unity®
of the Valley

October 2018

RELIGION vs. Spirituality

What's the Difference?

Sunday Service
10:30 a.m.

Ministerial Team
Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

THE MANY COLORS OF TRUTH

There is a heaven we enter
through institutional grace
and there are the yellow finches
bathing and singing in the lowly puddle.
— Mary Oliver: "Yellow"

At Unity, we do our best to share effective principles for personal and spiritual growth while respecting all religious beliefs. In trying to create an inclusive and nonjudgmental environment, we rarely focus on controversies and scandals involving modern religious institutions and figures. Instead, we emphasize the universal thread of wisdom running through scriptures of various faiths. And we try to always remember that "what connects us is greater than what divides us."

Yet, there are times when it's important to be clear about where we stand—for example:

- that we offer a place for people of any faith or no faith at all to explore practical spirituality without any pressure to conform to a specific dogma;
- that we do not proclaim any one scripture as the "literal Word of God," but rather seek an evolving understanding of the great wisdom teachings shared by women and men in many cultures throughout time;
- that we encourage seekers of truth to apply their own rational thinking and intuition in discerning higher realities, and avoid being manipulated or controlled by any religious institution or individual;
- and that we stand in compassionate support for all who have been abused, traumatized, or seriously misled by any religious authority.

In our humble opinion, real inner growth is not the result of adopting a set of rigid beliefs that paint a black-and-white picture of right and wrong, good and bad, or who is saved or damned. Rather, it is the result of releasing the limiting beliefs and superstitions that keep us from "bathing and singing" in this wondrous, multi-colored puddle of life.

Jon and the Ministerial Team

SERVICES IN OCTOBER

Sunday, October 7: Which Way to Heaven? A Rational Approach to the Spiritual Quest. Speaker: **Jon West**. We can argue endlessly over whether or not the Bible is the "Word of God" or worthy of being our "main spiritual textbook." Meanwhile, inner growth is a tangible, observable process. Rather than debating and conjecturing, why not put practical principles to the test in the laboratory of daily experience?

Sunday, October 14: Priests, Preachers and the Word of God: Daring to Question Authority. Speakers: **Rev. Inge Tarantola** and **Jon West**. While it's tempting to fall in line with the viewpoints of religious experts or the latest bestselling author, there are dangers in "checking our brain," as well as our own inner guidance, at the door.

Sunday, October 21: Taking Unity into the Community. The Elder Council will explore how our spiritual community serves the larger community. What Unity principles encourage us to serve?

Sunday, October 28: All Paths Lead to God: Discovering the Spiritual Essence of Religion. Our **Coming Alive Theater Group** will explore how the rituals and symbols in different religions can help us connect with Spirit.

First-Sunday Potluck

October 7 (after the service)

Bring a main dish or salad and invite your family & friends.

Unity will provide coffee, tea, and dessert.

Youth & Family Ministry News

October in YFM brings:

- Y.O.U.ers/Uniteens cooking dinner for Hosea Youth Girls' Homeless Shelter on October 9 and 16.
- Y.O.U.ers trekking to Regional Rally in North Bend, Washington, October 10-12.
- Galileans rocking their Pumpkin Sale on October 28.
- All of the YFM celebrating the Latin American tradition of the Day of the Dead on October 28.
- Getting ready for our Annual Harvest Festival on November 10.

We will need volunteers for the festival. We are looking for people to:

- Bring stew/rolls/pies
- Set up
- Serve dinner
- Run games
- Clean up

Please watch for sign-ups in the fellowship hall and signup to help. Thank you!

Childcare continues for ages 0-4 years in the Nursery during the service. If you have any questions, please contact our YFM coordinator, Christina Scott, at unityyfmeugene@gmail.com or 541-222-9971 (call/text).

Galilean Pumpkin Sale

Sunday, October 28

(before & after the service)

Join the Galileans in the Fellowship Hall before and after the service for their annual Pumpkin Sale!

Proceeds will go towards providing Thanksgiving dinners for two families in transition.

OCTOBER PRAYER

from Rev. Sherry

Divine Presence, we open to the power of your loving Spirit,
and we call forth our innate ability to remain positive and grateful
throughout all that is beautiful and positive in our daily lives.

In return for this infinite blessing of internal wisdom and hope,
we enter into communion with all that is
with cheerfulness and loving hearts, and
in the quiet of our thoughts we bless all
that is not of our liking,
seeing it transformed by your holy presence
into blessings for all people everywhere.

