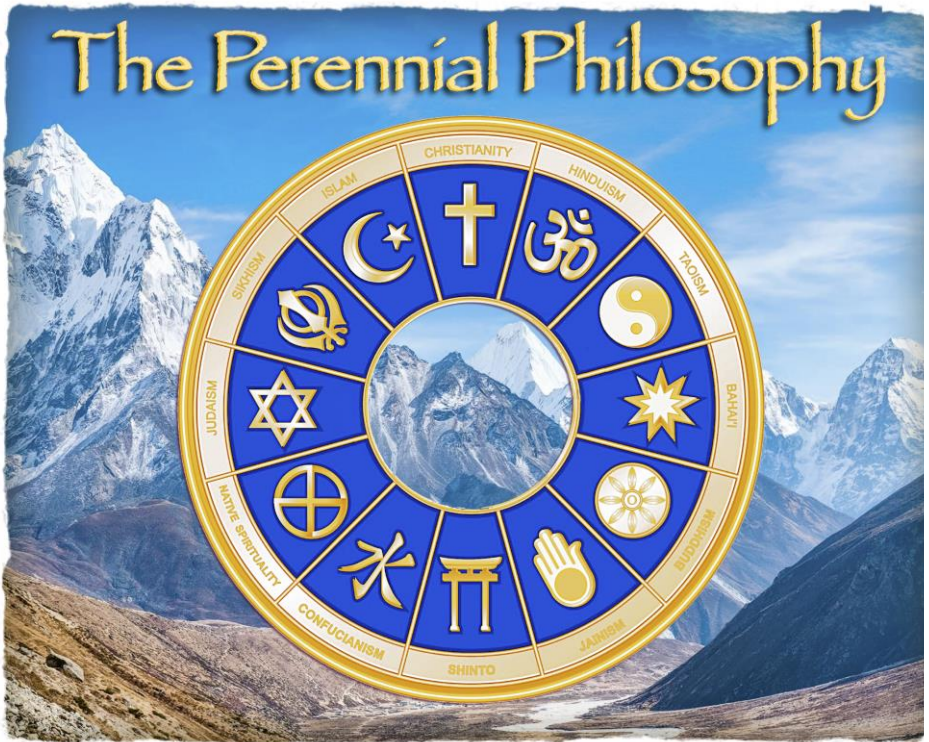




# Unity of the Valley

*Positive, Practical Spirituality*

November 2016



**Sunday Services**  
**9:30 & 11:15 a.m.**

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director

Laura DuBois

[www.unityofthevalley.org](http://www.unityofthevalley.org)

## Following the Stream of Truth



Among the billions of souls in this world, relatively few have discovered the “Perennial Philosophy” underlying the world’s great scriptures and used it to make sense of reality. Doing so requires being a spiritual detective willing to ask the tough questions: *Is there truly a spiritual “unity” beneath all the conflicting and paradoxical aspects of life? Why would a divinely-created universe allow tyrants to wreak havoc at will? If “love conquers all,” why do good people experience tragic losses? Why has humankind’s religious diversity led so often to violent destruction rather than building bridges of love?*

These seeming contradictions have, in turn, fueled growing disillusionment with the very necessity of and basis for religion. “Even if there is a God,” some understandably protest, “I couldn’t worship the creator of a world like this.”

Of course, any such conclusions are based on limited data. On some level, we know we’re missing key pieces in the puzzle of life. This awareness is reinforced as soon as we begin exploring inspired teachings without our viewpoint being limited by the bias of a particular religious label.

Gradually, our detective work leads us to a *unified stream of Truth*, trickling almost invisibly beneath the overgrown foliage of human thought and civilization. With reverent and thankful awe, we drink from those sparkling waters of wisdom. Gradually, we find our hearts, minds, and bodies refreshed with a new and higher vision of reality.

If you are ready to join us on this quest, write your own intention or affirmation for the month: \_\_\_\_\_

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In loving unity,  
Jon and the Ministerial Team



## SERVICES IN NOVEMBER

**Sunday, November 6: "Spiritual Awakening as a Way of Life: Everyone is Called, Few Choose to Listen."** Guest Speaker: **Rev. Dick Everts**. Most of us regard spiritual awakening as something hard to attain. Yet it is probably the easiest thing if we are willing to be open and apply proven practices that allow us to release angst, judgment, and fear, and experience our true nature of peace and happiness.

