



Unity of the Valley

"Exploring, Growing, Connecting"



November 2014
Way of the Mystics continued
Sunday Service 10:30 am

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

LISTEN TO THE SEASON

What message does autumn have for us? How does nature's transition from hot to cool, from green to gold, from hard ground to soft soil, reflect in our own lives?



As we began our 7-week series on *Way of the Mystics*, we encountered the Buddhist idea of *shenpa* – mental hooks of attachment that cause us to constantly react against outer conditions. Learning to release these hooks undoubtedly helps us "cool down" and avoid getting steamed up over little stuff. In week two, we pondered how easily we can lose track of being fully in the Now. Serenely enjoying the wonder of each moment is another way to lower the temperature in our over-heated mind-body systems.

Our series took a new turn in week three. That's when the combined wisdom of 1,500 years of life experience was shared by Unity's Elder Council. Through them, as well as through Father Bede Griffiths in week four, we felt the beauty and triumph of the human heart transitioning from green to golden – from the confusion of youth to the dawning of spiritual awareness.

In November, the *Way of the Mystics* will turn again, carrying with it all the gifts of the previous weeks. Walking with the Hindu poet Mirabai, Sufi master Hazrat Inayat Khan, and Christian mystic Hildegard of Bingen, we will step off the hard pavement of modern life into the timeless field of being – the field where all the rains of human desire, and all the rivers of knowledge and religion, converge. The field of unconditional wholeness and love that's always been within us.

Go ahead – sink your toes in it! What better way to prepare for a glorious Thanksgiving?

Endless blessings,
Your Ministerial Team

10:30 AM 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 10:00-10:20 am, 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. See the bottom of this page for more information.

November Talks

Sunday, Nov. 2: Mirabai: The Bliss of Spiritual Devotion

Sunday, Nov. 9: Meister Eckhart: Letting God Live Through Us

Sunday, Nov. 16: Hildegard of Bingen: Seeing the Divine in All Things

Sunday, Nov. 23: Creating Family

Sunday, Nov. 30: Guest Speaker Jonathan Seidel: The Universal and Spiritual Message of Hanukkah

YOUTH & FAMILY MINISTRY (YFM)

A vital key to transforming our world is giving young people practical spiritual tools for living and opportunities to express their innate joy, love, mutual respect, and creative potential. YFM provides all of this every Sunday in a safe, fun, and nurturing environment for five different age groups:

1. Unitots provides childcare with learning opportunities for infants and children up to age 3;
2. Unikids is the next step up, Preschool (age 4)-Grade 2;
3. Galileans is for Grades 3-5;
4. Uniteens is for Grades 6-8;
5. Y.O.U. (Youth of Unity) is for teenagers Grades 9-12.

Through activities that engage both the heart and mind—such as music, stories, drama, arts & crafts, meditation, and community service—participants learn life values that can last a lifetime. These values are reinforced through positive interaction with our adult membership and through retreats, camps, and other special events in the larger community.

Youth & Family Ministry News

As our youth continue their study of "The Metaphysics of Alice in Wonderland," they continue to experience the life challenges and experiences of Alice, along with the wisdom of Alice's understanding and her knowledge that, as each challenge is met, a new and wonderful aspect of life happily unfolds.



Here are some of the affirmations that are coming from the children as they go deeper within themselves to discover that they, too, are heroes in so many ways:

Hero Affirmation: I am a child of God. I am strong and brave. I am patient and loving. I think positive thoughts. I have everything within me to be heroic.

Affirmation for the key Alice finds in the story: I am a child of God. My Christ Light shines as I grow and change. I am a flower in God's garden. I have the key to Wonderland. The Kingdom of Heaven is within me.

Affirmation for the cleansing tears that life can bring: Thank you, God, for smiles and things that make us happy; and, thank you, God, for the good we can discover in the things that make us sad, because these are the things that offer us choices from which we grow and change.

Our teens have immersed themselves in the beauty of the country fields and gardens in the fall by picking apples and serving us cider and a wonderful breakfast. We affirm along with them all of the above affirmations, and share our gratitude for their presence in our spiritual community.



Blessed be all our children from birth through teens, and their leaders, as they walk in their own pure light. They give us love and hope, and we are grateful.

Prayer Chain

For immediate prayer, you may call 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

November Prayer

We Give Thanks

We give thanks for the pleasure of gathering together for each occasion in our spiritual community, where smiling faces and open hearts prepare each one of us for the experience of being received into the presence of the Spirit of love.

