spiritual resources we can use for weathering painful loss, disappointment, and regret, shared through the poetic metaphor of a tree.

Sunday, November 11: Gratitude Rising. Guest speakers: **Tom Titus** and **Eric Alan**. See details on page 10.

Sunday, November 18: Is This the Hand of Grace? Speaker: **Jon West**. While it may seem to be the hand of Life is inflicting cuts and bruises upon us, could it be trying to lift us into the Light?

Sunday, November 25: In the Forest of Grief, Grace, and Gratitude. Speaker: **Jon West**. It's common for our human condition to distract us from the presence of Spirit. How can we be responsive to ever-changing events while staying serenely grounded in Eternal Truth?



**Sunday
November 4
Turn your clocks
back one hour!**

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.

NOVEMBER PRAYER

from Rev. Sherry

Melody Beattie writes:

Gratitude unlocks the fullness of life. It turns what we have into enough. It turns denial into acceptance, chaos into order, confusion into clarity. It can turn a meal into a feast, a house into a home, and a stranger into a friend.

Every day is a good day in which to be grateful – a day not to mourn for what we didn't get, but to express gratitude for all the blessings we have been given without asking.

Sweet Spirit, may we be ever mindful of the blessings in our lives, and ever aware of your Presence as love in our hearts.

~Amen

A colorful illustration for a harvest festival. It features a scarecrow in a red jacket and green hat with a sunflower, surrounded by sunflowers, pumpkins, a squirrel, and autumn leaves. The text 'Unity's Annual Harvest Festival' is written in a large, orange, stylized font. Below it, a banner reads 'A FAMILY EVENT'.

Unity's Annual
**Harvest
Festival**
A FAMILY EVENT

Bring your friends!
**Saturday, November 10
5:30-7:30 p.m.**

Cool Games! Fun Prizes!

Youth & Family Ministry News

November in YFM is Rockin'!

- The Y.O.U.ers/Uniteens are cooking dinner for Hosea Girls' Homeless Shelter.
- The Uniteens are headed for Unitreat November 10-12.
- **The Unity Annual Harvest Festival** will be held **Saturday, November 10, 5:30-7:30 p.m. ~BRING YOUR FRIENDS~**
- Mushroom walk: ALL YFM during the service on November 25.
- Our Galileans are putting together their Thanksgiving food boxes and delivering them to two families in transition.
- We're gearing up for the holidays—ornament making...candle lighting...caroling!



We are looking for volunteers for the Harvest Festival! Please sign up in the fellowship hall to help make this year's festival even better than last year's! Run a game, bring some cupcakes, make a craft, set up/clean up. Many hands make light work!

Childcare continues for children ages 0-4 years old in the Nursery during service. For more information, please contact our YFM Coordinator, Christina Scott, unityfmeugene@gmail.com or 541-222-9971 (call/text).



First-Sunday Potluck

November 4 (after the service)

Bring a main dish or salad and invite your family & friends.

Unity will provide coffee, tea, and dessert.

A Message from Our Volunteer Coordinator

Join Us on Thursday, December 6!

Every year we gather to decorate Unity of the Valley for Christmas. We deck out the Sanctuary and Foyer to celebrate the season.

The Youth decorate a tree in the Fellowship Hall with handmade ornaments and garlands.

This year, we will gather on Thursday, December 6, from 6:00 to 8:00 p.m. We will have pizza and snacks. Please mark your calendars and join us for this fun evening!



Many volunteers are needed!

The love in your heart wasn't put there to stay.
Love isn't love until it's given away....
~Anonymous

Calling All Voices!



Come and Join the Christmas Choir!

Our Christmas Choir is always a wonderful addition to the holiday festivities.

Come and share your voice with us!

Rehearsals start Monday, November 5

and are held weekly on Mondays (7:00-8:30 p.m.) and on Saturday, December 15 (10:00 a.m.-noon).

Performance is Sunday, December 16.

Sign up in the Fellowship Hall, or for more information, contact Mo Robeson (541-520-8489).

