



Unity of the Valley

Positive Practical Spirituality

May 2015



Theme: **Creating Meaningful Connection** **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

WEAVING OUR LIVES TOGETHER

As the dance of spring reaches its fullest expression, how is our personal choreography unfolding?



- Are we gliding in harmonious synch with others, keeping our balance even when someone stumbles into our path?
- Do we relate wisely with the "stuff" of the world, seeing it all as divine energy?
- Are we attracting the people and conditions needed to fully enjoy life and achieve our purposes?
- Do our relationships serve the highest and best for each person involved?
- Are we a heart-centered channel through which goodness can flow freely?
- Are we experiencing an ever-deepening relationship with Spirit?

In May, we'll explore these important pathways with help from some inspiring guest presenters: author and mother of five **Lorena Smith** and Unity's own **Elder Council**.

Together this May, let's dance in Unity!

Jon and the Ministerial Team

A Quote from Albert Einstein

A human being is a part of a whole, called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Sunday Services in May:

Sunday, May 3: *The Relationship Code* – We'll explore two fundamental keys to experiencing positive relationships.

Sunday, May 10 (Mother's Day): *Mastering the Shadow Dance*
–Guest Speaker Lorena Smith (See page 8).

Sunday, May 17: *Facing the Mirror* – Difficulties in relationships often reflect our own lack of self-understanding or self-respect.

Sunday, May 24: *Doing Good Together* – Have you ever yearned to experience a higher purpose in your relationships? To experience growth with others instead of stagnation and discord? Follow the calling!

Sunday, May 31: *Making Meaningful Connections* – Our Council of Elders at Unity will explore the connections that help give meaning to our lives.

May Prayer

Thank you, loving Spirit, for your presence everywhere.
With your guidance, we affirm:

We bring our own Divine Light to our work here in our spiritual community, growing it into a piece of heaven on earth. We see it becoming all it can be.

We learn to express the highest of what sharing can be in a community dedicated to the One Presence and Power.

We find love in the midst of our differences, and seek solutions that guide and grow us in Divine Love and Wisdom.

We amplify our gratitude through loving service. We become beacons of light in our extended community. We stretch and grow as we give of our time, talent, and treasure.

Blessed be the One Great Presence and Power
in the universe that we call love;
and blessed be our beloved Unity of the Valley.

Amen

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 has audio speakers so you can attend to children and still hear the service. Our Youth & Family Ministry offers 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

Angel Network

The Angel Network Ministry is a group of volunteers who come together to create a circle of caring for our community. We have been joyfully active for seven years. There are several ways you can participate:

- ♥ Become a member of the team.
- ♥ Be a delivery person for a team member.
- ♥ Contribute funds toward the purchase of food, gift cards, or Ride Source coupons.

Let us know how we can be there for you. Call 541-345-9913 and leave a message on ext. 14.

CREATING RELATIONSHIPS AS REFUGE:

How to "Re-pair"

Tuesdays, May 5-June 9

7:00-8:30 p.m.

Everyone gets hooked or triggered emotionally at times. We get into reactivity, we start running our familiar "stories" and limiting beliefs, and our relatedness to those we care about breaks down. Join Karen Love Baisinger in this 6-week group process on how to "re-pair" in your relationship quickly when either of you loses touch with emotional safety and connection. Learn new skills and shift your energy as a couple, or as an individual seeking to grow more skillful in your relationship, or as someone taking a break from relationships to transform how they show up for you, or as one who simply wants to improve the quality of all your relationships. Donation basis.



Karen Love Baisinger, D.Min., is a retired United Methodist clergywoman, founder of two interfaith churches, transformation coach, and poet. Half of her ministry was as church pastor and half as a psycho-spiritual therapist in private practice.

Co-author of the forthcoming book *Soul Betrayal: Naming, Healing and Transforming Spiritual Abuse*, Karen received her D.Min. from Wesley Theological Seminary. With great delight, in 2014 she and her husband Alan chose Unity of the Valley as their spiritual community.



1ST SUNDAY POTLUCK

MAY 3

AFTER THE SERVICE!

Bring your favorite dish to share, and invite your family and friends.

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

Youth & Family Ministry News

Thank you for the joy of working with your children. It has been amazing to see all of them grow and mature over the last few years.



Spring has been a productive time for our youth groups. Activities included cooking, Easter games, entertainment, and fundraising. We just had our first turn as kitchen angels, which included preparing and serving soup for the after-service fellowship time. It was amazing to see how much work goes into that every week. Thank you kitchen angels!

