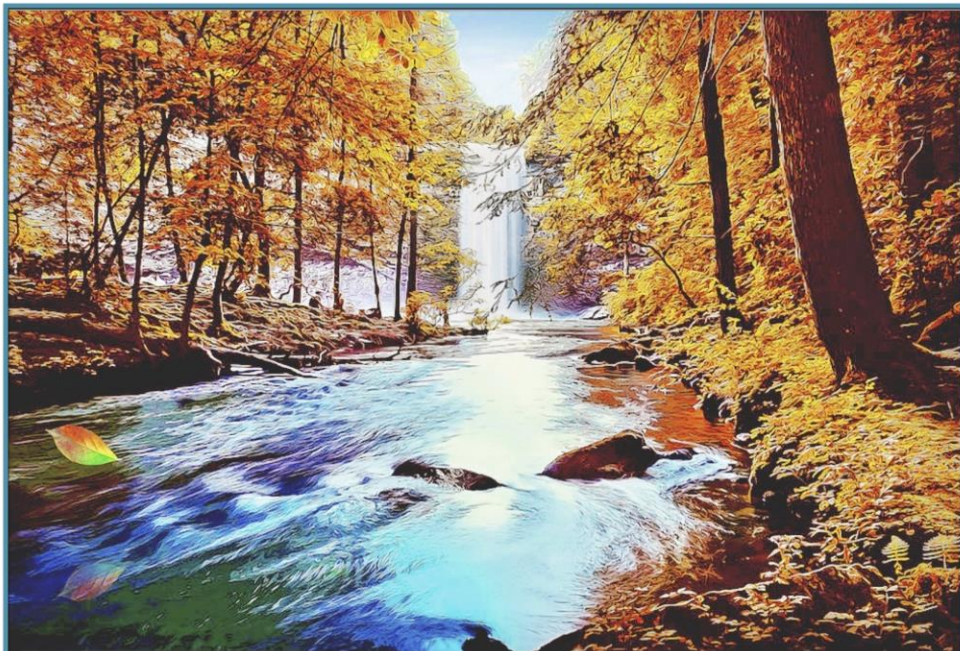




November 2021



The Natural Flow of Gratitude, Giving & Grace

Sunday Livestream & In Person Service
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

The Natural Flow of Gratitude, Giving & Grace

A message from our Ministerial Team

Here is something important you can do with a few minutes of spare time: Quietly contemplate the fullness of your daily opportunity for living...until you feel the natural radiance of gratitude growing within you.



What does “gratitude for the fullness of life” encompass? We might begin with the basic essentials, such as the fact that we need a universe to exist in. A universe with universal laws providing us with three-dimensional space, time, the wondrous atoms, the entire spectrum of electromagnetic force, and on and on. And we’ve got it! That’s an impressive level of support right there, isn’t it?

Our embodied life requires a planet supported by our solar system, particularly our sun. Because of this foundation, we have air, water, every growing green thing, all creatures wild and domesticated, the gift of our physical senses, and all the underlying processes and material resources we couldn’t manage without. Feeling grateful yet?

Don’t overlook the gift of mothers, fathers, and families. Or the gift of creative ingenuity paired with our innate ability to work scientifically, resulting in advancements we count on every day. And why not add in the gift of artistic expression, including that universal language we call music? Notice how every good thing we humans take credit for wouldn’t exist without countless natural supports? As if there was some “grand design” being implemented?

Of course, we don’t have to believe in a Higher Power to stand in awe of this incredible fountain of grace pouring to and through us. Yet if we are interested in practical spiritual exploration, we can test for ourselves what saints and seers of many cultures have shared: that the more we open our hearts and minds to all life’s gifts, and the more we endeavor to let that giving power express through us to the world, the more grace-filled our dance of life becomes. Every minute of it. Flowing with gratitude, giving, and grace. Naturally!



SERVICES IN NOVEMBER

Sunday, November 7: "The Spiritual Art of Giving and Receiving." Speaker: Jon West. Some authors write about giving and receiving as if there was a mathematical equation we could apply to get the results we want. But living life by the numbers can be stifling to a soul that seeks to dance with the natural flow of the universe. So let us set aside the quest for magical numbers and consider some basic "dance steps" for living gracefully in the stream of abundance and generosity.

Sunday, November 14: "Loss as a Portal to Joy: The Duality of Grief and Gratitude." Guest Speaker, Tom Titus. See page 4 for more details.

Sunday, November 21: "Snap! a Grateful Glimpse of God." Speaker Pam Gutierrez will share ideas for taking a "gratitude break," supported by the **Uniteens** with their leaders **Doris Hicks** and **Alice Sparks**. Gratitude practices have been shown to reduce the stress hormone cortisol, increase the revitalizing hormone DHEA, and enhance our immunity...just what we need to prepare for the holidays!