Bless this gathering of like minds and precious souls. May prosperity pour into the life of each person as we step forward into our true essence and receive the gifts of abundance prepared for us and pouring forth from the heart of God.

Peace to all this Thanksgiving season!

Individual Prayer Support Available on Sundays

Our Chaplains are available for prayer following the Sunday service.

Chaplains are trained to maintain a spiritual space, keep confidentiality, and pray with you.

You also may call the Chaplain Message Line (541-345-9913, Ext. 8) to leave a request for prayer or for a return call.

Wherever you go,
go with all your heart.
~Confucius

Open Heart Meditation Wednesdays, 12:00-12:30 pm

Join Linda Flock in the Peace Chapel for the beautiful experience of opening your heart to feel the complete and continuous Love of the Divine. Everyone is welcome!

November 2014 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
August	91	\$18,857	\$16,782	\$184
September	130	\$21,282	\$18,759	\$144

Prosperity Giving

After our Town Hall meeting in September several people signed up for Simple Giving and others increased their donations. As a result, we have about \$10,000 more for our budget next year. Thank you so much!

A special thank you to Michael Tanner for arranging for the new shed to be delivered and to Michael and Dennis Chandler for painting it. Also, thank you Dennis for painting the railings by the front door.

Board Meeting

Tuesday, November 18, at 6:30 pm

Join us in the Garden Room. All are welcome!
If you would like to speak at the meeting,
please email John Freshwater at
freshwater541@gmail.com.



**Feeding the
Community**

Holiday Food Drive

Unity of the Valley is participating in the annual Holiday Food Drive again this year to help St. Vincent de Paul collect specific foods which will help fill thousands of holiday food boxes for local families in need over the holidays.

We are currently collecting donations of canned veggies (no corn please), olives, soup, pasta, broth, and fruit. Please drop them off in the barrel in the Foyer. Together, we make a difference!

Kitchen Angel Ministry

The smell of coffee is so welcoming. We love being able to welcome people to gather over coffee, tea, and cookies. They appear each Sunday as if by magic. That is exactly how it happens. Kitchen Angels arrive early. With powers beyond those of mortal men (or women), they manage to make coffee in those amazing serving pots.

How they manage the endless supply of cookies is known only to them. If you're a tea drinker, there is now not only a beautiful variety of teas but every kind of sweetener you could possibly want.

Next comes the biggest magic of all: At the end of the day, the kitchen and hall are spotless. All spills and crumbs have been wiped away. I know we all help some, but, "Abracadabra" and it's all done.

I am pretty sure the magic comes from the loving and giving spirit of our wonderful Kitchen Angels. If your heart calls you to be a Kitchen Angel, or you want to learn the magic of the endless supply of cookies, the Kitchen Angels would be happy to welcome you into their ministry. Sign up in the Foyer!

Namasté,
Ellen Ticknor

Uniteens Beary Special Project



Our Uniteens in the Youth & Family Ministry will be doing the Beary Merry Christmas Project again this year! PLEASE bring a brand-new huggable stuffed bear to church in November. These bears will be filled with our love and prayers, and will be delivered to Bags of Love the week of December 1.

Bags of Love is a wonderful organization that makes cloth bags and quilts, then fills the bags with needed items, including a quilt and a stuffed bear (medium-sized). These are then given to children in crisis. For more information about Bags of Love and other ways you can help, ask Rev. Sherry Lady.



The Emergence of Energy Consciousness: Bringing Forth Our Evolutionary Calling

Facilitated by Dr. Jane Katra

**Tuesdays, October 28-November 18
7:30-9:00 pm**

Humans, as we are by nature, are not complete. There is a dormant part of us that awaits our conscious effort to unfold. Human evolution depends upon our cultivating a sensitivity and receptivity to a higher range of vibrations within the universe and ourselves. To see higher, we must become higher.

Join Dr. Katra in the Fillmore Wing for this 4-week series. Participants will be assisted in illuminating and transcending ordinary mind, activating their natural capacities for subtle perception through stimulated energy centers, developing the inflow of spiritual force, and becoming conscious transmitters of life-giving energy.

Cost for the series: \$25. Doors close at 7:45 pm.



ALL-NEW

1st Sunday Potluck & Come-Unity Meeting After the service!

Join us on the first Sunday of each month for our new monthly Congregational Potluck. This month, our Board will also present a 3-year strategic vision and the results of a recent congregational survey.

