



Unity of the Valley

"Exploring, Growing, Connecting"



December 2014
Light, Love & Joy
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

Our Wish for You:

*Oh, oh, star of wonder, star of night,
star of royal beauty bright – westward
leading, still proceeding, guide us to that
perfect light.*



These words from a beloved Christmas carol have always held within them a mystical meaning for those who are open to it. To follow a star has been a metaphor for something magical that, if pursued, can lead us to the place of the most happiness possible. We don't realize what the star is sometimes, or why it has captured our imagination – only that somehow it is there and feels real. That star has become so important to us that we have given it a shape, have placed it on this season's decorated trees, on the ends of magic wands, on theater marquees, and on jeweled crowns, and have referenced it in songs that have become best sellers. Its importance is never denied – only desired.

In this particular song, the star comes from the east, the place of enlightenment, and heads westward, to the place of manifestation, always proceeding and guiding to that place of perfect light. Metaphysically, that perfect light is the place where we are able to see the perfection that we are as spiritual beings. That realization has, for centuries, brought people to their internal knees as they stand in awe of this truth. From this realization we come to know that Divine love can be experienced, and shared, and brings joy as it comes alive in the hearts of both giver and receiver.

Our wish for you this season is that you experience your "stardom" and be filled with all the light, love, and joy you can possibly hold as you journey westward to the perfect light that is the truth of you.

Merry Christmas, Happy Holidays, and never-ending peace.

Your Ministerial Team,
Jon, Sherry, and Inge



You are warmly invited to our...

UNITY CHRISTMAS EVE

Candle Lighting Service

5:30 and 7:30 pm

**WE
ARE
THE
LIGHT**

**The Universal Truths of Christmas
in Glorious Words & Music**

**Paul Biondi on Flute & Sax
Theresa Schumacher on Harp,
with singers Kalia Bethany,
Donna O'Neil & Jon West**

*Invite family & friends!
Children welcome * Nursery care provided*

Youth & Family Ministry News

December is the month of lights, and these are some of the bright lights on our tree of gratitude this past month in Youth Ministry:

Our Teens

- Renewed interest in, and attendance at, various rallies and retreats
- Preparation and service of breakfast to congregation after service (raising funds for youth retreats)
- Participation with their families at the special workshop with Chris Castaldi
- Shared Leadership by Aaron Chester, Shawna Newcomb, Sally Crum, and Raymond Albano
- Growing together through shared activities both inside and outside the church building, including a trip to Sally's farm to pick apples and make apple cider.
- Teddy Bear project for Bags of Love, a community outreach project

Galileans

- Having fun with the Metaphysics of Alice in Wonderland curriculum
- Pumpkin sale and shopping for Thanksgiving dinners for two First Place families.
- Christmas Bazaar to raise funds for sharing with Good Samaritan Center
- Shared leadership of Alison Cantril and her class angel, Sarah Maloney
- Participation in special workshop with Chris Castaldi, NW Region Youth Representative

Unikids

- Shared leadership of June Hopkins and Betsy Priddle, with angels Whitney Woodard and Lee Young
- Music by our musicians, Mark Baber, Susan Smith, and Barbara McKie –and our new musician, Nancy Morrow.
- Love offering support for Keidy, our sponsored child in Honduras
- The wonderful activities of the Metaphysics of Alice in Wonderland curriculum

Nursery

- Enjoyment of their new space in the Harmony room
- Kari Blaine and Michael Smith's assistance
- Loving, tender care by Casey Wright and Kaiven Fenton
- New toys and games

Highlights for December:

- Galileans' Holiday Bazaar on the 7th and 14th
- Christmas Tableau on the 21st followed by a visit from Santa

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

Join us in December as we explore these topics:

Sunday, Dec. 7: The Jesus-Santa Code (Jon West)

Sunday, Dec. 14: Call the Midwife (Rev. Sherry Lady and Jon West)

Sunday, Dec. 21: The Road to Bethlehem (Rev. Nola Woodbury)

Christmas Eve: We Are the Light

Sunday, Dec. 28: Burning Bowl Ceremony (Ministerial Team)

December Prayer

During this season we open our hearts to express the inner knowing of the blessing of life that flows within our being.

We accept the profound sense of an incredible abiding presence.

We feel and share the wonder of the miracle of love, and we give thanks that the story inherent in the season has become our story of rebirth into renewed awareness of our divine nature.

May we continue to be taught by all we experience.

May we see the holiness in each person that graces our lives, and may they feel the blessing of our shared oneness.

As we experience the magic of this season, we affirm abundant joy and prosperity for all, and we say thank you for the Light that shines for all.

~Amen

November 2014 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
September	130	\$21,282	\$18,759	144
October	126	\$18,408	\$16,240	129

Prosperity Giving

- Thank you to Chuck Arrera for all his help getting the underground water pipe fixed in the parking lot.
- Thank you to the Elder Council for their wonderfully inspiring service last month.
- Thank you to everyone who worked on the Second-Time-Around fundraiser. We raised \$318 at the event, and everyone had a great time.
- Special thanks to Donna O'Neil for sharing her beautiful voice with us each month as her gift to us.