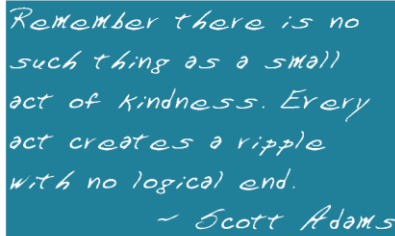
**Sunday, November 13: "Is there a Universal Religion?"** Speaker: **Jon West**. While there are certainly differences among the great faith traditions, there is also an essential thread of truth which may hold the key not only to individual spiritual growth, but bringing our world together. We will explore several interconnecting principles.

**Sunday, November 20: "Thanksgiving Service: Look for the Good."** Speaker: **Jon West**. What we seek and focus on in life is a key aspect of most world religions. Learning how to appreciate and see the divine underpinning to all things is vital to rising free from the painful constrictions of human consciousness.

**Sunday, November 27: "A Brief History of Spiritual Evolution."** Speaker: **Jon West**. Sages in various cultures, including Unity co-founder Charles Fillmore, have spoken of "Golden ages" past and yet to come. Yet, many look at world conditions today and conclude that we are going downhill rather than progressing. By considering the evidence of history and the ancient Indian theory of "time cycles," it may be possible to anticipate where the human race is heading, and also to understand how we can help uplift the



# Youth & Family Ministry News



Remember there is no  
such thing as a small  
act of kindness. Every  
act creates a ripple  
with no logical end.  
- Scott Adams

Our **Unikids** have been enjoying the magic of story, and activities with a focus on fairytales and fables from the *Tales of Wonder & Imagination*. They have enjoyed learning lessons from many stories, including the *Tortoise and the Hare* (being present in the moment helps us get the most out of life), *The Elves and the Shoemaker* (random acts of kindness make a big difference in the world), and *The Rough Faced Girl* (we have the power to create our own world). They will continue their spiritual adventures with *Rumpelstiltskin* (the importance of taking responsibility for our choices) and *The Chrysalis* (seeing the beauty within, and discovering that all our parts make a beautiful whole.)

The **Galileans** want to thank everyone who helped make our pumpkin sale a great success! We will use the funds to buy Thanksgiving dinners for two families in transition. This is always a meaningful and fun service project for our group. We will go to Albertsons on the Sunday before Thanksgiving with shopping list in hand! We continue our journey on the Yellow Brick Road with our study of the 12 powers and the *Wizard of Oz*.

The **Uniteens** and **Y.O.U.ers** continue their spiritual adventures with a focus on gratitude, service, and interconnection with all of life. This month we explore the teachings of Mark Nepo, Eknath Easwaran, and Eckhart Tolle, as well as the sacred teachings of indigenous elders and leaders, and we learn more about Earth Guardians, a youth-led group working for a sustainable Earth for future generations. We practice loving kindness toward ourselves and others, and are mindful of daily thanksgiving and of service to our community.

Blessings to you and your family  
from Your YFM Team!

## Youth & Family Ministry News



### YFM Seeking Adventure Angels

Do you love adventures in the great outdoors? Do you love being of service? Consider helping as a Unity YFM Adventure Angel! Each year, our teens have the opportunity to attend spiritual retreats in Washington. We are looking for a few Adventure Angels who would enjoy helping our youth get to and from their retreats. **Our next adventure is November 11-13, near Randle Washington, with Sally Crum.** Please contact Shawna at [shawna@unityofthevalley.org](mailto:shawna@unityofthevalley.org) for more information.

### YFM Seeking Creative Craft Angels

Do you love crafts or art projects? Do you love the holidays? YFM is currently seeking 5 Craft Angels for Unity's upcoming Christmas Decorating Party. We will be decorating the Youth Christmas Tree in the Fellowship Hall on **Wednesday, November 30 (6:00-8:00 p.m.)**. This is your opportunity to bring a fun craft project or two, and to be of service to our youth. For more information, please contact Shawna at [shawna@unityofthevalley.org](mailto:shawna@unityofthevalley.org).



## Gratitude for Unity's Cabaret

Unity's October 15 Cabaret was a great success, and we couldn't have done it without *you*! It took many volunteers to pull it off: the performers and all the volunteers who set up, cleaned up, sold tickets, handled social media publicity, designed the program, made desserts, provided sound tech help, event support, coordination of the event, and on and on. **Many thanks to everyone who participated, including our wonderful audience!**

**A very special thanks to our music director, Laura DuBois**, for the many hours of planning, practicing with performers and coordinating you so generously gave to this event. We are grateful for the love and delightful spirit you bring to Unity!

We cleared over \$500, which goes directly to Unity. Thank you!

## November Prayer

### A Prayer-Song for Thanksgiving

For the beauty of the earth, for the beauty of the skies,  
For the love which from our birth  
Over and around us lies...

We give thanks, Sweet Presence in all.

