

**THE MISSION OF UNITY OF THE VALLEY IS**

To celebrate and express  
the light and love of God  
in each other and all things.

**WE VALUE**

Love	Peace	Healing
Integrity	Worship	Gratitude
Beauty	Learning	Service
Inclusion	Prayer	Joy
Community	Commitment	
Fun	Prosperity	

and the Sacredness of all life

**UNITY'S BASIC BELIEFS**

1. There is one Presence and one Power: God, the Absolute Good.
2. All human beings have a spark of divinity—the Christ Consciousness—within us.
3. What we think, feel, and believe creates our experience of our world.
4. Affirmative prayer and meditation heighten our connection with God.
5. We must live the Truth that we know in order to demonstrate goodness in our lives.

**CONTACT INFO**

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Office: (541) 345-9913 • Fax: (541) 345-9182  
[www.unityofthevalley.org](http://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

**BOARD OF TRUSTEES**

Dennis Chandler, President  
Brian Alexander, V. President  
Kate Sutton, Secretary  
Bill Hirsh, Treasurer  
Suz Aird, Trustee  
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Jennifer Jardine, Trustee



# Unity of the Valley

*"Igniting a Spiritual Awakening"*



## Welcome!!



## Occupy Our Souls

January 2012

Sunday Services at 10 am

Rev. Ed Conrad  
Sr. Minister

Rev. Sherry Lady  
Assoc. Minister

Rev. Inge Tarantola  
Assoc. Minister

Jon West  
Music Director

**[www.unityofthevalley.org](http://www.unityofthevalley.org)**

## A Message from Rev. Inge Tarantola



Dear Friends in Unity,

Unity of the Valley has been my church home for 22 years. I thought I had retired, and here I am back in ministry! What an honor to be your Associate Minister at my beloved church. It is such a joy to be of service, and I am humbled by the thought of the opportunities that will present themselves.

The words of Charles Fillmore in his book, *Dynamics for Living*, ring so true for me: *We shall serve for the joy of serving, and prosperity will flow to us and through us in streams of plenty.* The town hall meeting was a good start to move in a new direction with vigor and vitality, open to new ideas and focus. Here is an opportunity for Rev. Sherry Lady and I, together with the Board, and the leadership of the church, to work together while Rev. Ed takes some well deserved time off for spiritual renewal. I'm excited about the possibilities and invite you to join with us. What wondrous things we shall achieve when we work together.

I make a commitment to you to do all I can to add to the success of Unity of the Valley. I love the words of my countryman, Goethe (adapted): *Until one is committed, there is hesitancy, the chance to draw back. The moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.* In that spirit, let's proceed courageously, guided by the One. United we stand in Unity!

Peace and Blessings, Inge

### **Occupy Our Souls**

Join us in January as we explore these topics:

- Sunday, January 1:** The "Write Yourself" Ceremony (Jon West)
- Sunday, January 8:** A Refining Fire (Rev. Ed)
- Sunday, January 15:** Spiritual Practice with Purpose (Rev. Ed)
- Sunday, January 22:** Spiritual Activism (Rev. Ed)
- Sunday, January 29:** Changing the Way We Look at Things (Rev. Inge)

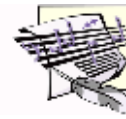
## Upcoming Events at Unity

### **Arts at Unity**

The Coming Alive Players start rehearsals for their spring musical play, *A Gathering of Stars*, on **Thursday, January 5**. Anyone interested in participating either on-or offstage can contact Sunny Schneider and Gary Wymore at 541-461-5663, or Sherry Lady at 541-485-6874. We need actors and singers for onstage, and lots of people to help backstage with set painting, costumes, props, lighting, and music. If you like to have fun, theater is the ticket!

### **Unity Arts Cooperative**

A new organization, tentatively titled the Unity Arts Cooperative, is forming in order to bring accessible art, music, dance, and theater classes to Unity of the Valley and the wider community. Mark your calendars for a benefit dinner and concert on **Saturday, February 11**. Look for future announcements, or contact Mike Meyer at [mmeyer@efn.org](mailto:mmeyer@efn.org).



### **The Music, the Message & the Magic, with Karen Drucker** **April 14, 2012, 9:00-4:00 (Lunch included)**

Join New Thought artist Karen Drucker for a very special day of workshop and music. Designed for music directors, ministers, soloists, choir members, musicians, and congregants, this workshop will give us basic tools for integrating into our services the music and message that will deepen our spiritual experience on Sundays and in our lives.