Board Meeting

Tuesday, December 16, at 6:30 pm

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



**Calling All Voices!
Come and Join the Christmas Choir!**

Our Christmas Choir is always a wonderful addition to the holiday festivities. Come and share your voice with us!

Rehearsals are held:

Sundays, November 30, December 7, 14 (12:00-1:30 pm), and
Saturday, December 20 (10:00 am-Noon). Bring a bag lunch!

Performance is Sunday, December 21. Sign up in the Fellowship Hall.

Volunteer Ministry

We have many volunteers who work in the various ministries at Unity of the Valley to accomplish all we do here at Unity. We also have people who step in when they see something that needs to be done. Everyone helps to clean up and put things away after fellowship on Sunday. We are a community that says "Yes" when asked to help!

This month I want to mention some people who have been taking care of things for us:

- Chuck Arrera, who heads our facilities ministry, has spent many, many hours helping to fix the leak under the pavement in the parking lot.
- Paul Hewett keeps an eye on, and helps maintain, the electrical workings of the building.
- Gary Wymore saw that the fellowship hall floor was in need of waxing and took care of it.
- Jan Wulling helped with moving furniture and cleaning the Fellowship Hall floor so Gary could get the waxing done.
- David Flock jumped in when the freezer needed fixing.

Thank you all!

Namasté,
Ellen Ticknor



Christmas Decorating Wednesday, December 3, 6:00-8:00 pm

Join us for Unity's annual Christmas decorating and tree blessing.

We are looking for at least 10 adults (the more the merrier) to help with the big tree and garlands, and for families with children to participate in craft activities and to decorate the small tree in the Fellowship Hall.

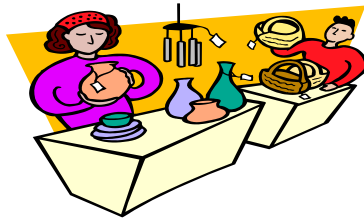
Come, join in the fun!

Cookies & warm apple cider will be provided.



Galilean's Holiday Bazaar

Sundays, December 7 & 14



Join the Galileans in the Fellowship Hall
before and after the service for:

Handmade crafts, candles, decorations, ornaments, & more

Well-loved resale items of all sorts!*

(*We are accepting any well-loved items you may wish to donate)

All Proceeds go to celebrating Valentine's Day at
Good Sam Nursing Home
and providing roses & Valentines.



1st Sunday Potluck December 7
After the service!

Join us on the first Sunday of each month for our
monthly Congregational Potluck.

Bring your favorite dish to share, and invite
your family and friends to join us.
Unity will provide coffee, tea, cookies, and cake.

I see God in everything,
I recognize my oneness
with all mankind and my oneness with God....
~Peace Pilgrim

Christmas Celebration Service
Sunday, December 21 at 10:30 am
The Road to Bethlehem

Sunday, December 21, our joyous Christmas Service includes **Guest Speaker Rev. Nola Woodbury** offering a heartfelt message from her adventures in the Holy Land . . .



our beloved Unity Choir fills our hearts with the joy of their music . . .

and our entire Youth Education family recreate a Christmas Tableau of the beautiful Nativity for you.



The Christmas Choir and our Youth and Family children love this event so much, and are always excited to share their gift of music and their wonderful Nativity reenactment with the congregation.



Christmas Eve Ushers Needed



We have openings for five Ushers for each of our Christmas Eve Candle-Lighting Services, that are held at 5:30 pm and 7:30 pm.

If you would like to serve at either or both of these wonderful services, please sign up in the Fellowship Hall or call Cēna at 541-345-9913.

It takes a village to implement these wonderful services!



The church office will be closed
Wednesday, December 24, 2014
through Friday, January 2, 2015.





**Burning Bowl Service
Sunday, December 28
10:30 am**

As the year 2014 completes its cycle and the year 2015 is born, we have the opportunity to let go of false beliefs and illusions that do not serve our highest purpose, opening the way for new, fresh insights and inspiration.

Through the purification process, symbolized by fire, we release unwanted and limiting patterns such as fear, anger, guilt, and unforgiveness, thereby creating space for new blessings.

Join us for this freeing and moving experience in consciousness that opens the door to a greater you!



**15th Annual New Year's
Yoga & Meditation Retreat**



**Thursday, January 1st, 2015
9:30 AM to 12:30 PM**

Join **Donna O'Neil & Jon West** for yoga, chanting, and meditation to begin the New Year in peace & balance. Light refreshments & fellowship afterwards.



All donations go to Unity's Community Outreach Program to help families and others in need. Please help by giving generously.
Suggested donation: \$20



White Stone Ceremony Sunday, January 4, 2015

As we move forward into a new year, we have the opportunity to release what no longer serves us.

