



November 2020



**The
Many
Ways
We are
Called**

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

THE MANY WAYS WE ARE CALLED

A message from our Ministerial Team

If Hollywood were to make a movie or miniseries based on the events of 2020, it's easy to envision a disaster epic about the pandemic. Or a nail-biting adventure about surviving a wildfire or flood. Or it might be a political thriller about a highly controversial president and the twists and turns of an election season like none other. Or perhaps a large-scale social drama about the racial divide in our nation reaching a breaking point. Or a more personal drama about trying to support a family after losing a job and being unable to access unemployment benefits through an overwhelmed system.

But can you imagine 2020 being portrayed as a story of uplift and inspiration? Of us being called to our highest good?

The easiest way to find our divine calling in times of great challenge is to train ourselves to find the callings in our everyday lives. If we allow ourselves to be driven by our evolutionary instincts, even small obstacles will often be seen as threats that arouse our fear and anger. When our ego, or delusional sense of separate self, dominates our world view, we may react defensively instead of finding the humor and the opportunity to grow.

Life happens. But so much of the tension and conflict we experience is us attempting to resist events instead of asking ourselves these simple questions: What am I being called to learn from this situation? How am I being called to rise in consciousness so that I can bring my best and let God's love and light shine through me to the world?

As our own Rev. Dick Everts writes: "The Calling we seek is constant and right Now. It is calling us to be awake, to be aware of our negative thoughts and feelings that are the basis of so much unhappiness. They are calling us to stand still with courage and do nothing but be aware of them, without resistance, as their negative energy slowly dissipates. The calling can also be to simply sit in the stillness of nature, without labeling anything, just observing and listening to its Voice in the quiet. As often as possible move toward quietness and just be. 'Be still and know that I Am...'"

Yes, in so many subtle and unexpected ways, we are being called. And greater than any epic adventure film is the true story of each soul that sets forth on the quest to answer that call. A good first step to getting started is to set a strong and faithful intention. Are you ready? And here we go!

Sunday, November 1
Daylight Savings Ends, Fall Back One Hour

SERVICES IN NOVEMBER

Sunday, November 1: “Everyone is Called, but Few Choose to Listen.” Speakers: **Rev. Dick Everts** and **Jon West**. There are so many ways we are "called" on a daily basis. We'll explore some examples as well as "How are we to answer?"

Sunday, November 8: “When There's No Way Out: The Call to Deepen Our Spiritual Awareness.” Speaker: **Jon West**. It is often said that there is a spiritual solution to every problem, or as Jesus put it, "The truth will set us free." Could our lingering challenges be calling us to a greater understanding of our connection with the Divine?

Sunday, November 15: “Shared Blessings: The Power and Joy of Giving Back to Life.” Speaker: **Jon West**. No matter our situation, by generously sharing our loving energy as if we have much to be thankful for, we discover that the source of all blessings is readily available.

Sunday, November 22: “Thankfulness for Our Diversity.” Speaker: **Rev. Sherry Lady**. We cannot be thankful for every single thing in our lives or in the world because we haven't experienced or seen everything. However, we can begin to understand true thankfulness by observing the personalities, interests and talents of those who have added their uniqueness to life's story. In our uniqueness, and even our faults, lies our strength to bless the whole. We will also be featuring the **gospel music of Darline Jackson and Chris Stubbs**.

Sunday, November 29: “Changing the Way We Look at Things.” Our speaker, **Rev. Inge Tarantola**, describes her message this way: "During this pandemic we hear a lot about what's not working and what we are lacking. While I'm not suggesting that we ignore the facts, we can choose to change our perspective. When we shift our focus to what we are grateful for, our spirit starts to lift."

Youth & Family Ministry News

Happy November Unity from all our YFM kids and families! Here's hoping your Halloween and first days of Fall are great!

