


unity®
of the Valley

NOVEMBER 2022



Sunday Livestream & In Person Service
10:30 a.m.

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

CELEBRATING COMMON GROUND

A message from our Ministerial Team

Many have commented about the extreme division we see in our world. So why, at such a time, would we give joyful thanks for common ground? Here are a few reasons:



TO AFFIRM THE IDEAL: Through our innate creative power, we can help bring the higher good into manifestation by holding it in mind *as if it has already unfolded*.

TO HONOR OUR PLANET: By celebrating our shared Earth home as sacred ground, we remind ourselves of this precious, fragile gift we have received and our responsibility to be wise shepherds of it.

TO FOCUS ON WHAT UNITES US: We share far more in common than our outer differences might suggest. The more we see each other as spiritual beings having a human experience, the more harmony we will experience and encourage around us.

OPENING OURSELVES TO UNIVERSAL TRUTH: In Unity, we study the core principles underlying all great faith traditions. By joining in a shared quest to learn and practice these principles, we uplift ourselves and nurture our spiritual community—a community that has quietly helped bring love and light into the world for 80 years.

Please join us in person or online each Sunday in November as we celebrate our many points of common ground. And yes, that includes sharing cake, ice cream, and heartfelt reflections on Unity of the Valley's 80th birthday!



SERVICES IN NOVEMBER

Sunday, November 6: "Crossing the Great Divides: Negotiating Our Differences Through Common Connections with the Earth" with guest speaker **Tom Titus**. Despite our many differences, we share a connection to the Earth that unites us. Tom will explore how connections to the land can become fertile soil for building healthy relationships among people who seem to have little in common. See Tom's bio on page 9.

Sunday, November 13: Unity of the Valley's 80th Birthday Celebration! As part of this joy-filled event, the Ministerial Team will share some highlights from our journey as a spiritual community.

Sunday, November 20: "We Are Stronger Together." Guest speakers: **Rev. Dick Everts** and **Piper Everts**. This grandfather and his 14-year-old granddaughter will share insights on how we can all help bring the world together through better listening, less judgment, and more forgiveness and compassion. See Piper's bio on page 9.

Sunday, November 27: "Sharing the Adventure Together: The First Week of Advent." Speaker: **Jon West**. The word Advent comes from the same Latin word root as *adventure*, which means "an unusual and stirring experience." The Unity booklet, *The Promise of Christmas, Advent 1994*, tells us that the vast and uncharted frontier for the Advent experience is that which exists within us. As we seek the Light within, the Light within all other beings becomes ever clearer.

Daylight Savings November 6



Gratitude
is the memory
of the heart.

~Jean B. Massieu



UNITY OF THE VALLEY 80TH BIRTHDAY CELEBRATION

Join us on November 13th at
10:30 a.m. for a very special
Sunday service.

We will reflect on our spiritual
community's past, present
and future, honoring the
journey of love and
unfoldment we are
on together.

With light refreshments,
cake & ice cream after
the service.

Thanksgiving Day Meals Offered For Pickup or Delivery on Wednesday, November 23

Unity will be offering Thanksgiving meals for pick up or delivery again this year instead of hosting our annual Thanksgiving Day Potluck. These meals will include all of the regular Thanksgiving goodies along with a big portion of LOVE!

If you're interested in pickup or delivery of one of these meals, please sign up in the Fellowship Hall or let Géna know no later than November 16, 2022. She can be reached at unityval@riousa.com or 541-345-9913, ext. 11.

Please let her know:

1. How many are in your household?
2. Whether you prefer a Turkey or Vegetarian meal.
3. Whether you will pick up meal or have it delivered.
4. Phone number to contact you.
5. Address of where to deliver meal.

Meals will be available for pick up or delivery on Wednesday, November 23 between 12:00-2:00 p.m.