We have also had some fundraisers to assist the kids in attending various camps provided for them by the region. It is important for the kids to understand the amount of effort it takes to put these events together so they can attend. I'm excited about our upcoming carwash and other new volunteer opportunities. Any other suggestion of possibilities for either service or fundraising would be most welcome.

We also look forward to more outdoor activities including hikes, games, and garden work. Shawna, Raymond, Sally, and I look forward to getting the kids out into the sunshine as much as possible.

One of my primary purposes is to teach positive communication skills. My belief is that if we can express ourselves in a positive manner, we will be amazed at what can be accomplished. I'm additionally working to incorporate healthy methods of expressing emotion. We check in every week to see how they are doing and explore their "low points", followed by discussion of how to better approach a challenging situation the next time one comes up.

Working with Sherry has been an absolute joy. I hope that the rest of the church knows how much she commits to the children and her support has been invaluable. Unity has become home to my children and me, and we feel so lucky to be part of it all with you.

Aaron Chester

Youth & Family Ministry News



Did you know that the Youth & Family Ministry supports a child in Honduras by monthly giving and letter writing? We have sponsored Keidy Alejandra Pineda Argueta since she was 3 years old. She turned 10 years old on January 30. She is 4 feet tall and weighs about 53 pounds. She attends school, and her favorite subject is grammar. She loves to spend her free time

playing with dolls, jumping rope, and playing other games. She says her hobbies are drawing, painting, and singing.

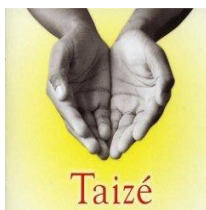
Keidy lives with her parents. Her father is a bricklayer, and her mother is a factory worker. Household income varies depending on the availability of work. The average income is about \$350 a month. Keidy and her family live in a house constructed of concrete blocks, concrete flooring, and a corrugated metal roof. It has one bedroom and one multipurpose room. Keidy sleeps on a bed. Cooking is done on an electric burner. While dangerous, families can tap into electrical lines to light their homes. The sanitary facility is a toilet. They are fortunate to have running water.

Fortunately, our sponsorship is easing the burden for Keidy and her family. We help provide new clothing, sturdy shoes, access to basic health care, and medicine. We also help with school supplies and send special monetary gifts at holidays, birthdays, and sometimes just for a special hug of remembrance. We also write letters to her.

We have been her sponsor for seven years now and have received photos and thank you notes from her regularly. These can be seen on the bulletin board in the downstairs Garden room in the Fillmore Wing. We bring love offerings for her support and put them in a Prosperity Bank on our altar. Then it is collected, deposited into the church youth education account, and a monthly check is sent to her sponsoring agency. We enjoy helping out a lot.

Even a minor event in the life of a child
is an event of that child's world
and thus a world event....

Gaston Bachelard



Taizé Service

Wednesday, May 6
7:00 p.m.

Please join the Taizé prayer and music teams for our beautiful, contemplative Taizé Service. Sacred readings, prayer, meditation, and devotional chanting and music provide a pathway to the heart, the inner sacred altar where we connect with the Beloved, the Holy, the Living, Loving Presence. We yearn for that connection in our inner and outer worlds. We invite you to co-create sacred space with us, and to experience the palpable healing love and light that connect us all. This just might be “your appointment with God”!

Taizé touches my heart and soul, and I experience the peace of being connected to the Divine in a beautiful physical setting. ~Linda

Sunday, May 10, 10:30 a.m.
Mastering the Shadow Dance
Guest Speaker: Lorena Smith



When we step into the brightness of the Divine, our old patterns often create a shadow where we have blocked the light. Learning to dance with our shadow will help us create meaningful connections with others.

Rev. Lorena Smith is a spiritual counselor, musician and published author. She has served as Music Director at Unity of Salem and also as their interim minister. Lorena has 5 children and is passionate about personal transformation.

Office Angels Volunteer Ministry

Our Office Angels are a vital part of the day-to-day operations of Unity of the Valley. They answer phones, greet and help people coming in the door, and perform light office work a couple of hours per week, either in the morning or the afternoon.

Office Angels help ensure that the monthly bulletin, handouts, and other materials are ready for you when you arrive on Sundays and throughout the week. Some of our Office Angels come with computer and office experience, while others have had neither office nor computer experience. The beauty is that their help is needed no matter what their experience is. There is a place and need for them.

We are looking for help on Wednesdays, 10:00 am–noon, and Thursdays and Fridays, 1:00–3:00 pm. If you can volunteer in this rewarding and much-needed capacity, please contact Géna at 541-345-9913, ext. 11.

