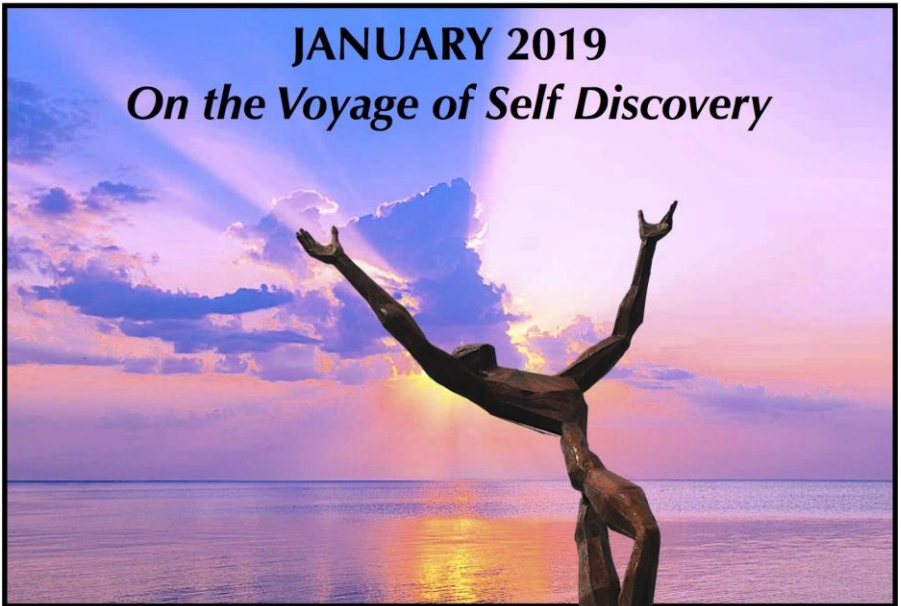




unity[®]
of the Valley

Interfaith Christmas Eve Candle Lighting Service
See page 13



Sunday Service
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

IS IT POSSIBLE...

that the greatest barrier in our quest for fulfillment is simply *not knowing the one thing we think we know best: OURSELVES?*



Most of us can recognize some gaps in our self-understanding. Upon getting our third parking ticket in a month, we may grumble, “Why do I keep doing that?” Or if we reach beyond our comfort zone by leading a successful volunteer project, we may be pleasantly surprised by our newly-tapped abilities.

Yet, within most human minds is a kind of operating system—or OS—similar to what runs our computers. Our OS is based on beliefs, attitudes, and habits largely formed in the dim past, so it rarely gets updated without intentional intervention. It kicks into gear as soon we wake in the morning, guiding how we view every situation, how we feel about it, and what we’re going to do about it. It generates our assumptions about what we are capable of, how worthy we are of abundance, whether or not we can quickly forgive others and ourselves, how enthusiastic we are about our future, and on and on.

In other words, the average person’s self-identity is more a reflection of programming or conditioning than of essential reality.

Uncovering our essential reality is at the core of the great spiritual teachings through the ages. Why? Probably because this is the key to shining our brightest light in the world. Also, there are few subjects more shrouded in mystery and misunderstanding than *what we are behind our temporary physical appearance*.

This month, we will identify a new and higher vision of ourselves through an ancient ceremony (week 1). We will carefully discern how our spiritual essence differs from our ego (weeks 2 and 3). Finally, we will hear from a guest presenter who exemplifies the higher consciousness we all wish to see serving in our federal government.

Happy New Year, Unity!

Jon and the Ministerial Team



SERVICES IN JANUARY

Sunday, January 6: The White Stone Ceremony, guided by **Rev. Sherry Lady**. This ancient ritual symbolizes the beginning of a new year in one's own personal and spiritual life. With a clean slate of stone to write upon, one can choose a word, or words, that will become the focus of intention for a new outlook, or other desired change, in the year ahead.

Sunday, January 13: The Small Self and the True Self, Part 1.
Speaker: Jon West. Who we think we are impacts our perception and experience of life. What happens as we start to break free of our limiting self-awareness and explore our nature as omniscient and omnipresent consciousness?

