



November 2023

# Awakening to the Abundant Gifts of Life



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

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

# AWAKENING TO THE ABUNDANT GIFTS OF LIFE

A message from our Ministerial Team

Consider all the material and mental resources we need to function in today's world. Now include the additional elements needed for a truly fulfilling life. Can you begin to count them all? Is it any wonder most of us experience some areas of lack?

In Unity philosophy, we take a methodical approach to the seemingly endless task of filling every gap in our lives. We begin by turning toward those rare souls who demonstrated the highest fulfillment. And we ask, "What did they know that the rest of the world doesn't know?"

Throughout November, we will pull back the veils preventing us from seeing and experiencing fulfillment on every level of life. To get you started, below are some techniques for abundant living. They are paraphrased\* from Unity bestselling author Eric Butterworth (1916–2003):

1. **Meet Change:** Change is a certainty of life. Sometimes we resist and become anxious during changing conditions. We need to prayerfully build into our consciousness the realization that we reside in the wholeness of Spirit.
2. **Allow Forgiveness:** A great stumbling block is the inability to forgive others, forgive ourselves, or accept that we are not being judged by a condemning God. Forgiveness helps the current of Divine Love flow freely through you.
3. **Pursue Prosperity:** We live in an opulent universe. Supply and success are our rightful inheritance. Prosperity manifests, not by asking God for more, but by conditioning our minds through prayer and meditation to accept more of God's good.

Other techniques for abundant living suggested by Butterworth include: **Promoting Healing, Healing the Heart, Breaking Habits, Creating Peace, Finding Tranquility, Expressing Love, and Overcoming Injustice.**

We send you blessings for a beautiful Thanksgiving and the deep fulfillment you were meant to experience.

\* For the full article from Butterworth, see [www.unity.org/article/10-techniques-abundant-living](http://www.unity.org/article/10-techniques-abundant-living)

## SERVICES IN NOVEMBER

**Sunday, November 5: “Claiming Your Good: What Do You Deserve as a Divine Being?”** with **Jon West**. Are you ready to accept wholeness, fulfillment, and having all your needs abundantly met? Or is there something holding you back?

**Sunday, November 12: “I Did It Our Way: The Gift of a Collaborative Mindset”** with **Jon West**. In a culture where authority flows top down, many of us learned to meekly let others take the lead or find ways to pull strings in our favor. Yet peace in our lives and the larger world requires a sincere spirit of teamwork.

**Sunday, November 19: “Talking Turkey: Giving Wings to Our Own Generosity of Spirit”** with **Rev. Sherry Lady**. To “talk turkey” means to discuss something frankly and practically. It also means talking about something pleasant, which can include being a little silly at times, too. During this time together we will be frank about practical spirituality and what it has to teach us, while also looking at the pleasant, the silly, and the impractical parts of life that can bring us together at the human family table in gratitude for each other.

**Sunday, November 26: “Awakening Through Gratitude”** with guest speaker **Eric Alan**. See info. on page 13.

### Daylight Savings November 5



If the only prayer  
you say in your  
entire life is  
“Thank you,”  
that will suffice.  
~Meister Eckhart

## **Calling All Voices!** **Come & 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 start on November 6**

**Performance on December 17<sup>th</sup>**

**Sign up in the Fellowship Hall!**

### **“SIMPLE GIVING” OPTION**

If you would like to intentionally give to Unity of the Valley on a monthly basis, we make it easy! Just pick up a FAQ-and-Application form at the table in the Fellowship Hall or on our website ([www.unityofthevalley.com](http://www.unityofthevalley.com)), fill it out, and return it along with your voided check (for automatic fund transfer from your bank account). You also may sign up by calling Géna (541-345-9913, ext. 11) with your VISA, Master Card, or debit card information.

The offering amounts can be changed or stopped at any time with a simple phone call. At the end of each year, a total of your donations will be sent to you for your tax records.

## **BARBARA MCKIE CELEBRATION OF LIFE SERVICE**

**Saturday, November 4, 2023 – 11:00 a.m.**



Barbara was a beloved, devoted, and generous wife, mother, and friend. She was a beloved member of the Unity of the Valley community for over 25 years.

Please join us in the sanctuary as we celebrate our beautiful Barbara's life.

## **First-Sunday Potluck** **Sunday, November 5** **after the service**

Bring a main dish or salad,  
and invite your family and friends!  
Unity will provide coffee, tea, and dessert.



## **Board Trustees Volunteer Opportunity**

Our Unity Board Nominating Committee  
is seeking candidates for  
our Board of Trustees.

