



Unity of the Valley

Positive Practical Spirituality

April 2015



Theme: “Inner Freedom”

Sunday Service 10:30 a.m.

Rev. Sherry Lady
Ministerial Team Member

Rev. Inge Tarantola
Ministerial Team Member

Jon West
Ministerial Team Member
and Music Director

www.unityofthevalley.org

Message from Our Ministerial Team

FREEDOM BEGINS WITHIN



Stuff happens. Things fall apart. Change is constant. New challenges arise. Yet no matter what we face in the outer world, inner freedom is possible. We see this truth demonstrated in the consciousness of our greatest leaders for social justice:

- Henry David Thoreau, after being imprisoned for protesting slavery, wrote: *I saw that, if there was a wall of stone between me and my townsmen, there was a still more difficult one to break through before they could get to be as free as I was.*
- Nelson Mandela expressed his inner freedom after 21 years in prison this way: *As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.*
- Aung San Suu Kyi, the Nobel Peace Prizewinner who spent 15 of 21 years under house arrest in Burma, wrote: *Whenever I was asked at the end of each stretch of house arrest how it felt to be free, I would answer that I felt no different because my mind had always been free. I have spoken out, often, of the inner freedom that comes out from following a course in harmony with one's conscience.*

The message is clear: Releasing the mental/emotional chains that trap and drain our life force is essential to fulfilled living. Throughout April, we invite you to stride forward with us into this great frontier of higher consciousness and undreamed-of possibilities.

Here's to your ever-expanding freedom!

Jon and the Ministerial Team

**Easter Sunday Service
at Unity of the Valley
10:30 am**



Join us on Sunday, April 5, for a sacred Communion Easter Service. We will have performances by our Easter Choir under the direction of Kalia Bethany.



**Taizé Service
Wednesday, April 1
7:00 p.m.**

This service is 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 first Wednesday of every month at 7:00 p.m.

Sunday Services in April:

Sunday, April 5: *Easter Communion Service* – Join us for sacred communion based on universal spiritual principles, and for the Unity choir, chanting, and fun activities for the kids.

Sunday, April 12: *From Human to Spiritual Power, Part I* – How we direct our power shapes our lives and the world around us, and can bind as much as liberate us. In this two-part series, we will explore how to shift from ego-based power and free the power of Spirit within.

Sunday, April 19: *From Human to Spiritual Power, Part II* – We will summarize the key concepts from last week while adding several more proven keys to freeing our inner potential.

Sunday, April 26: *Self-Renewal Sunday with Nancy Hopps*, including an after-service workshop. Acclaimed wellness expert Nancy Hopps will help us unleash our unlimited power for healing and wholeness through her crystal bowls, sharing the lesson during our service, and afterward offering an in-depth workshop where we can renew, reflect, redefine, redirect, and restore balance in our lives and being.

April Prayer

Spirit of Creative Blessedness

We have been graced with so many wonderful things:

- The breathless beauty of spring bursting upon the earth, reminding us of the on-going-ness of life.
- The experience of seeing nature turn its colorful head in the direction of the heavens in joyful celebration of a rebirth that is fresh and full of promise.
- The deep breath of gratitude that comes from knowing that we, too, can lift our heads to the sky, and our hearts to colorful expression of who we truly are.

We celebrate with you, Spirit of Life. We give thanks for you, for each other, and for the fulfillment, joy, and passion that are possible when we walk each day, renewed and reenergized, on the path you so lovingly provide.

Blessed be this earth, this life, and this experience of spring.

Youth & Family Ministry News

The Galileans, our youth class for children in grades 3 to 5, have been having adventures down the rabbit hole this year! Our fun has included service projects, fundraising, and lessons on Unity principles – all while joining Alice in her adventures through Wonderland with the help of the Unity Association of Churches' curriculum, *The Metaphysics of Wonderland*. The youth teachers have enjoyed creating additional lessons to enhance our learning and fun.

We started the year painting rocks, which we placed in the meditation garden, Unity of the Valley's own "Wonderland." We have learned about transformation from the caterpillar, and made beautiful butterfly prints; we learned about divine guidance from the Cheshire cat, and played pin-the-grin-on-the-cat; and we learned about living in "the now" from the Mad Hatter. Of course, any study of Alice in Wonderland needs to include a Mad Hatter's tea party, so, we enjoyed mid-morning tea, complete with a golden teapot and biscuits! Recently, we played croquet and talked about "keeping our heads" even in the midst of challenges like dealing with the Queen of Hearts.