FINANCIAL REPORT

MONTH	REGULAR INCOME	REGULAR EXPENSES	NET
AUGUST	\$16,520	\$16,315	\$205
SEPTEMBER	\$17,642	\$16,749	\$893

Good news! In doing our best to be wise stewards, we've kept our year-to-date expenses \$2,351 less than in 2017, and \$2,866 less than in 2016. The regular giving needed to keep our spiritual center running averages \$20 per adult (\$40 per couple) per week. Along with extra income from classes, special events and rentals, we are thankfully covering expenses, with a bit extra for facility repairs as needed.



Scan to reach homepage.
On right side, use yellow
DONATE button.

With loving appreciation, Your Board of Trustees



Board of Trustees Meeting Tuesday, November 20 6:30 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 Tim Harrow at 541-359-8499.

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

Behind the Lens Seminar

Tuesdays, November 6-December 18

(7:00 p.m.)

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

Tuesday, November 6: *A special election screening, **The Great McGinty***, directed by Preston Sturges. (82 minutes)

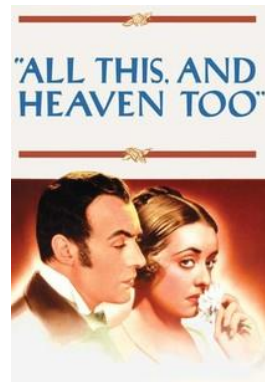
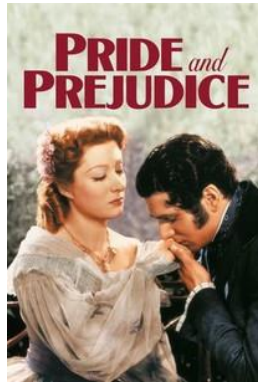
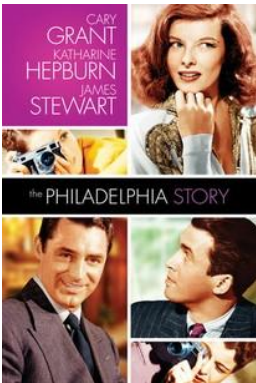
Tuesday, November 13: ***Pride and Prejudice***, directed by Robert Z. Leonard. (118 minutes)

Tuesday, November 20: ***All This and Heaven Too***, directed by Anatole Litvak. (143 minutes)

Tuesday, November 27: ***The Philadelphia Story***, directed by George Cukor. (112 min)

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

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.



Love is the energizing elixir of the universe,
the cause and effect of all harmonies....

~Rumi

~ Starting November 7th ~

First Wednesday Meditation Service

7–8 p.m. in the Unity Sanctuary
led by Jon West



“The soul loves to meditate, for in contact with the Spirit lies its greatest joy.” –Paramahansa Yogananda

Join us for silent meditation
interspersed with devotional chanting
and an inspirational reading or two.

For more information, email
jwest97405@gmail.com

Donation basis

Sunday, November 11 Gratitude Rising with Eric Alan and Tom Titus

Gratitude is an inherently accessible quality in our lives. When we accept gratitude as a bedrock principle of living, it becomes a practice, a commitment that is independent of our momentary feelings. Like water in an oak tree, it is drawn from a greater well and can permeate mind, body, and spirit. Thus, the only limitation to our experience of gratitude is an unawareness of its presence.



Tom Titus is a grandfather, gardener, geneticist, and author of *Blackberries in July: A Forager's Field Guide to Inner Peace*, a paean to Oregon. Tom's writings have appeared in *Oregon Quarterly* magazine and the collection *Forest Under Story*. He blogs regularly at www.tomatitus.com/blog/

A founding board member of Cerro Gordo Land Conservancy, **Eric Alan** is completing his fourth book, *Grateful by Nature*. It includes his photography and prose from his contributions to *Celebrate What's Right with the World*, an online project founded by former *National Geographic* photographer Dewitt Jones.