Sunday, January 20: The Small Self and the True Self, Part 2.
Speaker: Jon West. We continue exploring the dividing line between our human personality and our higher nature, what Jesus called "The truth that sets us free."

Sunday, January 27: Who Gets to Decide Who I Am? U.S. Magistrate Judge Mustafa Kasubhai will share a personal account of the dynamic and complex workings of *identity*, particularly in the areas of diversity, public service, and leadership. **See our guest speaker's bio on page 6.**

First-Sunday POTLUCK



January 6
(after the service)



**Bring a main dish or salad, and
invite your family and friends!**

Unity will provide coffee, tea, and dessert.

Youth & Family Ministry News

Happy New Year!

We made it through 2018, and in YFM we are excited to welcome in 2019!

Our **Unikids** have been exploring their feelings, continuing their monthly unit on family connections, and learning how to see Unity principles in their lives. In **Galileans**, we continue, through the world of Narnia, to explore the 12 Powers and how our actions affect others. We are preparing for our special February service project at Good Sam too. Our **Uniteens & Y.O.U.ers** will be looking at how positive affirmations and meditation can help shape our thoughts. We will also be continuing our service with Hosea Youth Girls' Home, and, in February, gearing up for a bake-sale fundraiser towards Spring Retreat.



Thank you all for supporting us this last year! We couldn't continue building our youth program without you! If you have any questions or concerns, please contact Christina Scott, YFM Coordinator, at 541-222-9971 or yfmeugene@gmail.com.

Unity's Openers & Closers

It is when the days are short and the weather is cold that I am most grateful for our Openers and Closers.

To Our Openers, thank you for coming early to turn on the lights and turn up the heat. Thank you for getting the building ready and welcoming for the rest of us. **To Our Closers**, thank you for staying after service and fellowship to close up the building.

These wonderful people could use a few more volunteers on their team. If you feel you would like to serve the community in this way, please sign up in the Fellowship Hall or contact Ellen, our volunteer coordinator.

First Wednesday Meditation Service

January 2nd 7 - 8 p.m. in the sanctuary

**Join Jon West and Donna O'Neil in silent meditation,
interspersed with devotional chanting.**

White Stone Ceremony

Sunday, January 6, 2019

On January 6, we will be guided to listen to our inner guidance in the sacred and deeply touching White Stone Ceremony. Join us in this opportunity to experience new possibility and new freedom.



Sunday, January 20, at 10:30 a.m.

"Who Gets to Decide Who I Am?"



Our guest speaker, U.S. Magistrate Judge Mustafa Kasubhai, was appointed in 2018 by federal judges to his current position as U.S. Magistrate Judge. He became a state judge in 2007, when then-Governor Ted Kulongoski appointed him to serve in Lane County Circuit Court. Judge Kasubhai is a first-generation American of Indian descent who attended college at U.C. Berkeley and received his law degree from the

UO School of Law in 1996. Before becoming a judge, Kasubhai practiced law in Eugene and Klamath Falls.

Behind the Lens Seminar

Tuesdays, January 8-29 (7:00 p.m.)

The January lineup for the **Behind the Lens Seminar**, hosted by Tom Blank, is:

Tuesday, January 8: Ball of Fire, directed by Howard Hawks. (111 minutes)

Tuesday, January 15: High Sierra, directed by Nicholas Ray. (100 minutes)

Tuesday, January 22: Sullivan's Travels, directed by Preston Sturges. (90 minutes)

Tuesday, January 29: The Little Foxes, directed by William Wyler. (116 minutes)

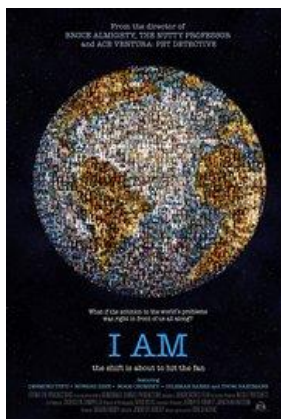
A Q&A with Tom Blank will follow each screening.

Cost: 12 films for \$30, or \$5 per time – Register by picking up a registration form in the Fellowship Hall or calling the office at 541-345-9913.