For the beauty of each hour, of the day and of the night,  
Hill and vale and tree and flower,  
Sun and moon and stars of light...

We give thanks, Sweet Assurant of the life in all.

For the joy of human love, brother, sister, parents, child,  
Friends on earth and friends beyond,  
For all gentle thoughts and mild...

We give thanks. May we know peace, each and every one.

(Original by Follett Pierpoint, 1835-1917)

### Individual Prayer Support Available on Sundays

Our Chaplains are available for prayer following the Sunday services. Chaplains are trained to maintain a spiritual space, keep confidentiality, and pray with you.

### Prayer Chain

For immediate prayer, you may call Inge Tarantola at 541-968-5540, or any other prayer chain member. A complete list of members is located next to the prayer box in the foyer. Members on the prayer chain immediately pray for you by telephone. These requests are also sent to Silent Unity for 30 days of 24/7 prayer.

You may also call:

**Silent Unity** (800) 669-7729 24 hours a day  
**Unity of the Valley Dial-a-Prayer** 541-345-9913, ext. 7



## Fall 2016 Sustaining Donor Campaign "Growing Our Future Together!"

Here are 5 good reasons to become a Sustaining Donor (\$125 per month per adult) and/or join our Simple Giving Program at whatever level you can:

1. \$125 for each adult is simply what it costs to sustain Unity if expenses are divided equally. Since some cannot afford that amount, it's important that others give more to fill the gap.
2. With the needed addition of several paid Youth Education teachers, our monthly investment in youth is now over \$2,500 or about \$120 per month for each youth.
3. Our oldest teens don't have a real classroom of their own. Your increased giving and/or special one-time gift will help us reach our \$25,000 building fund goal to add classroom space.
4. When you sign up for Simple Giving or pledge a monthly amount, we can create a more accurate budget for 2017. Of course, you can also adjust your giving level as needed!
5. Sharing generously of our time, talent and treasure to support our spiritual home is a vital practice for prosperity that benefits us all!

*Simple Giving & Pledge Forms are available in our foyer.*

### FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
SEPT 2016	\$20,567	\$24,055	-\$3,488

Through your support, we can provide inspiring Sunday services, spiritual education for young people, weekly classes and gatherings, opportunities to help those in need, and much more. In September, we also spent over \$5,000 to repair years of accumulated water damage to our building.

*With heartfelt thanks from your Board of Trustees*

**Sunday, November 6**  
**Guest Speaker: Rev. Dick Everts**



Richard Everts retired from the Army as a Lieutenant Colonel in 1975 and was ordained as a Unity Minister in 1977. Along with his wife Alice, a Unity Licensed Teacher, Dick served in Unity churches in Federal Way and Bellevue, Washington, Indianapolis, Indiana, and Portland, Oregon. He retired in 2015 after 38 years in ministry. Richard and Alice are now members of Unity of the Valley. Their son William also attends with his family, Christine and Piper.



Daylight Saving Time ends  
on Sunday, November 6.  
Turn your clocks  
**back** one hour!

**Board Meeting**  
**Tuesday, November 15, 6:30 p.m.**

Join us in the Garden Room. All are welcome!  
If you would like to speak at the meeting, please contact Ruth Beardsley at 541-913-3235 or [ruth.mfon41@gmail.com](mailto:ruth.mfon41@gmail.com).

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



## A Message from Our Volunteer Coordinator

We all love the Kitchen Angels. They give us cookies and coffee and tea. These Angels truly love being your hosts.



The kitchen is a busy yet joyful place to be on Sunday. The Kitchen Angels have been running successfully without a ministry leader for quite a while now. Everyone on the team is so responsible that the team has been taking care of itself.

Through the change back to two services, they have been generous with their time and efforts. However, some of our Angels have other obligations calling them, so we are looking for more smiling, happy faces to join this amazing group of people. If anyone feels called to lead this exceptional team, please call me or come by the kitchen on Sunday.

Namasté,  
Ellen  
541-344-1490

## Unity's Bookstore & Gift Shop Gives Back

We want to thank our bookstore for their donation of \$2,500 to our youth retreat scholarship program. This generous donation will help make the difference in our youth being able to attend these out-of-town, spiritually-enriching events.



**Did you know?** As each one of us shops and supports our bookstore, it helps the bookstore 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 Heart Haven Bookstore & Gift Shop. You'll find some wonderful treasures and help support our community at the same time! **Our hours are Sundays, before & after the services, and Tuesday-Friday, 10:00 a.m.-4:00 p.m.**

# Unity's First-Sunday



**Sunday, November 6**

(after the 11:15 a.m. service)

Bring your favorite dish to share and  
invite your family & friends

Unity will provide coffee, tea, cookies, and cake  
to celebrate the November birthdays.