Sunday, November 28: "What Is This Thing Called Grace?" Speaker: Rev. Sherry Lady. Is there an underlying "goodness" to this universe that can and does pour blessings into our lives? Or is the good in our lives just the results of chance, evolution, and human effort? This will be an open-minded exploration of what wise souls have taught about grace through the ages.

Daylight Savings November 7



The more
we thank God
for the blessings
we receive,
the more
we open the way
for further blessings.
~Betty J. Eadie

Sunday, November 14, at 10:30 a.m. " Loss as a Portal to Joy: The Duality of Grief and Gratitude"



Tom Titus is a writer, biologist, gardener, grandfather, forager, and free-range philosopher who writes at the messy interface of human experience and the natural world. His latest collection, ***Palindrome: Grateful Reflections from the Home Ground***, celebrates the emerald ripple of the Pacific Northwest and

embraces departed family, raspberry sunrises, imminent storms, and the bloodshot stare of a sharp-shinned hawk. Tom is a key collaborator in an annual multimedia program entitled "The Nature of Gratitude." His wife and cats share their home with him in Eugene, Oregon.

YOUTH & FAMILY MINISTRY NEWS

Uniteens (grades 6-8) meet on Sundays at 10:00 a.m. in the Garden Room. At 10:30 a.m., they join the congregation for the Sunday service and after the service meet again in the Garden Room for 15-20 minutes



for an inspiring activity led by Doris Hicks and Alice Sparks.

For more information or to make arrangements for virtual attendance, please contact Doris Hicks at

dlhlibrary@aol.com or telephone (no texts) 458-205-8570, or Alice Sparks (call or text) 971-254-7564. Registration and proof of vaccination is required (once you show us your card, we will put you on our verified list).

For information on Unity's Reopening Policy & Guidelines, please visit

<http://unityofthevalley.org/pdfs/UnityReOpeningJuly2021.pdf>

THANKSGIVING MEAL OFFERING

As much as we miss gathering together for our wonderful Thanksgiving Potluck, your Shared Leadership Team has decided that due to the continuing COVID-19 Pandemic, Unity will be offering Thanksgiving meals for pick up or delivery again this year. We will also have limited tented outdoor seating on Wednesday, November 24 for fully vaccinated persons to eat their Thanksgiving Meal on Wednesday between 12:00-2:00 p.m. (Must reserve your spot no later than November 1st for eating at Unity.) These meals will include all of the regular Thanksgiving goodies along with a big portion of LOVE! If you're interested in pickup or delivery of one of these meals, please let Géna know no later than November 17, 2021. She can be reached at unityval@riousa.com or 541-345-9913, ext. 11.



Please let Géna 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.
6. Will you be enjoying your meal in our outdoor tented seating area on Wednesday between 12:00-2:00 p.m.? Reserve your spot by November 1st.

The meals will be available for pick up or delivery on Wednesday, November 24, 2021, between 12:00-2:00 p.m.

THANKSGIVING MEAL DONATION

Are you interested in donating food or money towards the Thanksgiving meals that will be picked up or delivered to congregants? **Please let Géna know by November 17th if you can donate** any of the following:

Cooked Turkey	Vegetarian Dish	Stuffing
Mashed Potatoes	Gravy	Vegetable (what kind)
Cooked Yams	Cranberry Sauce	Rolls
Pumpkin Pie		

If you would like to donate money for this event, just write Thanksgiving Meal on your check and mail to Unity of the Valley, 3912 Dillard Road, Eugene, OR 97405.

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
AUGUST	\$17,187	\$14,964	\$2,223
SEPTEMBER	\$13,516	\$13,735	(\$219)

Unity thrives on the waves of support flowing from each of you in your own way. Along with our regular income above, a federal pandemic loan of \$22,529 was converted to a grant. We're blessed from all sides! REMINDER: If you can contribute to our Legacy of Love Endowment or put Unity in your Will, please contact unityval@rioussa.com



Scan to reach
Unity homepage.
Click DONATE
on right side

Holding you in the Light of Love,
your Unity Board of Trustees

BOARD Trustees' MEETING

**Tuesday November 16
6:30 p.m.**

All Board meetings are currently being held via Zoom. All are welcome to attend.

If you would like to attend and/or speak at the meeting, please contact **Serenee Smith** at sereneeheart@yahoo.com.

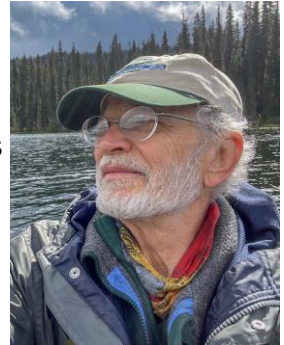
November Affirmation

The blessings of life
flow to and through me
with ease and
abundance



November Board Member Highlight Ted Taylor

Hello Unity! I'm **Ted Taylor**, a member of the Board of Trustees since early 2020. I serve as secretary and as the official scribe. I must pay attention during meetings – no sleeping on the job! I thought I was done reporting on meetings after 30-plus years as a newspaper editor, but this task appears to be my destiny. I am happy to report that this board is highly functional in its decision-making process, and we have fun, too.



