


unity®
of the Valley

March 2019



Sunday Service
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

FINDING THE POSITIVE RESPONSE

We don't necessarily weaken our "power of positive thinking" by discerning negative conditions. If Jonas Salk had refused to see the devastating effects of polio, or if St. Francis had not recognized the hardships of others, why would they have bothered serving the world with the passion they did?



Most of us have a natural aptitude for seeing problems—the challenge is *responding in a positive way*. We've all heard the phrase: "Don't just complain—offer a solution." In other words, "Be the change you wish to see in the world." That's exactly what Dr. Salk and St. Francis did. Of course, we're not all positioned to tackle worldwide needs. But what about the issues at home or work that seem unsolvable? There must be a better response than stewing in sadness and anger. Here are some practical alternatives we will explore this month:

1. We can ask ourselves if we are amplifying negative situations with a negative, energy-draining response. If the answer is "Yes," we can then ask: "What am I to learn from this?" and "What can I adjust so I'm bringing positive energy to this situation?"
2. We can apply affirmative prayer by a) going within and recalling there is a higher reality of wholeness behind surface appearances, b) acknowledging the divinity of all involved, and c) envisioning and "feeling" perfect order as if it had already manifested. Saints and sages of various faiths have testified that we are all rays of the One Consciousness of Spirit. Thus, our thoughts ripple out to the whole, especially thoughts strongly in tune with the essence of reality.
3. We can remember that the first step in being a force for good is to cover the basics in our own lives. This includes learning to radiate peace, happiness, and kindness wherever we go. Doing this usually requires focusing significant energy on spiritual growth as well as embracing inner and outer change to an uncommon degree. But never doubt you can do it, just as St. Francis of Assisi and countless others have shown. After all, the same light of Spirit shines in us all!

SERVICES IN MARCH

Sunday, March 3: March Forth with Serene Confidence!

Speaker: **Jon West**. No matter the level of pressure we are under, we can tap into inner peace. From this center of calm, our fear and self-doubt are transformed into a deep assurance that we will climb every mountain and succeed in our major purposes.

Sunday, March 10: Spring Forward with Inspired Enthusiasm!

(Daylight Savings Time begins!) Speaker: **Jon West**. Feeling low energy and "being in the doldrums" is something almost all of us experience at times. The most effective solutions involve activating the Mind-Body-Spirit connection, being sure not to neglect any one of those essential elements.

Sunday, March 17: Family Service Double Feature. (All youth except those needing nursery care will experience this service together):

1. **Is Your Energy Where Your Heart Is? Youth & Family Ministry Coordinator Christina Scott** will challenge us to ask ourselves, "Am I moving fast and doing a lot but feel like I'm going nowhere? How do we redirect our focus from negative thoughts and being stuck in the past to what brings us the most joy?" This will be followed by:
2. **The Rippling Effects of Kindness.** Our **Music Director, Laura DuBois**, will share scientific evidence and personal experience about the importance of giving and receiving kindness.

Sunday, March 24: On the Path of Saint Francis with James

Twyman. Join us for an intimate Sunday as author and musician James Twyman celebrates 25 years as the Peace Troubadour. James will share original music and discuss his new book, *Giovanni and the Camino of St. Francis*, as well as his new one-man musical based on the life of St. Francis.

Sunday, March 31: Embracing Change. Speaker: **Rev. Inge**

Tarantola. For many of us, change is uncomfortable. What are the underlying reasons for this discomfort? Let's explore the benefits of embracing change when we let go of all the reasons that keep us stuck.

Youth & Family Ministry News

We are busy in YFM this March!



Our **Unikids** are watching the seeds they planted last month sprout, and are looking forward to creating a Springtime mural for their classroom.

The **Galileans** are continuing to explore the world of Narnia and to relate its lessons and ideas to their lives. They are also practicing their loving-kindness meditation.



Our **Uniteens & Y.O.U.** are discussing how they can shape their lives through changing their thoughts. We are also gearing up for our next fundraiser towards Spring Retreats, our Territorial Seed Sale. Watch for announcements and sign-ups!



Sunday, March 17, is a Family Service. Please plan to attend as families. (There are no youth classes, but nursery care will be provided.) Our **Youth Choir** will be performing, and the **Speakers** will be our **Music Director, Laura Dubois**, and our **Youth & Family Ministries Coordinator, Christina Scott.**



We are **excited to announce** that two of our teens, **Maria Gutierrez** and **Keante Priddle**, have been selected to be counselors at the NW Regional Kids' Camp in June, and they will be attending training in March. We're so proud of you both!

