



May 2025



Sunday Livestream & In Person Service

10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director

Laura DuBois

Expanding Our Reach

A message from our Ministerial Team

Few of us are born fully grasping our connection with the infinite field of Being we call God, Spirit, Source, etc. But if we are attentive, we will notice hints that there is more to life, that we are connected to something greater. In such moments, we may notice our heart swelling with a feeling that can best be described as divine love.

How can we follow the call of these gentle glimmers, this mysterious love? A good first step is to turn inward to the still, small center of our being and simply listen. Once we are tuned in, we will find our center rippling outward, leading us to commune with increasingly larger circles of life. We joyfully set aside the petty irritations and resentments we might have let fester with those we share our home and work.

Acquaintances we formerly passed by with little care we now behold with interest and appreciation. Rejuvenated by the release of repressed life force, we begin reaching out to our community, first in small ways, then perhaps joining with others in larger projects.

Without forcing but letting the Spirit flow within us, new opportunities and possibilities arise. Instead of denying we can make a difference in the world, we surrender to whatever Spirit wants to do through us. What was once a little ripple or glimmer has become a mighty wave of inspiration, carrying us to the far horizons of our eternal soul journey.

Are you ready to join us in expanding our reach?

“When you are inspired by some great purpose, some extraordinary project, all of your thoughts break their bonds. Your mind transcends limitations; your consciousness expands in every direction; and you find yourself in a new, great and wonderful world. Dormant forces, faculties, and talents become alive and you discover yourself to be a greater person than you ever dreamed yourself to be.” – Source unknown



SERVICES IN MAY

Sunday, May 4: “Expanding Our Consciousness Here and Now.”

Speaker: **Jon West**. Our positive impact expands outward as we understand that consciousness is an infinite field of energy and that our Earthly lives are a training experience within that field.

Sunday, May 11: “Expanding Our Connections in Unity.” Speaker:

Jon West. We will explore ways to enrich our experience within our spiritual community. See page 7 for the opportunity to create a spiritual support group (or Spirit Circle) of your own!

Sunday, May 18: “Reaching Out to the Larger Community.” Speaker:

Laura DuBois. As Director of a nonprofit called Connecting from the Heart, Laura will share how shining our light includes supporting community improvement projects and finding simple ways we can lend a hand and heart.

Sunday, May 25: “Reaching Out to the World.” Guest Speaker **Dr.**

Michael Dreiling will share reflections on how we can each do our part to expand peace and justice in the world. He will share experiences from his recent trip to Japan doing international peace work with atomic bomb survivors.



PARENTS EMPOWERED BY CONNECTING

Thursday, May 1- 5:30-6:30 p.m.



Parents, Grandparents, and Guardians are invited to join us in the Garden Room for a safe, confidential, and collaborative parent support group. **For information contact Alice Sparks at 541-729-3817**

Sacred Women's Circle



**Saturday, May 3
10:30 a.m. - Noon**

May Theme

The Magic of You

Calling all women to join **Géna** in the upstairs Fillmore Wing for a time of connecting, meditating, and doing a fun project that incorporates the theme for this month's gathering. For more information, contact Géna at 541-345-9913, ext. 11.

Empathetic Presence and Nonviolent Communication: A Monthly Primer and Practice Group

Sunday, May 4 – 12:15-1:30 p.m.

Join **Michael Dreiling** in the upstairs Fillmore Wing for this monthly intro. and practice session for empathetic presence and Nonviolent Communication (NVC).

During these sessions, Dreiling will provide templates and examples for practicing self-empathy and offer links and news about other resources for learning NVC. Donations welcome.



Caring from the Heart
LGBTQIA++ Support Group
1st & 3rd Monday, 5:30-7:00 p.m.
May 5 & 19

This group meets in the Garden Room on the 1st & 3rd Monday of each month. Join them in this safe place to be open and to share, express, and support each other in the LGBTQIA++ community.

No judgement, no fear. For more information, contact Erik at 541-556-0228.

Every First Wednesday
Chanting & Meditation
Join us May 7th, 7 - 8 p.m.

*E*xperience a deeper connection with Spirit through the timeless practice of chanting, both in English and Sanskrit. Between chants, we meditate in silence for 7 to 10 minutes. We conclude with a healing prayer for the world.

Info: Jon West (541) 683-7666
jwest97405@gmail.com



Unity Grief Support Group
facilitated by Rev. Inge Tarantola

Wednesday, May 7 & 21
4:30-5:30 p.m.

Unity's Grief Support Group is a safe place to share feelings and experience positive change. The loss can be recent or unresolved from years past. Meetings are held at Unity and via Zoom. For more information, contact **Rev. Inge Tarantola** at 541-968-5540 or ingetarantola@gmail.com.