Bring your favorite dish to share, and invite your family and friends to join us. Unity will provide coffee, tea, cookies, and cake.

Soup Sunday Reminder:

For all other Sundays, various Unity ministries will take turns in providing a selection of tasty, wholesome soups. You are always welcome to bring potluck food on Soup Sundays as well!

November Friday Night Connection

Friday, November 7, 7-9 pm

Sherrie Frank

10 Steps to Your Authentic Life

(Love Offering)



Have you ever felt as if you were living someone else's life or felt confused about who you are and what you want? Come for an evening of exploration and fun as we learn 10 powerful steps that can lead you to your authentic life.

Sherrie Frank is a teacher, facilitator, and fuse-lighter. A certified NLP Master Practitioner, Coach, and Vice-President of Wings Seminars for the past 10 years, her work is to help people find their purpose and live inspired lives.



Friday, November 21, 7-9 pm

Sally Waters

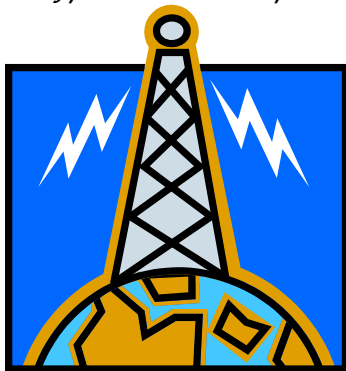
Charting Your Abundant Future

(Love Offering)

In a light-hearted and fun environment, participants will explore their understanding and beliefs around abundance. They will have the opportunity to create a practical plan for abundance in their lives right now.

Sally Waters is a native Eugene resident and former owner of a successful insurance agency, which she sold in 2008 to pursue other interests. She is an NLP Practitioner and Coach. As a long-time student of prosperity principles, Sally is passionately committed to assisting others to experience abundance in their every-day lives.

The Coming Alive Players present:
The Second Annual Ordinary Home Companion Radio Show
Saturday, November 15, 7:00 pm



All your favorite characters are back
with more fun and more stories and music.

Join them on November 15 for live old-time music from the
Old Time Players, lots of corny but laugh-out-loud jokes and skits,
and some of the best singers in our congregation – or anywhere!
Donations accepted.



Calling All Voices!
Come and Join
the Christmas Choir!

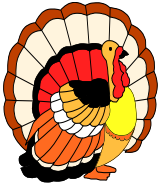
Our Christmas Choir is always a wonderful addition
to the holiday festivities. Come and share your voice with us!

Rehearsals are held:

Sundays, November 23, 30 and December 7, 14 (12:00-1:30 pm), and
Saturday, December 20 (10:00 am-Noon). Bring a bag lunch!

Performance is Sunday, December 21.

Sign up in the foyer or, for more information,
contact Kalia Bethany (541-484-9341).



**Unity's Annual
Thanksgiving Potluck is
Thursday, November 27
(We will gather at 3 pm, and eat at 4 pm)**

Join us for our annual Thanksgiving Potluck on Thursday, November 27. This is a wonderful opportunity to come together in gratitude and in thanksgiving!

Turkeys will be provided. Bring a hot dish, salad, or dessert.

NOTE: If you can provide a cooked turkey or would like to help with this wonderful event, please contact:

Michael Coleman at 541-660-7885 or email at unity@12u2.com.

**The church office will be closed on
Thursday and Friday, November 27 & 28,
for the Thanksgiving weekend!**



**Guest Speaker
Rabbi Jonathan Seidel
Sunday, November 30**

Join guest speaker Rabbi Jonathan Seidel on Sunday, November 30 at the 10:30 am service. He will be speaking on *The Universal and Spiritual Message of Hanukkah*.

Rabbi Seidel's talk is devoted to the transformation of the Hanukkah celebration from a military anniversary to a special spiritual holiday devoted to miracles and the growth of light.

Rabbi Seidel has taught Judaic Studies and Religion widely for 28 years. He was a Fulbright-Hayes scholar at Cambridge University and received his PhD at UC Berkeley in Near Eastern Studies. He has an extensive background in deep ecumenism, Jewish music, Jewish education, and environmental activism. Rabbi Seidel serves as the Rabbi to Or haC'an Jewish Community in Eugene.