As always, if you have any questions or comments, Please contact Christina Scott, our YFM Coordinator, at 541-222-9971 or at unityyfmeugene@gmail.com.





Hi, I am your Volunteer Coordinator. What does that mean, exactly?

A few years back, a group of Unity folks got together and created some principles that they wanted for their community. One was "All-inclusive." I love this idea! For volunteering, I like to say "We love to include everyone, but if I ask you to do something you don't want to be part of, please say 'No'." I would love to involve everyone in activities that enrich their lives and feed their souls. Please check the Love-in-Action tables in the Fellowship Hall on Sundays, March 10 and 17, to see whether you feel called to help in any of the Ministries. If you have other ideas as to how you would like to work with us, please let me know.



Thank you, Ellen Ticknor (541-344-1490)

HAVE YOU MOVED?



Please let us know if you have recently moved or changed your telephone number or e-mail address. You may notify us by calling 541-345-9913, e-mailing Géna at unityval@riousa.com, or writing us a note, so we can keep our records up to date.

March Is Love-in-Action Volunteer Month

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 Sundays, March 10 and 17**, to provide information and to help volunteers sign up. Some volunteer opportunities are:

Angel Network – Volunteers serve individuals and families of our congregation in practical, supportive, and uplifting ways.

Bookstore – Volunteers work at the cash register after the service on Sunday mornings and for special events.

Church Facilities – Volunteers help with maintenance and upkeep of the church, inside and out, by doing remodeling, painting, and beautification projects.

Church Gardens – Volunteers help with ongoing maintenance and upkeep of the landscaping and grounds, and with one-time projects.

Church Opener/Closer – Volunteers unlock doors, and prepare the sanctuary and other rooms for the Sunday service, count the love offering after the service, and close the church after the service.

Kitchen Angels – Volunteers serve coffee and cookies after the Sunday service once a month.

Office Angels – Volunteers assist staff by answering phones and doing light office tasks once a week for two-hour shifts.

PowerPoint Ministry – Volunteers operate the PowerPoint computer at the Sunday service and at occasional special events.

Prayer Chaplain Ministry – Volunteers provide one-on-one prayer after the Sunday service, and also make wellness telephone calls.

Usher Ministry – Volunteers serve at one Sunday service per month, greeting people, handing out bulletins, receiving the love offering, etc.

Youth & Family Ministry – Teachers serve every other week, and aides serve once a month or more. Volunteers are also welcome to provide treats, read stories, sing to babies, etc.

Please join us by sharing your gifts of service!

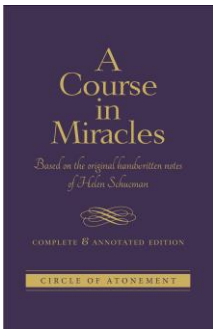
Bring a
main dish
or salad

First-Sunday

Unity will
provide
coffee, tea,
and dessert



March 3 (after the service)



A Course in Miracles Foundations Class

**8-Week Class Series
with Janet & Dennis Chandler**

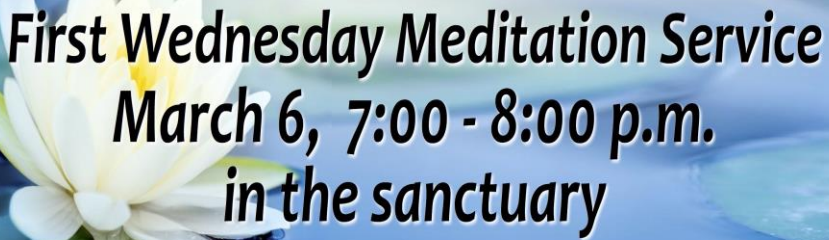
Saturdays, March 2-April 27 (10 a.m.-Noon)

What is it, anyway? A modern spiritual classic, *A Course in Miracles* is an immensely practical and complete spiritual path that shares basic themes with Christianity, Eastern mysticism, and modern psychology.

This 8-week class will provide a foundation for understanding and applying this immensely powerful path to spiritual awakening. This class is intended for:

- Students new to the Course.
- Current and/or experienced students of the Course wanting a deeper understanding of its teaching.
- Students interested in adopting the Course as a complete spiritual path.