Congregants are welcomed and invited. No musical experience is necessary – just a love of music and a willing heart. Cost is \$30, which includes lunch. To register for this inspirational day together, contact Sherry Lady or pick up a form on the information table in the foyer.

### **Hospitality Ministry Needs You!**

Our Hospitality Ministry would love to have you join our team! We're looking for friendly congregants/members who would be willing to serve one Sunday a month (or less), setting up, then meeting and greeting newcomers at our table after the service. If you're interested in being a part of this dynamic ministry, please sign up in the foyer.



**Love-in-Action Volunteer Ministry**  
**Volunteer Coordinator Jai Jamison**

*No act of kindness, no matter how small, is ever wasted.*  
 ~Aesop

Volunteers at Unity of the Valley are performing acts of kindness every day. Our volunteers are embracing a sense of community and ownership at Unity with their whole hearts. Their generosity of spirit keeps our church home functioning smoothly on Sundays and all through the week, at special events, and behind the scenes, in ways both loud and quiet.

Take a moment to **THANK A VOLUNTEER OFTEN** in 2012! Let's acknowledge each other's acts of kindness. Let's support each other in taking loving care of our church home and our community, from Unity of the Valley to Eugene to Planet Earth. We are richly blessed in our awesome volunteers. Deep gratitude and love to each and every one of you!

If you are inspired to step into greater ownership by becoming a volunteer in this new year, call me at 541-654-0591.



**THANK YOU** to all the festive folk and jolly families who decorated the sanctuary and Christmas trees on December 6, and a **BIG THANK-YOU** TO SHARON WYMORE. Her delightful reading of *The Grinch Who Stole Christmas* put the icing on the stollen bread of a wonderful evening!

**MUCH APPRECIATION** to all the ushers, openers/closers, musicians, sound tech, ministers, food elves, and secret angels at the two Christmas Eve services. Your warm and caring presence helped make the beautiful services even more special.

**HUGE GRATITUDE** to the Bookstore Team for making the Big Sale so successful toward bringing renewal to our beloved Bookstore: Susie Ingalls, Steve Schweitzer, Kirsten Diechmann, Carol Ipsen, Ruth Kaminski, and all those who assisted behind the scenes.

**Message from Your Board/Leadership**



The Board wishes to express its gratitude to all those individuals who participated in the town hall meeting on Sunday, December 4. There were 90+ individuals participating. A summary of the meeting will be posted on the bulletin board in the back of the Fellowship Hall.

These are exciting times as we move forward, focusing our efforts on restoring a sound financial footing and involving the congregation in continual communication with the Board. The Board is planning to post updated financial information, tracking income and expenses, on the bulletin board on a monthly basis.

The Board met on December 20 to review the 2012 budget and to complete budget evaluations. We think that many of the ideas and the increased participation of the congregation evidenced by our town hall meeting will have a very positive effect on our budget for 2012.

Stay tuned for additional communications from the Board. We plan to do a monthly update during the announcements on a selected Sunday each month.

Blessings from your Unity of the Valley Board!

**WELCOME TO UNITY OF THE VALLEY!**

We hope you feel at home with us today and will return soon. CDs of Sunday services may be purchased in our Bookstore, or you can listen to Sunday talks by going to our website ([www.unityofthevalley.org](http://www.unityofthevalley.org)). Devices for the hearing-impaired are available upon request. Please ask an usher for assistance.

Our Foyer is equipped with speakers so parents who need to attend to their children will not miss any of the service.

**Youth and Family Ministry:**

Children are always welcome at our services, and we encourage parents to take advantage of our Youth Education classes. Childcare is provided for ages infant through Grade 3. Youth Education classes for Unitots (infants through age 4/5), Unikids (Grades K-2), Galileans (Grades 3-5), Uniteens (Grades 6-8), and Y.O.U. teenagers (Grades 9-12) meet in the Fillmore Wing.

## The Power of Affirmative Prayer

A happy, prosperous and peaceful New Year to you! May we remind you to allow the love that you are to merge with all other loves in our spiritual community and in our world. This is the time, not only for a New Year, but for a New Us, and for New Beginnings for all of us. Let us pray – believing, detached from any specifics – for the highest good for ourselves, for Unity of the Valley and all of its congregants, staff, leaders, board and ministers, and for our nation and our world.

Let us so pray, forgiving – ourselves and others – as Jesus instructed. It is helpful to remember that "It is not I, but the Father within, Who does the work." We, of course, have our own ideas about how things should be, and how they should be done or not done, in our lives and in our world. We do this sincerely and lovingly, and yet, it doesn't seem to work very well, does it? We suggest a New Year's Resolution: "Forgive me, Father, for I know not what I do. You, and only You, know what I, my family, my church, my nation, and my world really need. I now let go and let You love, heal, and prosper all."