MOVIE NIGHT AT UNITY

Friday, January 11, 7:00 p.m.

Free (Donations Accepted)



I Am is a 2010 American documentary film written, directed, and narrated by Tom Shadyac. The film asks the question, "What is wrong with the world, and what can we do about it?", and explores Shadyac's personal journey after a bicycle accident in 2007 that led him to the answers. He visits great minds all over the world, including Howard Zinn and Desmond Tutu. A circle discussion with Ann will follow the movie.

Winter Vitality Yoga!



We will focus on developing balance, strong bones, strength and vitality, in an atmosphere of joyful mindfulness.



Tuesdays
11:45 a.m. – 1:15 p.m.
January 22 – March 5

Cost is \$55 for any 6 classes over a 7 week period. Space is limited.

Please register in advance with Donna at 541-683-7664 or yogawithdonna@gmail.com

Donna O'Neil was trained and certified in 1995 through Ananda Yoga at The Expanding Light in Nevada City, CA. She has been teaching yoga ever since, offering 6-7 classes a week.

Only love can be divided endlessly
and still not diminish....
~Ann Morrow Lindbergh

FINANCIAL REPORT

MONTH	REGULAR INCOME	REGULAR EXPENSES	NET
OCTOBER	\$16,451	\$18,722	(\$2,271)
NOVEMBER	\$20,194	\$16,278	\$3,916

Thank you for investing in Unity!
 In a time of so much division, you are helping foster real spiritual growth and connection. As we combine our gifts of Spirit and material substance, our unified light shines out to the world.

~ Your Board of Trustees



Scan to reach homepage.
 On right side, use yellow DONATE button.

Note: Please consider contributing to our Legacy of Love Endowment, as well as adding Unity to your Will this year.

Board of Trustees Meeting Tuesday, January 15 6:30 p.m.

All are welcome to attend this meeting. Join us in the Garden Room. If you would like to speak at the meeting, please contact Ann Woeste at 541-344-4087.

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

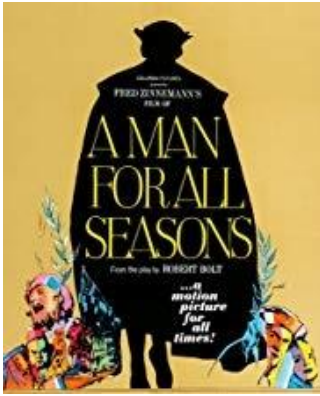
Board Trustees Needed

The Unity Board Nominating Committee is seeking potential candidates for our Board of Trustees. We need to fill three, 3-year positions.

If you are interested in filling one of these important and fulfilling volunteer positions, please contact Jon West at jwest97405@gmail.com for information regarding qualifications and a job description.

FRIDAY SPIRITUAL CINEMA

Friday, January 18, 7:00 p.m.



A Man for All Seasons, directed by Fred Zinnemann. The crux of the film is the staunchly Catholic Sir Thomas More's refusal to acknowledge King Henry VIII's break from the church to divorce his first wife and marry Anne Boleyn. Sir Thomas willingly goes to the chopping block rather than sacrifice his ideals. The director, Fred Zinnemann, retains the play's colorful dialogue without sacrificing the film's strong sense of

visuals. A question-and-answer session with Tom will follow. (Donation basis.)

17th Annual World Sound Healing Day

Alchemical Crystal Singing Bowls, Toning & Guided Meditation/Activation

with Nancy Hopps

Thursday, February 14, 7:00-8:30 p.m.

A powerfully joyful deeply, renewing experience during these times of great change and upheaval.



\$20 donation at the door. (No one turned away.)

NANCY HOPPS is an internationally recognized healing and performing artist. As a sound healer, the frequencies her alchemical crystal singing bowls, along with her inspired guided meditations and toning, create a truly transcendent experience.



Saturday, January 26
1:00-5:00 p.m.

Come and see Ann's new Habitat for Humanity home at 370 Hope Loop, Eugene. Special House Blessing at 2 p.m.

