



Unity of the Valley

"Positive, Practical Spirituality"



February 2015
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

Let's Get Fit from the Inside Out!

"Getting fit" is a familiar ideal for many of us. Usually we're referring to our physical condition, but *the movement toward change must begin within us*. It might start as an "Aha!" moment; or maybe we've known a change was due, but we finally got fed up enough to act. For this reason, inner strength and clarity – in a phrase, *spiritual fitness* – is the firmest foundation for achieving every possible purpose. As Rev. Inge says, "Life is an inside job!"



For this February, we invited the dynamic and wise **Susan Muck** of **Insight Leadership** to collaborate on the theme of *Spiritual Fitness*, and to be our guest speaker on the Sunday of her choice. Susan proposed the following progression:

1. Intention, Vision, and Commitment: Getting in shape and attaining fitness always starts with a desire or intention. That intention must be met with our own commitment to get ourselves into gear. It requires both desire and action. Putting "both feet in" to our commitments can help us realize our intentions.

2. Flexibility and Adaptability: Stretching and flexibility are key elements of physical – and spiritual – fitness. Stretching helps us prepare for something more and to meet the demands of exercise – and life – with greater balance, grace, and ease. We need to be prepared for the unexpected and have alternatives for our workouts, too. Sometimes plans don't go as planned.

3. Engaging the Heart: Frequency, intensity, and duration are the key factors in cardiovascular exercise – and each of these elements is important to meeting life, and having life meet us. Also, the heart must be engaged. What has meaning? What is the passion we can bring to our lives?

4. Sticking with It: Fitness isn't just for nice days or for just a week or two. It's a practice that pays off only when we stick with it. Sometimes it's hard. We've got to make the choice – over and over – to show up and do it. Practice is not only a means to greater freedom; practice itself builds focus and discipline.

Read further to discover which particular step Susan chose to speak on, and get ready for a powerful opportunity to shake up...and *shape up*...your life on every level!

Jon and the Ministerial Team

Sunday Services in February:

Sunday, February 1: Intention, Vision, & Commitment

Sunday, February 8: Flexibility & Adaptability

Sunday, February 15: Engaging the Heart (with guest speaker Susan Muck)

Sunday, February 22: Sticking With It

What is Unity? Yesterday, Today, and Tomorrow

Facilitated by Rev. Sherry Lady

Tuesdays, February 10-24

6:30 to 8:30 p.m.



In this 3-week course, we will review the New Thought movement, examine Unity's interpretation of the basic tenants of traditional Christianity, and consider how we may, as a Unity center, contribute to expanding spiritual growth personally, locally, and worldwide.

Sign up in the Fellowship Hall, or call 541-345-9913. This class is presented on a love-offering basis. Materials provided. Attendees who complete this course will be qualified for Unity membership.

Spiritual Education & Enrichment (SEE) credit available.
Childcare provided.

Youth & Family Ministry News

Mali	Jonah	Isabella	Ellawyn	Sofi
Miara	Jacob	Maddie	Madison	Maria
Kahlil	McKenna	Tegan	Keante	Boone
Willow	Kyra			

Sierra	Kaiven	Casey	Anya
Alden	<u>We</u> Love Our Kids!		Alex
Leyna	June	Alison	Emilee
Violet		Betsy	Rhailya
Asha	Shawna	Aaron	Ilaiyah
Phoenix		Sally	Kalel
Luka	Raymond		Aiden
Mukti	Sherry		Lily
Madelyn	Sarah		
Sammy			

Matthew	Kai
Audrey	Antheny
Mizzy	Emmit
Kaya	Jude
Merren	

Don't see your child's name? Come visit us – join the fun!

Children are a gift from the heavens.
~Native American Quote

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 10:00-10:20 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 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.

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

February Prayer

Celebration of Love's Presence

We offer a prayer of graciousness
for the love that has awakened in our hearts this day.

We send that love out to all beings,
blessing each one as they follow the terrains of their lives.

Love, the deepest expression of the power of prayer,
transforms each moment in time into the joy of being alive.

Thank you, Amazing Spirit, for intertwining
within the fabric of that being-ness, the beautiful thread of Divine love.
Let that love weave us all together into a shimmering tapestry of One-ness.

