



December 2023



Our Journey Into the Light

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

OUR JOURNEY INTO THE LIGHT

A message from our Ministerial Team

O holy night, the stars are brightly shining...

As another year nears an end, it's natural to reflect on the endings we've faced over the months: A tearful goodbye. An angry parting. A letting go of something precious. So often do we traverse from darkness to the light of love and hope then back to darkness again, the cycle may seem inevitable. As certain as day and night until the end of our days.

A thrill of hope, the weary world rejoices...

Christmas reminds us of the higher vision shared by Jesus and other master teachers: that a Kingdom of Divine Love and Light dwells within us. Yet if this Kingdom is real, it must exert its power ever so lightly, letting us run far and free, getting into all kinds of scrapes and scuffles. But our hearts cannot be filled by anything less than the truth of our being. And so, battered and bruised, we finally turn homeward.

Led by the light of faith serenely beaming...

With each step toward our Inner Light, a mysterious transformation unfolds. Shadows that once threatened us are seen as the illusions they are. All people and events in our lives, no matter how they might fail our human expectations, merge into a divine dance. No longer do we seek life's meaning in vain. The higher design of the cosmos is revealed. We are eternal spirits among brother and sister spirits.

Truly he taught us to love one another...

This holy season, may we awaken more fully to the Christ Light that shines within us and in every heart, brightening the darkest night.

O night divine, o night when Christ was born!





SERVICES IN DECEMBER

Sunday, December 3: “Celebrate Christmas Every Day.”

Children aged 4 and up are invited to this special family service. Our youth will join us in sharing Christmas music and a play with puppets! No youth classes.

Sunday, December 10: “Seeking the Light” with Rev. Inge Tarantola. Our soul’s yearning is ever prompting us to seek the light. John O’Donohue wrote: the soul is not simply within the body, your body is in the soul, and the soul suffuses you completely. Therefore, all around you there is a secret and beautiful soul-light.

Sunday, December 17: “The Eternal Now: The Timelessness of Christ Consciousness” with Jon West. Our lives often seem limited by time. What can we learn from Jesus and other masters about living in eternity? Performance by Unity’s Christmas Choir.

Sunday, December 24: “The Manger of the Heart” with Rev. Sherry Lady. From humble beginnings to Divine symbolism, the manger’s message lies in its portrayal of humility and simplicity, merging to providing a place that welcomed the coming together of heaven and earth in human form. Let’s look at how this coming together in the manger of our hearts can be accomplished with ease and grace and bless our lives beyond measure.

Sunday, December 24: Unity’s Christmas Eve Candle Lighting Service at 5:00 p.m.

Sunday, December 31: “How Did We Grow in 2023?”

Testimonials of personal and spiritual growth will be shared by various community members.



Unity's Annual Pledge Campaign &  Raffle

STUFF IT WITH LOVE



When you join our Simple Giving Program to regularly gift and sustain our spiritual community, you enter a raffle for a \$250 Market of Choice gift card! We'll track the campaign's progress by hanging up a stocking for everyone in the program.

3 Reasons Why People Use Simple Giving

"It's a great way to earn miles on our credit card while supporting our spiritual home!"

"It's truly flexible and easy. I can change my automatic deduction as needed. And I like not worrying whether or not I brought something for the offering."

"I love that there's no expectation at Unity about attending services or giving a set percentage of my income. But with that freedom, I also want to do my part to ensure Unity's Light keeps shining for others and that it's here when I return."



SIMPLE GIVING FORMS are available in the foyer or by emailing unityval@riousa.com. Return it by mail, with the Sunday offering, or during our weekly office hours.

Thank you for blessing our community!

A UNITY CHRISTMAS EVE



Candle Lighting Service



**Join us on this holy night for
inspiring music, prayer and
universal wisdom.**

**Streaming and in-person service
5:00 p.m.**

Please dress warmly as we will be ventilating fresh air.
If you feel unwell or have respiratory symptoms, please
enjoy the livestream version from your home at:

www.facebook.com/unityofthevalley

Board Trustees Volunteer Opportunity

Our Unity Board Nominating Committee
is seeking candidates for
our Board of Trustees.

We have two open seats. We also have a
seat open for someone willing to serve as an
Alternate (willing to step in if a Trustee
doesn't complete their full term).

**If you are interested in being of service to
our spiritual community in this way,
please contact Jon West at
jwest97405@gmail.com.**

Your service as a Board Trustee
can make all the difference in Unity!

Unity Food Drive

We are collecting food for Food For Lane
County to help keep the local pantries stocked.

