



Unity of the Valley

"Positive, Practical Spirituality"



March 2015
Way of the Peacemaker
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



The Wonder of Peace

Decade after decade, we wonder at the gentle spirit in which people such as Gandhi, Martin Luther King Jr., Aung San Suu Kyi, and the Dalai Lama have faced their oppressors. When we stand up to injustice, the emotion of anger is often a primary motivator. How did these great souls awaken the divine quality of unconditional compassion for all, despite the torrent of condemnation aimed at them?

This month, we join with the annual worldwide *Season for Nonviolence* project. As we nurture peace in our lives, we align with the universal force of evolution working to positively transform the world. Throughout the ages, those who've dedicated themselves to serving this force have reported a sense of being guided and uplifted. There are few more beautiful statements of this experience than in Isaiah 55:12:

*For you shall go out with joy,
And be led forth with peace;
The mountains and the hills
Shall break forth before you into singing,
And all the trees of the field shall clap their hands.*

May we open our hearts to divine peace, and let it shine in and through us to the world.

Jon and the Ministerial Team



Sunday Services in March:

Sunday, March 1: *Think Peace* – Think of all the ways we rationalize losing our inner peace. Think of all the ways we project our thoughts, attitudes, and insecurities into our world. Now let's try thinking peace instead.

Sunday, March 8: *Feel Peace* – A step beyond thinking peace is experiencing ever-deeper peace within and around ourselves. The feeling of peace is its own reward, reinforcing and amplifying our peaceful intentions.

Sunday, March 15: *Express Peace* – We demonstrate our growing inner peace by being a gentle, compassionate conduit for positive change.

Sunday, March 22: *A Truly Helpful Prayer* – Guest speaker Dennis Chandler (see page 11)

Sunday, March 29: *Removing the Blindfold* – Guest speaker Emily Farthing (see page 12)

MARCH IS LOVE-IN-ACTION VOLUNTEER MONTH

Each year we invite in new volunteer energy and offer current volunteers the opportunity to recommit 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!



Youth & Family Ministry News

Flowers are blooming, and we're coming into the spring season. Our teens have been working on planting seeds for a strong foundation this year. We've been working with various themes from the *Rhythm of Peace* book, by Deborah Aikens, Ph.D. The book focuses on cultivating peace in our daily lives, and we are blending in various spiritual insights with the theme.

So far, we have explored our vision of peace, making peace a priority through our principles and practice of contribution. We've also had fun with Jon's 'Wheel of Faith' creation. We will continue with taking action in peace, exploring our heroes, plans for special events to be in service to the congregation as well as a few fun field trips. What a great group of teens we are fortunate to work with each Sunday!

Upcoming Teen Events:

April 24-26 - NW Y.O.U. Rally at Cispus Center near Randle, Washington (Ages 14-18). The theme this year is *Find Your Tribe*. This Y.O.U. Rally is a three-day communion with Spirit. Daily activities include large group workshops, small group discussions, singing, meditation, dancing, prayer, and vespers. Cost: \$165 by March 26, \$185 after that. For more information or to register for this Rally, contact Shawna in Youth Ed for a registration application. The deadline for registering is April 10.

Prayer from the *Rhythm of Peace* book

May we be one world united in peace.

May peace live in the hearts of all people.

May our prayers for peace encircle the earth.

May we each contribute to peace.

May peace light our way.



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 10:00-10:15 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.

Prayer Chain

For immediate prayer, you may call Inge Tarantola at 541-968-5540, 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

March Prayer

In this time of prayer I affirm:

Divine Presence, the vibration of your love
is beautiful music to my soul.

Your radiating currents of well-being
radiate through and as me.

I attune my body and mind

to align with the consciousness of my innate wholeness.

I sing my hymn of joy and gratitude.

Thank you, God, for the sweet peace of your presence
in me and in the hearts of those who open to receive your grace.

February 2015 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
*December	151	\$24,438	\$17,315	\$115
January	129	\$13,458	\$13,666	\$106

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

Prosperity Giving

- January was a busy month for the Angel Network. They worked with one congregant through her passing, one family who just lost a loved one, two congregants who were in and out of the hospital and needed care, and they provided rides to several congregants to church and doctor appointments.
- Eleven people from the Elder Council joined our neighbor church, the Episcopal Church of the Resurrection, to host 10 families in transition at their facility. We provided breakfast and dinner to 30 people, including 13 children.

Live every day as if it is a festival.
Turn your life into a celebration.
~ Shri Radhe Maa

Board Meeting Tuesday, March 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 Bonnie Chappa at
bonniechappa@gmail.com.



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

Volunteer Ministry

On Saturday, March 22, we hold the Volunteer Appreciation Brunch as a thank-you for all the work the volunteers do for our community. Unity of the Valley relies on Volunteers to do the many tasks it takes to offer the many classes and services we all love. Those involved in the ministries are invited to attend this brunch.

How about everyone else? I want to thank all of you who pitch in to set up and clean up, though that is not a job you've agreed to. We have a generous and helpful community. I hope you will acknowledge your own part in the functioning of this community, however large or small. Come to the Volunteer Appreciation Brunch and let us thank you!

A special thank-you to Clark Winston-Cox, Jr., for setting up the tables and preparing the Fellowship Hall every Sunday.

