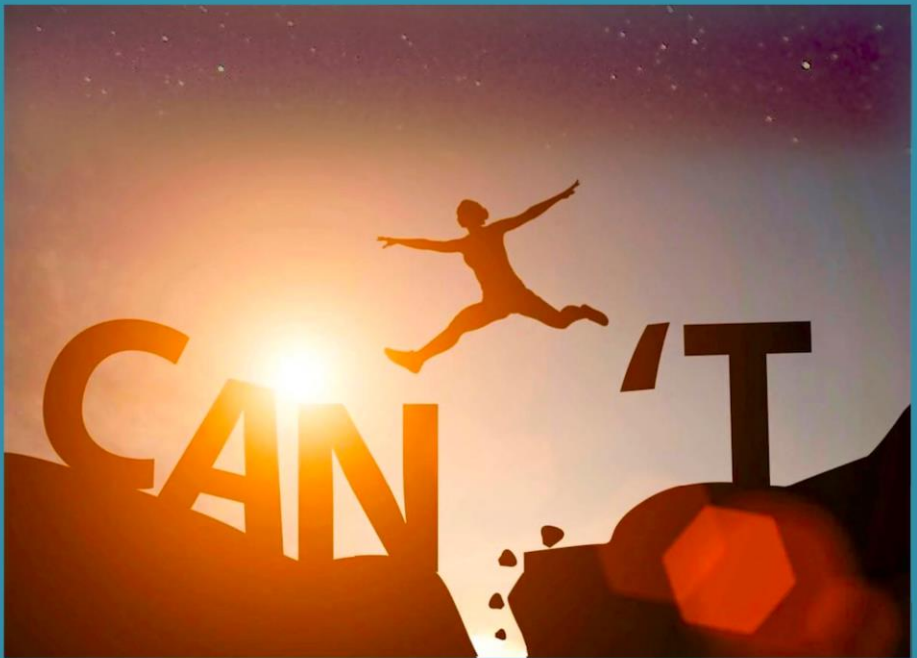


October 2023



Moving Beyond Fear

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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

Moving Beyond Fear

A message from Jon West

We learn early in life that fear can seem as solid as a stone wall. Perhaps that wall is what blocked us from joining friends on a big roller coaster. Or standing up to a bully. Or asking that certain someone to dance in the school gym.

As we enter adulthood, our fear may be just as strong as before, only now it's hiding behind our self-image. So we take it for granted that we can't do certain things. Like singing. Or public speaking. Or traveling alone to a foreign country. Or believing in ourselves enough to start a business or end an unhealthy relationship.

After half a lifetime or more of modest successes marred by occasional failure and loss, our defensive boundaries may harden further. Falling in love is wonderful, but the loneliness and misery of breaking up seems too great a risk. A beloved pet may have brought us incalculable joy. But we can't imagine facing another tearful goodbye. Once we know deep pain, our fear stands guard to block us from venturing wherever that pain may lurk. But we have another choice.

Instead of letting fear limit us, we can let it motivate us to learn and grow. Perhaps fear has stopped us from asserting our needs in a relationship. Yet it could also point us toward nurturing self-respect and finding positive ways to express ourselves. Perhaps after years of failing to find our "life purpose," we are afraid to keep trying. Or we might dare to more closely emulate those who demonstrated the timeless truth: "Seek and you shall find."

We were not born to live behind walls of fear, but to see those walls for what they are: our own thoughts, beliefs, and emotions reflecting back to us. Don't be fooled by the appearance of solidity. Reach out your hand and test it. Your true self is greater than any fear. Sooner or later, we all must spread the wings of our spirit and fly free.

SERVICES IN OCTOBER

Sunday, October 1: “Making Friends with Fear.” Speaker: **Rev. Sherry Lady.** Author John Tolkien said “A man that flies from his fear may find that he has only taken a short cut to meet it.” From Marcus Aurelius: “It is not death we should fear – but we should fear never beginning to live.” From these two expressions, and the wisdom inherent in them, we will consider ways to learn how to live with fear without letting it rule our lives.

Sunday, October 8: “Uh Oh, This Can't Be Good—Or Can It? Part 1.” Speaker: **Jon West.** Our instinct to label things good and bad keeps the boat of our consciousness tipping back and forth. With practice and wisdom, we can learn to trust in the flow of life even when it takes us in surprising directions.

Sunday, October 15: “Uh Oh, This Can't Be Good—Or Can It? Part 2.” Speaker: **Jon West.** By learning to see the Divine everywhere and in every one, we become less reactive. Instead, we actively radiate loving energy into the world.

Sunday, October 22: “All the Courage Love Takes.” Guest Speaker: **Nancy Hopps.** See page 11 for more information.

Sunday, October 29: “Learning to Recognize Fear as a Messenger” with **Dr. Serenee Smith & the Unity Board of Trustees.** See page 13 for more information.

October Affirmation

I go forth and shine
my divine light with inspired confidence.



