



NOVEMBER 2019
THE WONDER & BEAUTY OF IT ALL



Sunday Service
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

MAY WE NEVER LOSE OUR WONDER

A message from our Ministerial Team

May we never lose our wonder.
May we be wild eyed and mystified,
just like a child, staring at the beauty
of it all, as we embrace the call, and revel
in the Grand Design, created to enthrall
all those who are willing to be beguiled. ~SL



One powerful way to continue experiencing wonder is to open our hearts, our minds, our very being to not only what is, but to what is possible. Two philosopher/writers who explored the connection between wonder and possibilities are Abraham Joshua Heschel, a 20th century philosopher who wrote: *Wonder, rather than doubt, is the root of all knowledge.* And Gerry Spence: *I would rather have a mind opened by wonder than one closed by belief.*

Socrates said: *Wonder is the beginning of wisdom.* Charles Dickens: *All of us have wonders hidden in our breasts, only needing circumstances to evoke them.* Underlying all these quotes is the innate desire for knowledge, wisdom, hope, and the experience of something profound as modeled by those who have walked before us. During the month of November, we will share thoughts, questions, and inspiration on the power of wonder, its place in the grand design, and how it reveals who we truly are. We will also be uplifted by a guest presentation on the spirituality of music and how it stirs a deep sense of wonder, imagination, and infinite possibilities

Throughout this month and beyond, may we keep opening ourselves to the wonder and beauty of it all. May we see this world as the wonderland it is. And may we come together as fellow travelers, sharing ever-greater mutual support and love on this evocative journey of life.

Your Ministerial Team

SERVICES IN NOVEMBER

Sunday, November 3 (Daylight Savings Ends-Turn clocks back one hour): ***OH, WOW! Igniting Our Power of Wonder.***

Speaker: **Jon West.** Human perception can easily become dulled to the mysteries that crowd every particle of space. Yet as we daily renew our childlike wonder, our innate capacity for joyful growth is sparked.

Sunday, November 10: *Is there a Grand Design?* Speaker: **Jon West.** Ancient spiritual wisdom and modern science both shed light on the order and beauty underlying our often chaotic and confusing experiences in the physical world.

Sunday, November 17: *Beauty Lifts the Spirit* Speaker: **Rev. Inge Tarantola.** When we slow down long enough to observe our world, we can discover beauty everywhere and in the most unlikely places. Beauty can transform the ordinary into the sacred.

Sunday, November 24: *Music and Spirituality: How They Intertwine in My Life* Guest Speaker: **Carolyn Cruso.** See details on page 12.



First-Sunday Potluck

Sunday, November 3
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

November finds us loving the cooler days and the falling leaves in YFM!



Our little ones in **Unikids** are learning about the beautiful earth God gave us, and all the ways we can enjoy it with our families. Our **Galileans** are busy getting things gathered and ready for their Holiday Bazaar next month, and, thanks to the funds they made at the Pumpkin Sale, they will be shopping for their Thanksgiving boxes to give to struggling families in our area. Our **Uniteens** are attending the NW Regional Unitreat in Washington on November 10, and, together with our **Y.O.U.**, are talking about what is a hero. They are working with our amazing Ann Woeste to write their own hero quests in which, of course, they each are the star!

Service This Month

Galileans Thanksgiving Food Boxes
Kindness Challenge

Fundraising This Month

Wreath Sale

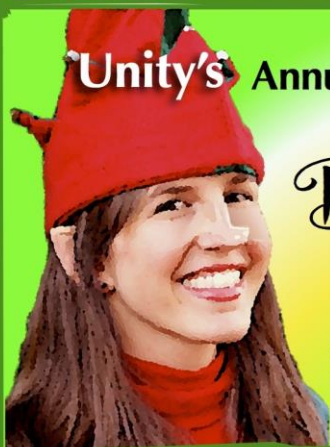
I want to give a shout of thanks to our teachers, helpers, and music angels. We simply couldn't have a Youth Program without you!

