

# Odyssey of the Spirit



Unity of the Valley's  
Adult Education & Enrichment  
Program

Winter/Spring  
2016 Catalog

Dear Friends,

Welcome to Unity of the Valley's Adult Education Program of adult spiritual education and life enrichment. The purpose of our program is threefold:

1. to offer teachings and spiritual principles that enable each individual to deepen their relationship with Spirit and with each other;
2. to provide classes and activities that assist in the enhancement of life skills and enrichment for daily living;
3. to provide credit classes and activities for those people who:
  - a. wish to accumulate the required hours for completion of Unity's various programs,
  - b. have already entered, or are planning to enter, the Licensed Unity Teacher program, and
  - c. are considering Ministerial education.

To facilitate the realization of these goals, we are offering a rich and diverse curriculum that includes classes, workshops, seminars, weekend intensives, guest presenters, and other activities. Information about upcoming program offerings can be found in our course description catalog, our Sunday Bulletins, and on our website.

As we come together to learn and grow spiritually, we hold to the statement offered by Myrtle Fillmore, co-founder of Unity: *Unity is the Truth that is taught in all religions, simplified and systematized so that anyone can understand and apply it. In the application, we co-create with God a life of abundant fulfillment.*

Blessings on your journey! It is a privilege to share it with you.

*Rev. Sherry Lady*

## REQUIREMENTS TO BECOME A LICENSED UNITY TEACHER

For those Unity students who desire to become licensed Unity teachers, there is a specialized program offered by Unity Worldwide Ministries. This program includes four focus areas from which to choose. They are as follows:

- Licensed Teacher Specializing in: Administration
- Licensed Teacher Specializing in: Adult Education
- Licensed Teacher Specializing in: Pastoral Care
- Licensed Teacher Specializing in: Music Ministry
- Licensed Teacher Specializing in: Youth & Family Ministry

It also includes two parts which are completed simultaneously: Leadership Classes (120 hours) and completion of a practicum which includes a practicum, elective specialty classes, and additional work such as teaching classes or participation in service areas within the chosen ministry or center (130 hours). Many of the required classes can be accessed online, or can be provided within our Unity of the Valley ministry or by independent study.

If this is a path that speaks to you and you would like more information, you may contact Rev. Sherry Lady at 541-345-9913, ext. 16, or 541-485-6874 or Rev. Inge Tarantola at 541-968-5540. (Leave a message.)

You may also go online and request a booklet titled: "Licensing for Teachers" at [www.Unity.org/LicensedTeachers](http://www.Unity.org/LicensedTeachers), or contact Shirley Kennedy at [skennedy@Unity.org](mailto:skennedy@Unity.org). The direct line to the Licensed Teacher Coordinator is: 816-434-6862.

### **Mission Statement**

The purpose of Unity of the Valley's Adult Education Program is to encourage the unfoldment of the individual through the development of spirit, mind, and body.

# Winter-Spring 2016

## Upcoming Courses

**Ask Yourself This** – Facilitated by Barbara Vandepas  
Sundays, January 10-February 7, 1:00-3:00 p.m. (Fillmore Wing)

**Meditation for Spiritual Growth** – Facilitated by Jon West  
Wednesdays, January 13-February 17, 5:45-6:45 p.m.  
(Fillmore Wing)

**Foundations of Unity** – Facilitated by Jon West  
Wednesdays, February 24-March 16, 7:00-8:45 p.m.  
(Fillmore Wing)

**Prayer Works Wonders** – Facilitated by Rev. Inge Tarantola  
Saturday, March 5, 9:00 a.m.-4:00 p.m. AND  
Sunday, March 6, 1:30-4:30 p.m. (Fillmore Wing)

**Cultivating Joy & Creating the Life You Want**  
– Facilitated by Géna Duel  
Tuesdays, March 8-29, 6:00-8:00 p.m. (Fillmore Wing)

**Meditation Practices** – Facilitated by Rev. Inge Tarantola  
Tuesdays, April 5-26, 6:30-8:30 p.m. (Fillmore Wing)

**Metaphysics: What it is and how it enhances the spiritual journey**  
– Facilitated by Rev. Sherry Lady  
Tuesdays, May 3-24, 6:30-8:30 p.m. (Fillmore Wing)

