



Unity of the Valley

"Celebrating the One Light in All"



April 2014
Living the Resurrected Life
Sunday Service 10:30 am

Rev. Sherry Lady
Co-Minister

Rev. Inge Tarantola
Co-Minister

Jon West
Ministerial Team Member
and Music Director

www.unityofthevalley.org

Message from Our Ministerial Team

Living the Resurrected Life. Choosing this as our theme for April came easily to us. After all, April is the month of Easter, when all that spring has to offer emerges: color, freshness, vibrant life, and the wonderful return of more daylight. This is resurrection in all its glory. Resurrection in its deepest spiritual sense means to restore, bring back, and to experience the re-establishment of life's newness. How awesomely beautiful is that!



The focus at Easter time is often on the traditional story of death followed by resurrection, but the agony of death seems to carry as much weight as coming to life again – so our emphasis will be on the joy of life made anew because the *resurrected life* is one of restoration, re-instatement, and rejuvenation. It is a life of transformation. It emphasizes redirecting our thinking by surrendering to and allowing the truth of our being to guide our actions, our attitudes, our faith. It is a life elevated, through the power of the Christ Spirit within, to its maximum fulfillment. It means releasing the past so a new life can begin in us.

This brings to mind an old saying that makes us smile: *God loves us the way we are...but God loves us too much to leave us that way.*

That's not a put-down, but a statement of hope. It's an affirmation that there is a higher power ever calling us toward growth and awakening. We do our part by sowing the seeds of love, forgiveness, service, and spiritual awareness – all of which are part of living a newly transformed life. Out of the fallow ground comes the tulip, the daffodil, the hyacinth. Out of the bare branch on the tree come the blossom and the leaf. Out of the heavens comes the sun that once again warms the earth more fully. Out of the heart of those willing to be transformed come a new world – a new order of life and living, which your past has been preparing you for up until this special time.

May the promise of resurrection be fulfilled in our lives, and then may we dance and sing the song of a new life together, full of joy and appreciation for each other.

Your Ministerial Team,
Sherry, Inge, and Jon

10:30 AM SERVICE AT UNITY OF THE VALLEY

Our Sunday service is powerful, positive, practical, and fun! You'll experience great music, friendly people, and a welcoming atmosphere. The message is always relevant, helping you move through everyday challenges with greater spiritual awareness and fulfillment. Come early and experience Sacred Meditative Space in the Sanctuary from 10:00-10:20 am, with soft background music and occasional guided meditation.

RECORDINGS of the service may be purchased in our Bookstore, or listen to the talks at our website: www.unityofthevalley.org. ASSISTIVE LISTENING DEVICES for people with hearing-impairment are available upon request. Please ask an usher for assistance. FOR PARENTS: Our foyer is equipped with speakers so parents who need to attend to children can still hear the service. Through our Youth & Family Ministry, we offer nursery care and engaging life lessons for young people. See the bottom of this page for more information.

Join us in April as we explore these topics:

Sunday, April 6: Shadow Dancing (Jon West)

Sunday, April 13: Accepting the Call (Jon West)

Sunday, April 20: The Grand Mystery (Rev. Inge Tarantola)

Sunday, April 27: The Life Extraordinary (Rev. Sherry Lady)

YOUTH & FAMILY MINISTRY (YFM)

A vital key to transforming our world is giving young people practical spiritual tools for living and opportunities to express their innate joy, love, mutual respect, and creative potential. YFM provides all of this every Sunday in a safe, fun, and nurturing environment for five different age groups:

1. Unitots provides childcare with learning opportunities for infants and children up to age 3 or 4;
2. Unikids is the next step up, with children generally in Grades K-2;
3. Galileans is for Grades 3-5;
4. Uniteens is for Grades 6-8;
5. Y.O.U. (Youth of Unity) is for teenagers Grades 9-12.

Through activities that engage both the heart and mind—such as music, stories, drama, arts & crafts, meditation, and community service—participants learn life values that can last a lifetime. These values are reinforced through positive interaction with our adult membership and through retreats, camps, and other special events in the larger community.

CURRENT YFM NEWS

This month we will begin featuring short bios of the fabulous people participating in our Youth & Family Ministry. Here are the first two. Enjoy!