Cost: \$80 (includes all study materials/handouts). Pre-registration required. Sign-up sheet in the Fellowship Hall, or contact Janet and Dennis Chandler at: janetkoppchandler@gmail.com or 541-485-5235. You will be contacted with registration details.



First Wednesday Meditation Service
March 6, 7:00 - 8:00 p.m.
in the sanctuary

MARCH 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 March, we will be collecting donations of new or lightly used linen items. These items include:

Crib blanket &/or fitted sheet
Double blanket &/or sheet set
Queen blanket &/or sheet set
Pillows (new only)
Washcloths
Hand towels

Twin blanket &/or sheet set
Full blanket &/or sheet set
King blanket &/or sheet set
Pillowcases
Bath towels

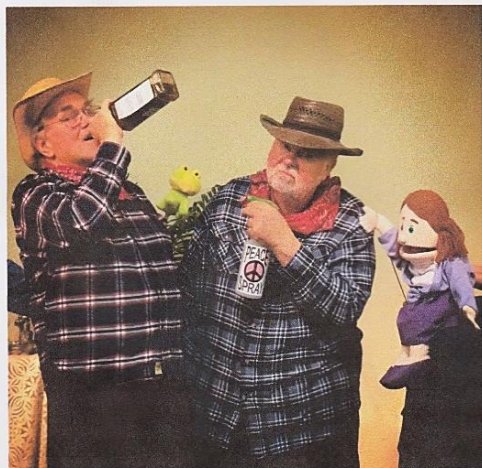
A donation bin will be in the Foyer during the month of March.
For more information, contact Grace Low at 281-507-2707.

The Ord'nary Home Companion Radio Show

Sunday, March 3

music at 12:15

show at 12:30



live music by band
Moonlight Jubilee



donation basis



Love makes every space sacred
and every moment meaningful....
~Barbara De Angelis

Behind the Lens Seminar

Tuesdays, March 5-26 (7:00 p.m.)

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

Tuesday, March 5: Sergeant York, directed by Howard Hawks. (134 minutes)

Tuesday, March 12: The Devil and Daniel Webster, directed by William Dieterle. (107 minutes)

Tuesday, March 19: The Maltese Falcon, directed by John Huston. (100 minutes)

Tuesday, March 26: Suspicion, directed by Alfred Hitchcock. (99 minutes).

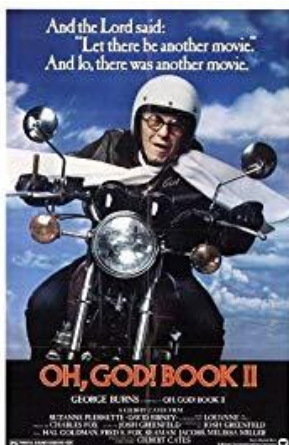
A Q&A with Tom Blank will follow each screening.

Cost: \$5 per time – Register by picking up a registration form in the Fellowship Hall.

MOVIE NIGHT AT UNITY

Friday, March 8, 7:00 p.m.

Free (Donations accepted)

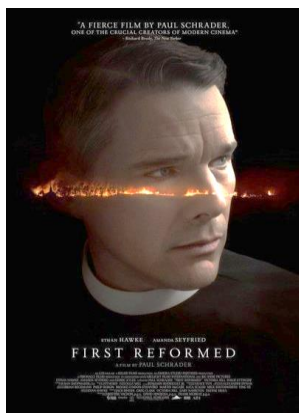


Oh, God! Book II, directed by Gilbert Cates. George Burns' take on the Almighty carries this sequel to the popular mid '70s comedy *Oh, God*. This time, he comes down from heaven to help a little girl with her campaign to get people to believe in God again. (PG) (94 minutes)

A circle discussion with Ann will follow the movie.

FRIDAY SPIRITUAL CINEMA

Friday, March 15, 7:00 p.m.



Our **March** spiritual movie, *First Reformed*, with Ethan Hawke, was written and directed by Paul Schrader.