Our **Y.O.U. (High schoolers)** just finished their annual Virtual Regional Retreat "**The Spirit of Stories**" where we looked at the importance of cultural stories and how they shape our lives. Our youth also have the opportunity to connect with other youth in the region twice a month with **Sacred Sundays** (next one is on Nov. 1 at 7:00 p.m.) where they participate in an online spiritual lesson and sharing. The next **Book Club** meets on Nov. 22 where they will discuss Chapters 1-2 from **The Five Principles**. This month's **Movie Discussion** will be **Penelope** on Nov. 8 at 7:00 p.m.

Our **Uniteens (middle schoolers)** will have the opportunity to attend the annual Fall Unitreat "**What Do You Stand For?**" Nov 6-8. We will be exploring our strengths and what superhero we are?

The **Galileans & Unikids** are busy with Girl Scouts, theater, leadership club, boys & girls club, and sports! Not to mention online school and fitting in friends and family time too!

Our children are living through history. Strike that, they are **CREATING history!** They are creating new ways to learn, connect, and make sense of their world. Our families are creating new definitions of Family time, Work time, School time and Social time, all out of their homes. **We are all developing new awareness** around hygiene, health, boundaries, and what it means to be a citizen of this great nation and our beautiful world.

Now more than ever we need to **give extra patience and room for reflection and growth in our children as well as ourselves**. We are all moving into uncharted waters as our lives, nation, and world change daily. Let's take a pause before we speak to each other.

When you feel the pressure of all these weighty variables, take a breath and now blow it out deeply... Ahhh, better. Now remember how much we love this person we are speaking to. Let LOVE create our speech and actions.

Sending love and light to all of you as we heal, grow, breathe, and love our way into December.

Christina Scott, YFM Coordinator
unityyfmg@gmail.com / 541-222-9971



2020 Looking Glass Volunteers of the Year – Pam Gutierrez & Doris Hicks, Unity of the Valley



Unity of the Valley began an outreach to Looking Glass Residential Services in November 2019. They provide a weekly celebration service based on the outline of Youth of Unity (Y.O.U.) meetings. Prayer shawls are provided to all participants and some of their family members. Since the end of June, Unity of the Valley has also provided an evening Zoom Prayer time when the teens are able to connect one-on-one with a chaplain.

When asked about the role these services play in the recovery of the youth in these programs, Pam Gutierrez said “I think it gives them some hope and security in their future. We tell them ‘you are not your past – there is a different way of being than before you arrived here.’”

Pam and Doris also offer art projects and sing with the youth. “They asked us to sing with them,” Doris explained. “We weren’t necessarily planning to sing, but the kids kept asking to sing together, so we started doing it.”

“Pam and Doris, and other volunteers that serve AYS youth bring so much hope and happiness to program,” Looking Glass AYS Director Maleigha Myers said. “They meet every youth where they are at, and provide them unconditional positive regard...”

For the complete article, visit:

<https://www.lookingglass.us/blog/2020/9/21/2020-looking-glass-volunteers-of-the-year-pam-gutierrez-amp-doris-hicks-unity-of-the-valley-church>.

Help for Michelle Victor

As many of you already know, our beloved congregant, Michelle Victor, lost her home to the Holiday Farm fire. Thanks to the efforts of Joe Sanders, she now has a Go Fund Me set up for her. Any help you can give is appreciated!



<https://www.gofundme.com/f/help-resettle-home-destroyed-in-oregon-fire>

Thanksgiving Day Meal

Due to the unforeseen circumstances of this year we will not be able to host our annual Thanksgiving Day Potluck in the Fellowship Hall. We will miss seeing your beautiful smiling faces but feel that it's important to remain as safe as possible for the time being.

Recognizing that some of our congregants have been experiencing hardships, **our Shared Leadership Team has offered to prepare a limited number of Thanksgiving meals for those in need.** These meals will include all of the regular Thanksgiving goodies along with a big portion of LOVE!

If you're interested in receiving one of these meals, please let Géna know no later than November 18, 2020. She can be reached at unityval@riousa.com or 541-345-9913, ext. 11. Please let her know:

1. How many are in your household?
2. Whether you prefer a Turkey or Vegetarian meal.
3. Whether you will pick up meal or have it delivered.
4. Phone number to contact you.
5. Address of where to deliver meal.