In every adult  
there lurks a child – an eternal child –  
someone that is always becoming  
and calling for unceasing care,  
attention, and education.  
That is the part of the human personality  
which wants to develop and become whole.  
~C.G. Jung

# Ongoing Courses

**All Comers' Meditation** – Facilitated by Laurie Cracraft  
Mondays, 5:30-6:30 p.m. (Fillmore Wing)

**Gentle Beginnings Yoga** – Facilitated by Donna O'Neil  
Tuesdays, 4:15-5:20 p.m. (Sanctuary)

**Spirit of Yoga** – Facilitated by Donna O'Neil  
Tuesdays, 5:45-7:15 p.m. (Sanctuary)

**Wednesday Noon Meditation** – Facilitated by Linda Flock  
Wednesdays, 12:00-12:30 p.m. (Peace Chapel)

**Passage Meditation** – Facilitated by Laurie Cracraft  
Thursdays, 5:30-6:45 p.m. (Fillmore Wing)

**Joy of Watercolor** – Facilitated by Ellen Ticknor  
Fridays, 11:30 a.m.-1:30 p.m. (Fellowship Hall)



Learning is a treasure  
which accompanies its owner everywhere.  
~Chinese Proverb

# Course Descriptions

## Upcoming

### **Ask Yourself This**

**Date:** Sundays, January 10-February 7

**Time:** 1:00-3:00 p.m.

**Location:** Fillmore Wing

**Facilitator:** Barb Vandepas

**Cost:** \$5 per class

This class supports students in questioning perceptions as a way to explore our essence. Answering questions of how we grow spiritually and personally will create awareness in our relationships. Our internal dialogues and class discussions will awaken inner wisdom.

**Required book/Author:** *Ask Yourself This* by Wendy Craig-Purcell. Read Chapter 1 before class. Available at the Unity Bookstore for \$14.95.

### **Meditation for Spiritual Growth**

**Date:** Wednesdays, January 13-February 17

**Time:** 5:45-6:45 p.m.

**Location:** Fillmore Wing

**Facilitator:** Jon West

**Cost:** \$40-\$60 Free-will donation

Learn practical keys to successful, enjoyable meditation, break through old patterns of resistance to inner peace, improve health and wellbeing on every level, and tap into your infinite potential.

# Course Descriptions

## Upcoming

### **Foundations of Unity**

**Date:** Wednesdays, February 24-March 16

**Time:** 7:00-8:45 p.m.

**Location:** Fillmore Wing

**Facilitator:** Jon West

**Cost:** Love offering

Whether you've attended Unity for 2 weeks or 20 years, this class will stimulate your spirit, expand your spiritual consciousness, and question your answers.

This course is required for those wishing to become a new member. New members will be honored and welcomed on Sunday, March 20.

### **Prayer Works Wonders**

**Date:** Saturday, March 5 and Sunday, March 6

**Time:** Sat. 9:00 a.m.-4:00 p.m. and Sun. 1:30-4:30 p.m.

**Location:** Fillmore Wing

**Facilitator:** Rev. Inge Tarantola

**Cost:** \$25-\$40 sliding scale

This is an interactive class that includes demonstrations of various approaches to praying for ourselves and others, and gives the opportunity to learn by doing. It is required if you wish to participate in the Prayer Chaplain Ministry and is strongly recommended for participation in the Taizé Ministry.

**Required Text:** *Come Apart a While* (available in class)

# Course Descriptions

## Upcoming

### **Cultivating Joy & Creating the Life You Want**

A series for women

**Date:** Tuesdays, March 8-29

**Time:** 6:00-8:00 p.m.

**Location:** Fillmore Wing

**Facilitator:** Géna Duel

**Cost:** \$45-\$60 sliding scale (includes all class supplies)

This fun, fascinating, and interactive series, designed especially for women, teaches us how to cultivate, nurture, and grow joy and our connection with ourselves, the outer world, and with spirit. This 4-week series is filled with hands-on play, creativity, and joy-filled weekly assignments which enhance and support our day-to-day life.