May the leaves that fall at this time be leaves of love
covering the earth with abundance, light, and joy.

Amen

Unity of the Valley Prayer Ministry

While it's common to pray by begging or beseeching God for something, in Unity we use "affirmative prayer." This means we focus on connecting with the spirit of God within and affirming positive beliefs about the desired outcome. Here are ways you can participate in prayer with our devoted Prayer Ministry:

- Our Chaplains are available for prayer following the Sunday services. Chaplains are trained to maintain a spiritual space, keep confidentiality, and pray with you.
- Fill out a prayer request form and place it in the prayer box in the foyer. Members of our prayer team will pray for you for two weeks, and then we will send your request to Silent Unity for another 30 days of prayer. All requests are held in complete confidentiality.
- Call our Prayer Chain for immediate prayer 9 a.m.-9 p.m. daily. The Prayer Chain contact list is on the prayer request table in the foyer.
- 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 (800) 669-7729.

A Message from Our Volunteer Coordinator

POTLUCK SUNDAYS: It is so much fun to gather and eat together after service, and the Potlucks have been getting better each month. We are, however, overloading our kitchen and volunteers, and we want to make some changes as to how we organize Potluck Sunday. We want to encourage having a strong community and working together to make our events fun for all. I welcome feedback and ideas from all of you.

We would like to create a Potluck Ministry separate from the Kitchen Angels and Soup Ministries. These volunteers will be responsible for setting out the food, dishes, silverware, water, etc. They will not be responsible for washing the dishes brought in, but will be responsible for cleaning the kitchen, running the dishwasher, and sweeping the floor.

We expect everyone to take their dish (unwashed) and leftovers home with them. This Potluck Ministry Team will serve only one Sunday a month and could be shared by many volunteers.

Please sign up in the Fellowship Hall so we can explore new ways to make community even better!

Thanks
Ellen

Coordinator(s) Needed for the Annual Thanksgiving-Day Potluck

Our annual Thanksgiving-Day Potluck this year is on Thursday, November 22. This wonderful event is a time when we can gather together in gratitude and celebration.

We need a coordinator (or co-coordinators) to help make this happen!

The coordinator(s) helps organize the volunteers, who will help with set-up and clean-up, and handle the activities for the day. If you can serve as coordinator or co-coordinator, please contact Ellen ASAP at 541-344-1490.

FINANCIAL REPORT

MONTH	REGULAR INCOME	REGULAR EXPENSES	NET
JULY	$17,744	$16,819	$925
AUGUST	$16,520	$16,315	$205

By supporting Unity, we are uplifting lives and shining our light in the world. If you'd like to join our **Simple Giving program** to provide regular support even when you miss a Sunday, you can pick up a form in our foyer. And please remember Unity in your Will.

Scan to reach homepage. On right side, use yellow DONATE button.

With appreciation, your
Board of Trustees

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Tuesday, October 16 (6:30 p.m.) – Board of Trustees' Meeting. All are welcome. Minutes of Board meetings are posted on the bulletin board in the Fellowship Hall.

4th ANNUAL SHELTER-WEEK SERVICE PROJECT

Sign Up Now to Serve Families in Need!

The week of October 22-28, we have the opportunity to shine our light as a spiritual community. We will be serving dinners to 20 families staying at the new shelter at Fox Hollow and West Amazon.

Sign up in the Foyer today to help provide dinner and after-meal cleanup on one or more evenings during Shelter Week. We have easy-to-follow recipes from last year.

Behind the Lens Seminar

Tuesdays, October 2-December 18 (7:00 p.m.)

In the fall, Behind the Lens will return to the Golden Age of Hollywood. Last spring, we screened some of the world's most famous movies from 1939. We'll finish 2018 by going back to see what Americans were watching in 1940, during our recovery from the Great Depression, while Europe was being engulfed in what would become known as World War II.

Cost: 12 films for $30, or $5 per time. Register by picking up a registration form in the Fellowship Hall or calling the office at 541-345-9913.