The meals will be delivered or available for pick up on Wednesday, November 25, 2020, between 12 noon and 2:00 p.m.

Unity of the Valley Thanksgiving Zoom Program We Gather Together in Gratitude

This year Thanksgiving gives us the unique opportunity of giving thanks with fellow church members via **Zoom**. Everyone is invited. This is a Drop-in event on Thanksgiving Day sponsored by Unity of the Valley and hosted by Rev. Dick. **There will be two, one-hour sessions: 10:00-11:00 a.m. and 2:00-3:00 p.m.**

Click on the Zoom link below, and your invitation will be automatically generated. Please note the Joining link as well as the meeting ID number in the invitation. By clicking on the Joining link, you will be taken to the meeting. The Host will admit you into the meeting as soon as possible depending on the number of participants.

<https://us02web.zoom.us/j/81718401035?pwd=T1h1SnZMN2RNQzVGSGZOczNNTjJlQT09>

Please be prepared to share what the Spirit of Gratitude brings up for you to share. You can also choose to simply listen with an open heart and be lifted up by Spirit's words to you through others.

Looking forward to seeing you there.
Rev Dick

NOVEMBER PRAYER

from Rev. Sherry

I'm here, Loving Spirit.

I feel the tug in my heart – and the questions.

How can I be the servant of peace when I feel fear?

How can I be the servant of love when, though it is so needed, the world seems to push love aside and choose hate and anger?
How can I be there for others when I cannot touch them or be near them to whisper in their ear and tell them that they matter?

A look, a glance, above the mask of lost identity
does not fully show all that is in my heart, nor how much
I want to be close to them, to support them.

Show me the way, Blessed Spirit.

Give me the words, Holy One.

Help me build the connection between my heart and theirs
so we can bless the world together.

In gratitude for Your Presence, I Am Here.

Notes from our Music Director

One of the things I love most about Unity is the concept of "Believing Is Seeing." Early last summer, Unity had to make a tough decision. Classic Pianos of Portland, who had so generously loaned us the Yamaha piano in our sanctuary, needed to sell that glorious instrument. Valued at \$30,000, they offered it to us for a reduced price of \$24,500. Considering we used it free for four years, that was quite a bargain! However, this happened in the midst of the COVID shut down, and the future of our economy was looking gloomy, to put it mildly.



The superb quality of that piano had allowed our music team to reach new heights of beauty, and therefore to reach larger and larger audiences. But a purchase that size during the pandemic seemed impossible. How could we dedicate funds to a musical instrument when people were losing jobs and housing? We came to the brink of giving up.

At the 11th hour, thanks to the encouragement of two visionaries in our community, we decided to move forward with the purchase by private fundraising. Classic Pianos offered us a no-interest payment plan of \$500 per month, and we signed on the dotted line. We currently have a handful of people contributing to these monthly payments. We've also received several one-time donations, which help immensely. Any additional contributions are heartily welcomed!

In closing, I'd like to mention a gift that has come to us as a result of our community's "Believing." An anonymous couple in our congregation recently put a large sum of money into a trust fund. Though they don't consider themselves wealthy, they have saved diligently for 30 years. Much to our amazement and delight, they have chosen the Unity Music Team as the beneficiary! WOW! This is a dream come true - actually, it's beyond my wildest dreams! Every year starting next July, the music team will receive 60% of the interest from that fund, and the other 40% will be reinvested. This is truly the "gift that keeps on giving," and we are eternally grateful to this anonymous couple!!!

With love, Laura DuBois

UNITY SPIRITUAL COMMUNITY SUPPORT FUND

The Unity Board created a Spiritual Community Support Fund. This fund was inspired by a Unity member who offered her government stimulus funds to assist individuals in our spiritual community who need it most.