THANKSGIVING MEAL DONATION

Are you interested in donating food or money towards the Thanksgiving meals that will be picked up or delivered to congregants? **Please let Géna know (541-345-9913, ext. 11) by November 16th if you can donate** any of the following:

Ham	Vegetarian Dish	Stuffing
Mashed Potatoes	Gravy	Cooked Yams
Cranberry Sauce	Vegetable (what kind)	

If you would like to donate money for this event, just write Thanksgiving Meal in the memo section on your check and mail to Unity of the Valley, 3912 Dillard Road, Eugene, OR 97405.

FINANCIAL REPORT: COUNTING OUR BLESSINGS

MONTH(S)	INCOME	EXPENSES	NET
AUGUST	\$14,061	\$14,533	(\$472)
SEPTEMBER	\$13,342	\$15,362	(\$2,020)

We had nearly \$1,400 in HVAC maintenance and repair costs. For the year, our income exceeds expenses by \$1,810, reflecting the generous support of our spiritual community. If you would like the convenience of giving a reliable donation through our Simple Giving program, please contact our Administrator, Géna.



Scan to reach
Unity homepage.
Click DONATE
on right side

With love and appreciation,
Your Unity Board of Trustees



November Affirmation

I am joyfully aware
of the oneness of life.

Tuesday November 15
6:30 p.m.

All Board meetings are currently being held via Zoom. All are welcome to attend.

If you would like to attend and/or speak at the meeting, please contact **Serenee Smith** at sereneeheart@yahoo.com.



Unity of the Valley Prayer Ministry

Dial-a-Prayer line (541-345-9913, then press 7) for an uplifting, affirmative prayer at any time of the day or night.

Silent Unity 24 hours a day at 816-969-2000 or toll free at 800-669-7729.

NOVEMBER PRAYER

from Rev. Sherry Lady

Gratitude

Spirit within, we have so much to be grateful for in this life and every day.

Guide us gently into remembering to express that gratitude for at least one thing each day.

Replenish our spirits with resilient strength.

Prepare us to greet the days we are given with hearts full of peace and joy.

Remind us that abundance comes in many forms and that the more we express our gratitude, the more we will find to be grateful for.

May we always remember the richness of this full and abundant life.

May we express our joy from a happy heart and be a blessing to others.

Amen

Prayer Requests

Email your name and prayer request to Rev.

Inge Tarantola at

ingetar@pacinfo.com

Healing Prayer Circle

We meet weekly via ZOOM to offer focused healing prayer to individuals who request it.

For more information and to make an appointment, contact **Rev. Inge Tarantola at 541-968-5540**

Prayer Shawls

These shawls are a gift that will bless someone going through a difficult time with something they can wrap around themselves to bring comfort, hope, healing, love, and peace.

To request one, contact Rev. Inge Tarantola at ingetar@pacinfo.com

YOUTH & FAMILY MINISTRY

We offer fun and inspiration for kids and teens grades Kindergarten-12th who are fully vaccinated. Current Safety Precautions for children at Unity are:

- Proof of Vaccination/Booster required.
- We appreciate your patience as we continue requiring masks at Unity for everyone's protection.
- Families who have small children too young to be vaccinated may attend on a reservation basis. You can contact Géna at 541-345-9913, ext. 11 to make that reservation.



Angel Network



The Angel Network is a circle of caring. This means you can ask for help in tough times for short-term services such as a supportive call or home visit, a ride to a medical appointment, a Sunday service, shopping for groceries, yardwork, etc. We can't guarantee help, but we can at least try! If you or someone in our church community has a need, let us know by calling the **Angel Network Request Line** at **541-345-9913, ext. 14**.

If you would like to join the Angel team, just call the Angel Network Request line: **541-345-9913, ext. 14** and leave a message.

If you would like to donate gift cards from food stores and cash to have on hand for emergencies, you can do so by making a check payable to Unity of the Valley and including ANGEL NETWORK in the memo line. You can mail your check to Unity of the Valley, 3912 Dillard Road, Eugene, Oregon 97405.

Sunday, November 6, at 10:30 a.m.



