



Unity of the Valley

Positive, Practical Spirituality

October 2016

The Spirituality of Excellence



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

Welcome to an “Excellent” Month at Unity!

We often say that Unity offers a *practical* approach to spirituality, and this includes valuing *excellence* in all aspects of living. It's easy to fault the world for its seeming imperfections. Yet consider the excellence of design throughout our universe: the sun, electricity, gravity, air, water, trees, our eyes, ears, tongue, and heart, insects that recycle and pollinate, the atom itself... Excellence flows easily and naturally from nature. And if any part stops working the way we're used to, we notice!



Who doesn't appreciate excellence when a service is being provided for us? We want people to bring all their skill and attention to their assigned task. Yet skill and attention to detail isn't enough if we're dealing with someone who can't seem to listen or exchange ideas when options need to be discussed. So communication is another area where excellence makes a huge difference for all parties involved.

It's important to distinguish the *spiritual pursuit of excellence* from an obsessive, stress-filled perfectionism. Are we devoting our efforts to the highest good of all, or letting our egoic attachments push us and others around? Are we maintaining a healthy balance in the midst of our endeavors, or dropping the ball in some areas? Are we giving credit for our creative achievements to the Source of all creation, or trying to fill an insecure need for approval and admiration?

Throughout October, we will invite a higher and deeper degree of excellence into our lives: the pure and graceful excellence of a flower in bloom...of a swan in flight...of a clear mind...and an open, loving heart.

Ready to get started? Take a moment and write the first goal that comes to mind for improving your excellence. Then, trusting your Higher Power, nurture this goal to completion.

I will: _____

SERVICES IN OCTOBER

Sunday, October 2: "It's the Little Things." Speaker: **Jon West.** What happens when we convert our procrastination, as well as our obsessive perfectionism, into a willingness to serve the Divine even in the performance of small duties?

Sunday, October 9: "Manifest Your Destiny." Speaker: **Jon West.** We'll explore how creative, constructive thinking can remove inner limitations and fertilize a growing garden of prosperity and worthwhile achievement.

Sunday, October 16: Guest speaker & musician Kathy Zavada will share time-tested steps to help us move **"From Loneliness to Connection: Excellence in Communication as a Spiritual Practice."**

Sunday, October 23: "The 'Full Potential' Attitude." Speaker: **Jon West.** Our life becomes truly wonder-filled when we realize we are immortal rays of Divine Consciousness and contain infinite capacities.

Sunday, October 30: "We Are All Spiritual Role Models." Speaker: **Jon West.** We are all responsible for demonstrating the Truth that we know and for being "the change we wish to see in the world," as Gandhi advised.

First-Sunday Potluck

October 2nd (after the 11:15 a.m. Service)

Bring your favorite dish to share
Invite your family & friends.

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



Youth & Family Ministry News

Classes & Curriculum

Nursery Care is available for ages infant to 3 years old with our caring Nursery Angels during the 11:15 a.m. Sunday service. Child care is available for infants up to age 8 during the 9:30 a.m. service.

Unikids (ages 5 to 2nd grade) continue with the *Tales of Wonder and Imagination*, using fables and fairytales. The Unikids open and close with a Sacred Circle. They share a wisdom tale that teaches them that they have the power to create their own world, and they listen to a fairytale that teaches the lesson of being fully present.

Galileans (ages 3rd to 5th grade) continue with lessons from the *Metaphysics of the Wizard of Oz*. They will also be holding their **annual Pumpkin Sale** on **October 23**. They will be selling pumpkins decorated by the Galileans in addition to other Halloween decorations. All the proceeds will go to the purchase of Thanksgiving dinners for two families in need.

Uniteens (Middle School) & Y.O.U.ers (High School) continue with the exploration of spiritual diversity. They are learning there are many paths to God through New Thought teachings, readings, and Unity principles. The teens love their new “hangout” in the Rainbow Room. They are also having fun preparing for the **Halloween Party on Friday, October 28**. Please join us as a volunteer and for the fun!

All of YFM is enjoying music led by Marc Baber and the music team one Sunday a month. This month, YFM will also have a special service to **honor our ancestors** on **Sunday, October 30**. They will be lighting candles to remember pets and ancestors.

Blessings to you and your family from Your YFM Team

HALLOWEEN PARTY VOLUNTEERS NEEDED

We are holding a Halloween Party on Friday, October 28, and **we need many volunteers to help** with planning, setup, games, food, crafts, decorations, lights, and haunted house. Set up will happen a couple days before the party, and we also need volunteers to help with the party itself. **Please sign up in the Fellowship Hall today!**

We are also looking for donations of creepy, odd, or peculiar items, Halloween décor, old mirrors, creepy vintage photos, old lamps, dark fabrics, strobe lights, fog machine, black candlesticks, etc. **Contact Shawna at 541-345-9913, ext. 13.**

Youth & Family Ministry News

Upcoming Events, Opportunities & YFM Needs

Wednesday, October 5 – Fall Parent Night (6:30-7:30 p.m.). We will share a fun slide show and discuss bringing together community, youth, families, and Unity leaders to be in support of our youth's spiritual development. We will also discuss the fall schedule, fundraising, curriculum, and shared leadership. Mark your calendars!

