



Unity of the Valley

"Celebrating the One Light in All"



August 2014
Creating a Peaceful World
Sunday Service 10:30 am

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

THE POWER OF PEACE

How is 2014 unfolding for you? One way to measure is by asking: *Am I experiencing deeper peace compared to last year – even just a little bit?* Perhaps you forgave a lingering resentment toward someone, or forgave yourself. Maybe you straightened out some chaotic part of your life, or began making time in your day for silent communion with the infinite Love-Power-Intelligence we call God.



If we can detect any positive change in our sense of peace, that's important – not only for ourselves, but for the larger world as well. Peace has an amazing ripple effect. As peace grows within us, it also grows in our home, at work, and everywhere we are. In countless unseen ways, the peace we share is passed along through others.

As you become involved at Unity, you'll find that our community is an amazing hive of peace. Peace-full people are buzzing about, sharing their energy, time, and skills nurturing the healing and wholeness in others – and sometimes we let loose with a grand outpouring of creative play, as with our **Unity Fair** on August 10.

Our theme for this month is *Creating Peace in the World*, inspired in part by *The Peace Book—108 simple ways to create a more peaceful world*, by Louise Diamond. We invite you to journey along with us on a life-enriching adventure of ever-growing peace.

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 August as we explore these topics:

- Sunday, August 3:** Inner Peace (Rev. Inge Tarantola)
- Sunday, August 10:** A New Way of Doing Business (Jon West)
- Sunday, August 17:** Peace by Piece (Rev. Sherry Lady)
- Sunday, August 24:** Try Lightning Up (Jon West)
- Sunday, August 31:** The Spirit on Film (Tom Blank)

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.

Youth & Family Ministry

Ever since I can remember – before going to ministerial school, while I was in ministerial school, and at this point in time – our Youth Ministry Program has served Unity of the Valley's children and families as one of the strongest and most consistent ministries in our church. It continues to be that today.

Our Youth and Family Ministry Program began in a little room off what is now the fellowship area, with a nursery half the size of the Harmony Room; and it continues its ministry of education, inspiration, compassion, guidance and love in the Fillmore Wing, built for the purpose of housing this program. Even with the absence of the magnificently dedicated Mary Criggs, some of the same people have served this ministry consistently into its third decade and, while we are all growing older together, the integrity, the passion, and the commitment to the teaching of truth principles to our children has not lagged for a moment.

Yes, we have had varying levels of attendance – from 8 children to 65 to 25 or 30 – but the adult church ministry has experienced its ups and down numerically as well. Youth Ed has, however, continued to be financially solvent, thanks to gifts from the general fund and gifts from individual and consistent fundraisers. It has contributed to the community outside the church in many ways, with backpacks for school kids, flowers to Good Samaritan Center, food and supplies and monetary gifts to First Place Family Shelter, and teddy bears to Bags of Love, to mention just a few. Not a year has gone by without these gifts continuing to be offered, at least as far back as I can remember (and I began my tenure here in the late 80s). Youth Ed has also seen to it that our kids can go to regional events if they so desire – and there are other things to be proud of as well.

God's grace has abundantly blessed this program through our Youth Ed staff's efforts and through you, our congregation. I want to take this opportunity to say how proud I am of each and every person who has given time and energy to this vital ministry and to what we offer for our youth. It seems the right and perfect things to do as we go through the summer with a bit of a lighter program while preparing for the coming school year. Please continue to hold us in your hearts, support us with your gifts of love, and be ready to hear from us again and again, for our voice is your voice echoing back to you as a reminder of the ongoingness of life.

Sherry

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

Are you interested in becoming a

Unity Prayer Chaplain?

Our Prayer Chaplaincy program is ready to expand! We are inviting all who are interested to look within and ask, "Do I feel called to this ministry?"

Unity Prayer Chaplains:

- ♥ Hold sacred space
- ♥ Listen
- ♥ Pray
- ♥ Keep confidentiality

No prior experience in praying with others is required.

Requirements are:

- Be or become an active member of Unity for at least one year.
- Complete the Unity Way of Life class.
- Complete the Prayer Works Wonders class.

For more information, pick up a brochure in the foyer, or talk to one of our chaplains after the Sunday services.



Interfaith Juice Team

Did you know that Unity of the Valley serves juice on the 11th of each month at the Interfaith Services held at First Christian Church?

We are seeking a team of volunteers to represent Unity by serving the juice at this monthly Interfaith Service (7-9 pm).

Team members rotate months in which they serve the juice.

Come and join our team!
Sign up in the Fellowship Hall.

August 2014 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
May	117	\$18,432	\$16,395	140
June	103	\$18,570	\$16,316	158

Prosperity Giving

Financial giving included sending \$200 to Unity national organizations. Our Youth & Family Ministry sent \$27 to their sponsored child. The Angel Network sent condolence and get-well cards, visited sick congregants, made hospital visits, and delivered a comfort box to someone who lost her mother.

- Thank you to Jim Wilson for paying to get the pot holes patched in the road in front of our driveway;
- Thank you to Michael and De Tanner, who donated couches for the youth program upstairs;
- Thank you to everyone who brought food to share at our after-service gathering; and
- Thank you to the group volunteering to provide monthly leadership training.