"It's been a long journey for Paul Schrader, the screenwriter who gave us American classics such as *Taxi Driver*, *Raging Bull* and *American Gigolo*. Now comes *First Reformed*, which...shows a raging fire still burns deep within the 71-year-old. *First Reformed* is a passionate, unnerving and almost unbearably tense drama about faith,

conviction, and the rotting core of life on our planet. It's the Schrader many hoped was still alive and kicking but doubted we would ever see again. What a comeback!" Adam Graham, Detroit News film critic. A question-and-answer session with Tom will follow. (Donation basis)

Calling All Volunteers!

Treasures of Unity Volunteer Appreciation Brunch

Saturday, March 16
10:30 a.m.-Noon

Your Shared Leadership Team would like to honor you and express our appreciation for your gifts of time, talent, generosity, love, and service to this community.



Sign up in the Fellowship Hall
and join us for food, frivolity, and festivity!

Prayer, The Game Changer



Tuesdays

March 19-April 9

3:00-4:30 p.m.

with Rev. Inge Tarantola

If prayer is not yet part of your spiritual practice, or you want to transform how you pray, here is an opportunity to make a change and watch the positive results in your daily life. Join Rev. Inge in the Fillmore Wing for an opportunity to take a look at how you pray now, learn steps to affirmative prayer, and create a daily spiritual practice.

As you change your prayers, you change yourself.
Offered on a donation basis. SEE credits available.

Sign up in the Fellowship Hall.

Calling All Women

Spring Equinox Celebration



Thursday, March 21

1:00-3:00 p.m.

Unity's Elder Council is hosting a special **Spring Equinox Celebration** for Women on Thursday, March 21, in the Sanctuary. Our theme is ***From Darkness into Light***.

Come and join us as we honor this change of season.
Please wear bright spring colors and bring a snack to share.



A ONE-MAN
MUSICAL BASED
ON THE WORLD'S
MOST POPULAR
SAINT!

Guest
Speaker
10:30 a.m.

James
Twyman

THE PASSION OF ST. FRANCIS

Imagine how it would feel to bring someone you admire back through time, then listen as they share what they know. In this inspiring one-man musical, Peace Troubadour & New York Times bestselling author *James Twyman* brings *St. Francis of Assisi* to life. Discover firsthand what it means to be an instrument of peace.

This musical is in celebration of James Twyman's latest book "*Giovanni and the Camino of St. Francis.*" Join us for a musical event that will change your life.



Sunday, March 24, 12:30 p.m.

Unity of the Valley

Suggested Donation: \$10-\$15

The more we thank God for the blessings we receive
the more we open the way for further blessings....

~Betty J. Eadie

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.

SERVICE OF LIGHTS

The small votive candles near the platform in the Sanctuary are there for you! Any time during the week, or before or after the Sunday service, feel free to light a candle as you say a prayer for yourself or others.

MARCH PRAYER

from Rev. Sherry

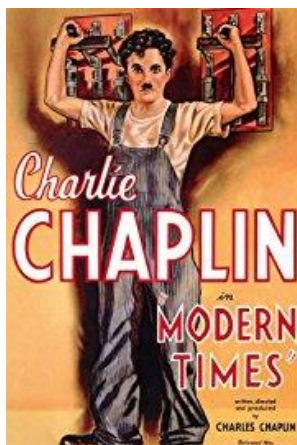
A PRAYER FOR SPRINGTIME REBIRTH AND AWAKENING

"When I am happy, give me someone that I can feed.
When I am thirsty, show me someone who needs a drink.
When I am cold, give me someone to keep warm.
When I grieve, give me someone to console.
When my heart is heavy, let me find someone I can make smile.
When I need understanding, show me someone who needs mine.
When I am poor, show me someone who is needy.
When I am humbled, give me someone I can praise.
When my eyes are blind to what is holy,
let me see the Christ in each one who I feed."
Thank you Divine Spirit. Show us the way.
Guide us on the path of love and kindness.
Amen.

(From *Servant Prayer* by James Twyman.)

Unity of the Valley's
Silent Movie Night
with Live Music
From Paul Biondi & Gus Russell

Tuesday, April 2, 7:00 p.m.



Modern Times is a 1936 film written and directed by Charlie Chaplin, the greatest star in silent film. In this film Chaplin's "Little Tramp" struggles to survive the Great Depression, unemployment, and a Henry Ford-like factory assembly line.

This was supposed to be Chaplin's first sound film, but the written screenplay was abandoned in favor of the Tramp's delightful pantomime. There is a soundtrack, but it consists primarily of sound effects.



