



April 2023



**Sunday Livestream & In Person Service**  
**10:30 a.m.**

Ministerial Team

Rev. Inge Tarantola    Rev. Sherry Lady    Jon West

Music Director  
Laura DuBois

# SWEET SURRENDER, AMAZING GRACE

A message from our Ministerial Team

In John Denver's song, "Sweet Surrender" are these lines:

*I don't know what the future is holdin' in store  
I don't know where I'm goin' I'm not sure where I've been  
There's a spirit that guides me, a light that shines for me  
My life is worth the livin', I don't need to see the end*

A similar idea is expressed in the hymn, "Amazing Grace":

*Through many dangers, toils, and snares  
I have already come  
'Tis grace that brought me safe thus far  
And grace will lead me home*

The concept that a "spirit guides us" and that "grace will lead us home" is expressed in this Unity principle: *There is one Presence and Power in the universe and in our lives.* But Unity is not a place that insists everyone should believe the same thing. We don't ask you to accept as fact whatever is read in scripture or heard from our sanctuary platform. In many ways, we are engaged in something very different from traditional church.

The main point of any Unity lesson is not to believe it; it's to examine it, try it out in the laboratory of daily experience, and see if it has a positive effect. Principles that are merely believed but not tested and experienced have little transforming power. Throughout April, we will be testing these related concepts:

- That stress and conflict is often the result of our inner and outer reactions to life;
- That if we view a person or situation as our enemy, our thoughts reflect back to us;
- That if we look for the good and the lessons for growth in each challenge, this positive, peaceful viewpoint will reflect back to us;
- That one of the most powerful ways we can focus on the good is to trust the flow of life;
- That the more we surrender to this benevolent flow or "divine grace," the more apparent that grace will become.

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## A message from our Ministerial Team continued

Perhaps because music seems to touch the deepest part of our being, mystics often speak of our unfolding universe in musical terms. Is it possible we can live in closer harmony with the universal song not by resisting its most surprising and jarring notes, but by learning to sing along? Or at least humming along when we don't know the words? Let the experiment begin!



## SERVICES IN APRIL

**April 2: "Palm Sunday–Through the Gate: Opening to Our Higher Purpose Through the Experiences of Life,"** with **Revs. Sherry Lady and Inge Tarantola.**

**April 9: "The Inspiration of Easter."** Our **Unity Ministerial Team of Inge, Sherry, and Jon** will share insights on applying some of the deeper lessons of Easter in our daily lives. We also have a performance by Unity's Easter Choir under the direction of Mo Robeson.

**April 16: Jon West** will ask **"Is There a Benevolent Force in the Universe?"** If your answer is yes, to what degree do you face each situation as if you believe it? If your answer is no, aren't *you* a force in this universe? And where does your power come from?

**April 23: "Beyond Fight or Flight."** **Jon West** will explore how we can rise beyond our built-in reactive responses to life's challenges.

**April 30: "Go with the Flow,"** with guest speaker **Rev. Nola Woodbury.** We will consider the quote from Ramakrishna: "The winds of grace are always blowing, but you have to raise the sail."

# Behind the Lens Seminar

## Winter Quarter 2023: The Best Movies of 1945 Tuesdays (7:00 p.m.)

1945...WWII staggers to a close and the world is changed. The Hollywood studios struggling to retain the profits of the war years, experiment with new forms. France finally gets to see American crime movies unavailable during the years of conflict and christens them "film noir." Hollywood reacts to the newly profitable foreign market and powers up to make more of the same.