Namasté,
Ellen



1ST SUNDAY POTLUCK MARCH 1 AFTER THE SERVICE!

- **Bring your favorite dish to share**
- **Invite your family and friends**

Unity will provide coffee, tea, cookies, and cake to celebrate the March birthdays!



Taizé Service

Wednesday, March 4
7:00 p.m.

This service is 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.

I choose to live with a peaceful heart.



HeartYearnings

Coaching to Clarity, Awakening Together

Heart Intelligence Training Day
Saturday, March 7th 10:00 AM – 6:00 PM
at Unity of the Valley

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 (incl. lunch)
Registration required by
March 1st

Offered by Kalia Bethany, HIQ Circle
Facilitator-in-Training - 541-484-9341

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.



Calling All Voices!

Come and Join the Easter Choir

Come and share your voice with Unity. Rehearsals are Sundays, March 1, 8, 15, 22, and 29 (12:00-1:30 pm)

Performance is Easter - April 5.

Sign up in the Fellowship Hall, or for more information, call Kalia Bethany (541-484-9341).



**Song of the New Earth:
Tom Kenyon and the Power of Sound
Movie Screening
Friday, March 20, 6:30-8:30 p.m.**

Join Ann Christensen for the movie screening of *Song of the New Earth* followed by a healing sound meditation and question and answer period. Ann is a practicing Sound Healer and a graduate of Sound Healing Training with Tom Kenyon. Suggested donation \$10. For more information, contact Ann Christensen at 541-485-3422.

**Souls in Service
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!

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 strengthen your commitment to spiritual growth.
- An affirmation that you are part of this community. 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.

Sign up in the Fellowship Hall!



Sunday, March 22, 10:30 a.m.
A TRULY HELPFUL PRAYER
Guest Speaker: Dennis Chandler

As I go forth each day, how can I learn more of my purpose? What is the authority for my life? Let us explore what we share, for in our sameness we can communicate beyond our differences.

ABOUT DENNIS: *"God goes with me wherever I go."* (A Course in Miracles, Lesson 41.) We share a spiritual journey, albeit our directions are often confusing. I cannot say that I know God goes with me wherever I go as I have searched for God using various spiritual thought systems, practices, and spiritual mentors; but in those moments of truth I know that I have a constant companion!

Janet and I came to Unity of the Valley in 1987, and we have served this spiritual community in a variety of capacities. Unity is my spiritual classroom that ignites and delivers everlasting moments of remembrances of my true spiritual self, connected with God. These are shared moments of holy encounters.

In an age fraught with individualism and differences, we come together to honor what we share. We are all the same just beyond the appearances we desperately cling to.



Garden Work Party

Saturday, March 28
9:00 a.m. – 1:00 p.m.

Calling all Volunteers:

Come and join us in the garden on Saturday, March 28, for our annual cleanup, planting, and spring prep of the Unity landscaping.

Many hands make lighter work for everyone! Snacks provided. If possible, please bring your own garden tools.

For more information, contact Inge at 541-968-5540.

Sunday, March 29, 10:30 a.m. ***REMOVING THE BLINDFOLD*** **Guest Speaker: Emily Farthing**



By removing our personal blindfold, our vision of human experience is expanded, and we are challenged to respond. Emily will share her experience in awakening to the realities of injustice that have propelled her towards peace-based advocacy rooted in spirituality.

Emily Farthing is the current President of Interfaith Prayer Service International (IPSI). She is completing her degree in Religious Studies at LCC and soon to be at the U of O. Last year she was chosen as one of Union Theological Seminary's "Millennial Leaders" and also featured on a panel of young adult scholars at the North American Interfaith Network's summer conference in Detroit. She looks forward to pursuing a Master of Divinity and Social work to continue focusing on alleviating poverty through social service, advocacy, and education, specifically through interfaith-based initiatives. Her current work with Community Supported Shelters, Egan Warming Centers, and as coordinator of the First Christian Church free breakfast program have inspired her passion for social justice and advocacy for the homeless.

Unity of the Valley Presents



**BODY
MIND
SPIRIT
FAIR**

Saturday, April 11, 10 a.m.-4 p.m.

- **Learn about ways to support your body, mind, and spirit.**
- **Discover health care products.**
- **Attend a demonstration or class.**
- **Get a massage.**
- **Taste healthy foods.**

**Join us for an informative,
interactive, and fun event.**

Admission is free. Donations accepted.



**Beyond The Wound: The Rise of Kings
A Workshop for Men on the Archetype of the King**

Saturday, April 18, 9:30 a.m.–6:00 p.m.

In this workshop, a ritual container will be formed to provide men a deep connection with the shadow and golden energies of their Lover, Warrior, Magician, and King, owning our capacity as kings to initiate a path of wisdom. The process calls on men to connect with and draw from the powers - shadow and light - of each archetype as they relate to the King's quadrant. Our work is directed toward living in mission in each relationship and toward each goal, bringing integrity in mission to all of our relations. This process works to support the integration of those energies, with Spirit as a guide.

Cost: \$25–\$50 sliding scale (includes lunch). Hold your space with a non-refundable deposit of \$20. For more information and to register, contact Raymond Albano at 541-344-0727 or Jim Drews at 541-726-8510.

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)**.

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, 12:00-1:00 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 & 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**.



**Daylight Savings
Begins
Sunday, March 8**

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

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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