THERAPEUTIC TOUCH

Thursday, May 8 - 3:30-5:00 p.m.



The Northwest Therapeutic Touch Institute (NWTTI) offers Therapeutic Touch (TT) sessions for those who have taken TT classes, those interested in TT, and those who would simply like to experience a calming, healing TT session. Sessions are offered on the 2nd Thursday of each month. For more info., contact **Bev Forster at 541-520-9358.**

The great thing about life is
that as long as we live
we have the privilege of growing.

~Joshua L. Liebman

Unity's Environmental Action Team (UV EAT)

Sunday, May 11 – 12:30 p.m.



Join us every 2nd Sunday of the month as we explore ways to live in harmony with Mother Earth. For more information, contact **Donna O'Neil** at yogawithdonna@gmail.com or **Betsy Priddle** at heavenstobetsy74@gmail.com.

Tip:

Please take the small steps to Recycle your Plastics with us! Each month **before our meeting on the second Sunday of the month, we will be collecting clean and dry #2, #4, and #5 plastics recycling in the Garden Room at 11:45 a.m.** Please pick up the instruction sheet on the table in the Fellowship Hall just beneath the Bulletin Boards by the water fountain before bringing them.



Would you like to help start a Spirit Circle in our Unity Community?

A Spirit Circle is a group of **6 to 12 Unity congregants** who meet regularly, usually once or twice a month, at the homes of whoever can host. In circles, we can:

- **create deeper connections and friendships;**
- **learn and grow together on our spiritual paths;**
- **have a welcoming space to be our true selves.**

Groups set their own meeting time. A fun option is to meet after dinner and share dessert when the discussion is over.

Guidance for creating your circle will be provided, along with discussion questions related to Unity's monthly themes.

To get started, email Jon West at jwest97405@gmail.com with the following information:

- 1. Your name** (including any others interested in starting a Spirit Circle with you).
- 2. Address, cell phone, and email** (and contact preference)
- 3. Could you ever host gatherings?** What size group?
- 4. Include any questions or suggestions. *Thank you!***

An Interview with Our New Bookstore Manager Corilee Sanders



At the end of April, we welcomed our new Bookstore Manager, Corilee Sanders. I had an opportunity to sit down and chat with her a bit.

How did you come to Unity?

Walking on my daily walk for exercise I came by and noticed Unity's Bookstore. I have visited other Unity bookstores in other cities, and wanted to check this one out. I came in and found a puzzle and came back the next day with my husband, Micheal (Unity's new Librarian), to check it out, and we found a new spiritual home.

We were both looking for comfort, community, encouragement after the election, and decided to attend a service to check it out. We liked it very much and have been attending ever since.

What draws you to the Bookstore?

I always wanted to have a bookstore, and I have worked in a number of bookstores. I'm familiar with books, and I love them.

How did you come about being the Bookstore Manager?

You (Géna) chatted with me and offered it to me and told me she felt I would be a good fit. I thought about it, and prayed about it. I was a little scared, but I thought if something scares me then I really should do it.

I'm currently taking time to get familiar with everything in the Bookstore and thinking about ways to draw more people in and see what more we can offer. Then, I will take time to meet our (as Géna says) fabulous bookstore volunteers, and then create a plan. In the meantime, please come in and introduce yourself, look around for some special book or treasure calling to you. You can also let me know what inspires you.

Welcome Corilee! We are happy you are here.

Géna Duel
Administrator



Youth & Family Ministry "Mother's Day Bake Sale" Sunday, May 11th

- Donation based
- All proceeds go to help with camps and supplies for the Youth & Family program.

Can you donate cookies, brownies, sweet breads, cakes, cupcakes, pies, sweet rolls, cake pops, or candies?



Sign-up in the Fellowship Hall to donate and help YFM!
or contact Alice Sparks (541-729-3817) for more information.

Youth & Family Ministry Yard, Plant & Tree Sale Friday & Saturday June 27 & 28



How You Can Help: Do you have items you are looking to get rid of? Donate them to YFM and help support them at the same time. Drop off of your donated items starting June 15th. Contact Alice at 541-729-3817 to set up a time to drop off your donated items.

Funds raised help pay for camps and retreats for our youth, training retreats for YFM leaders, and Help YFM with everyday needs.

FINANCIAL REPORT: EXPANDING OUR VISION

MONTH(S)	INCOME	EXPENSES	NET
FEBRUARY	\$ 15,171	\$ 20,439	– \$ 5,268
MARCH	\$ 21,197	\$ 16,491	\$ 4,706

Thank you for shining your light here at Unity! Some ways people are letting their light expand even more: 1) Joining our Simple Giving auto-donation program; 2) Including Unity in your estate planning such as your Will; and 3) giving tax-deductible donations from your retirement fund. (You can do this even if you take the standard deduction.)