Tuesday, October 2: ***His Girl Friday,*** directed by Howard Hawks. (92 minutes)

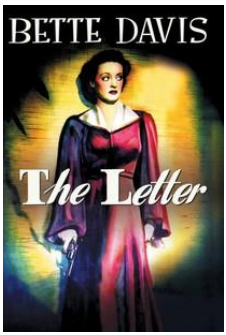
Tuesday, October 9: ***The Letter***, directed by William Wyler. (95 minutes)

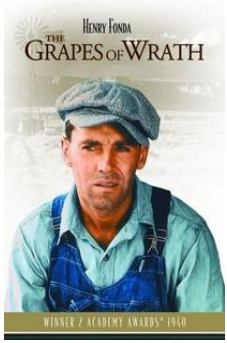
Tuesday, October 16: ***My Favorite Wife***, directed by Garson Kanin. (98 minutes)

Tuesday, October 23: ***Rebecca***, directed by Alfred Hitchcock. (130 minutes)

Tuesday, October 30: ***The Grapes of Wrath***, directed by John Ford. (129 minutes)

See flyer in Fellowship Hall for a listing of all 12 movies.





Unity Foundations

with Jon West

4-Week Series on Wednesdays
October 3-24
6:30-8:00 p.m.

This is an opportunity to more deeply explore Unity's basic principles in both large and small groups. Attendees qualify for voting membership in Unity of the Valley and may choose to form an ongoing spiritual support circle.

We will welcome new members on Sunday, November 4.

Donation basis.
Sign up in the Fellowship Hall.

Prayer, The Game Changer

Tuesdays, October 9-30
5:30-7:00 p.m.
with 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.

Who or What is God Art Workshop

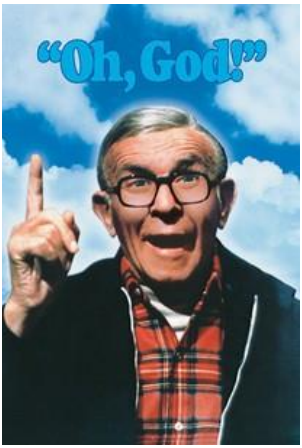
Saturday, October 13 (10:00 a.m.-Noon)

Join Jean Hanna and Dennis Chandler in the Fillmore Wing for an art workshop exploring and expressing your relationship to the Divine. You will have the opportunity to connect to your Creator in new ways, express yourself more freely, and find joy in creative art making. Collage, write, and paint to inspirational music. In a safe space, share with others your insights. No previous experience required. All materials provided.
Cost: Sliding scale of $15-$20 for two hours.

MOVIE NIGHT AT UNITY

Friday, October 12
7:00 p.m.

Free (donations accepted)



Oh, God, adapted by Larry Gelbart from the novel by Avery Corman, the film stars John Denver as Jerry Landers, the assistant manager of a grocery store who is chosen by God (George Burns) to spread the Word to the rest of the world. Not surprisingly, Jerry is soon labelled a basket case: Even his loving wife Bobbie (Teri Garr) doubts her husband's sanity. But there's enough evidence on Jerry's side for a panel of prominent clerics to demand that the hapless fellow prove in court that he's the agent of God. A circle discussion will follow the movie.

FRIDAY SPIRITUAL CINEMA

Friday, October 19, 7:00 p.m.

A series of films curated by Tom Blank

"**Black Narcissus**," directed by Michael Powell and Emeric Pressburger, may seem to be an utterly gorgeous technicolor tribute to the devotion of a group of nuns in a convent in India, but it turns out to be something more — an examination of the uncertainty of blind faith and the doubts common to any human being who tries to live by someone else's set of rules. A question-and-answer session with Tom will follow. (Donation basis.)

In the Moment:

Movement & Meditation, Sound & Silence

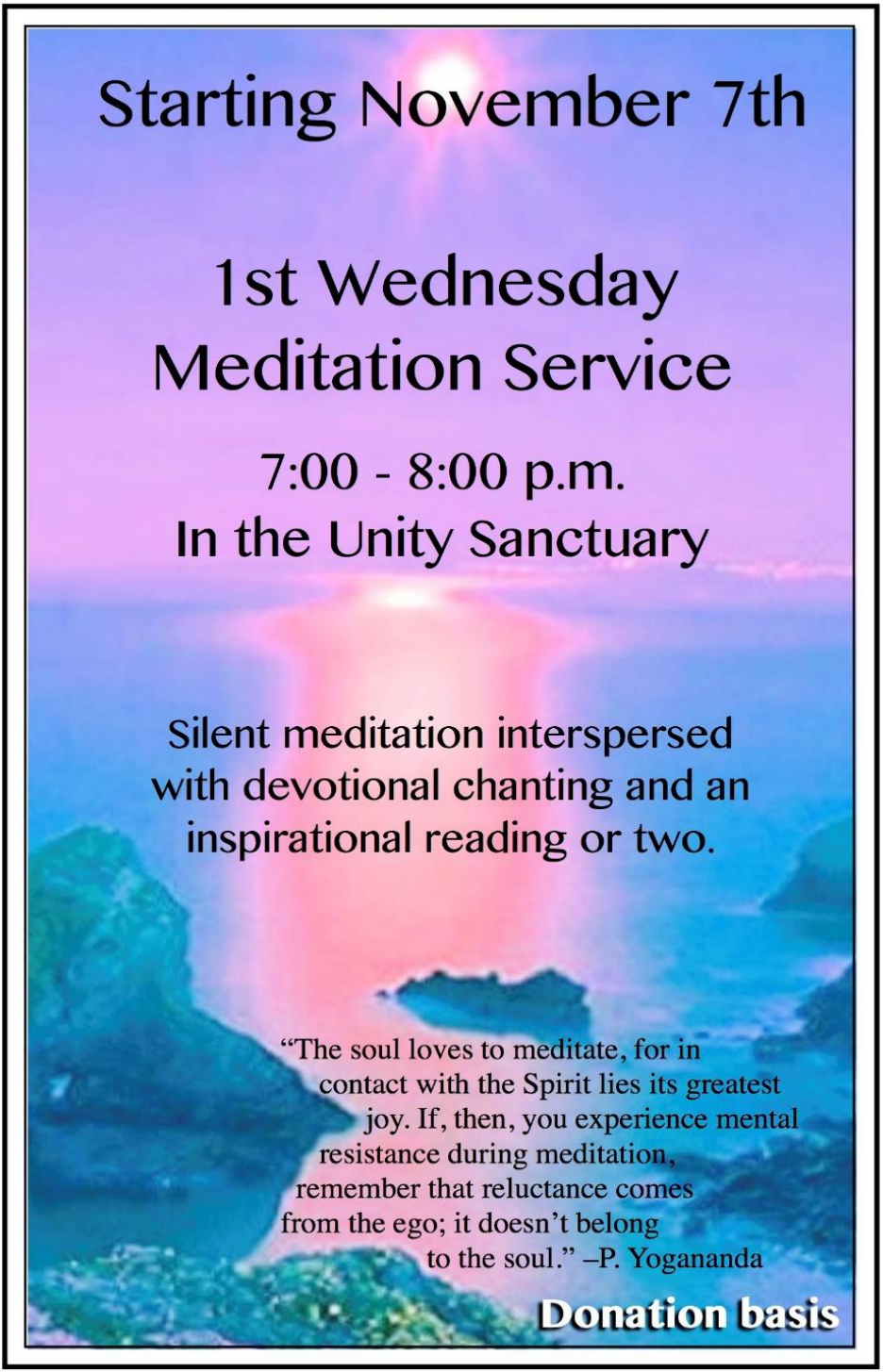
Saturday, October 13 (7:00-8:30 p.m.)

Arrive more fully in the present moment … in calm and loving acceptance! **Jasmine Grace** will guide you from a place of relaxed observation into deeper meditative states of body, mind, and spirit integration. Come and experience: ancient Chinese qigong, sound healing, breathwork & vocal toning, energy balancing, chakra tuning, guided and silent meditation, Self-exploration & discovery. No Experience necessary. Suggested donation $10-$20.

***Jasmine Grace** has instructed qi gong, tai chi, yoga, and E.S.L. for many years. She has also co-created sound meditation concerts and facilitated personal growth classes in L.A. She has an M.A. in Spiritual Psychology.*

Sunday, November 11 - (1:00 p.m.)

The touring version of *Now, I am Your Neighbor*, a play telling stories generously shared by immigrants who live in Lane County, woven together by playwright Nancy Hopps. Original production directed by Carol Dennis.


Starting November 7th
1st Wednesday
Meditation Service
7:00 - 8:00 p.m.
In the Unity Sanctuary
Silent meditation interspersed with devotional chanting and an inspirational reading or two.
"The soul loves to meditate, for in contact with the Spirit lies its greatest joy. If, then, you experience mental resistance during meditation, remember that reluctance comes from the ego; it doesn't belong to the soul." –P. Yogananda
Donation basis

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, *I Come As A Brother – A Remembrance of Illusions*, by Bartholomew. Everyone welcome.

YOUTH CHOIR PRACTICE (Garden Room) 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**.

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).**

A COURSE IN MIRACLES (Fillmore Wing) Fridays, 10:00 A.M.-12:00 P.M. For more information, contact **Janet and Dennis Chandler** at **541-485-5235** or email at **janetkoppchandler@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 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 541-520-9358.**

Feeding the Community

2018 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!

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

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