Kaiven Two-Spirit (Karen Fenton) – Kaiven is one of our wonderful child care providers. She was born in Boston, Massachusetts, as Karen Ruth Butcher. She had one brother. She was married briefly, and raised three daughters as a single mom. She has a BS in early childhood education and an MS in Counseling Psychology. After living in California for 24 years, then being asked to move out of the house she had lived in for those 24 years, she moved to the Eugene area, and now lives in the more “affordable” Willamettans in the forest of Springfield. She joined Unity in November of 2008, and she recently changed her name unofficially to Kaiven. Her desire is to live in Eugene someday. She is interested in *“loving people, effortless simple living, always being my natural true self, and the delight of being with children.”* Thank you for being with us, Kaiven!

Linda Flock – I was born on a naval base in Nevada that was near area 51. I was one of three babies in the dispensary, and the only girl. Guess who was placed in the middle! My mother is Japanese, and my father is “Heinz 57” American of mostly German descent – East meeting West, a blending which was apparent in my teen years when people in America started to meditate and seek eastern spiritual practices more openly. My first marriage was a good one; we just grew differently. It blessed me with two children, a boy and a girl, who are now grown and have families of their own. While separated, I found a Unity church in Minnesota, and my spirit was uplifted. My second marriage guided me to Unity of the Valley when I became a stepmom to three souls who didn’t want a stepmom. Jim Drews and Y.O.U. and Uniteens helped the children. I believe in the program and have benefitted from it. I am grateful that I found Unity of the Valley and for the support I was given in my difficult times. I want to continue that support by being a Y.O.U. sponsor and being involved with several ministries. I feel it is important to supply a place where the Christ within is supported and heard. My many years of working as an RN on psychiatric floors has blessed me with the skill of listening and with words to offer comfort. My children taught me patience and are an example of faith in my life. I look forward to seeing your teens in our Youth & Family Ministry. Thank you for allowing me to serve you in this way.

Prayer Chain

For immediate prayer, you may call Inge Tarantola at 541-343-4181, or any other prayer chain member. A complete list of members is located next to the prayer box in the foyer. Members on the prayer chain immediately pray for you by telephone. These requests are also sent to Silent Unity for 30 days of 24/7 prayer.

You may also call:

Silent Unity (800) 669-7729 24 hours a day

Unity of the Valley Dial-a-Prayer 541-345-9913, ext. 7

Unity of the Valley Prayer Chaplaincy Line 541-345-9913, ext. 8



April Prayer

A prayer from native tradition:

We give away our thanks to the earth
Which gives us our home.

We give our thanks to the rivers and lakes
Which give away their water.

We give away our thanks to the wind
Which brings rain to water all things.

We give our thanks to the trees
Which give away fruit and nuts.

We give away our thanks to the sun
Who gives away warmth and light.

We give away our promise to stay
In balance with all the earth.

We give thanks for the life in all things.

Prayer Care Ministries

We are blessed with several groups that make up the Pastoral Care Ministries. Last month we outlined the various areas of the Prayer Ministry, headed by Inge Tarantola. Here is a description of the other aspects that make up the Pastoral Care Ministries:

Meditation – There are three opportunities for group meditation every week: Laurie Cracraft leads a Monday all-comers meditation from 5:30 to 6:30 pm, and Thursday Passage Meditation from 5:30 to 6:40 pm. Wednesdays from 12:00 to 12:30 pm is the open heart meditation with Valerie Keartes.

Taizé – On the fourth Sunday of the month, a group of trained team members, led by Bev Forster, offer a contemplative service at 9 am. It is modeled after the service of the Taizé community in France, and includes prayers, chants, and hands-on healing prayer.

Prayer Chaplains offer prayer after the Sunday service, make wellness telephone calls, and answer requests for prayer left on the chaplain phone line (541-345-9913, ext. 8.) Bev Forster is the coordinator.

Angel Network is here to respond to the various needs of the people in our Unity community. We do this through home visits, yard care, shopping, and house cleaning as well as by giving rides to appointments, picking up prescriptions and groceries, reading to people, writing letters, teaching computer skills, preparing and delivering meals, and responding to various other requests. To offer a service or make a request, call Rev. Sherry at 541-345-9913, ext. 16. We look forward to supporting you in any way we can.

Spiritual Counseling is available from the ministerial team. Please call the office to arrange an appointment (541-345-9913).