**Cost: 12 films for \$30, or \$5 per time.**

**Register by picking up a registration form  
in the Fellowship Hall at Unity.**

**A full listing of all 12 movies is on the Registration Form.**

**Tuesday, April 4: *Scarlet Street***, directed by Fritz Lang. (101 min.)

**Tuesday, April 11: *The Southerner***, directed by Jean Renoir. (91 min.)

**Tuesday, April 18: *Leave Her to Heaven***, directed by John M. Stahl. (110 min.)

**Tuesday, April 25: *Les Dames du Bois de Boulogne***, directed by Robert Bresson. (85 min.)



The world is but a canvas to our imaginations.  
~Henry D. Thoreau

# Prayer, The Game Changer



**Thursdays**

**April 6-27**

**2:00-4:00 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.**

## Unity Grief Support Group

**co-facilitated by**

**Rev. Inge Tarantola and Nancy Morrow**

**Wednesday, April 12 & 26**

**5:00-6:00 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**

Rev. Inge Tarantola at 541-968-5540 or [ingetar@pacinfo.com](mailto:ingetar@pacinfo.com).

## **YOUTH & FAMILY MINISTRY**

### **Sunday Gathering for Youth**

**Unikids (Kindergarten-5th Grade)** We currently offer fun and inspiration for the kids. There is a puppet show each Sunday for the first 10 minutes. Parents are asked to drop off their children starting at 10:20 a.m.

**Unity Teen Group (Grades 6-12).** The Unity Teen Group meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room with guidance from Jim Drews. Jim brings a deep and practical understanding of Unity principles and how to help youth develop their spiritual powers through creative exploration and fun activities. The Rainbow Room is in the Fillmore Wing of Unity, first door to the left of the stairway.

### **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.

## FINANCIAL REPORT: TIME FOR A RAISE!

MONTH(S)	INCOME	EXPENSES	NET
JANUARY	\$17,182	\$17,841	(\$659)
FEBRUARY	\$21,363	\$15,051	\$6,312

As our spiritual home springs back to life, why not join in the process by signing up for a class or trying out one of the gatherings we offer? How about bringing a friend to Unity? Or sharing your ideas for making our services more inviting or inspiring? Or perhaps most importantly, by noticing new faces and reaching out to make a connection? Together, let's keep Unity thriving & growing!



Scan to reach  
Unity homepage.  
Click DONATE  
on right side

In gratitude,  
Your Board of Trustees

## BOARD OF Trustees' MEETING

**Sunday, April 16**  
**12:30 p.m.**

All Board meetings are held  
in the Garden Room  
and via Zoom.

All are welcome to attend.

If you would like to attend  
and/or speak at the meeting,  
please contact **Serenee Smith**  
at [sereneeheart@yahoo.com](mailto:sereneeheart@yahoo.com).

### April Affirmation

I release all resistance  
and join in the flow  
of the universe.





## Message from our Board of Trustee's Treasurer Vicky Hills

I have been a member of our Board of Trustees since February 2018. I became Treasurer late in 2019, when Tim Harrow stepped down. This position is challenging to say the least, and I wear out my calculator crunching numbers to make ends meet and pay for our ongoing monthly expenses like utilities, office supplies, building maintenance, and payroll while remaining focused on our source and purpose:



*To celebrate and express the light and love of God  
in each other and all things.*

Like us, most churches and community centers had to close during the Covid pandemic, and many will never be able to regain the financial support to reopen. Unity of the Valley was unique in our approach to the serious challenges the pandemic brought us, in that we never stopped serving our congregation. Even though closed, we continued to work hard behind the scenes to provide services to you and establish other avenues in which we could stay connected. During that time your Simple Giving kept flowing to keep us alive as we all envisioned the time of our reopening. Due to your loving financial support, we are open today and continue to thrive and prosper! We are also now able to begin opening our doors to paying outside events.

Every year, we create a budget base that includes not only expenses, but also how much income we hope to receive to cover those expenses. Due to inflation, this year, 2023, we increased our budget to include modest wage increases for our three employees. This means we need to receive more income to cover everything... about \$1,700 per month as our normal monthly expenses total more than \$17,000.