Love and Blessings,  
MaryEllen



**Prayer Chain** information is noted below. Extended prayer at Unity of the Valley (and by Silent Unity) is available by completing a prayer request form and placing it in the Prayer Box. Both are available in the church foyer.

*Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive your trespasses. (Mark 11:24-25)*

### Prayer Chain

For immediate prayer, you may call MaryEllen Avis at 541-736-8871, 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

## 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](http://www.unityofthevalley.org)).

### TAIZÉ SERVICE (Sanctuary) First Sunday, 7:00 PM

This service for healing and wholeness is from the tradition of the Taizé spiritual community in France. The heart of the service is the singing and music, which unite all people in common prayer. All are welcome to join in the circle of healing. **(Service Jan. 8 this month.)**

**SACRED FEMININE FOCUS GROUP (Fillmore Wing) First & Third Monday, 7:00-8:30 PM.** This gathering is a wonderful opportunity for women to come together in fellowship, and to honor the divine in everyone. Open to all women. **(No gathering on Monday, January 2.)**

**MEN OF UNITY GATHERING (Fellowship Hall) Second Monday, 6:30-8:30 PM.** Unity men gather once a month for fellowship, food, camaraderie, to exchange ideas, and to plan projects. All men are welcome! For more information, please call **John Freshwater at 541-895-3214.**

**HEART OF NOW COMMUNITY GROUP (Fillmore Wing) Second & Fourth Wednesday, 7:00-9:30 PM.** This open group focuses on connecting deeply by letting yourself be seen, and by being present with yourself and each other in each moment. All are welcome!

**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.**



### A Continuation of the Study of the World's Great Religions: An Exploration of Hinduism Wednesdays, 10:00–11:15 a.m.

Come and join us on **Wednesdays, starting January 11**, for the study of Hinduism. We will examine the early cultures indigenous to northern India and the Indus Valley, and the migration of the Aryans from Central Asia. We will then move from the Vedic period to classical Hinduism, and include the philosophical components of the religion, plus the spiritual disciplines, rituals, festivals and pilgrimages. Guest presenter via DVD is Professor Mark Muesse, Professor of Religious Studies at Rhodes College. Class facilitator is Rev. Sherry Lady. Love offering accepted.

## Weekly Meditation, Prayer Circles, & Study Groups

See our website ([www.unityofthevalley.org](http://www.unityofthevalley.org)) for more information on any of our ongoing circles or study groups,

**WHAT ARE YOU? (Fillmore Wing) Sundays, 9:00-9:40 AM.** This class, facilitated by MaryEllen Avis, is based on the book *What Are You?*, by Unity writer Imelda Shanklin, who states: "Until you can answer this question correctly, life will continue to perplex you." Come and learn with us! Love-offering basis.

**AFTER-SERVICE DISCUSSION & SPIRITUAL PRACTICE GROUP (Fillmore Wing) Sundays, 11:25 AM-12:10 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. Facilitated by **Rev. Ed** and other spiritual leaders.

**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.** Fundamentals of Metaphysics is an exploration of the commonly held metaphysical principles and concepts inherent in our Unity system of thought. **Judy Richardson (541-484-1958)** and **Janet Chandler (541-485-5235)** facilitate this group.

**A COURSE IN MIRACLES (Fillmore Wing) Mondays, 6:00-7:30 PM and Wednesdays, 10:00-11:45 AM.** **Patricia Robinett (541-484-0731)** facilitates the Monday group, and **Valerie Keartes (541-914-0431)** facilitates the Wednesday group. **Starting in January 2012, the Monday group will be starting at the beginning of the ACIM book.** Drop-ins are welcome at both groups!

**PROSPERITY IN PHILOSOPHY & PRACTICE (Harmony Room) Mondays, 7:00-9:00 PM.** Come and join this group in practicing how to permanently transform resistance, fear, and lack into a living flow of abundance. Love-offering basis.

**SPIRITUAL EXPLORATION (Garden Room) Wednesdays, 10:00-11:15 AM.** This group is currently studying the World's Great Religions: An Exploration of Hinduism. **(No class on January 4)**

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

**COMING ALIVE THEATER GROUP (Sanctuary) Thursdays, 7:00-9:00 PM.** Come and practice, learn more about improvisation, reader's theater, and other drama activities. Everyone is invited to join in on the fun. No experience necessary. For more information, contact **Gary or Sunny (541-461-5663)** or **Sherry (541-485-6874)**.