### **Meditation Practices**

**Date:** Tuesdays, April 5-26

**Time:** 6:30-8:30 p.m.

**Location:** Fillmore Wing

**Facilitator:** Rev. Inge Tarantola

**Cost:** \$5 per class

Learn how to deepen, enrich and expand your prayer life. We will explore the benefits of affirmative prayer and take a closer look at traditional prayers. You will develop a daily spiritual practice that includes prayer and a daily prayer journal.



# Course Descriptions

## Upcoming

### **Metaphysics: What it is, and how it enhances the spiritual journey**

**Date:** Tuesdays, May 3-24

**Time:** 6:30-8:30 p.m.

**Location:** Fillmore Wing

**Facilitator:** Rev. Sherry Lady

**Cost:** \$25-\$40 sliding scale

Metaphysics is the study of the ultimate reality that underlies and transcends the physical realm. In Unity, we refer to this as Divine Ideas. This course provides an overview of the fundamental concepts inherent in the Unity system of thought. It includes selections from the writings of co-founders Charles and Myrtle Fillmore, notable contributions from major writers in the literary field, history of the new-thought movement, and metaphysical interpretation of major Bible passages. We will also focus on the importance of self-knowledge, the Divine paradox, and the process of spiritual evolution.

Education is not the answer to the question.  
Education is the means to the answer to all questions.

~William Allin

# Course Descriptions

## Ongoing

### **All Comers' Meditation**

**Date:** Mondays

**Time:** 5:30-6:30 p.m.

**Location:** Fillmore Wing

**Facilitator:** Laurie Cracraft

**Cost:** Free

The All Comers' Meditation offers a weekly half-hour silent period of meditation in a group setting. During the first half-hour, we have fellowship and read together or watch a video on spiritual living, then we sit in silent meditation for half an hour. Any style of silent meditation is fine for use in this group.

### **Gentle Beginnings Yoga**

**Date:** Tuesdays

**Time:** 4:15-5:20 p.m.

**Location:** Sanctuary

**Facilitator:** Donna O'Neil

**Cost:** 5 classes \$40 or 10 classes \$70

If it's been a while since you've done anything like yoga, or maybe never have, this is an ideal place to start. You'll learn foundations like yogic breathing, moving with alignment, and relaxation techniques. Yoga is a proven way to help deal with stress and to build health.

To register, contact Donna at 541-683-7664 or [yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com).

# Course Descriptions

## Ongoing

### **Spirit of Yoga**

**Date:** Tuesdays

**Time:** 5:45-7:15 p.m.

**Location:** Sanctuary

**Facilitator:** Donna O'Neil

**Cost:** Drop-in \$11; 4-class card \$36; 6-class card \$51;  
or 10-class card \$75

An ongoing weekly class for turning inward with slow, contemplative yoga, designed to explore and strengthen the body, stretch the spine, and renew the spirit. (Bring your own mat and blanket, or Donna can loan you one if needed.)

Questions: Contact Donna at 541-683-7664 or  
[yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com).

### **Wednesday Noon Meditation**

**Date:** Wednesdays

**Time:** 12:00-12:30 p.m.

**Location:** Peace Chapel

**Facilitator:** Linda Flock

**Cost:** Free

This is a half hour of guided or silent meditation and prayer. The intent is to connect with the Divine and all energies promoting peace on Earth, and to remind us that we are not alone. Each prayer/meditation is Spirit guided, and therefore will address the group's needs for that day. No experience necessary.

# Course Descriptions

## Ongoing

### **Passage Meditation**

**Date:** Thursdays

**Time:** 5:30-6:45 p.m.

**Location:** Fillmore Wing

**Facilitator:** Laurie Cracraft

**Cost:** Free

This weekly group follows an eight-point program of spiritual practices, as taught by Eknath Easwaran of the Blue Mountain Center of Meditation. Passage Meditation, as it is called, is a unique method of meditation on memorized passages from the world's great religions. Every week we briefly discuss an idea to help us get the most out of our eight-point practice, watch a 15-minute commentary on spiritual living by Easwaran, and then meditate silently for 30 minutes.