Spiritual Direction is offered by Revs. Sherry Lady and Inge Tarantola. It differs from counseling in that the director is a companion on your spiritual journey, to be present to you as you explore your relationship with the divine. Please call Sherry or Inge to arrange an appointment.

Contact information:

Sherry Lady 541-485-6874

Bev Forster 541-484-6571

Inge Tarantola 541-968-5540

Laurie Cracraft 541-345-7563

March 2014 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
January	121	\$19,393	\$15,904	\$131
February	125*	\$16,005	\$15,731	\$126

Prosperity Giving:

- Seven board members donated \$100 each to the Legacy of Love.
- The Youth & Family Ministry gave roses to people at Good Samaritan Home for Valentine's Day and sent money to their sponsored child in Honduras for her birthday and for Easter.
- The Angel Network provided two rides to church, made three wellness calls to people who needed someone to chat with, and sent five "Thinking of You" cards. They gave two gift cards for grocery stores and one cash offering to people who are struggling, and provided seven meals to people who are either ill or recovering from surgery. They also continued to support Sherry and Bob during their transition.
- Four prayer shawls were given out, and sixteen people on the prayer team prayed one-half hour each day with the names they were given.

*Attendance includes a Taizé service and one service cancelled due to snow.



Board Meeting Tuesday, April 15, at 6:30 pm

Your Board of Trustees holds one board meeting a month, at 6:30 pm on the third Tuesday of every month.

Come and join them in the Garden Room. All are welcome! If you would like to speak at the meeting, please email John Freshwater at freshwater541@gmail.com.

New Volunteer Coordinator

We extend a warm welcome to Ellen Ticknor. Ellen has volunteered at Unity for a couple of years now. She volunteers in the office, the soup ministry, the Unity choir, the Coming Alive Theater Group, and the Prayer Shawl Ministry. She is our resident artist who keeps our Volunteer and Youth bulletin boards in the Fellowship Hall up-to-date and fresh looking each month. Ellen also teaches the Joy of Watercolor painting class two times a week at Unity. These are just a few of the ways Ellen shares her joyful service with Unity. In February, Ellen started attending the weekly Shared Leadership Alignment Team meetings, and expressed an interest in stepping up her joyful and sacred volunteer service to Unity by volunteering as the Volunteer Coordinator. We appreciate your energy, your artistic expression, your love of Unity, and your joyful sacred service Ellen. Welcome!



Prayer Shawl Ministry Update

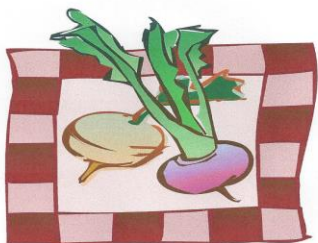


Our gratitude to all of you who have been making prayer shawls. Thanks to your efforts, we have been maintaining a generous inventory. It seems that those of us creating prayer shawls are preferring to work at home rather than come to Unity on Tuesdays from noon to 1:00 pm. Therefore, we are taking a hiatus from our weekly meetings, and will look at reconvening in the fall for once a month meetings. In the meantime, anyone wishing to join in on the fun of knitting or crocheting a prayer shawl and who needs instruction or yarn, please contact Inge at 541-968-5540 or ingetar@pacinfo.com.

Unity of the Valley Coming Alive Players

Present

TURNIPS? THE TRAGEDY



Saturday, April 5 – 7 pm

Sunday, April 6 – 2 pm

Come away with us once again to ORDINARY, Oregon.

Discover what happens when the author is having writer's block and his actors take control of writing the play.

Will there be a successful play or will chaos rule the theater?

Join us and find out!

NEW MEMBER WELCOME

We will welcome new members of Unity of the Valley on **Sunday, April 13, at the 10:30 am service**. We love to recognize new members this way, but participating in this ceremony is purely optional.

TO QUALIFY: If you haven't taken the 4-week Unity Way of Life class, you can still qualify for membership by taking the **New Member Orientation class on Saturday, April 12, 1:00-4:00 p.m.** Please sign up in the Fellowship Hall or call 541-345-9913, ext. 11.