- We are still in need of an assistant for our little ones' class on a few weeks, so please see me if your inner child is bugging you to come and play!
- We very much need a few lovely souls to be on a substitute list when our teachers need to be out.
- I am always on the hunt for guest presenters! Come and share your talent, knowledge, passion, profession, or hobbies with our youth! (THANK YOU, ANN!)

As always, if you have any questions or concerns, please contact Christina Scott, YFM Coordinator, at unityyfmeugene@gmail.com or txt/call 541-222-9971.



Unity's Annual Pledge Campaign & Raffle



Be a Simple Giving
E.L.F.
(Expanding Love Force)

By signing up for automatic monthly donations through our Simple Giving program (or if you already send in regular monthly donations) you'll enter a **drawing for one of three \$100 Market of Choice gift cards!** You can track participation in the campaign by each E.L.F. hanging around in our Fellowship Hall!



3 Reasons People Use Simple Giving

"It's a great way to earn miles on our credit card while supporting our spiritual home!"

"It's truly flexible and easy. I can change my automatic deduction as needed. And I like not worrying whether or not I brought something for the offering."

"I love that there's no expectation at Unity about attending services or giving a set percentage of my income. But with that freedom, I also want to do my part to ensure Unity's Light keeps shining for others and that it's here when I return."

PLEDGE FORMS are available in the foyer or by emailing unityval@riousa.com. Return it by mail, with the Sunday offering, or during our weekly office hours.

Holiday Wreath Fundraiser For Youth & Family Ministries

**Help us get to
Spring Retreats!**

Last Day to Order

November 11th

Pickup Wreaths at Unity

November 24th



Wintry Mountain
Wreath \$30



Traditional Mixed Wreath \$30



Family Christmas
Centerpiece \$30

These beautiful Northwest wreaths are grown and assembled after we order them by Willamette Evergreen and will be delivered fresh here to Unity of the Valley.

For more information, contact Christina Scott, YFM Coordinator unityfmeugene@gmail.com or 541-222-9971 (call/text).

CABARET FUNDRAISER

Friday, November 1

7:00-9:00 p.m.

Join us at Unity of the Valley for a refreshing and delightful evening of music, dance, storytelling, poetry, and just plain fun!

Coffee, tea, and
delicious desserts
will be served.

Tickets \$10



All proceeds go towards Unity's Music Program

The Yellow Brick Road . . .

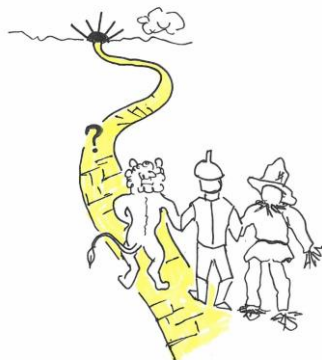
Assessing where you are on the spiritual path

Facilitated by Rev. Nola Woodbury

Monday, November 4

6:30-8:00 p.m.

Join Rev. Nola for an introduction to spiritual direction. Guided self-assessments will help participants clarify obstacles on their "path." Donation basis.
Sign up in the Fellowship Hall.



Prayer, The Game Changer

Thursdays, November 7-21

3:00-5:00 p.m.

Facilitated by 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.

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 are held weekly

**Mondays (7:00-8:30 p.m.) and one on
Saturday, Dec. 14 (10:00 a.m.-noon)**

Performances December 15 & 24

Sign up in the Fellowship Hall!



Feeding the Community

2019 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!

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 cards, books, CDs of Sunday services, CDs of local artists, and some wonderful treasures all while helping to 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.

Sunday, November 3
Daylight Savings Ends



Gratitude
is the memory
of the heart....

~Jean B. Massieu

Behind the Lens Seminar

Fall 2019 Series: Hollywood Does Its Bit

Tuesdays, October 1-December 17 (7 p.m.)