We are a sharing, caring community!



Board Meeting Tuesday, August 19, 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.

August Prayer

Listen to the Voice of the Heart

Henri Nouwen once said:

We cannot change the world by a new plan, project or idea – we cannot change other people by our convictions, stories, advice, or proposals...but we can offer a space where people are encouraged to disarm themselves and lay aside their preoccupations and listen with attention and care to the voices speaking in their own center. This is the work of the heart.

Divine One,
as we pray, may we remember to listen
to the voices of the hearts who come to join with our community.
May we open our hearts even wider
to receive the good you have
that comes from a conscious connection
with each other through you.
May we speak words of kindness and encouragement.
May we gather to see each other and be seen –
to hear each other and be heard,
so our cup will not only be filled, but will be running over
as we join with our family and friends in new and powerful ways.
Thank you!
You are our Source.

Please Call the Church When:

- A member of your family is in the hospital.
- You hear of a death in the immediate family of a church member.
- A new baby arrives in your family or in the family of a church member.
- We can assist you in any way.

Our ministers and "Angel Network" are here to serve you.

Service of Lights

The small votive candles on the platform are there for you!

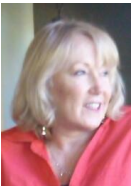
Anytime during the week, or before or after the Sunday service, feel free to light a candle as you say a prayer for yourself or others.

Elder Council Ministry

The Elder Council is a group of elders, 60 years old and over, who meet weekly to share their wisdom, experience, energy, and authenticity. Together, they explore the art of growing older gracefully through discussion of the book *The Gift of Years, Growing Older Gracefully*, by Joan Chittister. Topics such as "Letting Go," "Fear," "Possibility," "Bucket Lists" and "Paying it Forward" are discussed. The Council sponsored the Death Cafe and the panel discussion on Personalizing End-of-Life Choices in an effort to normalize discussions of death, and to provide information about end-of-life choices and resources.

The Elder Council is a service-oriented organization as well. Among other projects discussed, they recently took over the coordination of the Angel Network and plan to expand its outreach. They also wrote a letter to the Editor of the Register Guard acknowledging two young girls who took a stand on a political issue important to them.

The Council supports one another and works together to make a difference in our spiritual and larger communities. If you are 60 or older, please join us on Thursdays from 1:00 to 2:30 pm in the Fellowship Hall.



More on Our New Bookstore Manager

We welcomed our new Bookstore Manager, Lorre Lucas, last month. Let's get to know her a little bit more this month.

Lorre was born and raised in St. Louis, Missouri. She has been an avid traveler since adulthood, and has lived in many places. She went to school and lived in Hawaii for 13 years. Her daughter, Leilani, was born at home on the North Shore of Kauai in 1989. Lorre spent seven years in San Diego during Leilani's childhood.

In early 2002, she packed up her home and she and her daughter took to the road for a spectacular trip around America. After one glorious year of travel, which included 40 states in all, she chose Oregon as her new home and as her next adventure.

Lorre says Unity of the Valley has been an ever-growing treasure to her soul! Welcome, Lorre!



UNITY FAIR

PICNIC & SILENT AUCTION



Sunday, August 10, at 12:30 pm

Unity is holding a picnic and silent auction at
Inge Tarantola's home
(34801 Mathews Road, Eugene)

**Bring the family, and spend the afternoon with us!
It's a potluck, so bring your favorite dish to share,
and a lawn chair or blanket to sit on.**

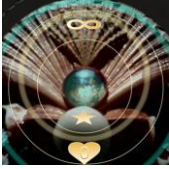
**Unity will provide the hamburgers, hot dogs,
lemonade, and utensils.**



**Join us for food and connection.
Lounge in the shade, take a walk in
the gardens, play games, and shop for
wonderful items and services at the
silent auction.**

There will be kids' games and activities too!

Funds raised go towards:
A ramp going up to the Sanctuary stage
A new outbuilding for storage
Banners for the Sanctuary



Heart Intelligence Practice Group

Saturday, August 23, 10:00 am–12:30 pm

Heart Intelligence is a Practice! Join Kalia Bethany on August 23 in the Sanctuary for the opportunity to:

- Learn to embody your spirituality and manifest your heart's longings.
- Learn to track your body, mind, intuition, energy body, and emotions.
- Learn to drop into stillness and listen with your heart and to your heart.
- Practice giving and receiving to open the heart.
- Practice feeling more...and communicating that as an alternative to story.
- Practicing living toward what you want, (from your deepest heart) at every moment!

Starting in September, Heart Intelligence practice will be offered on the first and third Friday and the first and third Saturday of the month.

Kalia Bethany is a Heart Intelligence Life Coach offering one-on-one coaching sessions and group coaching sessions. For more information, contact Kalia at 541-484-9341.



Guest Speaker Tom Blank

Sunday, August 31, 10:30 am

Join us on Sunday, August 31, at 10:30 am, as our very own Tom Blank speaks on the topic of *The Spirit on Film*.