Youth & Family Ministry  
Darshana Freechild, YFM Director

## Who Will Care for the Children?

Myrtle Fillmore, Mother of Unity, often asked the question, *Who will care for the children?*

"Our mission is not to entertain the children, but to call them out. To be always entertained is to be dwarfed and dependent. To be 'called out' is to follow the harmonious law of the soul's unfoldment. Who meddles with the rosebud? What fingers are deft enough to pry open that marvel of folded beauty? We are wise enough to leave it alone to follow the glad law of its own unfolding. But our children! Have we dealt as wisely with these buds of marvelous possibilities? Have we always remembered that they, too, must quicken and unfold through the innate law of their own genius!"

~Myrtle Fillmore



In this New Year of 2012, as we, as a society, continue to be inundated with the latest media/social network technology, Myrtle Fillmore's words continue to guide our Youth Ministry. We are very confident in the program we offer, knowing that it speaks to the shining Light that resides within the hearts of our precious Rosebuds – infant through high school. We are not tempted by the "entertainment value" of the newest technological bells and whistles as we prepare the lessons of our 2012 curriculum. Our program is strong. Our families continue to return each Sunday, excited that the stories and meditations, celebrations and rituals that we weave throughout the year, meet each opening heart in its most authentic place.

From the fullness of our hearts, we invite each of you to join us in this magical weaving. Come sing with us, share with us. Be a part of the ministry that is caring for the children. Blessed be!

♥ Much Love and Gratitude ♥

to the amazing Teachers of our Youth Ministry –  
especially to our true heart, Mary Criggs.

You have our endless affection!



**Burning Bowl Service**  
**Sunday, January 8, 10:00 am**

As the year 2011 completes its cycle and the year 2012 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!



**Taizé Service - Sunday, January 8, 7:00 pm**

This healing service invites and upholds our inner connection to Spirit through prayer, meditation, chanting, and an opportunity for hands-on healing prayer. 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. All are welcome!

**White Stone Ceremony**  
**Wednesday, January 11, 7:00 pm**



As we move forward into a new year, we have the opportunity to release what no longer serves us. Once we release anything, a space is created 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 wonderful opportunity to experience new possibility and new freedom.

There are two ways  
of spreading light:  
to be the candle,  
or the mirror that reflects it.  
~ Edith Wharton ~

Be the person you want to  
spend the rest of your life with,  
because you will.  
~ Mahatma Gandhi

**Message from Our Associate Minister**  
**Rev. Sherry Lady**



It always amuses me a bit when a new year rolls around and talk is begun about it being a time of new beginnings. I smile because it is obvious from the stacks on my office desk here at home that I haven't even finished up the *old* stuff yet. Some of it is outdated enough that I can toss it, which I will – one of these days. Maybe some of you can relate?

What I like to remember at these times is the biblical phrase, *Behold, I make all things new*. It reminds me to bless these unfinished things. They remind me that I have been given the opportunity to contribute, in my own personal way, to the ongoing unfoldment of our church; that I have friends I can hold in my heart and who understand that it may take me a while to get back to them, but who are there for me anyway; that, even at my age, I still have meaningful things to do with my time, and that I am physically able to do them (though it takes a little longer sometimes).

Each morning, I "bless this mess" and declare a new beginning for that day. Old things become new again, and I then watch the day unfold through the sorting, typing, filing, phone-calling, hug-giving and-receiving, meetings, prayers, networking, scheduling, talk-and article-writing, meditating, and business of family and church. It is in this way that each year holds for me the promise of new beginnings in the most delightful ways. May it be the same for you!

I hold you in my heart. Sherry

**New Offerings in the New Year**

Beginning on **Tuesday, January 17, 2012**, and continuing through March 20, from **6:30 to 8:30 pm**, we are offering a new 10-week series titled *Keys to the Kingdom: Wisdom of the Ages and Sages*. In this time together we will explore many of the aspects of walking a spiritual path, including prayer, faith, hope, prosperous living, roadblocks, diversions, experiences of joy, compassionate living, disciplines, wonderings and wanderings – and a few more. This time together will include teachings of the Wisdom teachers, present-day luminaries, and prominent New Thought teachers, including the Fillmores, and building frameworks for spiritual growth and inspiration for your journey. Facilitated by Sherry Lady and Inge Tarantola.

All materials, including snacks, will be provided. Love offering appreciated. SEE credit available. You are responsible for your own childcare. In this brand-new curriculum offering, each class will be self-contained with a little carry-over content wise, yet it is motivating and rich in content. We are eager to see you there.