To help cover these increases we are investing in safe US Treasury T-Bills. We are also asking you to help keep our loving community financially sound by increasing your Simple Giving Plan, if possible. If you are not a member of this plan, now would be a great time to join! Contact Géna, our Administrator, for details. The size of your donation is completely up to you.

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## Message from our Board of Trustee's Treasurer Vicky Hills continued

The foundation for Unity of the Valley's existence is YOU, our congregation. You keep us alive both spiritually as well as through your financial donations. For this we THANK YOU from the bottom of our hearts!

As we envision our ministry growing to serve you and those coming to join us, we rejoice and pray for the continued prosperity to be able to provide meaningful, practical, and spiritual inspiration for us all!

With Love & Blessings,  
Vicky



Genuine beginnings  
begin within us, even when  
they are brought to our attention  
by external opportunities.

~William Bridges

## Celebration of Life Service for Ann Woeste

**Saturday, April 15 – 11:00 a.m.**



Join us in the sanctuary for the celebration of the life of **Ann Woeste** who passed away on November 4, 2022.

We will also be celebrating **Jerry Woeste**, Ann's husband, who passed on March 1, 2021.



Both Ann and Jerry were beloved members of our Unity family for over 20 years. Please join us for the celebration and reception that follows.

# 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 (12:00-1:00 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, contact **Rev. Inge Tarantola at 541-968-5540**.
- **Prayer Requests** - Email your name and prayer request to Rev. Inge Tarantola at [ingetar@pacinfo.com](mailto:ingetar@pacinfo.com).
- 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.

## APRIL PRAYER

from Rev. Sherry Lady

### A LIGHT IN SPRING

"A light exists in Spring  
Not present on the year at any other time  
When March is scarcely here.  
A color stands abroad on solitary fields  
That science cannot over turn  
But human nature feels."  
~Emily Dickinson

Spirit of Life, may we blend into heart and soul  
The magic of the Spring before us and  
May we become the Light that makes  
Spring possible all year long  
In the hearts and lives of others.  
Amen

## **SUNDAY LIVE STREAM**

**Sunday Services.** 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.** This is a one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. There is a new topic each Wednesday. Your moderator is Rev. Dick Everts. **To take part, send an email request to Rev. Dick at [richard.everts@comcast.net](mailto:richard.everts@comcast.net).**

**THURSDAYS: Passage Meditation (Fillmore Wing) 5:30-6:45 p.m.** This group practices "Passage Meditation" as taught by Eknath Easwaran. **For more information, contact Laurie Cracraft at 541-554-5434.**

**SATURDAYS: \$1 Gong Bath Relaxation (via Zoom) 10:00-11:30 a.m.** plus Free Optional Sharing Time with Sunny & Vicky Hills + Laura, Inge, and other Unity of the Valley Members who attend often. We Welcome You! Register at: <https://sunnyhillsmeditation.com/>.

**SUNDAYS: Healing Prayer Circle (Fillmore Wing) 12:00-1:00 p.m.** Healing prayer is offered to individuals who request it. For more information, contact **Rev. Inge Tarantola at 541-968-5540.**

### **Ongoing Monthly Groups & Events at Unity**

**Unity's Coming Alive Theater Group (Sanctuary) First & Third Thursday, 6:30-8:00 p.m.** Join us for playing theater and improv games and for enjoying the experience of being an actor as well as an audience member for short skits and scenes in a no-stress gathering. For more information, please contact **Doris Hicks at 458-205-8570 / [dlhlibrary@aol.com](mailto:dlhlibrary@aol.com) or Alice Sparks at 971-254-7564.**

**Unity's Council of Elders (Garden Room) Last Thursday of each month, 1:00- 2:30 p.m.** If you are 60 or older and would like to explore the journey and wisdom of elderhood, please join us. **For more information, contact Julia Linebarger-Taylor at [jlinebargertaylor@yahoo.com](mailto:jlinebargertaylor@yahoo.com) or 541-968-5896.**

## **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](http://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**

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