This is the prayer of love we offer today.

Amen

January 2015 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
November	125	\$17,567	*\$18,653	\$149
December	151	\$24,438	\$17,315	\$115

*Our expenses were higher this month because we spent \$4,000 in maintenance costs for the underground water pipe that had to be replaced and trees that had to be removed because of damage from the roots.

Our income for December includes over \$7,000 of seasonal or end-of-year donations.

Prosperity Giving

December was a month of generous giving at Unity of the Valley.

- Six volunteers from the Angel Network prepared and delivered 26 gift baskets to people in our congregation.
- Seven people from the Elder Council volunteered at the Festival of Trees event.
- The Uniteens from the Youth & Family Ministry (YFM) collected bears and donated them to First Place Family Center.
- Our youth presented the Christmas Tableau at our Sunday service.
- Several people participated in the Christmas choir and in the Christmas Eve services.
- The bookstore gave \$10 gift certificates to 25 children in our YFM program to shop for their families.

Board Meeting

Tuesday, February 17, at 6:30 p.m.

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.



Minutes of the board meetings are posted in the Fellowship Hall on the Board Bulletin board.

Usher Ministry

Every Sunday the ushers are at the door, handing out bulletins and making sure we find a seat for the service. We see them helping with the love offering, and they stand by the door so we can enjoy peaceful prayer and meditation. The service runs smoothly because they are aware of the needs of both the congregation and the ministers.

Before the service, the ushers provide water to all the people helping with the service, and they gather everything the congregants need for the service.

I am grateful beyond words to this dedicated group of people for their service. Many of them have been ushers for years!

Michael Coleman, who has headed up the ushers, has passed the honor to Susie Ingalls. (Thank you for your service, Michael!) There are some openings to be filled. If serving as an Usher appeals to you, please let Susie know.

Namasté,
Ellen

Seventh Annual Unity Circle Suppers

Circle Supper sign-ups for March and April happen in February. Circle Suppers are a wonderful opportunity to experience great food and good Unity fellowship outside of Sunday services.

This is a great event for our newcomers too!

Intimate, in-home potluck suppers (or lunches) for six to eight people are held in the spring and fall. You will dine with a different host at each meal, and you will meet new friends as well as reunite with familiar faces.

We are looking for both guests and hosts.

For more information, contact:

Nora Nicholas at 541-221-8453 or triesen@hotmail.com

First Sunday Potluck, February 1, 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, and cookies.



Taizé Service

Wednesday, February 4, at 7:00 p.m.

Our beautiful Taizé service starts again on a new day and at a new time: the first Wednesday of every month, at 7 p.m.

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

Nancy Hopps
World Sound Healing Day
February 14 - Valentine's Day
7:00-8:30 p.m.



Join Nancy Hopps at Unity of the Valley on Valentine's Day for

Alchemical Crystal Healing Bowls, Toning, and Guided Meditation and SEEDS OF PEACE (CD Release Celebration)

On this day traditionally devoted to the celebration of Love, join thousands of others around the world as we use the power of sound and intention to create love and healing for ourselves, for others, and for our planet.

The energy created in this transformative gathering can assist in physical and emotional healing intention, opening to guidance regarding life issues or choices, and simply being "rewired" by this powerful, yet soothing, "sonic cleansing."

Suggested Donation: \$20 (No one turned away)



Sunday, February 15, 10:30 a.m.

ENGAGING THE HEART

Guest Speaker Susan Muck

Join us on Sunday, February 15, at 10:30 a.m., as Guest Speaker Susan Muck shares her insights on Engaging the Heart.

Susan Muck is a certified Integral Coach, Spiritual Director, and managing partner in Insight Leadership, a coaching, training and consulting business dedicated to personal and leadership transformation. Broadly recognized for her focus and intuition, Susan has more than 20 years of experience in personal development and transformation coaching and training.

Whatever comes from the heart
quietly touches every other heart....
~Anonymous

Unity of the Valley Annual Congregational Meeting and Celebration Sunday, February 22, at Noon All are invited!

Join us for lunch (hearty soup, salad, bread, and dessert) and our Annual Congregational Meeting.