Sunday, October 23 – Galileans' Pumpkin Sale (before and after the 11:15 a.m. service). All proceeds from this annual Galilean service project go towards providing Thanksgiving dinners for two families in need.

Teen Hangout Room Remodel: Items needed! Our teens are now gathering in the Rainbow Room. We are looking for playful and inspirational posters or pictures for the walls and bulletin board, glow-in-the-dark stars, a cool string of lights, large (and clean) throw pillows, and meditation poufs or cushion stools. **Ask your teens if they would like to donate any fun items to the cool space.** Contact Shawna Newcomb at 541-345-9913, ext. 13.

The Youth & Family Ministry Is Hiring

Come and join the YFM Team. We are looking for both volunteers and paid staff. The rewards of working with youth are many. Do you love working with children? Are you creative and crafty? Do you love singing and playing music? Are you adventurous? Do you love to read stories aloud? Do you have a special talent or skill you would love to share? All of these gifts can be brought in service to our youth!

You can help for as little as one to two Sundays a month, or on an as-needed basis. ECE training background and CPR/First Aid are preferred. **Paid positions** are **Part-time Unikids teacher and Floater Substitute Teacher** (\$30/per Sunday service) and **Angel Nursery Helpers** (\$10/hour for 1st and 2nd Sunday services at Unity).

Volunteers are needed as **Angel Teacher Assistants, Media Angels, Fundraiser Angels, Craft Angels, and Special Events Angels.**

For more information, contact our YFM Director, Shawna Newcomb at shawna@unityofthevalley.org.

October Prayer

CHANGE

As the seasons change,
each one splendid in its expression,
my prayer, sweet Spirit,
is that I may have the consciousness to see
that the changes I am going through are for the good.
Help me to believe that the change that challenges me
is leading to a place of love, joy, and light.

May I learn to trust the process.

May I learn to trust myself
and believe in my inner guidance.

May I accept the grace that is mine,
and know that even hard times are healing times.

May I embrace others with
love, acceptance, and understanding
as they walk through the changes in their lives.

May we all be at peace.

Amen



Coordinator(s) Needed for the Annual Thanksgiving Day Potluck

Our annual Thanksgiving Day Potluck this year is on Thursday, November 24. 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, our Volunteer Coordinator, ASAP (541-344-1490).

FINANCIAL REPORT

MONTH	INCOME	EXPENSES	NET
JULY 2016	\$18,025*	\$14,810	\$3,215
AUGUST 2016	\$19,537*	\$16,108	\$3,429

* Boosted by \$5,000 from one couple.

August was close to July's numbers with slight improvement. We still have a ways to go to be self-supporting. We trust that as we join together in living and sharing the principles of Unity, our spiritual home will be abundantly provided for. Thank you for your generous support!

Your Board of Trustees

Many Thanks for a Successful Silent Auction Fundraiser!

Our Silent Auction went very well this year. The day was made possible by the volunteers that stepped up to help. Many thanks go to everyone who donated silent auction and raffle items, Inge, for the use of her beautiful home, the musicians, the volunteers who helped with the event itself, and our wonderful congregation who attended this event.

Our raffle prize winner was Bob Larson!
We cleared approximately \$4,300.

Thank you Unity!

Board Meeting Tuesday, October 18, 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.

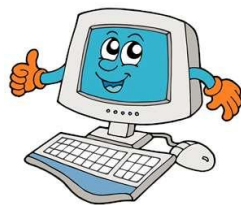
Minutes of the board meetings are posted
in the Fellowship Hall on the Board's bulletin board.

A Message from Our Volunteer Coordinator

In this age of technology we have come to expect the visual accompaniment to our Sunday service. The pictures, videos, and song lyrics appear as if by magic at just the right time and add so much to our experience. We still, however, need a “wizard behind the curtain” to make that happen. The “wizards” are the volunteers on the PowerPoint team. They have a place of honor in the sound booth, and at the appropriate times they push the correct magic button to display the images and words that enhance our experience.

We need the volunteers to run PowerPoint on Sunday. The presentation is prepared in advance, so no experience is necessary.

If you would like to join these magical people, sign up in the Fellowship Hall or contact Guy Dent or me. With a little training *you* could be the “wizard behind the curtain!”



Namasté,
Ellen (541-344-1490)

Come to the Cabaret Friday, October 14, 7:00 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 are \$10 and go on sale Sunday, October 2.
All proceeds will benefit Unity.