FEBRUARY COMMUNITY OUTREACH

Home Starter Kit Donations



We are working with the Church of the Resurrection to provide Home Starter Kits to families who are moving into permanent housing. These families have been homeless for some time, and often do not have the basic items to set up a new home. **In February, we will be collecting donations of new or lightly-used kitchen and utility items:**

- | | | |
|-----------------------|-------------------|----------------|
| Dinner plates | Frying pans | Paring knives |
| Soup/cereal bowls | Saucepans | Mugs |
| Cloth grocery bags | Cooking spoons | Kitchen towels |
| Drinking glasses | Pancake turners | Potholders |
| Knives, forks, spoons | Vegetable peelers | |
| Laundry baskets | Laundry detergent | |
| Dish detergent | Scrubber sponges | |
| Paper towels | Aluminum foil | |

A donation bin will be in the Foyer during the month of February. For more information, contact Grace Low at 281-507-2707.

SoulCollage® Workshop

with Mary McDougal

*A SoulCollage Deck is the Story of You
~ Discover Your Wisdom Change Your World*

Saturday, February 2, 1:00-4:30 p.m.



A gathering to create your personal deck of SoulCollage®Cards ~ visual expressions of who you really are, what you love and what you believe.

No art experience needed ~
If you can cut and paste, you can
SoulCollage® ~ and it's fun!

All materials provided, including thousands of carefully chosen images. Sliding Scale Fee \$15 - \$25

All Proceeds benefit Unity of the Valley.

Tea and snacks will be offered.

To register, contact Mary ~ marymacd13@gmail.com
or call 541-344-9682.

Mary Willowmoon McDougal is an artist, painter and endorsed SoulCollage® facilitator. If you'd like to know more about SoulCollage® visit the web site at www.soulcollage.com.

Unity's Prayer Ministry

Trained Chaplains are available to pray with you following the Sunday service. Prayer-team members will also pray for those who leave prayer requests in the prayer box in our foyer. You can also contact our Prayer Chain for prayer during the week. For more information, see the Prayer Ministry pamphlet in the foyer.

*Blessings
To You!*



JANUARY PRAYER

from Rev. Sherry

WINTER BLESSINGS

Guiding Spirit within us all,
in winter it can be difficult to imagine the spring.
Yet, we know of it and long for it's coming;
and so, as we wait for nature to complete its circle of renewal,
we also wait for the unfolding of springtime
in our personal world.

Remind us each day that, within the cycles of our lives,
all good is being prepared for us and will manifest
in the season of its own right time.

For the blessings of each season,
for the colors that are now beginning
to imagine their return,
for the period of rest and preparedness
from which we, too, will emerge in full bloom,
we bow our hearts in gratitude.

Thank you, loving Divine Spirit.

Interfaith Christmas Eve Candle Lighting Service

Music Director & Youth Choir Director: Laura DuBois
Unity Choir Director: Mo Robeson **Host:** Christina Scott
Ministers: Rev. Sherry Lady & Jon West

I. INTRO & OPENING BLESSINGS

“On This Holy Evening” – Unity Choir (by Tchaikovsky and West)
“O Come All Ye Faithful” – Congregational
“There Is Peace” – Unity Choir, Youth Choir & Maria Gutierrez
(by Jim Papoulis & the North Shore Country Day School)

II. THE CALL TO COMMUNITY

Hindu Peace Prayer – Arun Toké
Jewish Medley – Miriam Rose & Anala Miller
 (“Let There Be Peace/Shalom by R. Shlomo Carlebach, “Hiney MaTov,” traditional)
Quran Recitation for Peace – Muhyiddin Sultan
Traditional Sikh song – Gurumukh Khalsa & Doug Scheuerell

III. REJOICE IN THE DARKNESS

“The First Noel” – Congregational
“If It Wasn’t for the Night” – Donna O’Neil (by David Wilcox)
“A La Nanita” – Unity Choir (by Ruth Elaine Schram)

IV. LET YOUR LOVE GROW

“What Child is This” – Congregational
“Gesù Bambino” – Unity Choir (by Pietro A. Yon)
“O Holy Night” – Elizabeth Cable (by Adolphe Adam)