We have two open seats. We also have a  
seat open for someone willing to serve as an  
Alternate (willing to step in if a Trustee  
doesn't complete their full term).

**If you are interested in being of service to  
our spiritual community in this way,  
please contact Jon West at  
[jwest97405@gmail.com](mailto:jwest97405@gmail.com).**

Your service as a Board Trustee  
can make all the difference in Unity!

## **Unity Food Drive**

We are collecting food for Food For Lane  
County to help keep the local pantries stocked.

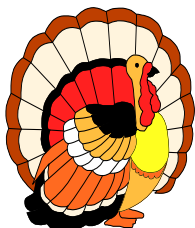
**Please help us fill the barrel in the foyer.**

**Donated items should be shelf-stable  
food (i.e., canned or no refrigeration  
needed)**



**Some suggested donation items are:** Protein (such as peanut butter, canned meat: tuna, chicken, salmon, corned beef, etc.), dried beans, canned food, soup, spices, cooking oil, broths, shelf-stable non-dairy milk alternative (i.e., almond milk, oat milk, soy milk, etc.), cereal, grains, pasta, rice, baby food, baby formula.

## Unity's Annual Thanksgiving Day Potluck Thursday, November 23



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

Join us for our annual Thanksgiving Day Potluck on Thursday, November 23. This is a wonderful opportunity to come together in gratitude and thanksgiving!

Bring a hot dish, salad, or dessert.

**Sign up in the Fellowship Hall today!**

**If you can bring a cooked turkey or help with this wonderful event, please contact Géna at 541-345-9913.**



Come and join us for Unity's annual

## **Christmas Decorating Party**

**Sunday, November 26, after the svc**

We are looking for at least 15 elves (the more, the merrier) to help decorate the Christmas tree and hang the garland.

**We'll have Christmas music as we work and pizza when we're done.**

## A NOTE ABOUT OUR OPENERS & CLOSERS MINISTRY



It takes a village on Sunday to hold a service at Unity, and we have a wonderful village! To help start the Sunday services off in the village, we need an **Opener** who prepares the space by turning on lights, setting up tables, making coffee, unlocking doors, etc. so that the other volunteers and congregants can come and enjoy the service. **Ellen Johnson** is our Opener, and has been volunteering for years in this position. When asked what drew her to volunteering as an Opener, she said: *I am an early morning person, and it makes me happy to come and serve the community this way. I love Unity.*

As the service starts and progresses, we have **Closers** that are close at hand to help where needed and then help count the offering at the end of the service. They close the building down by shutting off lights, locking all doors, etc. When I asked a couple of our Closers what motivated or inspired them to become a Closer, this is how they responded:

**Gary Collins:** *We are helping the church perform its many functions & informalities. For me, it gets me there early, and the big bonus there is to hear the music team rehearse for the service. Closing on the other hand is really a collaborative effort with those who stay late along with the significant chores of lights and candles out and doors locked. Counting the offering with a board member as well. Once again being in the church after service makes for the possibility of conversations with new friends and acquaintances.*

**David Mitchell:** *I like the opportunity to contribute to Unity without costing me more money. I enjoy feeling a part of this family.*

**John Wayland:** *Being a closer for Sunday service is a simple way to show my gratitude to our church community. It has been a blessing for me to be involved in a small way. I appreciated the invitation and intend to continue to be as helpful as possible to support Sunday services.*

### THANK YOU SO VERY MUCH TO OUR OPENER AND CLOSERS

for volunteering for this important duty. You make a difference, and we appreciate you! **If you would like to join the team**, we need one more closer. If you can help out once a month, please contact our Administrator, Géna at 541-345-9913, ext. 11 for more information.

Blessings,  
Géna



# YOUTH & FAMILY MINISTRY NEWS



The holidays are upon us, and in November we are looking forward to celebrating and looking at the blessings in our lives. Some of what our youth will be exploring in November is:

- How to let go of negative thinking.
- Helping others and giving from the heart also expands the good that comes to each of us.
- Our blessings multiply when we focus on gratitude and look at and express what we are thankful for.



**A big thank you to our congregation** for attending our fundraiser in September. We had creations from the youth and adults as well as items donated by congregants. We appreciate you showing up, interacting with the kids, and purchasing and donating to the youth program!

**We also give thanks for the teachers, assistants, and everyone who helps out in our Youth & Family Ministry.** Having the opportunity to teach, learn, grow, and spend time with the children is a privilege and joy. Thank you!