THREE REASONS TO BECOME A UNITY MEMBER

1. If you already feel you are part of this spiritual community – or want to be – becoming a member is simply affirming that truth. In Unity, we hold that we can more effectively express what we deeply affirm.
2. It is very helpful for church staff and volunteers to know who is part of our community and therefore eligible to vote, to serve on our board nominating committee, and to serve on the board itself; and sometimes there are important announcements that need to go out just to members.
3. Other than the above, membership involves no additional commitment or expectation. Everyone who comes to Unity – member or not – is treated the same: as a divine being!



Embracing and Living Joy A workshop for women

**Tuesdays,
April 15-May 6
6:00-8:00 pm**

Join Géna Duel in the Fillmore Wing for exploration and contemplation, and to play with cultivating and expanding joy in our daily lives. This four-week series, designed especially for women, will give each participant the opportunity to explore, put into practice, and deepen:

Gratitude
Embracing and Nourishing Self
Revitalizing & Enhancing Our Spiritual Practice
Our Connection with Self, Others, and Spirit
Letting Our True Magnificence Shine
Creativity as a Pathway to Joy
Group Play and Discussion
Discovering Who We Have Come Here To Be

This interactive series is filled with hands-on play, connection, and creativity. Come and experience the Power of a Woman's Joy in action! No experience necessary! Suggested Love Offering: \$45-\$60 (includes class supplies)

To hold your space in class:

**Pick up a registration form in the Fellowship Hall and
return it to Géna by Wednesday, April 9, 2014.**

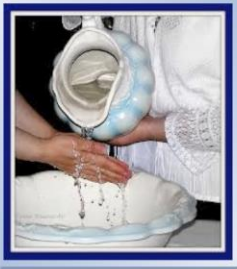
OUR "SIMPLE GIVING" PROGRAM

A win-win option is to intentionally give to Unity of the Valley each month on a simple automatic basis! Just pick up a FAQ-and-Application form at the table in the foyer, fill it out with your VISA, MC, or debit card information, and return it to the Unity office. If you prefer, you can make an automatic fund transfer from your bank account by returning the completed form along with a voided check.

Your offering amount can be changed or stopped at any time with a simple phone call to our administrator, Géna Duel, at (541) 345-9913. At the end of each year, an accounting of your total donations will be sent to you for your tax records. Thank you for all you do to keep our spiritual community thriving!

Palm Sunday & Easter Sunday Services at Unity of the Valley, 10:30 a.m.

Palm Sunday Hand-Washing Ceremony



Our Palm Sunday service (April 13) is a beautiful feast for the soul and body that also includes meditation, prayer, and chanting.

Easter Communion Service

Join us on Easter Sunday, April 20, for a sacred communion ceremony based on universal spiritual principles. Kalia Bethany will direct the Unity Choir.



American Voices: a Walt Whitman Perspective
"What do you hear America singing?"
Walter Simon, Reader

Saturday, April 26, 7:30 pm



This premier performance includes musical interludes by singer Martha Luster, part of a musical-duo known as Martha & Walter on the senior circuit.

As for motivation and inspiration, an idea developed three years ago that considered the USA in the middle of a cultural civil war – and the melting pot was boiling and needed the heat turned down. Seemed like a call to action. Understanding the nature and spirit of Whitman, a free-verse poet who lived through the Civil War, Simon started digging for meaning with a focus on Whitman's *Leaves of Grass* – and a script matured.

Offered on a love-offering basis.

For more information, visit www.walterthepoet.com.



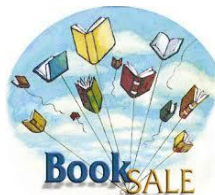
Taizé Service

Sunday, April 27, at 9 am

This is a service from the tradition of the Taizé spiritual community in France. The heart of the service is the singing and the music which unite all people in common prayer. The laying on of hands is symbolic of spiritual blessing flowing from one person to another, and is done for those who wish it during the service. Taizé services are held on the fourth Sunday each month.



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Sunday, May 18 – after the service

Join us after the service on Sunday, May 18, as we celebrate spring at Unity. We will have a book sale, raffle, and tour of our facility and grounds. Soup and dessert will be served. Come and celebrate with us!

Prayer Works Wonders

Prayer is effective, and prayer changes lives. Together, let us explore how and why it works. This class can start or enhance your prayer life and show the way to transformation. It is required if you wish to participate in the Prayer Chaplaincy Ministry, and is strongly recommended for participation in the Taizé ministry.

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.

Prayer Makes a Difference in Our Lives!



