



# HORIZONS

THE NEWSLETTER OF UNITY OF THE VALLEY ————— MARCH 2004

## A Journey Toward a Brighter Day: Reflections on Easter

by Eric Butterworth

Sunday, April 11, will be a day like any other day. The sun will rise over the city. Life will go on as usual. Babies will be born. People will die. There will be joys and sorrows, hopes and despair. In the end, night will ring down the curtain of darkness on another day.

And yet, as Emerson puts it, "This time, like all times, is a very good time, if we but know what to do with it." April 11 is a good time to get an insight into the transcendent element of life—for it is the day we celebrate as Easter. It is the open door to a new dimension of life which few actually experience, but which all persons can.

Easter begins with the Resurrection story of Jesus, but it must not end there. It is not just a story of God playing man, but of man at his greatest, demonstrating the God-potential within all men. Easter was and is the triumphant discovery of the resurrection principle within life, the "one far-off divine event to which the whole creation moves."

Easter proclaims: We do not have to die to be immortal, we are immortal here and now. Eternity is not of the

future, a quantity of years – it is of the now, a quality of life. Life is not a "long day's journey into the night." The journey is and always has been toward a brighter day. Life is not a movement toward inevitable death. It is an eternal movement toward more life, and what we call death is but a faulty perception of the movement of life toward greater life—temporarily obscured but not impeded.

*Continued on page two*



### Unity Highlights for Lent

Mary Griggs will lead a mini-class on Charles Fillmore's *Keep a True Lent* from Sunday, February 29, through Palm Sunday. Upstairs Fillmore Wing, 10:15 – 10:45 AM

### Easter Communion

Wednesday, April 7, 7:00PM

### Good Friday Meditation

Friday, April 9, 12:00 NOON

### Easter Services

Sunday, April 11, 9:00 & 11:00 AM

### Easter Egg Hunt

for ages 3-11  
10:20 AM at Tugman Park

### Sunday Worship Services

Services held

9:00 & 11:00 AM

Nursery provided

9:00 & 11:00 AM

Childcare

11:00 AM

Youth Education

(3 – 10 years)

9:00 AM

Uniteens

(11 – 13 years)

11:00 AM

Youth of Unity

(14 – 18 years)

11:00 AM

### Office Hours

Tuesday – Friday

10:00 AM – 4:00 PM

### Bookstore Hours

Tuesday – Friday

10:00 AM – 4:00 PM

### Church Contact Information

Unity of the Valley  
345-9913

Unity Bookstore  
343-5689

Unity Fax  
345-9182

Dial-a-Positive-Prayer  
345-5215

E-mail  
unityval@rio.com

Web Site  
www.unityofthevalley.org

# A Journey Toward a Brighter Day: Reflections on Easter *Continued from page one*

Man can only be completely explained in terms of his potential, the perfect man he can be. This is why Jesus said, “Before Abraham was, I am.” Within the shell of the human is the seed of the divine.

More than this, “The Kingdom of Heaven is within you.” Heaven means “expanding.” It is the leavening influence of the resurrection principle in us that forever urges, guides, uplifts. Positive thinking is effective only because of this principle. Affirmations simply declare the principle. Prayer lays hold of it, and healing and prosperity demonstrate it. Because of the principle, “hope springs eternal in the human breast.” Because of the principle, man has a restless longing for betterment.

The prodigal son felt the working of the principle when he came to himself and said, “I will arise and go unto my father.” But he also felt it

when he ran off into the far country in the first place. He misunderstood its call, but that is because the “far country” was the place his consciousness required to make his overcoming. In this same sense it must be noted that the urge to resurrection led Jesus through Golgotha, and it led Paul through days of blindness.

Thus, we should not be too disturbed when someone announces, “I don’t believe in God,” or, “I am going to run away” (or leave the country or join the army or change jobs or get divorced). It means that the action of the resurrection principle is being felt. Perhaps it is not being fully understood, but the action is there, and it will eventually lead the person to “come to himself.”

It is important to know that wherever you are and no matter what you may be experiencing, the Kingdom of God is within you, the resurrection

principle is actively working through you, and by its power you may rise triumphant over every trial. That is the meaning of Easter.

Reverends  
Baine Palmer  
and Nola  
Woodbury  
celebrate  
Easter.