## **TEACHERS & ASSISTANTS NEEDED**

### **Your help can make a difference!**

We are looking for teachers and assistants for our youth program. This includes the Nursery, Unitots, Unikids, and Uniteens. Training is available. Curriculum, lesson plans and supplies for activities are provided. **If you would like to volunteer, please contact Alice Sparks at 971-254-7564.**



## FINANCIAL REPORT: *Strength in Community!*

MONTH(S)	INCOME	EXPENSES	NET
AUGUST	\$16,626	\$17,444	(\$818)
SEPTEMBER	\$15,228	\$17,682	(\$2,454)

Even during occasional dips in our financial picture, we have seen this community rise to the occasion again and again. Unity of the Valley is much more than a building with a team of staff and volunteers. It's each one of us extending ourselves, our inspiration, our generosity, to create something greater than ourselves. And so many blessings flow as a result.

Gratefully,  
your Board of Trustees



Scan to reach  
Unity homepage.  
Click DONATE  
on right side

## BOARD OF Trustees' MEETING

**Thursday, November 16**  
**10:30 a.m.**

All Board meetings are held  
in the Garden Room.

All are welcome to attend.

If you would like to speak  
at the meeting, please contact

**Serenee Smith** at

[sereneeheart@yahoo.com](mailto:sereneeheart@yahoo.com).

### November Affirmation

All the blessings of life  
flow easily  
to and through me.



# **New Series Starting** **Behind the Lens Seminar**

**Winter 2023: 1949**

**Tuesdays, November 28, 2023-February 23, 2024**  
**(7:00 p.m.)**

During the Cold War, paranoia grew in Hollywood over the threat of blacklisting. Ten directors and screenwriters, the Hollywood Ten, chose to challenge the legality of HUAC's actions, but, to their surprise, their pleas fell on deaf ears. They were held in contempt by Congress, fined and eventually jailed. After the Consent Decree, keeping the Majors from owning theaters, there was further desperation about profitability in the industry itself—made even worse by economic conditions in the nation at large. "Hollywood," lamented a producer in 1949, "is an island of depression in a sea of prosperity." In the short term, studio survival was primarily a matter of reducing expenditures, and Hollywood's "cost-cutting program" of 1948–1949 became the severest since the great depression. The studios cut both operating costs and the number of their employees. Within two years the studios eliminated over one-third of their workforce. For the moment, the "Golden Age" of Hollywood was over.

**Cost: 12 films for \$30, or \$5 per time.**

**Pick up a registration form in the Fellowship Hall.**

**A full listing of all 12 movies is on the Registration Form.**

**Note: Tuesday, November 21: Make-up screening of "Unfaithfully Yours,"** directed by Preston Sturges replacing cancellation on September 26. Subscribers and previously paid admissions are invited to bring a free guest to make up for the inconvenience.

**Tuesday, November 28: "A Letter to Three Wives"** (Jeanne Crain, Linda Darnell), directed by Joseph L. Mankiewicz (103 min.)

It is through the imagination  
that the formless takes form.

~Darwin Gross

## **YOUTH & FAMILY MINISTRY**

### **Sunday Gathering for Youth**

**Nursery (Infant-4 years old)** Nursery care is offered during the service in the Harmony Room.

**Unikids (Kindergarten-5th Grade)** We currently offer fun and inspiration for the kids. There is a puppet show each Sunday for the first 10 minutes. Parents are asked to drop off their children starting at 10:20 a.m.

**Uniteens (Grades 6-8)** meet in the upstairs Treehouse room from 10:25 to 11:25 a.m.

**Unity Teen Group (Grades 9-12)** meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room.

### **Angel Network**



**The Angel Network is a circle of caring.** This means you can ask for help in tough times for short-term services such as a supportive call or home visit, a ride to a medical appointment, a Sunday service, shopping for groceries, yardwork, etc. We can't guarantee help, but we can at least try! If you or someone in our church community has a need, let us know by calling the **Angel Network Request Line** at **541-345-9913, ext. 14**.

**If you would like to join the Angel team**, just call the Angel Network Request line: **541-345-9913, ext. 14** and leave a message.

**If you would like to donate** gift cards from food stores and cash to have on hand for emergencies, you can do so by making a check payable to Unity of the Valley and including ANGEL NETWORK in the memo line. You can mail your check to Unity of the Valley, 3912 Dillard Road, Eugene, Oregon 97405.