Sunday, November 11, from 3:00 to 5:00 p.m. at Tsunami Books, Eric and Tom will join with other artists to explore gratitude in prose, poetry, and music in their fourth annual presentation of *The Nature of Gratitude*. This year's program will benefit Hearts for Hospice.

Sunday, November 11 - (1:00 p.m.)



The touring version of *Now, I am Your Neighbor*, a play telling stories generously shared by immigrants who live in Lane County, woven together by playwright Nancy Hopps.
Original production directed by Carol Dennis.



Feeding the Community

2018 Holiday Food Drive

Unity of the Valley is participating in the annual Holiday Food Drive with St. Vincent de Paul to help collect specific foods which will help fill thousands of holiday food boxes for local families in need over the holidays.

During the month of November, we are collecting donations of: broth/gravy, canned olives, canned veggies, canned yams/sweet potatoes, canned pumpkin, protein (peanut butter, tuna, etc.).

Please help us fill the barrel in the foyer in November!

MOVIE NIGHT AT UNITY

Friday, November 9, 7:00 p.m.

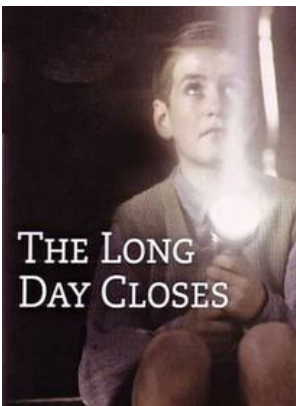


Collateral Beauty, directed by David Frankel. When a successful New York advertising executive suffers a great tragedy, he retreats from life. While his concerned friends try desperately to reconnect with him, he seeks answers from the universe by writing letters to Love, Time, and Death. But it's not until his notes bring unexpected personal

responses that he begins to understand how these constants interlock in a life fully lived, and how even the deepest loss can reveal moments of meaning and beauty. A circle discussion with Ann will follow the movie. Free (donations accepted).

FRIDAY SPIRITUAL CINEMA

Friday, November 16, 7:00 p.m.

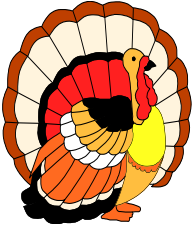


The Long Day Closes, directed by Terence Davies. Suffused with both enchantment and melancholy, this autobiographical film takes on the perspective of a quiet, lonely boy growing up in Liverpool in the 1950s.

The spirituality of this movie lies in the idea that all humans share certain common experiences, and these should be recognized and celebrated.

A question-and-answer session with Tom will follow. (Donation basis.)

Unity's Annual Thanksgiving Day Potluck Thursday, November 22



Gather at 3:00 p.m., Eat at 4:00 p.m.

Join us for our annual Thanksgiving Day Potluck on Thursday, November 22. This is a wonderful opportunity to come together in gratitude and thanksgiving!

Turkeys will be provided. Bring a hot dish, salad, or dessert.

Sign up in the Fellowship Hall today!

**If you can help with this wonderful event,
please sign up to volunteer in the Fellowship Hall or
contact Ellen Ticknor at 541-344-1490.**

Calling all Men, Women, and Children!



Christmas Decorating



Come and join us for Unity's annual
Christmas Decorating Party!

Thursday, December 6, 6:00-8:00 p.m.

- We are looking for at least 15 adults (the more, the merrier) to help with the big tree and garlands.
- We are looking for families with children for craft activities, and to decorate the small tree in the Fellowship Hall.

Refreshments include:
pizza, yummy apple cider, and cookies.

Everyone is invited!

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, *I Come As A Brother – A Remembrance of Illusions*, by Bartholomew. 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**.

SPIRITUAL KUNDALINI YOGA, MEDITATION & GONG with Sunny

Hills (Fillmore Wing) 10:30-11:45 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** 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.

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 information, contact **Inge** at **541-968-5540**.

THERAPEUTIC TOUCH (Fillmore Wing) First & Third 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**.

The church office will be closed on Thursday and Friday
November 22 & 23
for the Thanksgiving weekend.



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

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