V. LET THE CHRIST LIGHT BE BORN IN YOU

“Holy Season” – Jon West (by Jon West)
“I Heard the Bells” – Keante Priddle, Gary Rosenblatt, Donovan
Werts, and the Unity Choir (arranged by the Casting Crowns)
“Silent Night” & “Joy to the World” – Congregationals

Unity Youth Choir: Nalani Dreiling, Kyra Drews, McKenna Drews, Sophia Gwin, Keante Priddle

Unity Choir: **Soprano:** Judy Andrews, Mary Jo Comins, Linda Flock, Jasmine Grace, Lynzie Kronheim, Patricia Moore, Barbara Orsi, Juliann Roach, Cheryl Roffe, Barb Stevens-Newcomb, Denise Trepanier **Alto:** Sari Bond, Sally Crum, Vicky Hills, Bo Youn Jo, Kitty Lepinski, Barbara McKie, Susan Palmer, Patti Pearson, Ellen Ticknor, Ann Woeste **Tenor:** Joyce Aschim, Justus Grose, Jonathan Heritage, Em Jenson, Curt McKinney, Alix Morris, Jennifer Tucker **Bass:** Perry Bream, Bob Buzalsky, Larry Craig, Michael Ticknor, Jerry Woeste, Gary Wymore

Instrumentalists: Paul Biondi, woodwinds; Noah Brenner, harp; John Brobst, bass; Theo Halpert, drums; Laura DuBois & Jon West, piano & synth

**Special thanks to sound tech Ryan Zimmer and
to all our behind-the-scenes helpers!**

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 (Rainbow Room) Sundays

9:00-10:00 A.M. This group is studying the book, *The Book of Ho'oponopono - The Hawaiian Practice of Forgiveness and Healing* by Luc Bodin, MD, Nathalie Bodin Lamboy, and Jean Graciet. Everyone welcome.

YOUTH CHOIR PRACTICE (Garden Room) Sundays, 12:15-1:00 P.M.

All youth ages 8-18 are invited to join the youth choir. For more information, contact Unity's Music Director, **Laura DuBois** at **732-687-3571**.

MEDITATION CIRCLES (Fillmore Wing) Mondays, 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**.

TUESDAY SPIRITUAL DISCUSSION GROUP (Harmony Room)

Tuesdays, 10:30-11:45 A.M. This group reads together and discusses books chosen unanimously. The emphasis of the group is on discussion. For more information, contact **Judy Richardson** at **541-484-1958**.

SPIRITUAL KUNDALINI YOGA, MEDITATION & GONG with Sunny

Hills (Fillmore Wing) Wednesdays, 10:30-11:45 A.M. This yoga technique is safe and effective for everyone no matter age, experience, or level of fitness. \$5. Drop-ins welcome! For more information, contact **Sunny** at **808-359-4926**.

NOON PRAYER & 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)**.

A COURSE IN MIRACLES (Fillmore Wing) Fridays, 10:00 A.M.-12:00 P.M. For more information, contact **Janet and Dennis Chandler** at **541-485-5235** or email at janetkoppchandler@gmail.com.

Ongoing Monthly Groups & Events at Unity

HEALING CIRCLE (Fillmore Wing) Third Sunday, 3:00-3:45 P.M. Join Dennis & Janet Chandler in a recurring monthly healing circle, based on A Course in Miracles, dedicated to acquiring and understanding healing practices and demonstrations.

UNITY OPEN MEN'S CIRCLE (Fillmore Wing) First 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 **Jim Drews** at **541-726-8510** or **Raymond Albano** at **541-285-3943 / ralban0@icloud.com**.

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 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 **541-520-9358**.

Unity of the Valley

**ANNUAL
MEETING**



Sunday, February 24, at 12:00 p.m.

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

MUSIC DIRECTOR

(541) 345-9913, Ext. 8

POSITIVE PRAYER LINE

(541) 345-9913, Ext. 7

SILENT UNITY

(800) 669-7729

BOARD OF TRUSTEES

Pam Gutierrez, President
John Garrett, Vice-President
Vicky Hills, Treasurer
Heather Breckenridge, Secretary
Lisa Bowen, Trustee
Denise-Christine, Trustee
Tim Harrow, Trustee
Ann Woeste, Trustee