We will look at the highlights of last year and talk about our gifts and challenges for the new year.

This is an opportunity to share your thoughts and ask questions about the operation of Unity of the Valley.

Please join us for this important annual event!
Childcare provided.

LIFE OF PRAYER

Prayer – It's a Game Changer



Tuesdays, March 10-April 7
6:30-8:30 p.m.

Facilitated by Inge Tarantola

If your life is not what you want it to be
and you are ready to make some changes,
prayer may be the answer.

Prayer can support you in the process.
Whether you already have a prayer practice or
are new to a spiritual practice, this class
will open new channels of connection to our Source.

Prayer changes us!

This class is experiential and offers
an opportunity to explore "Beingness" through
reflection and contemplation.

We will look into many forms of prayer from various
traditions. This class qualifies as a prerequisite to the
prayer ministry and chaplaincy ministry. It is available
for Unity credit. Offered on a donation basis.

Sign up in the Fellowship Hall.

Volunteer Appreciation Brunch

Saturday, March 21, 10:30 a.m.-Noon



Beloved Volunteers:

It is that time of year when your Unity ministerial team and staff have the opportunity to thank, acknowledge, and appreciate you by serving brunch to you.

Please join us for food, frivolity, and celebration, and let us show our appreciation to you!

Sign up in the Fellowship Hall!

*Blessings
To You!*

Become a Member of Unity of the Valley

We will welcome new members into our church on
Sunday, March 22, at the 10:30 a.m. service.

Becoming a member is:

- An opportunity to deeply affirm your commitment to spiritual growth.
- An affirmation that you feel like part of this community and want the highest and best for everyone here. Stating our intentions strengthens our unity!
- A practical basis to know who's eligible to serve on the board, vote at our elections, etc.

If you have attended either "Foundations of Unity," the "Unity Way of Life," or the "What is Unity?" class, you are qualified for membership.

So, if you're already a member in spirit, we warmly invite you to align your feet with your heart and step up to formally join our Unity of the Valley family. Membership does not renew automatically – we'll check in with you annually – and of course, you can end your membership at any time.

Sign up in the Fellowship Hall!



Come Alive with the Coming Alive Theater Group

Our delightful thespians are at it again! They are starting to prepare for a show that will be performed in May.

We are looking for anyone who would like to join in the fun of acting, singing and playing music, helping with props, making costumes, painting backdrops, or doing all of the above. (We usually wear more than one hat at Coming Alive.)

We welcome everybody! No experience necessary. Join us on Thursdays from 7:00 to 8:30 p.m.

If you are interested, please contact Sunny Schneider at 541-461-5663 or sunnyschneider@q.com.

♥ Love-in-Action Volunteer Month Coming in March

March is "Love-in-Action Volunteer Month."

Each year we invite in new volunteer energy and offer current volunteers the opportunity to re-commit or to explore another area of service.

We have many fun and rewarding volunteer positions and leadership opportunities at our church.

Representatives from each volunteer ministry will be in the Fellowship Hall after the service on March 8, 15, and 22 to provide information and to help volunteers sign up.

Volunteers will commit to serving for one year.

Please join us in sharing your gifts of service! ♥

Meditation Circles at Unity of the Valley

Mondays, 5:30-6:30 p.m.

MONDAY MEDITATION

This group welcomes all meditation approaches, and drop-ins are welcome. Each week, we read/study a book on spiritual living the first half-hour, and then sit in silent meditation for thirty minutes.



Thursdays, 5:30-6:45 p.m.

"PASSAGE MEDITATION" AS TAUGHT BY EKNATH EASWARAN

Each week we read from one of Easwaran's books, watch a 15-minute talk on spiritual living, and then sit in silent meditation for 30 minutes.

Participants strive to meditate daily, and to weave throughout the day the spiritual practices of Easwaran's eight-point program (meditation, mantram, one-pointed attention, slowing down, training the senses, putting others first, spiritual companionship, and reading the mystics).

Most people use chairs to meditate; a few prefer cushions.

For more information on either meditation group:

Laurie Cracraft (541-345-7563).

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.

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

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, 12-1

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**.



Each prayerful thought
and act of kindness
blesses the world with peace.

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

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

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