In divine partnership,
your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF *Trustees'* MEETING

Tuesday, May 20
6:30 p.m.

Board meetings are held
in person in the
Garden Room and via Zoom.
All are welcome to attend.

If you would like to attend via
Zoom or speak at the meeting,
please contact **Bonnie Paquin** at
541-556-9669 or
blpaquin2@gmail.com.

May Affirmation

The Light and Love of Spirit
is ever expanding
within me!



Thursday, May 1 — 7:30 p.m.
Tracy Grammer & Katie Henry

Tickets: \$21.50 or \$24 at door

Tickets at Tsunami Books (541-345-8986)

Tracy Grammer is one of contemporary folk music's most beloved artists. Renowned for her pure, emotive vocals, perfectly intoned violin, and guitar playing that is by turns percussive and delicate, Grammer is also a gifted storyteller whose incantations add a rare mixture of vulnerability, intimacy, and hard-won insight to her performances. As one fan puts it, "With Tracy, it's never just about the music; it's a soul journey. **Katie Henry** has returned to Eugene after a successful solo career and years with supergroup Babes with Axes.

Saturday, May 17 — 7:30 p.m.
Tannahill Weavers

Tickets: \$27.50 or \$30 at door - Tickets at
<https://turningtidesmusic.ticketspice.com/tannahill-weavers-from-scotland>

The **Tannahill Weavers** are one of Scotland's premier traditional bands. Their diverse repertoire spans the centuries with fire-driven instrumentals, topical songs, and original ballads and lullabies. Their music demonstrates to old and young alike the rich and varied musical heritage of the Celtic people. These versatile musicians have received worldwide accolades consistently over the years for their exuberant performances and outstanding recording efforts that seemingly can't get better...yet continue to do just that.

OASIS Ensemble

Thursday, May 29 – 7:30 p.m.



Join us for our season finale!

Program to feature:

Philippe Gaubert: Trois Aquarelles

Carol Worthey: Circle of Tears (world premiere)

Ryan Johnston: Ecstatic Landscape (world premiere)

Franz Joseph Haydn: Trio in F major

Gabriel Fauré: Trio in D minor

Suggested donation: \$20 adults, \$10 students.

For more information

www.oasisensemble.com or contact oasisensemble@gmail.com.

Your Help Needed



We are striving to make Unity a fragrance-free zone. Many of our congregants are sensitive to fragrances. Please apply essential oils, perfumes, lotions, and other fragrances after leaving the church.

We appreciate your help and thoughtfulness.

Behind the Lens Seminar

SPRING/SUMMER 2025

Tuesdays, April 29-July 15, 2025 - 7:00 p.m.

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.

Tuesday, May 6: “The Night of the Hunter” (Robert Mitchum)
directed by Charles Laughton (93 min.)

Tuesday, May 13: “The Man from Laramie” (James Stewart) directed
by Anthony Mann (103 min.)

Tuesday, May 20: “Ordet” directed by Carl Theodor Dryer (104 min.)

Tuesday, May 27: “Blackboard Jungle” (Glenn Ford) directed by
Richard Brooks (101 min.)

Journey of the Soul

2nd & 4th Wednesdays

11:00 a.m.-12:30 p.m.

**Join Kaiven in the Garden Room
for a small group meeting on the
2nd & 4th Wednesday of each month.**

**Come willing to share your light, life, and love with others
in an open, loving, and trusting unfoldment of your
emotional and spiritual journey as we dive deep
into a free and responsible search and confirmation
of our own truth and meaning.**

For more info/, contact Kaiven at 541-933-2588.

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 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)



FACEBOOK USERS

Did you know that you can help spread the word about Unity of the Valley? By Liking our Facebook page and then clicking "Like" or "Share" on individual posts, you can let Facebook know that these posts are important and make sure that the posts are seen by MANY more people. Please take a moment now to Like the page and share a Unity post with your friends. Unity's Facebook page is at <https://www.facebook.com/unityofthevalley>.



"Rhythms of the Soul A Night of Enchanting Kirtan"

Wednesday, June 4
7:00-9:00 p.m.



Let the rhythm of your heart align with the captivating melodies and healing vibrations as Ananda Das, the internationally acclaimed musician with over 3 million plays across all steaming platforms and over 80 recorded tracks. His music is a catalyst for healing hearts and inspiring joy and devotion. Through a magical blend of kirtan, devotional melodies, soulful ballads, and energetic rock and reggae songs, Ananda Das invites you to join him in a sacred community where your heart can open and your spirit can soar.