1943: The country has been at war for over a year, and Hollywood has had time to adjust its film production. It's now okay for the studios to offer film stories that are sympathetic to the victims of the war, and audiences are beginning to welcome overt propaganda messages intermixed with traditional entertainment. At a time when most of the population goes to the movies at least once a week, these were some of the most popular offerings.

Cost: 12 films for \$30, or \$5 per time. Register by picking up a registration form in the Fellowship Hall at Unity.

Tuesday, November 5: *Air Force*, directed by Howard Hawks. (124 min.)

Tuesday, November 12: *The Ox-Bow Incident*, directed by William Wellman. (75 min.)

Tuesday, November 19: *So Proudly We Hail*, directed by Mark Sandrich. (126 min.)

Tuesday, November 26: *Hitler's Children*, directed by Edward Dmytryk. (82 min.)

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

MOVIE NIGHT AT UNITY

Friday, November 8, 7:00 p.m.

Free (Donations Accepted)



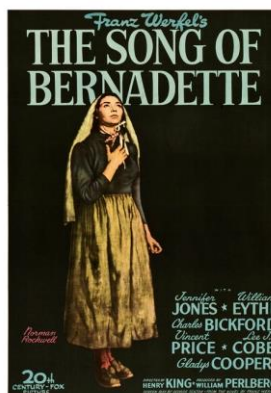
The November film is **What the Bleep Do We Know!**, directed by William Arntz, Betsy Chasse, and Mark Vicente.

A fictional photographer's quest to spiritually rediscover herself is interspersed with documentary footage of scientists and theologians discussing the philosophical aspects of quantum physics. Not rated. (109 minutes.) A circle discussion with Ann will follow the movie.

FRIDAY SPIRITUAL CINEMA

Friday, November 15, 7:00 p.m.

(Donation basis)



The November film is **The Song of Bernadette**, directed by Henry King. This is a heartwarming film about a young peasant girl with wondrous visions of a “beautiful lady” who, without seeking to do so, brings crowds of visitors to her little village. Beyond the appearance of what people call the Virgin Mary, a fountain springs from the earth, one that seems to heal anyone who bathes in it. Despite not claiming credit, Bernadette suffers from the envy and prejudice of her skeptical neighbors. The film also stars Vincent Price, Charles Bickford and Lee J. Cobb. (156 minutes)

A question-and-answer session with Tom will follow.

Sunday, November 24, at 10:30 a.m.
Music and Spirituality:
How They Intertwine in My Life
with Carolyn Cruso

Carolyn will explore this quote and more, sharing with us her journey, musings and distillation of much reading on the subject, revealing that music is a spiritual practice and a devotion, and that music plays the role of cultural ambassador, spiritual awakener and healer.



Wielding two guitars, a hammered dulcimer, and her voice, Carolyn Cruso roams the back roads of the country and of the mind taking the listener on a journey of beauty, redemption, compassion and humor. Fans and reviewers alike say she weaves an intricate web of magic with her intelligent and soulful music. She gives talks at numerous Unitarian and New Thought Churches around the country and is also an environmental science educator for youth aged 6 to 14. She makes her home in the San Juan Islands where she lives with her beloved partner David and Zoë the cat.

**The church office
will be closed on
Thursday and Friday
November 28 & 29
for the
Thanksgiving weekend.**



A Message from Our Volunteer Coordinator

We have great volunteers here at Unity of the Valley. Most organizations I have worked with run on just a few volunteers who do everything; but when we hold our Volunteer Appreciation Brunch, we plan on about 70 people attending, and that number does not include those who cannot come. That means that a strong majority of our community is helping out to make sure everything gets done. Thanks to all of you for your generosity!

Our community does have a large number of seniors. I made a list of volunteers who can lift and move tables, and the list turned out to be quite short! I sometimes forget this fact when energetically planning events. So, I want to give an additional thank you to all of you who give what you can in spite of limitations. I am also extremely grateful to the younger, stronger volunteers for being there to chip in.