Throughout the year, we make crafts to sell at our fundraisers, which fund our service projects. In December, we had our Christmas bazaar and raised money to buy 75 red roses, which we delivered –along with handmade Valentines– to the residents of Good Samaritan nursing home in February. Afterwards, the children shared that this activity made them feel generous and kind. One child said they "had made a grandma very

happy" that day. It is a beautiful sight to see elders take such pleasure in the children, and vice versa.

On April 26, we will hold our annual plant sale, and we welcome donations of plants and starts. Our proceeds will go to First Place Family Center to be used for supplies for the children they serve.

We appreciate your generosity in helping us realize our vision in providing meaningful experiences for our children.

Happy spring from the Galileans!

Alison Cantril



10:30 A.M. 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 10:00-10:15 a.m., with soft background music and occasional guided meditation.

RECORDINGS of the service may be purchased in our Bookstore. ASSISTIVE LISTENING DEVICES for people with hearing-impairment are available upon request. Please ask an usher for assistance.

FOR PARENTS: Our foyer has audio speakers so you can attend to children and still hear the service. Our Youth & Family Ministry offers nursery care and engaging life lessons for young people.

Prayer Chain

For immediate prayer, you may call Inge Tarantola at 541-968-5540, 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

Chaplain Message Line

Let us know how we can pray with you! You may request that a Chaplain return your call to pray with you, or you may simply leave a prayer request message, and a Chaplain will pray for you. The Chaplain Line (541-345-9913, ext. 8) is answered only by a Prayer Chaplain and is completely confidential. The Prayer Chaplains will continue to be available for prayer after each Sunday service.



March 2015 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
January	129	\$13,458	\$13,666	\$106
February	130	\$12,538	\$16,710	\$129

Prosperity Giving

A special thanks to Chuck Arrera and his crew for the beautiful ramp in the sanctuary. Many hours of planning and hard work went into that project. Thank you again for those who participated in the silent auction last summer to raise the money!

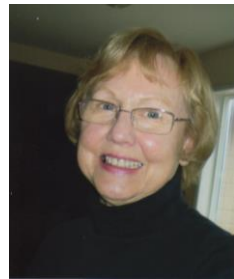
We thank and bless each one of our Board members for their loving service to Unity of the Valley!

Board Meeting Tuesday, April 21 6:30 p.m.

Join us in the Garden Room. All are welcome! If you would like to speak at the meeting, please email Bonnie Chappa at bonniechappa@gmail.com.

Minutes of the board meetings are posted in the Fellowship Hall on the Board's bulletin board.

A Warm Welcome to Our Newest Board Member



Joyce Aschim

Kindness in words creates confidence
Kindness in thinking creates profoundness
Kindness in giving creates love...
~Lao Tzu

Special Events Volunteer Ministry

Our community is enriched by the guest presenters and musicians who come to Unity, and we always want them to feel welcome.

It takes a team to create and sustain the welcoming environment that meets the needs of the guest. This "Special Events" team is led by Linda Flock.

As you might guess, special events require advanced planning and promotion. On the day of the event, the Special Events Team comes into play by making sure the guests have their needs taken care of. When the event occurs, the team arrives early to make sure everything is prepared (e.g., opening up the church, checking in with the presenter, setting up a table for books or CDs they might be selling, and taking money at the door); and then they make sure everything is closed down properly at the end of the event. The Special Events Team also gets to enjoy that day's musician, speaker, or presentation.

If you would like to be part of this fun and important ministry, please contact the office (541-345-9913) and ask for Linda Flock.

Namasté,
Ellen

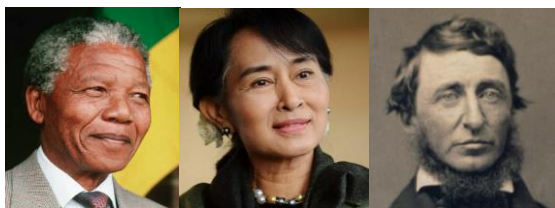


1ST SUNDAY POTLUCK APRIL 5 AFTER THE SERVICE!

- Bring your favorite dish to share
- Invite your family and friends

Unity will provide coffee, tea, cookies, and cake to celebrate the April birthdays!

WHAT CONNECTS THESE GREAT SOULS?



Nobel Peace Prize winners **Nelson Mandela** and **Aung San Suu Kyi** and *Walden* author **Henry Thoreau** all experienced the inner freedom of meditative silence. So can you!