## Sunday, November 26 at 10:30 a.m. "Awakening through Gratitude"

One clear path to abundance is through appreciation rather than acquisition. It is life-changing to live in gratitude regardless of circumstances, rather than as a response to positive events. Choosing daily gratitude can transform our most painful challenges into gifts of healing and compassion. Those gifts then become an abundance of experience, spirit, emotion, and presence. Eric Alan shares this abundance through his new book *Grateful by Nature*, which he wrote, photographed, and lived while caring for his dying mother during the pandemic.



**Eric Alan** is the author and photographer of four books, on topics ranging from gratitude, tranquility, and nature spirituality to Major League Baseball. His newest book *Grateful by Nature* is inspiring workshops, meditations, and music with a focus on gratitude as a path of service. He co-leads a mindfulness

meditation group in Cottage Grove. He is also the co-founder of the multi-media events called "The Nature of Gratitude," which for the past eight years have gathered authors, musicians, spoken word artists, and community service activists for expressions of gratitude in service to humanitarian causes.

[www.ericalan.com](http://www.ericalan.com), [www.natureofgratitude.com](http://www.natureofgratitude.com).

## COME VISIT UNITY'S BOOKSTORE



Be sure to visit Unity's Bookstore. We have new and used books, jewelry, prayer and affirmation flags, art, journals, cards, trinkets, gift certificates, and much more. Come browse to your heart's content after the service on Sundays and find the special gifts you've been looking for, while supporting our community at the same time!

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.

# Unity of the Valley Prayer Ministry

Unity was founded on, and is sustained by, the power of prayer. We invite you to participate in prayer with our devoted Prayer Ministry through these activities:

- **Healing Prayer Circle** - We meet **Sundays (12:15-1:15 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, contact **Julia Linebarger-Taylor at 541-968-5896**.
- **Prayer Requests** - Email your name and prayer request to Julia Linebarger-Taylor at [jlinebargertaylor@yahoo.com](mailto:jlinebargertaylor@yahoo.com) or 541-968-5896.
- Call our **Dial-a-Prayer line** (541-345-9913, then press 7) for an uplifting, affirmative prayer at any time of the day or night.
- You can call **Silent Unity** 24 hours a day at 816-969-2000 or toll free at 800-669-7729.

## NOVEMBER PRAYER

from Rev. Sherry Lady

### In Gratitude

From Confucianism:

*Love belongs to the high nobility of heaven, and is the quiet home where [humankind] should dwell.*

We pray for, and affirm

that dwelling in a quiet home is possible for all.

We fill this home with love, laughter, joy, creativity, compassion, understanding, cooperation, and peace.

As we do this, we feel the warmth within its walls, see the light shining from its rooftop out into the world, blessing and acknowledging the dignity and beauty of all beings.

Sweet Spirit, guide us, show us the way to create a quiet home within our hearts so that we may share it with others.

For your presence, and for each other,  
we give thanks.

Blessed is the thankful heart that shares the quiet home.

Amen



## **SUNDAY LIVE STREAM**

**Sunday Services.** Can't be here in person? 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).

## **Weekly Meditation, Prayer Circles, & Study Groups**

**WEDNESDAYS: UV Community Connect (via Zoom) 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](mailto:richard.everts@comcast.net).**

**THURSDAYS: Unity's Council of Elders (Garden Room) 1:00-2:30 p.m.** If you are 60 or older and would like to explore the journey and wisdom of elderhood, please join us. **For more information, contact Julia Linebarger-Taylor at [jlinebargertaylor@yahoo.com](mailto:jlinebargertaylor@yahoo.com) or 541-968-5896.**

**THURSDAYS: Passage Meditation (Fillmore Wing) 5:30-6:45 p.m.** This group practices "Passage Meditation" as taught by Eknath Easwaran. **For more information, contact Laurie Cracraft at 541-554-5434.**

**SATURDAYS: \$1 Gong Bath Relaxation (via Zoom) 10:00-11:30 a.m.** plus Free Optional Sharing Time **with Sunny & Vicky Hills** + Laura, Inge, and other Unity of the Valley Members who attend often. We Welcome You! **Register at: <https://sunnyhillsmeditation.com/>.**

## **Ongoing Monthly Groups & Events at Unity**

**Unity's Coming Alive Theater Group (Sanctuary) Second & Fourth Thursday, 6:30-8:00 p.m.** For more information, please contact Doris Hicks at 458-205-8570 / [dlhlibrary@aol.com](mailto:dlhlibrary@aol.com) or Alice Sparks at 971-254-7564.

**Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 4:00-5:15 p.m.** Join experienced practitioners for a calming, healing Therapeutic Touch session. **For more information, 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](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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