Much love and thanks to all of you,

Ellen

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

~Charles Fillmore

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

~Sivananda

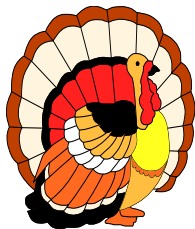
LOST & FOUND



The Lost & Found is located over the coat rack in the Fellowship Hall. Please check for your lost belongings. Unclaimed items will be given to the Salvation Army in the near future.

Unity's Annual Thanksgiving Day Potluck

Thursday, November 28



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

Join us for our annual Thanksgiving Day Potluck on Thursday, November 28. 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 in the Fellowship Hall to volunteer 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!

Wednesday, December 4, 6:00-8:00 p.m.

1. We are looking for at least 15 adults (the more, the merrier) to help with the big tree and garlands.
2. 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!

FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
AUGUST	\$13,697	\$16,200	(\$2,503)
SEPTEMBER	\$17,041	\$22,715	(\$5,674)

UNITY NW REGIONAL CONFERENCE: In September, we gave back to our regional association of Unity churches by hosting the region's annual conference. Along with the tremendous efforts of our staff and volunteers, we covered nearly \$3,000 in conference expenses and donated to the region all \$1,500 in ticket sales from our music team's amazing concert.

We were honored to serve in this way and felt warmly appreciated by our 55 guests. As one wrote: *"...we left deeply and meaningfully changed by the concert itself, and moreover by the entirety of Unity of the Valley's hospitality and excellence throughout the week."*

Thanks to all of you for infusing this community with your generous spirit of love.

Your Board of Trustees

BOARD
 *Trustees'*
MEETING

Tuesday, November 19
6:30 p.m.

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.

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

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

Prayer of Thanksgiving from Rev. Sherry

With open minds and grateful hearts, we say thank you for:

This earth – our home
Wide sky and blessed sun
The salty sea and fresh spring water
Everlasting hills and majestic mountains
Trees and never-ending breezes

We sense the splendor of our lives through:

Hearing the songs of birds
Seeing the splendor of summer fields
Tasting the autumn fruits
Feeling the snow
Smelling the breath of spring

May we never doubt the Presence of a Loving Spirit and the bond we share as sojourners on the path of life as it unfolds, individually and collectively, for all.

Amen

Healing Prayer Circle

We meet weekly to offer hands-on 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.



We have many fun and rewarding volunteer positions and leadership opportunities at Unity of the Valley.

A few of the areas that we currently could use some extra help in are the Bookstore, help on Sundays as an Usher or an Opener or Closer, and help in the Youth & Family Ministry (YFM). See below for more information.

Bookstore – Volunteers work at the cash register after the service on Sunday mornings and for special events. Usually serve one Sunday per month.

Church Opener/Closer – Openers unlock doors, and prepare the sanctuary and other rooms for the Sunday service. Closers count the love offering after the service, and close the church after the service. Usually serve one Sunday per month.

Usher Ministry – Volunteers serve at one Sunday service per month, greeting people, handing out bulletins, receiving the love offering, etc.

Youth & Family Ministry – Teachers, substitutes, assistants, and guest presenters are needed. (Please contact YFM Coordinator Christina Scott directly at 541-222-9971 txt/call or at unityyfmeugene@gmail.com.)

Please sign up in the Fellowship Hall at the signup table or contact Ellen Ticknor at 541-344-1490.

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**.

MELLOW KUNDALINI YOGA, MEDITATION, & GONG RELAXATION (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!

Each prayerful thought and act of kindness
blesses the world with peace.

FALL QIGONG: INTENTIONAL SURRENDER IN THE FLOW (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 **Gary or Sunny (541-461-5663)**.

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

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Pam Gutierrez, Trustee

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Michael Ticknor, Trustee

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