### **Joy of Watercolor**

**Date:** Fridays

**Time:** 11:30 a.m.-1:30 p.m.

**Location:** Fellowship Hall

**Facilitator:** Ellen Ticknor

**Cost:** Love-offering

Explore painting with watercolor in an encouraging and fun atmosphere. The emphasis of this class is on joy. All skill levels are welcome.

# Our Facilitators



**Rev. Sherry Lady** serves on the Ministerial Team at Unity and is Director of the Adult Education program, along with other areas of responsibility. She has been in Unity since 1985 and has "worn many hats" during that time. She considers herself a constant student with many and diverse interests. Her greatest happiness is derived from seeing

people open up their minds and hearts, learn the beautiful truth about themselves, and move into the joy of an enriched and empowered life. Sherry is a retired educator, having spent 30 years as a classroom teacher. She holds a Master's in Education and 48 graduate hours in theater, one of her greatest loves. Her favorite saying is: *Wherever I am, God is – so, therefore, I dwell in all possibility.*

**Rev. Inge Tarantola** serves on the Ministerial Team at Unity, where she also serves as Director of the Prayer Ministry and formerly served as Director of the Taizé Healing Prayer Ministry. Her previous ministry was at Unity of Roseburg, which she pioneered. Inge is trained in Hospital Chaplaincy and Spiritual Direction. Her focus is on the power of prayer and meditation, and she has been dedicated to a daily spiritual practice for many years.



**Jon West** joined Unity's ministerial team in 2013, after serving 9 years as Director or Co-Director of LILA (a nonprofit agency empowering people with disabilities), 3 years as Spiritual Leader at Unity of Florence, and 17 years as Unity of the Valley's music director. A 1987 graduate of

the U of O, Jon was ordained in 2002 by Roy Eugene Davis, a direct disciple of the great Indian mystic Paramahansa Yogananda.

# Our Facilitators



**Laurie Cracraft** is Coordinator for Meditation at Unity of the Valley. She coordinates and leads two weekly meditation circles. She has received training from the Blue Mountain Center of Meditation, founded by Sri Eknath Easwaran. Laurie has a B.A. in

Education from Oregon State University, and an M.A.T. in Education, with a minor in foreign language, from the University of Oregon. She also has an M.A. in Counseling/Psychology, with a minor in gerontology, from the University of Oregon.

**Barb Vandepas** is a Licensed Unity Teacher candidate. She has been taking Unity classes since 2007. She is trained and has served as a Prayer Chaplain. She taught in public schools for 21 years and is now retired. When vacationing, she enjoys visiting other Unity Churches. She is a member of Unity of the Valley.



**Linda Flock** facilitates the Noon Meditation on Wednesdays. She's an active member of Unity of the Valley. She is a member of the Prayer Team, Prayer Chain, Prayer Line, and Prayer Shawl Ministry, and is an active Chaplain. Linda was an RN for over 15 years. She has been trained in Reiki, Jo Rei, and Therapeutic Touch.

# Our Facilitators

**Ellen Ticknor** was raised by an art teacher (her father). She always had art supplies to play with, and helpful hints as to how to use them. She studied art all through school, and added Education to her Art major in college. Ellen turned to watercolor later in life, and fell in love with the vibrant colors and versatility. She finds art a great way to explore the different ways we experience this walk through life.



**Donna O'Neil** E-RYT500, has been a certified yoga teacher for 20 years, teaching yoga and meditation in Eugene since 1995. In fact, her first classes were taught here at Unity of the Valley. She has a wide range of experience in teaching to all levels. Her gentle teaching emphasizes safety and alignment, with space for our inner spirit to shine in each pose. She currently teaches yoga classes at Unity, Eugene Yoga, and in the Tamarack Pool, and leads adventurous yoga retreats. She's someone you've seen singing here at Unity for many years (since 1987). Find out more at her website: <http://www.yogawithdonna.com>.

**Géna Duel**, has been a student and teacher of the Power of Women's Joy classes for 15-plus years. Having walked this journey herself, she has discovered powerful tools to help women move through life's ups and downs rather than remaining stuck in the difficulties they present. She regularly uses gratitude journaling, joy dates with herself and others, and creativity to cultivate a deeper experience with spirit and with life. Her passion is sharing these tools and inspiring women to discover how the power of joy can enhance their lives.





**Unity of the Valley**

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