Namasté,
Ellen



In Gratitude

Thank you, from the bottom of my heart, to each and every one of you who stood by me in prayer and action during my recent time of healing. All of you gave such loving support and selfless service in so many different ways. Without you, it would have been a lonely and much more difficult time. If I were to name each of you individually, I'm sure I would leave someone out and later remember and feel sad. So, I am trusting you to know in your heart who you are and that this public note of recognition will bring a smile into your day.



Feel the love,
Sherry Lady

Learn Passage Meditation

Saturday, May 2, 9:00 a.m. to 5:30 p.m.

Shalom Prayer Center in Mt. Angel, Oregon

Retreat participants will learn the benefits of meditation, and how to meditate and establish a practice.

Support for ongoing practice is available. (At Unity of the Valley, the passage meditation group meets every Thursday in the Fillmore Room from 5:30 to 6:45 p.m.)

The cost (which includes vegetarian lunch):

Adult: Standard: \$100 / Sliding Scale: \$65–\$140

Young Adult (18-30s): Standard: \$40 / Sliding Scale: \$10–\$50

For more information, or to enroll, call the Blue Mountain Center of Meditation at 800-475-2369 or visit www.easwaran.org/retreats.



**Wishing you
all the love
and happiness
you so richly deserve!**

Have You Visited the Unity Bookstore Lately?

Come in and check out the bookstore for materials for ongoing classes and great new reads. We have a wonderful selection of inspirational gifts, including jewelry, wall art, and music. Come on in and browse!

Hours:

Sunday 10:00 am–12:00 pm

Tuesday–Friday 10:00 am – 4:00 pm

The Coming Alive Theater Group presents

The Redemption of Almira Gulch

Saturday, May 2, 7:00 p.m. & Sunday, May 3, 2:00 p.m.

In *The Redemption of Almira Gulch*, (our own Sunny Schneider is writer/director), the Scarecrow, Tin Man, and Lion travel from the land of Oz to Kansas where Dorothy's neighbor, Almira Gulch, is still causing havoc. Can our heroes save Kansas from another tornado? Will they sing and have lots of adventures on the way? Come find out!

Donations accepted.





HeartYearnings

Coaching to Clarity, Awakening Together

Heart Intelligence Training Day
Saturday, May 16, 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.

The day will include equal parts of:

- presentation on the 4 Directions of Joy – the definition and benefits of this technique, and its core principles;
- simple processes we experience with one another to practice opening, listening, following, and communicating with, and from, our heart;
- shared circle protocol that creates safety and containment;
- an atmosphere that allows us to share with each other in a way that brings more heart into the room as well as to deepen our connection to one another;
- an invitation to “take space” and physicalize our heart’s longings, using the group to support the experience our heart’s desire.

Cost - \$75 (incl. lunch)
Registration required by
May 11th

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

The best and most beautiful things in the world
cannot be seen nor touched but are felt in the heart.

~Hellen Keller

Board Meeting **Tuesday, May 19, 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's bulletin board.



SUPPORTING OUR SPIRITUAL COMMUNITY

What's a practical approach to giving back to our spiritual home, nurturing our own prosperity consciousness, and helping

Unity thrive? **Choose a generous yet sustainable amount to give on a regular, automatic basis.** Just pick up a FAQ-and-Application form at the table in the foyer, fill it out with your VISA, MC, or debit card information, and return it to the Unity office.

If you prefer, you can make an automatic fund transfer from your bank account by returning the completed form along with a voided check. Your offering amount can be changed or stopped at any time with a simple phone call to our administrator, Géna Duel, at (541) 345-9913, ext. 11.

At the end of each year, an accounting of your total donations will be sent to you for your tax records.

Thank you for all you do to keep our spiritual community thriving!

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.

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 **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 Master Guide to Meditation & Spiritual Growth*, by Roy Eugene Davis.

ALZHEIMER'S-DEMENTIA SUPPORT CIRCLE 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.

Facilitated by **Rev. Sherry Lady** and **Tom Blank**. (Currently on hiatus.)

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**. (There is no Shamanic Evening in May.)

Unity Activities Calendar Available



Pick up a monthly calendar in the Foyer. Our church activities are listed on one page for your convenience. You can also find the calendar online at www.unityofthevalley.org.

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

BOARD OF TRUSTEES

Ruth Beardsley, President

Bonnie Chappa, Vice President

Bonnie Paquin, Treasurer

Ann Woeste, Secretary

John Freshwater, Trustee

Michael Tanner, Trustee

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Joyce Aschim, Trustee