WAYS YOU CAN CONTRIBUTE FINANCIALLY

- **Mail a check** to Unity of the Valley, 3912 Dillard Rd., Eugene, OR 97405 with a note designating if it's for OSCSF or general Unity finances.
- **Make a donation through PayPal** using the yellow DONATE button on the home page of our website: unityofthevalley.org. This can be a one-time donation, repeated as often as you wish for different amounts, or a monthly recurring donation for a set amount. Make sure you designate whether you want your donation to be applied to OSCSF or to general Unity finances.
- **Send an email** to unityval@riousa.com stating that you wish to pledge a certain amount, to the OSCSF or to general Unity finances. Include your phone number so Géna can contact you to arrange how and when you wish to donate.
- **Write a letter** stating you wish to join our **Simple Giving Fund** to contribute a set amount (state the amount) on a regular basis (state how often) and include a voided check. Just designate what portion should be used for OSCSF or general Unity finances. Géna, our Office Administrator, opens all our mail in private. So, it is safe to include your account information in a letter, but not in an email.

Healing Prayer Circle

We meet weekly via ZOOM to offer focused healing prayer to individuals who request it. For more information and to make an appointment, contact
**Rev. Inge Tarantola at
541-968-5540.**

Prayer Requests

Email your name and prayer request to Rev. Inge Tarantola at ingetar@pacinfo.com.

FINANCIAL REPORT

MONTH(S)	INCOME	EXPENSES	NET
AUGUST	\$15,348	\$10,326	\$5,022
SEPTEMBER	\$10,716	\$10,462	\$254

The strength of our community through all the upheavals of this year is remarkable. In addition to your generous ongoing financial support, we received an additional \$1,225 for Our Spiritual Community Support Fund to share with individuals in need. It was also wonderful to see a GoFundMe site created for Michelle Victor who lost her home in the Holiday Farm fire (see page 5).

Thank you for keeping our connection strong and remembering we're all in this together. You are a blessing.

Your Board of Trustees



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

IF YOU NEED MONETARY ASSISTANCE

To request monetary help, you can write a letter or an email (unityval@rioussa.com) directed to the Ministerial Team. Please include the following information:

1. Your name, mailing address, phone number, and email address.
2. Your association with Unity of the Valley.
3. Name of a reference at Unity of the Valley (someone who knows you).
4. Brief description of your financial need.
5. How much you are requesting.
6. Do you think your financial needs will require monthly support?

Requests for monetary help will be reviewed by our Ministerial Team. If a request is approved, the amount granted will be dependent on how many requests we receive and how much money is available in the OSCSF.

Thank you all for being an integral part of our loving and supportive community.

UNITY ONLINE

Sunday Services. Although the facility is closed, 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).

Unity's Music Releases can be found at

<https://www.facebook.com/unityofthevalley/videos/368369060857899/>

CONNECTING VIA ZOOM

Community Connect, 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.

Online Kundalini Meditation, Music, Mantra, Gong & Song with Sunny & Vicky Hills, Saturdays, 9:45-11:15 a.m.

Very Easy & Calming, \$12 includes "Unlimited Video Replay" Please Register in advance for this meeting at <https://us02web.zoom.us/meeting/register/tZMkceqprjlrGtE6Ss-gH1QuKdqO4c9DQWRG>. After registering, you will receive a confirmation email containing information about joining the meeting.

YOGA CLASSES VIA ZOOM WITH DONNA O'NEIL

Gentle Yoga Tuesdays, 9:30 a.m. Register at <https://eugeneyoga.us/downtown-schedule/>.

Level 1 Hatha Yoga, Wednesdays, 10:30 a.m. This class was previously held at Unity, pre-COVID. Donna holds these via Zoom from her home now. If you are interested in joining the class, or just trying it out, call her at 541-632-0105, or email at yogawithdonna@gmail.com. The online meeting number is ID: 775 275 2582. Donation basis.

Gentle Core Awareness, Thursdays 9:30 a.m. Register at <https://eugeneyoga.us/downtown-schedule/>.

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.
(we are currently closed due to the COVID-19 Pandemic)

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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