## Our Mission

We are a thriving spiritual community radiating God’s love. We come together to grow in our experience and expression of God.

## We value

- Love
- Integrity
- Beauty
- Inclusion
- Community
- Fun
- Peace
- Worship
- Learning
- Prayer
- Commitment
- Prosperity
- Healing
- Gratitude
- Service
- Joy

and the Sacredness of all life



# Upcoming Events at Unity

## Youth Education Workshop

Saturday, March 6  
9:30 AM to 1:30 PM

At this workshop, teachers and assisting angels will learn about what other youth educators are doing in the Northwest Region. Teachers will share their own areas of interest such as storytelling, music, curriculum, and service. Lunch will be provided.



## The Sacred Human

Five Wednesdays in March,  
beginning March 3  
7:00 – 9:00 PM

This class, facilitated by Janice Hornsby, is based on the book *The Sacred Human* by Unity minister Jim Rosemergy. The class is designed to help us accept and embrace our humanity as a pathway to unlocking our “imprisoned splendor.” Wayne Dyer’s book *Your Sacred Self* will also serve as a focus for the class. Please join us for this opportunity to explore the knowledge that humanity is sacred and divine.

For more information, please call Janice at 688-0042.

## Wisdom Circles

Beginning Sunday, March 7  
12:30 to 2:00 PM

A deep longing is reaching many of us, a desire for a spiritual community in which our own inner truths are brought forward. To this purpose we are offering Wisdom Circles, based on the principles of the Talking Circle and The World Café.

Each Wisdom Circle will be a space in which:

- we are held sacred
- we speak and listen from our hearts
- we are deeply witnessed
- we join our wisdom with that of others to co-create greater wisdom
- we speak to powerful and challenging questions, perhaps coordinating with themes of the Sunday service

Please bring snacks or lunch if you wish. For more information, call Anne at 434-1245.

## A Focus on Our Values: Beauty

Beauty in things lies in the mind which contemplates them.

David Hume

No material object, however beautiful or valuable, can make us feel loved, because our deeper identity and true character lie in the subjective nature of the mind.

His Holiness  
The Dalai Lama

I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the Highest Source. I salute that Source in you. Let us work together for unity and love.

Mahatma Gandhi

People are like stained glass windows— the true beauty can be seen only when there is light from within. The darker the night, the brighter the windows.

Elizabeth Kubler-Ross

# Upcoming Events at Unity

## A Chaplaincy Testimonial

When Chaplaincy was first announced in church, something inside me said, "Yes!" Praying aloud for others initially scared me, but I am gaining confidence in allowing Spirit to flow through me. I appreciate being reminded that each of us is a unique expression of God, and I experience my greatest joy sharing my gifts with our community.

Blessings,  
Laura Zuke

## Becoming a Chaplain

If you're interested in pursuing chaplaincy service, please contact Nola Woodbury at 345-9913. Requirements include attending orientation, prayer training, Foundations of Unity classes, a weekend off-site training, and two Saturday on-site trainings. A chaplain orientation is scheduled for March 14.

## Meditation 101

Beginning Thursday, March 11  
7:30 to 9:00 PM

Facilitated by Laurie Cracraft, Meditation 101 offers a once a week, four-part beginner's course in passage meditation. This practice can be used to relieve stress, heal relationships, release deeper resources, and realize one's highest potential. A freewill offering will be accepted. Eknath Easwaran's book *Meditation* is required for this class.

## Foundations of Unity

April 8 to May 6  
7:00 to 9:00 PM

A 5-week series designed to teach the basic principles and beliefs of Unity, these classes are open to all and are recommended for anyone seeking membership in Unity and those in church leadership positions.

The format includes presentations followed by small group discussions led by trained facilitators. Instructional materials will be provided. A responsible love offering will be collected. Please reserve childcare by April 4 by calling 345-9913.

## Prayer Works Wonders

April 12 & 13  
7:00 – 9:00 PM

In two short evenings, this class will help you put a daily spiritual practice into place or enhance the one you already have. This is a required class for anyone who wants to participate in the Chaplaincy or Prayer Ministries. Taught by MaryEllen Avis and Linda Hunt. For more information, please call Linda at 345-9913.