Tom Titus is a writer, biologist, gardener, grandfather, forager, and free-range philosopher who writes at the messy interface of human experience and the natural world. His new book, His latest book, ***Dancing with an Apocalypse***, is a collection of musings responding to the pandemic years of 2020 and 2021, finding inspiration from neighborhood

happy hours and solitary escapes into the emerald convolutions of the Oregon Coast Range. Tom is a key collaborator in an annual multimedia program entitled “The Nature of Gratitude.” His wife and cats share their home with him in Eugene, Oregon.

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



Piper Everts welcomed her grandparents into her home in Eugene when she was in first grade. Now a 14-year-old freshman at South Eugene High School, Piper is a serious activist whose work includes speaking out against gun violence. She organized a walkout at Spencer Butte Middle School

to honor the lives lost at Uvalde; was a student organizer and speaker at the Eugene March for Our Lives protest; and she spoke and led with the NAACP and local religious leaders at March Against Fear. She is also involved in LGBTQ+ issues, climate change, and Women’s Rights. Piper’s parents, Will and Christine, have encouraged her to pursue her many interests. Besides her love of all artistic mediums, she has taken horse riding lessons, learned tennis, been on Debate Team, studied piano, been in choirs, played ultimate frisbee as well as golf, and is currently on the SEHS water polo team. Throughout all her activities, Piper has maintained a 4.0 GPA, has been a top cookie seller in Girl Scouts for 9 years, while taking time to connect with extended family in Eugene and Seattle. And finally, Piper trains, grooms, and loves her dog Whoodles!

A Note from Choir Director Mo Robeson

Although life as we knew it might never return, one thing is for sure: the Unity Choir will perform again! Unfortunately, when that will be is still uncertain. I miss our rehearsals and Sunday performances, and I hope you do, too, so that you'll be ready to jump right back in when the "all clear" is given. We are eager to sing for our wonderful congregation again. We always feel loved and appreciated.



Dozens of studies have shown the positive effects of singing—especially singing in a choir. If you've not been in the choir, please consider it. Making beautiful, meaningful music with good friends is one of the very best forms of therapy!

Singing for you soon,
Mo Robeson

Come and join us for Unity's annual

Christmas Decorating Party

Sunday, November 27, after the svc

We are looking for at least 15 elves
(the more, the merrier) to help decorate
the Christmas tree and hang the garland.

**We'll have Christmas music as we work
and pizza when we're done.**

SUNDAY LIVE STREAM

Sunday Services. You can join us and many other friends of Unity of the Valley live at 10:30 a.m. each Sunday at <https://www.facebook.com/unityofthevalley> (you don't have to be a Facebook member).

CONNECTING VIA ZOOM

Community Connect, Wednesdays 2:00-3:00 p.m.

This is a one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. There is a new topic each Wednesday. Your moderator is Rev. Dick Everts. To take part, send an email request to Rev. Dick at richard.everts@comcast.net.

Sacred Wednesday Morning Yoga Class Via Zoom with Donna O'Neil. 10:00-11:15 a.m. – Hatha Yoga: Mindful yoga practices for strength, balance, and flexibility. (Level 1) See **Donna's Schedule Page** for cost and more details at <https://yogawithdonna.com/classes-and-schedule>. Contact Donna at yogawithdonna@gmail.com or text to 541-632-0105. Let her know you're coming at least 15 minutes before the start of class, so you can get the Zoom link.

Unity Food Drive

We are collecting food for Food For Lane County to help keep the local pantries stocked. **Please help us fill the barrel in the foyer.**

Donated items should be shelf-stable food (i.e., canned or no refrigeration needed)

Some suggested donation items are: Protein (such as peanut butter, canned meat: tuna, chicken, salmon, corned beef, etc.), dried beans, canned food, soup, spices, cooking oil, broths, shelf-stable non-dairy milk alternative (i.e., almond milk, oat milk, soy milk, etc.), cereal, grains, pasta, rice, baby food, baby formula.

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.

(We are currently closed due to the COVID-19 Pandemic)

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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