INNER FREEDOM through MEDITATION

WEDNESDAYS, APRIL 8, 15, 22, & 29

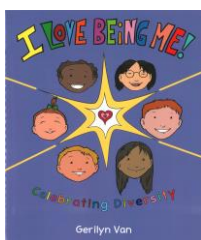
5:45 - 6:45 p.m. (meditate before eating)

Where: Unity sanctuary Cost: Offering

Each 1 hour class is half silence / half guidance with Q&A.

Your instructor: Award-winning speaker, singer, writer & social service worker **Jon West** will share a variety of techniques based on his 25+ year daily practice.

**No registration needed – bring interested friends.
Children able to sit in silence are welcome.**



Book Signing & Author Greet with Gerilyn Van

Sunday, April 12, after the service

Gerilyn Van, past YFM Director at Unity of the Valley, has written an "SPIRIT"ational book entitled *I Love Being Me!* She will be at Unity on April 12, to read her book and sing with the children, grades K-2 and 3-5. After the service, she will do a book signing in the foyer.

I Love Being Me! embraces diversity by opening hearts to honor all paths of life. As children read and sing the positive words, they fill their minds with love and acceptance of themselves and others. The easy-to-remember lyrics foster connection, wellbeing, and a loving community for children and families of all backgrounds, ethnic origins, religions, and lifestyles.



Beyond The Wound: The Rise of Kings **A Workshop for Men on the Archetype of the King**

Saturday, April 18, 9:30 a.m.–6:00 p.m.

In this workshop, a ritual container will be formed to provide men a deep connection with the shadow and golden energies of their Lover, Warrior, Magician, and King, owning our capacity as kings to initiate a path of wisdom. The process calls on men to connect with and draw from the powers - shadow and light - of each archetype as they relate to the King's quadrant. Our work is directed toward living in mission in each relationship and toward each goal, bringing integrity in mission to all of our relations. This process works to support the integration of those energies, with Spirit as a guide.

Cost: \$25–\$50 sliding scale (includes lunch). Hold your space with a non-refundable deposit of \$20. For more information and to register, contact Raymond Albano at 541-344-0727 or Jim Drews at 541-726-8510.



Galileans' **Plant Sale** **Sunday, April 26**



Join us in the Fellowship Hall
before and after the service on Sunday, April 26,
for the Galileans' annual plant sale.

You can buy your spring plants, which helps the
Galileans with their community project.

Proceeds will go to First Place Family Center to be used
for supplies for the children they serve.

**If you have any plants or starts,
we welcome your donations!**



Sunday, April 26, 10:30 a.m.
SELF-RENEWAL SUNDAY
Guest Speaker: Nancy Hopps

Nancy Hopps is an internationally recognized author, speaker, and performer. She has also created award-winning *Relax into Healing™* series of spoken-word audio recordings. Of the many healing modalities she integrates into her life and work, Nancy wholeheartedly believes and demonstrates that “the greatest of these is Love.” On Sunday, April 26, Nancy will help us unleash our unlimited power for healing and wholeness through her crystal bowls, sharing the lesson during our service, and afterward offering an in-depth workshop where we can renew, reflect, redefine, redirect, and restore balance in our lives and being.

SELF-RENEWAL SUNDAY WORKSHOP

12:30-3:30 p.m.

Clarity, insights, and growth can come through laughter or tears, focused work or frivolous play. Join Nancy for an afternoon of guided meditation, gentle movement, crystal singing bowls/sound healing magic, and plenty of play! A blend of outer activity and inner stillness will allow you to focus on and absolutely honor YOU.

Cost: \$25 pre-registration OR \$33 on day of event
Complete the registration form enclosed and return to Nancy Hopps at the address given on the form.

Learn Passage Meditation

Saturday, May 2, 9:00 a.m. to 5:30 p.m.
Shalom Prayer Center in Mt. Angel, Oregon

Retreat participants will learn the benefits of meditation, and how to meditate and establish a practice. Support for ongoing practice is available. (At Unity of the Valley, the passage meditation group meets every Thursday in the Fillmore Room from 5:30 to 6:45 p.m.)

The cost (which includes vegetarian lunch):

Adult: Standard: \$100 / Sliding Scale: \$65–\$140

Young Adult (18-30s): Standard: \$40 / Sliding Scale: \$10–\$50

For more information, or to enroll, call the Blue Mountain Center of Meditation at 800-475-2369 or visit www.easwaran.org/retreats.

The Coming Alive Theater Group presents



In *The Redemption of Almira Gulch*, (our own Sunny Schneider is writer/director), the Scarecrow, Tin Man, and Lion travel from the land of Oz to Kansas where Dorothy's neighbor, Almira Gulch, is still causing havoc. Can our heroes save Kansas from another tornado? Will they sing and have lots of adventures on the way? Come find out!