## Hunt joins the Hunt

Volunteer Coordinator Linda Hunt joins two successful Easter Egg hunters on Easter Morning. This year, the Easter Egg Hunt will take place on Sunday, April 11, at 10:20 AM in Tugman Park.

# Upcoming Events at Unity

## Nonviolent Communication Workshops

May 7, 2004  
Unity Sanctuary

Workshops with Marshall B. Rosenberg, Ph.D., author of *Nonviolent Communication* and international mediator

8:30 AM – 12:30 PM  
Basic Theory and Practice of Nonviolent Communication

2:00 – 6:00 PM  
Nonviolent Communication for Personal Growth and Healing

A donation of \$45 per workshop or \$85 for the entire day is requested. Unity members will receive a 10% discount. For more information, please contact Sharon Guinne at 343-4472.

## Membership Sunday

May 16, 2004

New members will be received at both services. If you would like to join Unity of the Valley, please fill out the membership request form on the inside cover of your Sunday bulletin. Baine will hold a **required** orientation class at 10:00 AM on Saturday, May 15, for all those requesting membership. This class will be followed by a luncheon. Call 345-9913 if you have questions or need more information.

## CHANT: Deepening Our Experience of God

3rd Wednesday of each month  
7:00 – 8:00 PM  
Unity of the Valley

This monthly chant experience will explore sacred sound from a variety of world traditions. The majority of the evening will be spent in the experience of chant. Led by Netti Garner and Bev Forster.

“Since the dawn of human culture, people have used music for healing and religious experience. In these contexts, sound mediates between the visible world of everyday life and the unseen world of spirit.”

– Russill Paul

## ELECTED TO UNITY BOARD OF DIRECTORS

At the 2004 annual congregational meeting, Deborah Reedal and Rick Saries were re-elected to serve three-year terms as Unity board members. Chuck Arrera and Michelle Critelli were elected to serve one-year terms as alternates.

Thank you to everyone who attended and participated in the meeting, and special thanks to our wonderful Board of Directors for their generous service to our spiritual community!



Join us for Easter worship services on Sunday, April 11, at 9:00 and 11:00 AM.

# Serving Humanity: Pujita Mayeda

## A Focus on Our Values: Service

Service is love in action, love made flesh; service is the body, the incarnation of love. Love is the impetus, service the act, and creativity the result with many by-products.

Sarah Patton Boyle

When our eyes see our hands doing the work of our hearts, the circle of Creation is completed inside us, the doors of our souls fly open and love steps forth to heal everything in sight.

Michael Bridge

Are you earnest?  
Seize this very minute! What you can do, or dream you can—begin it!  
Courage has genius, power and magic in it. Only engage, and the mind grows heated. Begin it, and the work will be completed.

Goethe

Pujita Mayeda came to Unity with a diverse set of religious experiences and found a place to serve her community.

Pujita began attending Unity at Easter last year. Her family has a long tradition of devotion to the Buddhist way of life. During Pujita's teenage years, she began to feel Buddhism was too abstract for her. Her friends were attending a local Baptist church which had a strong youth fellowship program. Against her father's wishes, she decided to join her friends.

As years went by, her interest in various religions and philosophies expanded, and as she studied them, she incorporated teachings from each into her life. One of Pujita's favorite elements in Unity values is inclusion because, as she says, "Here we have a welcoming embrace for everybody, no matter how eclectic his or her beliefs might be."

When "The Power of Now" classes began at Unity, Pujita opened her home for one of the study groups. She says, "It was a wonderful way to get acquainted with people at Unity." Pujita regards those lessons as life-changing.

Pujita meets with the Women's Ministry, is part of a MasterMind group, helps other people find MasterMind partners; attends the chanting classes; and loves the Taizé healing ceremony.

The principle of serving humanity is extremely important in Pujita's life, and she shares her gifts as a citizen of both the local and global communities. Her extensive travels to Southeast Asia led to partnering with Friendship in Cambodia. The group educates girls in Cambodia, retrains landmine victims, and assists women in starting their own businesses. Pujita hosts benefit dinners in her home to raise money for the projects.

Locally, she volunteers to plan and serve a weekly meal at St. Vincent de Paul's soup kitchen. Further, she works full-time in the Convention and Visitors' Center in Lane County.