Tickets: \$25 advance/\$35 at the door

<https://app.brightstarevents.com/event/7abe15d7-eac7-4fdf-bebb-dfbf598eca84>

UNITY SPIRITUAL COMMUNITY SUPPORT FUND

Did you know that Unity has a Spiritual Community Support Fund? This fund was inspired in 2020 by a Unity member who offered her government stimulus funds to assist individuals in our spiritual community who need it most.

WAYS YOU CAN CONTRIBUTE FINANCIALLY

- **Mail a check** to Unity of the Valley, 3912 Dillard Rd., Eugene, OR 97405 with a note designating if it's for OSCSF or general Unity finances.
- **Make a donation through PayPal** using the yellow DONATE button on the home page of our website: unityofthevalley.org. Make sure you designate whether you want your donation to be applied to OSCSF or to general Unity finances.
- **Write a letter** stating you wish to join our *Simple Giving Fund* to contribute a set amount (state the amount) on a regular basis (state how often) and include a voided check. Just designate what portion should be used for OSCSF or general Unity finances. Géna, our Office Administrator, opens all our mail in private. So, it is safe to include your account information in a letter, but not in an email.

IF YOU NEED MONETARY ASSISTANCE

To request monetary help, you can write a letter or an email (unityval@rioussa.com) directed to the Ministerial Team. Please include the following information:

1. Your name, mailing address, phone number, and email address.
2. Your association with Unity of the Valley.
3. Name of a reference at Unity of the Valley (someone who knows you).
4. Brief description of your financial need.
5. How much you are requesting.
6. Do you think your financial needs will require monthly support?

Requests for monetary help will be reviewed by our Ministerial Team. If a request is approved, the amount granted will be dependent on how many requests we receive and how much money is available in the OSCSF.

YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

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

Unikids (4 years old-2nd Grade) meet on Sundays in the Garden Room 10:20-11:25 a.m.

Galileans (Grades 3- 5) meet on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room.

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

Unity Teen Group (Grades 9-12). meet on Sundays from 10:25 to 11:25 a.m. in the Treehouse 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.

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 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.

MAY PRAYER

from Rev. Sherry Lady

Based on a Buddhist prayer

Loving Spirit, as each day unfolds, and we feel your presence,
we open our hearts to receive the blessings
that come from your love and guidance while asking

May I be filled with loving-kindness. May I be well.

May I be peaceful and at ease. May I be happy.

May you be filled with loving-kindness. May you be well.

May you be peaceful and at ease. May you be happy.

May all be filled with loving-kindness. May all be well.

May all be peaceful and at ease. May all be happy.

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. A one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. Led by **Rev. Dick Everts**. Email **Rev. Dick** at richard.everts@comcast.net for link.

THURSDAYS: Unity's Council of Elders (upstairs Fillmore Wing) 1:00-2:30 p.m. (60 or older) Come explore the journey and wisdom of elderhood. For more info., **Julia Linebarger-Taylor** at 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 info., **Laurie Cracraft** at 541-554-5434.

Ongoing Monthly Groups & Events at Unity

Caring from the Heart: LGBTQIA++ Support Group (Garden Room) First & Third Monday of each month 5:30-7:00 p.m. For more info., **Erik** at 541-556-0228.

Unity's Open Men's Group (Fillmore Wing) First & Third Tuesday of each month 7:00-9:00 p.m. For more info., contact **Raymond Albano** – 541-285-3943 / Ralbano.tmlp@gmail.com or **Jim Drews** – 541-731-8492 / drewsjim@yahoo.com.

Unity Grief Support Group facilitated by **Rev. Inge Tarantola (Garden Room)**. Alternating Wednesdays 4:30-5:30 p.m. For more info., **Inge** at 541-968-5540.

Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 3:30-5:00 p.m. Join experienced practitioners for a calming, healing Therapeutic Touch session. For more info., **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.

FIVE SPIRITUAL PRINCIPLES TAUGHT BY UNITY

These ancient universal principles offer foundational guidance for living abundantly and staying in tune with your own divine nature. You will find one or more of them woven into each of our Sunday services.

1. God is everywhere and always present in every circumstance. This divine energy underlies and animates all of existence.
2. Human beings are innately good because they are connected to and an expression of Spirit.
3. Our thoughts have creative power to influence events and determine our experiences.
4. Prayer and meditation connect and align us to our own spiritual nature and to God.
5. It is not enough to understand spiritual teachings. We must apply our learning in all areas of life, incorporating them into our thoughts,

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.-1:00 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

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Cynthia Fulton-Tinawi, V. President

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