Saturday, May 2, 7:00 p.m. & Sunday, May 3, 2:00 p.m.
Donations accepted.



HeartYearnings

Coaching to Clarity, Awakening Together

Heart Intelligence Training Day
Saturday, May 16, 10:00 AM – 6:00 PM
at Unity of the Valley

An all-day experience of learning and experiencing:

- being with others in a heart-centered, deeply connected way;
- the beauty and potency of this amazing and very specific form of circle work;
- how the joined collective wisdom of being together in a large amplified field can change our lives.

The day will include equal parts of:

- presentation on the 4 Directions of Joy – the definition and benefits of this technique, and its core principles;
- simple processes we experience with one another to practice opening, listening, following, and communicating with, and from, our heart;
- shared circle protocol that creates safety and containment;
- an atmosphere that allows us to share with each other in a way that brings more heart into the room as well as to deepen our connection to one another;
- an invitation to “take space” and physicalize our heart’s longings, using the group to support the experience our heart’s desire.

Cost - \$75 (incl. lunch)
Registration required by
May 11th

Offered by Kalia Bethany, HIQ Circle
Facilitator-in-Training - 541-484-9341

There is no path greater than love.
There is no law higher than love.
And there is no goal beyond love.
God and love are identical....
~I. Krishnamurti

Weekly Meditation, Prayer Circles, & Study Groups

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

SUNDAY MORNING READING GROUP (Fillmore Wing) Sundays 9:15-10:15

A.M. This group is studying the book, *Polishing the Mirror*, by Ram Dass. Facilitated by **Rojeanne Benton** and **Ruth Beardsley**. Love-offering basis.

AFTER-SERVICE DISCUSSION GROUP (Fillmore Wing) Sundays, 12:15-1:00

P.M. Join with others in sharing insights that have arisen from the Sunday topic. (Childcare provided.)

JOY OF WATERCOLOR (Fellowship Hall) Mondays, 10 A.M.-Noon, and

Fridays, 11:30 A.M.-1:30 P.M. 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.

MEDITATION CIRCLES (Fillmore Wing) Mon., 5:30-6:30 P.M./Thurs., 5:30-

6:45 P.M. 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** at **541-345-7563**.

METAPHYSICAL STUDIES (Harmony Room) Tuesdays, 10:30-11:45 A.M.

Judy Richardson (541-484-1958) facilitates this group. They are currently studying the book, *A Thousand Names for Joy*, by Byron Katie.

ALZHEIMER'S-DEMENTIA SUPPORT CIRCLE (Garden Room) Tuesdays,

1:00-2:30 P.M. Join Sherry Lady for a time of sharing, prayer, and helpful information. For more information, contact **Sherry at 541-345-9913, x16**.

SPIRITUAL EXPLORATION (Garden Room) Wednesdays, 10:00-11:15 A.M.

Facilitated by **Rev. Sherry Lady** and **Tom Blank**. (Currently on hiatus.)

OPEN HEART MEDITATION (Peace Chapel) Wednesdays, 12:00-12:30 P.M.

Join **Linda Flock** in this beautiful experience of opening your heart to feel the complete and continuous Love of the Divine. Everyone is welcome!

COUNCIL OF ELDERS (Garden Room) Thursdays, 1:00-2:30 P.M.

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**.

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

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)**.

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).

UNITY OPEN MEN'S CIRCLE (Fellowship Hall)

First Monday, 6:15-9:00 P.M., and Third Monday, 7:00-9:00 P.M. The Men of Unity Group is open to all men in our church and our larger Eugene community. For more information on how you can participate, please contact **Raymond Albano** at **541-344-0727** or **John Freshwater** at **541-554-6898**.

PRAYER SHAWL GROUP (Fellowship Hall) Second Thursday, 12:00-1:00 P.M. 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. For more information, contact **Inge** at **541-968-5540**.

THERAPEUTIC TOUCH (Fillmore Wing) First & Third Thursday, 7:00-9:00 P.M. 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**.

HEAVEN ON EARTH: EMBODIED SPIRITUALITY PRACTICE GROUP (Fillmore Wing) First & Third Saturday, 10:00 A.M.-12:30 P.M. Practice living toward what you want from your deepest heart at every moment. For more information, call **Kalia Bethany** at **541-484-9341**.

SHAMANIC EVENING (Sanctuary) First Friday, 7:00-9:00 P.M. 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**.



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 a.m.–4:00 p.m.

BUSINESS OFFICE

(541) 345-9913

Géna 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

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