Please help us fill the barrel in the foyer.

**Donated items should be shelf-stable
food (i.e., canned or no refrigeration
needed)**

Some suggested donation items are: Protein (such as
peanut butter, canned meat: tuna, chicken, salmon, corned
beef, etc.), dried beans, canned food, soup, spices, cooking
oil, broths, shelf-stable non-dairy milk alternative (i.e., almond
milk, oat milk, soy milk, etc.), cereal, grains, pasta, rice, baby
food, baby formula.





First-Sunday Potluck

December 3
(after the service)

Bring a main dish or salad and
invite your family & friends.

Unity will provide coffee,
tea, and dessert.



Christmas Singalong



Wednesday, December 13th
7:00 p.m.

As we move into the holidays, a wonderful way
to celebrate is to sing Christmas Carols.
Their timeless melodies fill our hearts with joy and
reconnect us to the truths of giving, peace, and love.

Join our music team on the 13th at 7:00 p.m.
for a delightful Christmas Singalong.
You may attend in person or join us on Facebook Live
at www.facebook.com/unityofthevalley.

A NOTE FROM UNITY'S COUNCIL OF ELDERS



Originally the Elder Council was a small group of women who were at least 60 years old who decided to come together at Unity on a weekly basis. We took turns telling our stories, one person per meeting, and we got to know each other more deeply that way. We've been meeting for almost 11 years now.

We read books about aging such as Joan Chittister's *The Gift of Years* and Ram Dass' *Still Here Now*. We have learned about Ethical Wills and even wrote our own. We compiled our stories into a small booklet called *Celebrating Wisdom – Where There's a Will There's a Way*. We have had the opportunity to present our shared wisdom by leading a couple of Sunday services. In addition, we created a comfort quilt with each of us designing a square and Pat Phillips putting the squares together. We loan the quilt out to those of us that could use a hug of support and a reminder that they are loved and supported.

The Elders began the church's involvement with First Place Family Center, providing food for those families without homes for a week with many members of the congregation contributing. We created a well attended 8-week series called Graceful Closure, teaching the participants about many aspects of preparing for the end of life. We have held celebrations of the Solstices and Equinoxes, and we even have a few men who have joined us.

During Covid we moved the meetings to online and closed the group to only those already in attendance. The Elder Council was very important to help us all feel connected during that time of isolation. We all learned to appreciate Zoom! Now we meet weekly, in person and virtually in the Garden Room at Unity on Thursdays from 1:00 until 2:30 p.m. We are open to new members. We show up to support each other and our community. We help each other learn about and face the changes in our health, bodies, and minds as we age. We are good friends who care about each other.

If you would like to learn more about Unity's Council of Elders, contact Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.

YOUTH & FAMILY MINISTRY NEWS



Sunday, December 3rd our youth will be exploring the meaning of Christmas in the sanctuary in “Celebrate Christmas Every Day.” We will have a puppet show and other fun surprises. Our youth will be in the service the whole time so no youth classes on the 3rd. Be sure to come and join us in the celebration. There will also be no youth classes

on December 24th. Nursery care will be offered during both services.

As this year comes to a close, we give thanks to each and every one of you for supporting our beautiful youth and the Youth & Family Ministry. We appreciate your time, your donations, your wisdom, and the love that you share with us. We look forward to 2024 and all the exploring and growing coming with our youth.

Thank you and Happy Holidays!

Alice Sparks

Behind the Lens Seminar

Winter 2023: 1949

**Tuesdays, November 28, 2023-February 23, 2024
(7:00 p.m.)**

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

Pick up a registration form in the Fellowship Hall.

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

Tuesday, December 5: “All the King’s Men” (Broderick Crawford), directed by Robert Rossen (110 min.)

Tuesday, December 12: “The Third Man” (Orson Welles, Joseph Cotton), directed by Carol Reed (105 min.)

Tuesday, December 19: “Adam’s Rib” (Spencer Tracy, Katherine Hepburn), directed by George Cukor (100 min.)

Tuesday, December 26: “On the Town” (Frank Sinatra, Gene Kelly), directed by Gene Kelly and Stanley Donen (98 min.)

FINANCIAL REPORT: *God Gives Through You!*

MONTH(S)	INCOME	EXPENSES	NET
SEPTEMBER	\$15,228	\$17,682	(\$2,454)
OCTOBER	\$23,204	\$16,580	\$6,624

Thank you all for supporting our spiritual community! **An especially helpful and timely gift of \$10,000 was received from the estate of Ann Woeste, who made her transition in 2022.** We are deeply grateful to Ann for remembering Unity in this way. If this option is possible for you, please let us know.