Become a Member of Unity of the Valley!

**We will welcome new members into our church on
Sunday, October 16, at the 11:15 a.m. service.**

Becoming a member is:

- An opportunity to strengthen your commitment to spiritual growth.
- An affirmation that you are part of this community. Stating our intentions strengthens our unity!
- A practical basis for determining who is eligible to serve on the board, vote at our elections, etc.

If you have attended either “Foundations of Unity,” the “Unity Way of Life,” or the “What is Unity?” class, you are qualified for membership.

Sign up in the Fellowship Hall.

Sunday, October 16: Both services From Loneliness to Connection With guest Kathy Zavada

Kathy returns to Unity to share her inspiring music, along with the key principle that “excellence in communication can be a spiritual practice.”



Kathy is a nationally acclaimed performing and recording artist and producer of sacred music. She is also an ordained Interfaith minister, inspirational speaker and long-time retreat and workshop facilitator.

The Gospels

Wednesdays, October 19-November 9

1:00-2:30 p.m.

Facilitated by Rev. Sherry Lady



The Gospels have often been taken literally. Upon investigation, several questions arise – and these are what we will look at in this fun, interactive class:

- Why study the Gospels?
- Why are there several versions of Jesus' birth?
- Who wrote these Gospels, in what time frame, and for what purpose?
- What about the many other gospels (such as the Gospel of Thomas, the Gospel of Mary Magdalene, and the Gnostic Gospels) that didn't "make the cut" when the version we have today was put together?
- Ancient writers mentioned a number of other gospels which apparently no longer survive – or do they? If so, where are they?

We will also take some metaphysical dives into certain scriptures so we can learn how to apply their teachings to our lives in more profound ways.

For those wishing to take the class for credit, this will cover what is needed for Unity's requirement for BI-604: "New Testament Interpretation."

Love-offering basis.

Sign up in the Fellowship Hall.

Galilean Pumpkin Sale
Sunday, October 23
(before & after the 11:15 a.m. service)



Join the Galileans in the Fellowship Hall before and after the 11:15 a.m. service for their annual Pumpkin Sale.

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



There is nothing small in
the service of God....

~Francis de Sales



Shelter Week
Unity of Valley Opportunity

The week of October 24-30, Unity will be providing meals for families in transition who will be staying at the Church of the Resurrection next door.

Volunteers are needed for cooking, serving, and other tasks.

This is a wonderful opportunity for community outreach and prosperity giving! Please sign up to help.

For more information, contact Bonnie Paquin at 541-345-8873.

Kriya Yoga Meditation

~ 4 Week Series with Jon West ~

Wednesdays, October 26 – November 16

5:45-6:45 p.m., 2nd Floor

Kriya Yoga Seminar & Initiation*

Friday, November 18, 7-9 p.m., Sanctuary

- * Learn keys to successful, enjoyable meditation;
- * Break through patterns of resistance to growth;
- * Improve health and well-being on every level;
- * Tap into your infinite potential.

In complete harmony with Unity principles, this class is based on the ancient guidelines in **Patanjali's Yoga Sutras**, the teachings of **Paramahansa Yogananda** and his direct disciple **Roy Eugene Davis**, and Jon's 28 years as a meditator and student of Kriya Yoga.

*Jon was authorized to give Kriya initiation by Roy Eugene Davis, founder-director of Center for Spiritual Awareness. **General prerequisites for initiation:** read *Autobiography of a Yogi*, be a regular meditator for one year, and attend this course.

Cost: Donation

Register in Fellowship Hall

For info, contact Jon at

jwest97405@gmail.com

or 541-345-9913 ext.18



Unity's Peculiar Halloween Party

Friday, October 28 (6:30-9:30 p.m.)



Gather your family and friends and join in the fun exploring the strange and haunting world of peculiar people. Inspired by the book and film, *Miss Peregrine's Home for Peculiar Children*.

We'll have games and activities, snacks and treats, live DJ, dancing, spooky haunted house, and more!

Come as your most peculiar self.

All peculiarities are honored, and costumes are encouraged.

Admission: \$2, all ages welcome.

(Nursery childcare is available.)

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.

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 (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**.

JOY OF WATERCOLOR (Fellowship Hall) Thursdays, 1:00-3:00 P.M.

Join **Ellen Ticknor** for the joy and exploration of expressing yourself through the beautiful medium of watercolor. All are welcome. No experience necessary. Donation basis.

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)**.

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).

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 **541-344-0727**.

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**.



Soup Sundays



After the 11:15 a.m. service, we gather for food and fellowship. **The first Sunday of every month is Potluck Sunday.** Bring your favorite dish, and enjoy the feast! **All other Sundays we share soup and bread** contributed by members of the community. Cook or contribute what you can. The joy is in the gathering!

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

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