This screening will feature live music during the movie by world-renowned musician **Paul Biondi** on saxophone and flute along with versatile **Gus Russell** on piano.



Suggested Donation: \$5-\$10

Paul Biondi: <http://www.giftedchildmusic.com/paulbio.htm>

Gus Russell: www.gusrussell.com

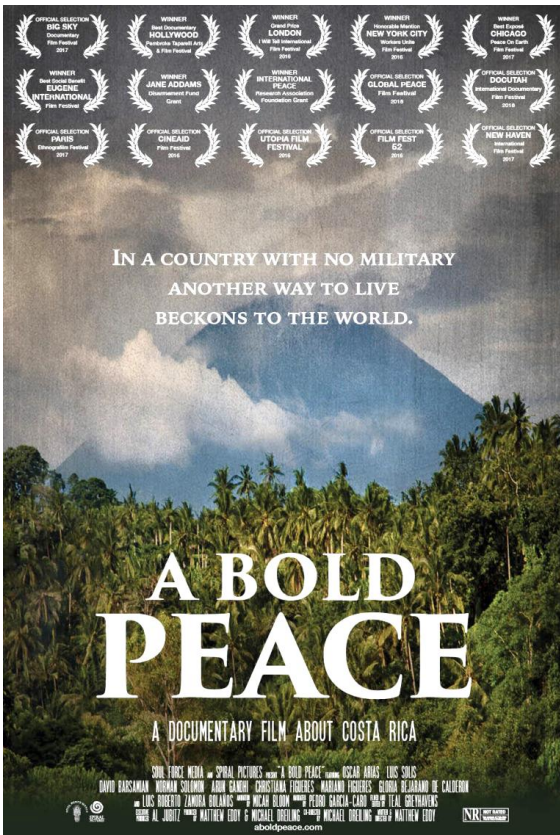
Have You Visited the Unity Bookstore Lately?

Take a little time before or after the service, or during the week, to shop at Unity's Bookstore. You'll find some wonderful treasures and help support our community at the same time! As each one of us shops in and supports our bookstore, it helps the bookstore to regularly and actively support us. It is 100% staffed, managed, and operated by dedicated Unity volunteers, with 100% of the profits coming right back to Unity.

Hours

Sundays, before and after the service
Tuesday-Friday, 10:00 a.m.-4:00 p.m.

Sunday, April 7 - 12:30 p.m.



Join U of O Professor Michael Dreiling for a screening of his award-winning documentary on the demilitarization of Costa Rica (1 hour 42 minutes), followed by a Q&A session. **Free**

"A Bold Peace is one of the most enlightening films of our times."
-Leon Stuparich,
The Huffington Post

Behind the Lens Seminar

1942: Hollywood Goes to War - Carefully Tuesdays, April 9–June 25 (7:00 p.m.)

When the United States went to war in December 1941, so did Hollywood, but with a built-in delay. Most movies require a substantial period of incubation, and, historically, the moguls who ran studios looked to profits first, and patriotism second. When the Roosevelt administration asked Hollywood to ask itself, "Will this picture help win the war?" The bean counters weren't so sure their audiences would buy tickets to propaganda, at least not right away.

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.

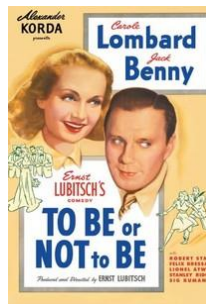
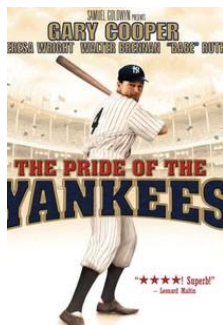
Tuesday, April 9: *Woman of the Year*, directed by George Stevens. (114 min.)

Tuesday, April 16: *Pride of the Yankees*, directed by Sam Wood. (128 min.)

Tuesday, April 23: *To Be or Not to Be*, directed by Ernst Lubitsch. (99 min.)

Tuesday, April 30: *Saboteur*, directed by Alfred Hitchcock. (109 min.)

See flyer in Fellowship Hall for a listing of all 12 movies.



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**.

MELLOW KUNDALINI YOGA, MEDITATION, & GONG RELAXATION

(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 Hills** 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**.



**Don't forget to set
your clocks ahead one hour on
Saturday Night, March 9.**

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

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