Once we release anything, this creates a space within us for something new to come into being, and it creates the opportunity to step into a much larger, richer, and more meaningful expression of life.

We will be guided to listen to our inner guidance in this sacred and deeply touching ceremony.

Join us in this opportunity to experience new possibility and new freedom.

Practical Abundance Class Tuesdays, January 6–February 3, 2015 6:30-8:30 pm

Would you like more abundance in your life? Start the new year with some easy tools for increasing abundance and prosperity in your life. Practical Abundance is for you – whether you've read every prosperity book out there or you're new to the idea of creating the abundance you want in your life.

In a fun and interactive environment, Sally Waters brings loads of laughter, joy and learning to this course. Join her on Tuesday nights, and create the abundance you want in 2015. Donation basis.



Sally Waters has been teaching and studying prosperity principles for over 15 years. As a teacher, her classes have created amazing stories of increased financial and emotional prosperity for the class participants. Sally brings her passion and commitment to assisting others to experience and create abundance in their everyday lives.

Gratitude Celebration for Rev. Inge Tarantola Sunday, January 18 – after the



On Sunday, January 18, 2015, we will be celebrating our beloved Inge's move from "doing" to "being." Join us after the service for cake and the opportunity to express our love and appreciation to Inge.



A Message from Inge about Retirement

Actually, retirement is a misnomer. I want to create some empty spaces on my calendar and move from "doing" to "being." Also, I will take a more active role in our family business. Leonard is looking forward to that!

What is happening is that, on December 31, 2014, I am shifting from paid staff to volunteer staff, and my title will change to "minister emeritus." I will stay active at Unity of the Valley, my church home of 26 years, and will continue to do many of the things I am doing now: serve on the ministerial team, support Jon on his journey to ordination, oversee the pastoral care ministries, make prayer shawls, serve on the board of trustees, and guest-speak on occasion. You may still find me with my passions working in Unity's garden and teaching classes. I will also continue to be the liaison to Unity of Roseburg, our satellite church.

The difference is that I will do less of it, and I will no longer attend all those meetings. I will also not have regular office hours, but I will continue to be available to meet with you for counseling and spiritual direction by appointment. The best way to reach me is to call me at 541-968-5540.

Peace and blessings,
Inge

There is an upward pull of the universe,
ever seeking to lift you to the heights of your divine nature.
It is as real and as inexorable as the force of gravity.
The universe is calling . . . are you listening?

~Eric Butterworth

HeartYearnings with Kalia Bethany
“Coaching to Clarity ... with Feeling ... towards Joy!”
Presenting a One-Day Heart IQ Level One Experience
Saturday, January 10, 2015, 10:00 am-6:00 pm

Join Kalia Bethany in the Fillmore Wing for 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.

Cost: \$50 with includes lunch.

Registration is required! To register, contact Kalia at 541-484-9341

**Nurturing
Unity
With a
Year-End Gift**



Your special holiday donations in support of our Unity community will help us start 2015 stronger than ever.

In addition to year-end gifts to our general fund, here are several other options to consider:

1. If you have a Will, you can amend it to include Unity of the Valley of Eugene as a beneficiary of your estate or trust.
2. If you wish to help grow our endowment fund, you can donate to that at any time and/or amend your will to include **Unity of the Valley of Eugene Legacy of Love Endowment Fund**.
3. Join with the many who are part of our Simple Giving Program and give easily and reliably through your VISA, MC, debit card, or auto-withdrawal from your checking account.

You can pick up more information in our foyer, email us at unityval@rioussa.com, or call (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 GROUP (Fillmore Wing) Sundays, 12:00-12:45 PM. Join with others in sharing insights that have arisen from the Sunday topic. (Childcare provided.)

JOY OF WATERCOLOR (Fellowship Hall) Mondays 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.

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, 10:30-11:45 AM. **Judy Richardson (541-484-1958)** facilitates this group. They are currently studying the book *A Thousand Names for Joy*, by Byron Katie.

A COURSE IN MIRACLES (Fillmore Wing) Wednesdays, 10:00-11:30 AM. Facilitated by **Bill Carter (541-345-3310)**. Drop-ins are welcome.

SPIRITUAL EXPLORATION (Garden Room) Wednesdays, 10:00-11:15 AM. This group is studying *What's Going on in Israel, and Why?* All are welcome at any time. Facilitated by **Rev. Sherry Lady** and **Tom Blank**. Love-offering basis.

OPEN HEART MEDITATION (Peace Chapel) Wednesdays, 12:00-12:30 PM. 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 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**.

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 January 8, 2015.)

Weekly Meditation, Prayer Circles, & Study Groups

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

PRAYER SHAWL GROUP (Fellowship Hall) First Tuesday, 12-1 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.

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.**

HEAVEN ON EARTH: EMBODIED SPIRITUALITY PRACTICE GROUP (Fillmore Wing) First & Third Saturday, 10:00 am-12:30 pm 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 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.**



Merry Christmas & Happy New Year!



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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