In grateful service,
The Unity Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF *Trustees'* MEETING

**Thursday, December 21
10:30 a.m.**

All Board meetings are held
in the Garden Room.

All are welcome to attend.

If you would like to speak
at the meeting, please contact

Serenee Smith at

sereneeheart@yahoo.com.

December Affirmation

The Christ Light in me
guides and uplifts
my every step.



The Most Precious of Gift of All

As the chill begins to deepen and the air becomes frosty, we often feel the need to settle into our warm cozy homes on those cold mornings. But not so for the magnanimous hearts of our Unity volunteers, who through rain, sleet, and snow keep the wheels of our ministry turning day after day, month after month, and year after year.

Here at Unity of the Valley we are blessed with so many persons willing to give the precious gifts of their love and joy. Often with no recognition or financial incentive, they quietly go about giving their time and energy serving at Unity keeping the wheels of the ministry turning. These are our precious volunteers whose dedication to Unity of the Valley is invaluable.

At Unity we are blessed with three wonderful staff members, followed by an incredible group of Team Leaders who coordinate volunteers for their specific service. This group of immensely talented persons share freely of their many gifts. These are the quiet selfless one's who go about doing their tasks with no complaints.

While this legion of angels is too numerous to mention everyone by name, in this beautiful season of giving let's all join together in letting our Team Leaders know how much we appreciate them and their volunteers!

Bookstore Manager: **Elizabeth King**, Kitchen Angels & Library: **Sunny Schneider**, Youth & Family Coordinator: **Alice Sparks**, Teen Group: **Jim Drews**, Puppet Master: **Doris Hicks**, Usher Coordinator: **Gary Collins**, Greeter Coordinator: **John Garrett**, Facilities Manager: **Gary Wymore**, Prayer Chaplains: **Bev Forster**, Angel Network: **Julia Linebarger-Taylor**, Power Point: **Susie Ingalls**, **Shared Leadership Team**, and **Board of Trustees**.

At Christmas and throughout the year ~ the most precious gifts of all are the ones given from the heart of our precious volunteers! We love each and every one of you! And we can't thank you enough for the heartfelt gifts you share with us at Unity of the Valley.

Shamanic Evening

Saturday, December 30

7:00 to 9:00 p.m.



Come and celebrate Spirit through drumming and sound.
Bring your drums and rattles and join us in the Sanctuary.
All are welcome! Donations accepted.

For more information contact Gary at 541-255-6578 or
Sunny at 541-521-3319.

The longest journey is the journey inward...
~Dag Hammarskjöld

Burning Bowl Service

Sunday, January 7, 2024, 10:30 a.m.



This ancient, ever-new ceremony is a powerful
occasion for deep healing and release.
As we sincerely surrender what no longer
serves us to the altar flames, we open ourselves
to healing and new worlds of discovery.

YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

Nursery (Infant-4 years old) Nursery care is offered during the service in the Harmony Room.

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.

Uniteens (Grades 6-8) meet in the upstairs Treehouse room from 10:25 to 11:25 a.m.

Unity Teen Group (Grades 9-12) meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room.

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.

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 (12:15-1:15 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, contact **Julia Linebarger-Taylor at 541-968-5896**.
- **Prayer Requests** - Email your name and prayer request to Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.
- 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.

DECEMBER PRAYER

from Rev. Sherry Lady

During this special season,
as the Divine Light of Love is reborn in us,
may there be:
abundant nourishment for those who hunger,
healing for those who long to be whole again,
abundant love for those who feel unloved and lonely,
and may all children be cherished and instilled
with the deep knowing of their divinity and potential.

May all be free from fear.

May joy and wonder dance in our hearts
as we feel the arms of the One Spirit
holding us close in the divine circle of love.

Amen

SUNDAY LIVE STREAM

Sunday Services. Can't be here in person? 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.**

THURSDAYS: Unity's Council of Elders (Garden Room) 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 or 541-968-5896.**

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/>.**

Ongoing Monthly Groups & Events at Unity

Unity Grief Support Group (Garden Room). This group, co-facilitated by **Rev. Inge Tarantola** and **Nancy Morrow**, meets alternating Wednesdays. For more information, contact **Inge at 541-968-5540.**

Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 4:00-5:15 p.m. Join experienced practitioners for a calming, healing Therapeutic Touch session. **For more information, contact Bev Forster at 541-520-9358.**

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.-1:00 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

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