Christmas Decorating Wednesday, December 3, 6:00-8:00 pm

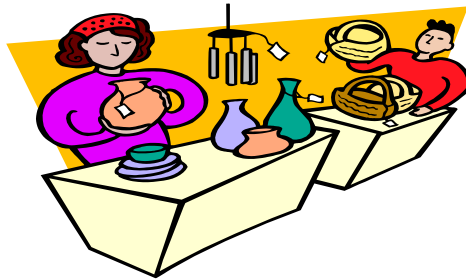
Join us for Unity's annual Christmas decorating and tree blessing.

We are looking for at least 10 adults (the more the merrier) to help with the big tree and garlands, and for families with children to participate in craft activities and to decorate the small tree in the Fellowship Hall.
Come, join in the fun!



Cookies & warm apple cider will be provided.

Galilean's Holiday Bazaar Sundays, December 7 & 14



Join the Galileans in the Fellowship Hall
before and after the service for:

Handmade crafts, candles, decorations, ornaments, & more

Well-loved resale items of all sorts!*

(*We are accepting any well-loved items you may wish to donate)

**All Proceeds go to celebrating Valentine's Day at
Good Sam Nursing Home
and providing Roses & Valentines.**

Angel Network

The Angel Network is a group of volunteers who come together to create a ring of caring for our community by supporting individuals and families in practical and supportive ways.

If you are in need of supportive hospital or home visits, need a ride to church or an appointment, a hot meal, or other emergency service, please contact us at 541-345-9913, ext. 14.

There are also 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.
- ♥ Donations are welcome at any time!



Gratitude is a bridge
to the heart reflecting
the beauty in our lives.

~Carol Adamski



I breathe in gratitude
and breathe out love.

Save the Dates SPECIAL HOLIDAY EVENTS AT UNITY

Christmas Celebration Services

Sunday, December 21 (10:30 am)

Candle Lighting Services

Wednesday, December 24 (5:30 & 7:30 pm)

Burning Bowl Service

Sunday, December 28 (10:30 am)

15th Annual New Year's Day Yoga & Meditation Retreat

Thursday, January 1 (9:30 am - 12:30 pm)

White Stone Ceremony

Sunday, January 4 (10:30 am)

Weekly Meditation, Prayer Circles, & Study Groups

See our website (www.unityofthevalley.org) for more information on any of our ongoing circles or study groups.

THE UNTETHERED SOUL (Harmony Room) Sundays, 9:15-10:15 AM. This group, facilitated by **Rojeanne Benton** and **Ruth Beardsley**, is based on the book, *The Untethered Soul*, by Michael Singer. Come and explore with us! Love-offering basis.

AFTER-SERVICE DISCUSSION GROUP (Fillmore Wing) Sundays, 12:00-12:45 PM. Join with others in sharing insights that have arisen from the Sunday topic. (Childcare provided.)

JOY OF WATERCOLOR (Fellowship Hall) Mondays 10 AM -Noon and Fridays 11:30 AM -1:30 PM. 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 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. **Judy Richardson (541-484-1958)** facilitates this group. They are currently studying the book *A Thousand Names for Joy*, by Byron Katie.

A COURSE IN MIRACLES (Fillmore Wing) Wednesdays, 10:00-11:30 AM. Facilitated by **Bill Carter (541-345-3310)**. Drop-ins are welcome.

SPIRITUAL EXPLORATION (Garden Room) Wednesdays, 10:00-11:15 AM. 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 PM. 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 PM. 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 PM. 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)** or **Sherry (541-485-6874)**.

(continued on next page)

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 & Third Monday, 7:00-9:00 PM. The Men of Unity Group is open to all men within our church and our larger Eugene community. For more information on how you can participate, please contact **Raymond Albano 541-344-0727** or **John Freshwater at 541-554-6898.**

PRAYER SHAWL GROUP (Fellowship Hall) First Tuesday, 12-1 PM. 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.

THERAPEUTIC TOUCH (Fillmore Wing) First & Third Thursday, 7:00-9:00 PM. 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: PRACTICING EMBODIED SPIRITUALITY (Fillmore Wing) First & Third Saturday, 10:00 am-12:30 pm 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 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.**

Have a Happy
and
Blessed Thanksgiving!



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 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

John Freshwater, President

Ruth Beardsley, Vice President

Bonnie Paquin, Treasurer

Ann Woeste, Secretary

Michael Tanner, Trustee

Bonnie Chappa, Trustee

Gary Blaine, Trustee

Bob Larson, Trustee