Working in an office has been a major change in Pujita's life, since she spent the last 20 years outdoors as a river guide. She credits her ability to accomplish this wide variety of activities to her organizational skills as well as loving people and enjoying every minute of her life. She says, "I feel blessed to live in Eugene and to have found Unity of the Valley."

# Connecting with Peers: Young Adults of Unity



Bryan Reed and Josh McDaniel are two of the founding members of the Young Adults group.

The young adults of Unity have recently formed a new group, committed to creating a space to discuss and explore our spirituality among our peers. If you are a young adult in the 18- to 30-year-old range, or feel connected to this age group and would like to show your support, the Young Adults welcome you to join us.

## Young Adult Meetings

Sundays between services  
10:15 to 10:45 AM  
Fillmore Wing

Wednesday evenings  
7:00 to 8:00 PM

For more information, feel free to contact Josh McDaniel at 653-2843 or email at [glassman1388@yahoo.com](mailto:glassman1388@yahoo.com).



John Freshwater, John Logue, and Ron Darling are members of the Facilities Ministry. This group did spring plantings last year, and we now enjoy the fruits of their labors.

## A Focus on Our Values: Prayer

Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action.

Mahatma Gandhi

Finally, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things.

Philippians 4:8

Prayer is  
The world in tune,  
A spirit-voice,  
And vocal joys,  
Whose echo is  
Heaven's bliss.

Henry Vaughan

Unity of the Valley  
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 Eugene OR 97405

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Jeep Dunning celebrates Easter with a memorial lily.

If you no longer wish to receive this mailing, please mark the box and return to Unity of the Valley. Thank you.

**To someone special:**

UNITY CALENDAR OF EVENTS						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship Service 9:00 & 11:00 AM	Sober Awakenings 7:00 AM	Sober Awakenings 7:00 AM	Sober Awakenings 7:00 AM	Sober Awakenings 7:00 AM	Sober Awakenings 7:00 AM	Sober Awakenings 7:00 AM
Youth Education (3-10 years) 9:00 & 11:00 AM	Meditation Circle 5:30-6:30 PM (contact Laurie, 345-7563)	Noon Prayer 12:00 PM	A Course In Miracles 10:00-11:45 AM (contact Valerie, 485-2419)	Noon Prayer 12:00 PM	Noon Prayer 12:00 PM	Women's Drumming Circle (2nd & 4th Saturdays) 10:00 AM - NOON (contact Jen, 684-0136)
Uniteens (11-13 years) 11:00 AM	A Course In Miracles 6:30-8:30 PM (contact patricia@efn.org)	Toastmasters International 7:00-8:30 PM (contact Kathy or Geof Wilson, 434-6503)	New Testament Bible Study 10:30-11:30 AM (contact Sherry Lady, 485-6874)	Blue Mountain Meditation Circle 5:30-6:40 PM (contact Laurie, 345-7563)	Shamanic Evening (1st Friday) 7:00 PM (contact Sunny or Gary, 461-5663)	
Y.O.U. (14-18 years) 11:00 AM			Noon Prayer 12:00 PM			
Wisdom Circle 12:30 - 2:00 PM			Young Adults 7:00-8:00 PM			
Prayer Ministry Meeting (1st Sunday) 10:15 AM	<b>Nursery care</b> Provided during the worship services		<b>Unity Spiritual Enrichment Center</b> (Roseburg) information contact Inge Tarantola, 343-4181		<b>Foundations of Unity</b> <b>April 8 - May 6, 7:00 - 9:00 PM</b> <b>Call 345-9913 for information.</b>	
Taizé Service (1st Sunday) 7:00 PM						
"What is Unity?" (2nd Sunday) 12:30 PM	<b>Prayer Ministry</b> The Prayer Ministry offers one-on-one prayer Sunday mornings after each service. For immediate prayer, you may phone any Prayer Chain member from 9:00 AM to 9:00 PM.		MaryEllen Avis Karuna Gatton Mary Griggs Linda Hunt Star Lee Inge Tarantola Gayle Townsend Carol Yarger	736-8871 485-3881 342-6490 344-0990 935-5559 343-4181 935-4956 344-0262	<b>NOTE:</b> The calendar is subject to change. Please refer to your Sunday bulletin or call 345-9913 to confirm dates, times, and offerings.	
Women's A.A. 12-Step Study Group (each Sunday) 5:00 PM						