The Elder Council of Unity of the Valley presents:

## The Death Café

**Thursday, November 10, 1:30-3:30 p.m.**



Join us on Thursday, November 10, for the Death Café at Unity.  
Come and share coffee, tea, cookies, and conversation as we  
normalize death so we can embrace life more fully.

Space is limited, so please RSVP to Carolyn Shawgo at  
[shawgo5@aol.com](mailto:shawgo5@aol.com) or 503-739-3560.

## **Ordinary Home Companion Radio Show** **Saturday, November 12 at 7:00 p.m.**

Come and join the citizens of Ordinary, Oregon again in the basement of the Church of Infinite Platitudes and Perpetual Peace as we present our annual radio show.

We will have our usual down-home country band and some beautiful singing. Best of all, those skits and jokes that we write especially for you. The election will be over, and what better way to relax than a down home radio show.

Donations accepted.

## **ANGEL NETWORK**



The Angel Network is a group of volunteers who come together to create a circle of caring for our community when anyone is in need of supportive hospital or home visits, a ride to church or an appointment, a hot meal, or other short-term assistance.

For more information about offering to serve or submitting a request, please call the Angel Network line at 541-345-9913, ext. 14.

## 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 7**  
and are held weekly on Mondays (7:00-8:30 p.m.) and on  
Saturday, December 17 (10:00 a.m.-noon).

**Performance is Sunday, December 18.**

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

## Gentle Yoga at Unity

**Tuesdays, November 22-December 20**  
**Noon-1:30 p.m.**

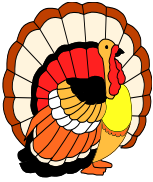


Join Donna O'Neil in the Fillmore Wing on Tuesdays at noon for a 4-class series focusing on developing balance, grace, strength, and inner wisdom.

Cost is \$32 for the series. Space is limited. Please register in advance with Donna O'Neil at [yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com) or call 541-683-7664. (Holiday Flexi-Series: Choose your 4 classes from 5 dates)

## Unity's Annual Thanksgiving Potluck

### Thursday, November 24



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

Join us for our annual Thanksgiving Potluck on Thursday, November 24. 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 provide a cooked turkey or would like to help with this wonderful event, please contact Ellen Ticknor at 541-344-1490.**

Calling all Men, Women, and Children!



## Family Fun!! Christmas Decorating



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

**Wednesday, November 30, 6:00-8:00 p.m.**

- We are looking for at least 10 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 will include yummy apple cider and cookies.

Everyone is invited!

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

See our website ([www.unityofthevalley.org](http://www.unityofthevalley.org)) for more information on any of our ongoing circles or study groups.

### **SUNDAY MORNING READING GROUP (Fillmore Wing) Sundays**

**10:00-11:00 A.M.** This group is studying the book, *A New Earth*, by Eckhart Tolle. Everyone welcome.

### **AFTER-SERVICE DISCUSSION GROUP (Fillmore Wing) Sundays,**

**1:00-1:45 P.M.** Join with others in sharing insights that have arisen from the Sunday topic.

### **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 MORNING BOOK GROUP (Harmony Room) Tuesdays,**

**10:30-11:45 A.M.** This group reads together and discusses books chosen unanimously. For more information, contact **Judy Richardson** at **541-484-1958**.

### **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)**.

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

## Ongoing Monthly Groups & Events at Unity

We offer a wide variety of activities, classes, and workshops here at Unity. This is a brief list of just some of our ongoing activities. For an up-to-date list, check our website ([www.unityofthevalley.org](http://www.unityofthevalley.org)).

**UNITY OPEN MEN'S CIRCLE (Fellowship Hall) 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 **Raymond Albano** at **541-285-3943**.

**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 **541-484-6571**.

**SHAMANIC EVENING (Fillmore Wing) First Friday, 7:00-9:00 P.M.** Come and join us as we gather together to celebrate Spirit through drumming and sound. Bring your drums and rattles. Drop-ins are welcome! For more information, call **Sunny or Gary** at **541-461-5663**.

The church office  
will be closed on  
Thursday and Friday,  
November 24 & 25  
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](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

#### **BOARD OF TRUSTEES**

Ruth Beardsley, President

Bob Larson, Treasurer

Ann Woeste, Secretary

Gary Blaine, Trustee

Joyce Aschim, Trustee

Elsie Marie Rochna, Trustee

Grace Low, Trustee

Marc Baber, Trustee

Inge Tarantola, Trustee