Join us at Unity of the Valley on
Saturday, May 17, 9:00-4:00 pm
and
Sunday, May 18, 1:00-4:00 pm



Facilitated by Rev. Inge Tarantola. Required text: *Come Apart for Awhile* (available in bookstore or class). Love Offering basis. **Sign up in the Fellowship Hall!**

Weekly Meditation, Prayer Circles, & Study Groups

See our website (www.unityofthevalley.org) for more information on any of our ongoing circles or study groups.

DISCOVER THE POWER WITHIN YOU (Harmony Room) Sundays, 9:15-10:15 AM. This class, facilitated by **MaryEllen Avis**, is based on the book, *Discover the Power within You*, by Eric Butterworth. Come and explore with us! Love-offering basis.

AFTER-SERVICE DISCUSSION & SPIRITUAL PRACTICE GROUP (Fillmore Wing) Sundays, 12:00-12:45 PM. Come and explore questions that have arisen from the Sunday topic, and experience group prayer and the deepening of the message from the service.

MEDITATION CIRCLES (Fillmore Wing) Mon, 5:30-6:30 PM/Thurs, 5:30-6:45 PM 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 (541-345-7563)**.

METAPHYSICAL STUDIES (Harmony Room) Tuesdays, 10:00-11:15 AM. **Judy Richardson (541-484-1958)** and **Janet Chandler (541-485-5235)** facilitate this group. They are currently studying the book *The Last Frontier: Exploring the Afterlife and Transforming Our Fear of Death*, by Julia Assante.

PRAYER SHAWL GROUP (Fellowship Hall) Tuesdays, 12:00-1:00 PM. 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. **(currently on hiatus)**

A COURSE IN MIRACLES (Fillmore Wing) Wednesdays, 10:00-11:45 AM. facilitated by **Valerie Kearles (541-914-0431)**. Drop-ins are welcome.

SPIRITUAL EXPLORATION (Garden Room) Wednesdays, 10:00-11:15 AM. This group is studying the writings of *Matthew, Mark, Luke, and John*, and looking at their influence in the world with new eyes. All are welcome at any time. Love-offering basis.

OPEN HEART MEDITATION (Peace Chapel) Wednesdays, 12:00-12:30 PM. Join **Valerie Kearles** in this beautiful experience of opening your heart to feel the complete and continuous Love of the Divine. Everyone is welcome!

COUNCIL OF ELDERS (Fellowship Hall) Thursdays 1:00-2:30 PM. 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**.

(continued on next page)

Weekly Meditation, Prayer Circles, & Study Groups

(continued)

COMING ALIVE THEATER GROUP (Sanctuary) Thursdays, 7:00-8:30

PM. 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) or Sherry (541-485-6874).**

JOY OF WATERCOLOR (Fellowship Hall) Thursdays 10 AM -Noon

and Fridays 11:30 AM -1:30 PM. 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.

SPIRITUAL SUPPORT CIRCLE (Fillmore Wing) Fridays, 1-3 PM.

Join **Kaiven Fenton** for spiritual fellowship with like-minded truth seekers progressing on an awakening journey. All are welcome. Donation basis.

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).

MEN OF UNITY The Men of Unity Group is currently focused on community projects. For more information on how you can participate, please call **John Freshwater at 541-895-3214.**

THERAPEUTIC TOUCH (Fillmore Wing) First & Third Thursday,

7:00-9:00 PM. 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 (Sanctuary) First Friday, 7:00-9:00 PM.

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. (There is no Shamanic Evening in April.)**

Volunteer Thank You

Many thanks to all of the volunteers, new and returning, who signed up in March during the Love-in-Action sign-up Sundays to serve Unity again this year.

We look forward to working and playing with you!

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 am–4:00 pm

BUSINESS OFFICE

(541) 345-9913

Céna Duel, Administrator

BOOKSTORE

(541) 345-9913, Ext. 12

CHAPLAINCY MESSAGE LINE

(541) 345-9913, Ext. 8

POSITIVE PRAYER LINE

(541) 345-9913, Ext. 7

SILENT UNITY

(800) 669-7729

BOARD OF TRUSTEES

John Freshwater, President

Ruth Beardsley, Vice President

Bonnie Paquin, Treasurer

Ann Woeste, Secretary

Michael Tanner, Trustee

Paul Hewett, Trustee

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