Tom Blank was employed in the Hollywood film and television industry for over 30 years working on features and episodic television, including such titles as *Airwolf*, *The Bionic Woman*, *Murder She Wrote*, and many more. He left Hollywood in 2005 because he couldn't find a parking place.

Youth & Family Ministry Special Event:



Playing with Our God Selves Teacher Training for all ages Mindfulness for all ages

Friday, September 5 (7:00-9:00 pm)

Saturday, September 6 (9:00 am-4:30 pm)

Guest presenter Chris Castaldi, youth consultant for the Northwest Region Unity Churches, will be at Unity of the Valley on Friday, September 5, and Saturday, September 6.

Friday

Calling all families, children, and staff

Join us for an evening presentation for families, children, and staff. Refreshments will be available. Free. Love offerings accepted.

Saturday

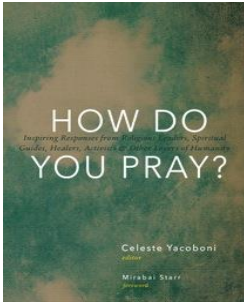
For seasoned and beginning Youth Ministry Teachers, Assistants, and Sponsors

(Staff from other Unity churches in the region has also been invited.)

- Relationships in a trustworthy, mindful environment allows Spirit to be active in all our Youth Ministry connections, explorations, play, learning, and growing.
- We will establish a trustworthy, positive environment, explore what makes that so AND play, learn, and grow through examining the different parts of a mindful, trust culture.
- We will explore the flow and segments of Youth Ministry time.
- Overall we will have fun together to bring inspiration and connection in our service to Youth of all ages.

Come and enjoy this special event! Share your light and love in a time of fun experiences, getting to know each other better, and learning more about what it is to be immersed in the "Unity way of life" at any age.

For more information, contact Rev. Sherry Lady at 541-345-9913, ext. 16. To pre-register, pick up a registration form in the Fellowship Hall.



**A Prayer Enrichment Time with
Celeste Yacoboni
Saturday, September 6
10:00 am-Noon**

We are inviting all the Pastoral Care Ministries, and all others who are interested in prayer, for a time of spiritual enrichment with Celeste Yacoboni.

The presentation will include a time for questions and answers and a book-signing, based on her recent book, *How Do You Pray?*

Celeste asked spiritual guides, religious leaders, healers, activists and other lovers of humanity for their responses to that question, and gives us a wonderful collection of their insights. These personalities encourage the reader to contemplate the intention of prayer in their own life. Come and join us for this deeply moving presentation.

The Spiritual Exploration Group presents:

**What's Going on in Israel, and Why?
Wednesdays, 10:00-11:15 am
Starts September 10**

Facilitated by Rev. Sherry Lady and Tom Blank

This fascinating course will be a special treat. It will provide a full historical context for the Hebrew Bible, which is full of controversy in today's religious world with lively storytelling and clear examples. You will be surprised by a grand vision as the history you thought you understood all of a sudden becomes illuminated and brought into brilliant focus.

Spiritually engaging and historically fascinating, this will be a course unlike any other. It will give you a new appreciation, both for ancient history and for the foundation of the world's major faiths, along with a deep "aha" as to why that part of the world stays in a continuous pendulum swing from peace to chaos and back again.

Classes on this subject will be ongoing for 24 sessions. Drop-ins on any Wednesday are welcomed. Love offering basis. Credit for Unity Spiritual Enrichment classes is available.

WE ARE THE LIGHT OF THE WORLD
LET YOUR LIGHT

Shine

UNITY
WORLD DAY
of PRAYER



SEPTEMBER 11, 2014

Join us in the Sanctuary (Noon to 6:00 pm)
as Unity of the Valley joins in prayer with
Unity Churches worldwide.

We start at Noon with an opening ceremony.

We continue the day with meditation,
silence, and a closing ceremony at 6 pm.

Join us for any or all of this day!

Unity of the Valley
3912 Dillard Road, Eugene, Oregon
541-345-9913

Weekly Meditation, Prayer Circles, & Study Groups

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

THE UNTETHERED SOUL (Harmony Room) Sundays, 9:15-10:15 AM. This group, facilitated by **Rojeanne Benton** and **Ruth Beardsley**, is based on the book, *The Untethered Soul*, by Michael Singer. 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. **(on hiatus through August)**

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. **(on hiatus through August)**

A COURSE IN MIRACLES (Fillmore Wing) Wednesdays, 10:00-11:45 AM. facilitated by **Valerie Kearnes (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. **(on hiatus until September)**

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

INFINITE WAY GROUP (Fillmore Wing) Wednesdays 5:30-7:00 pm. For more information, contact **Evan 541-600-7320**.

(continued on next page)

Weekly Meditation, Prayer Circles, & Study Groups

(continued)

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**.

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. **(on hiatus until September.)**

SPIRITUAL SUPPORT CIRCLE (Fillmore Wing) Thursdays, 1-3 PM. Join **Kaiven** for spiritual fellowship with like-minded truth seekers progressing on an awakening journey. All are welcome. Donation basis.

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) (on hiatus until September 18).**

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**.

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

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