My wife Julia and I were involved in the start-up of Unity of Ashland in the 1980s, but we moved to Eugene in 1998 and only reconnected with Unity after retirement. The wonderful Sunday services (and the music!) drew us in and we have become more and more engaged. I joined Rev. Dick Everts' book study group. Julia heads up the Angel Network and is plugged into the Elder Council and Power of Eight prayer group. She sings with the Music Team, and you can hear her voice on the Dial-A-Prayer Line. We have a modest, but lovely home in the southwest hills of Eugene, where we take in occasional stray animals — and people. We marvel at the lush greenery and wildlife that surrounds us, while recognizing that we are approaching the time to downsize and simplify our lives.

We both sing with the Eugene Peace Choir, and I am active with McKenzie Flyfishers and (before COVID) Lane County Audubon, Friends of Jung, City Club, and Oregon Country Fair. We are looking forward to a return to open and safe gatherings. Meanwhile, connecting with Unity has been a marvelous adventure for us, and we have discovered that the more involved we become, the deeper and more meaningful grow our connections with all of you. We are so grateful!

Notes from our Music Director



Something really lovely and surprising happened to me the other day: **Antheny Chhay** invited me to be featured on his podcast, “Uniquely Eugene.”

Many of you will remember Antheny from our Youth Ed department at Unity. His smiling Presence and creative spirit - not to mention his awesome rapping on Daniel Nahmod’s song “Grateful” - have been a joy to behold. Though he is no longer active in Unity, his time as regional officer of Y.O.U. (Youth of Unity) was an invaluable experience that he will always cherish.



Antheny is currently studying Business Administration & Cinema Studies at U of O. Though he hasn’t settled on a career path, his concentration is entrepreneurship. True to form, Antheny’s latest inspiration has led to something truly special: The Uniquely Eugene Podcast. The idea came from his experience of meeting so many interesting people but never getting to establish a deeper level of connection.

Antheny has created a show dedicated to telling the unique stories, ideas, and perspectives of the people living right here in our community of Eugene. If you’ve ever wanted to gain a deeper insight into the people you walk past every day, then this is the show for you! [To listen to Antheny’s show:](#)

1. Go to your internet browser (Google, Safari, etc.)
2. Type “anchor.fm/uniquelyeugene” into the search bar.
3. Scroll down. If you’d like to hear it, my interview is Episode 6.
4. To support Antheny and his wonderful work, click on the “subscribe” button.

With love and blessings,
Laura DuBois



Unity of the Valley Prayer Ministry

NOVEMBER PRAYER

from Rev. Sherry

AS WE PREPARE...

As we delight
in the flowering of the trees
as seen in the brilliant colors
of leaves adorning the trees
before falling on the ground,
we realize that what seems
like the ending of something
wonderful is really the promise
of something just as wonderful
that will come again.

It is now the beginning
of a time of rest
during which all of nature
will gather strength and nourishment
and then when the springtime sun
warms the earth again
it will call forth and present to the
world from this time of dormancy
the tiny green buds of promise...
buds that will grow and mature
once again, into the glorious,
green leafy canopy to provide
cool shade in our summer world.

Kind, loving, and wise Creator
of us all, we honor this cycle of life
flowing through us as well
as we grow and change.

We are one with You,
with the Earth, and with each other.

May we be as glorious
in our flowering.

We honor You and all of Life.

Amen

Prayer Requests

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

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 Shawls

These shawls are a gift
that will bless someone
going through a difficult
time with something
they can wrap around
themselves to bring
comfort, hope, healing,
love, and peace. To
request one, contact
Rev. Inge Tarantola at
ingetar@pacinfo.com

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. Make sure you designate whether you want your donation to be applied to OSCSF or to general Unity finances.
- **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.

IF YOU NEED MONETARY ASSISTANCE

To request monetary help, you can write a letter or an email (unityval@riousa.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.

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.

Sacred Wednesday Morning Yoga Class Via Zoom with Donna O'Neil. 10:00-11:15 a.m. – Hatha Yoga: Mindful yoga practices for strength, balance, and flexibility. (Level 1) See **Donna's Schedule Page** for cost and more details at <https://yogawithdonna.com/classes-and-schedule>. Contact Donna at yogawithdonna@gmail.com or text to 541-632-0105. Let her know you're coming at least 15 minutes before the start of class, so you can get the Zoom link.

SATURDAYS (9:45 a.m.) - Join Sunny & Vicky Hills for a Meditation & Gong Relaxation Experience Online, \$5.

Register Here:

<https://www.sunnyhillsmeditation.com/saturday-gong-meditation-class>.



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

BOARD OF TRUSTEES

Serenee Smith, President
John Garrett, Vice-President
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Alice Sparks, Trustee