First-Sunday Potluck

Sunday, October 1

after the service

The First-Sunday Potlucks are back!
Bring a main dish or salad, and invite your family and friends! Unity will provide coffee, tea, and dessert.



Thanksgiving Day Potluck

Coordinator(s) Needed

Here it is fall again, and we have the wonderful holiday season to look forward to. Unity's Thanksgiving Day Potluck at Unity is back after a 3-year break due to Covid.

We are looking for 1-2 people who can coordinate this event and take care of things on the day of the event. This is a fun occasion and well attended. Everyone brings a dish to share. Volunteers are always willing to help. If you can help organize and/or work on this project, please let me know.

Thank you so much.

Géna Duel
541-345-9913, ext. 11
unityval@riousa.com





Foundations

An Introduction to Unity Philosophy

with Rev. Inge Tarantola

**In-Person class on 4 Wednesdays
October 25 - November 15, 6:30 - 8:00 p.m.**

Each session includes in-depth explorations of practical spiritual principles, followed by break-out groups where attendees get to know each other and share personal reflections and experiences.

*Sign up in the Fellowship Hall or
email: unityval@rioussa.com*

MEMBERSHIP OPTION

**Congregants who attend
this class will be eligible for voting
membership in our spiritual community.
New Member Ceremony: Sunday Nov. 19**

This class is being given free of charge.

Unity Players Coming Alive Theater Group

2ND & 4TH Thursday of each month
Starts October 12th
6:30-8:00 p.m.



The Unity Players Coming Alive Theater Group is coming back from summer hiatus starting Thursday, October 12.

Come and join us. Each session includes theater and improv games and activities, with opportunities to learn and practice performance skills using voice and movement. This group offers a fun opportunity to get to know other congregants from Unity who are theater fans.

For more information, contact
Alice Sparks - 971-254-7564 (text ok) or
Doris Hicks - 458-205-8570 / dlhlibrary@aol.com

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.

YOUTH & FAMILY MINISTRY EVENT



**Saturday, October 28
4:00-6:00 pm.**

Join us for a pie eating contest, carnival games, and art activities for adults and youth. We'll also have bake sale goodies, small decorated pumpkins, unique Halloween costumes, and amazing masks created by our youth team to purchase. Proceeds from the Fall Festival go towards supplies and scholarships for youth.

If you would like to help YFM, please contact **Alice Sparks** at **971-254-7564**. We are looking for donations of prizes, stuffed animals and other toys; material (cloth, fabric trim, thread, or whatever is available), wigs, acrylic paint, permanent markers, etc. Money donations are also welcome.

Unity Youth & Family Ministry Fundraising Halloween Walking Tour



Eugene Pioneer Cemetery

Historian Randy Gudeika tells tales of death and life, darkness and inspiration, tragedy, murder, and forgotten wars.

Adults Only

**Saturday, October 28th
10:00 to 11:45 a.m.**

Meet at Unity at 9:30 a.m. to carpool.

\$10 suggested donation. 100% of donations go to Unity's Youth & Family Ministry.

A NOTE ABOUT UNITY'S USHERING MINISTRY



Unity's Ushering Ministry is coordinated by **Gary Collins**. He has been leading the Usher team for years. Gary has such a heart of service that you usually can find him filling in on a variety of volunteer teams and just helping out wherever is needed. We have such gratitude for Gary for not only coordinating the Ushers but for the variety of ways he serves at Unity. Not only is he a huge help, but he has a big beautiful heart.

Ushers serve one Sunday a month and greet congregants and hand out bulletins and announcements. They also hand out Welcome Packets to newcomers, accept the Love Offering during the service, and tidy up the Sanctuary after the service.

WHAT DO SOME OF GARY'S USHER TEAM HAVE TO SAY ABOUT USHERING?

I love to be involved with the service and facilitate everyone having a positive experience. I love to build my teamwork skills by working with other ushers. It builds my flexibility. It allows me to get to know more people. ~Betsy Priddle

Unity of the Valley is a big part of my life, and I like to help with the community. ~Emma Niedermeyer

I love to usher by greeting everyone and love to help my community. ~Jody Taylor

At first ushering was an opportunity to get to know more people. Now in addition to this, as each old friend comes in, my heart is filled with more and more love, and when an old friend that I have not seen in some time comes in, it is as if I become immersed in that well of love. ~Rex Stegner

It's enjoyable to greet people, be able to move around more and assist in the collection and blessing of the offering.

~Theresa Skotchdopole

YOUTH & FAMILY MINISTRY NEWS

YAY! FALL IS HERE!

In YFM we are gearing up for some exciting Fundraisers and our October Fest as well as holiday events coming up that our youth and families will just love!



We have been working throughout the summer and are really excited for the Fall season to start and for all the new things we have planned. It is such a joy to work and play with the children.

OUR LEADERS, TEACHERS & HELPERS

Alice Sparks leads our Unikids (Kindergarten-5th grade); **Dianne Bohr**, **Jennifer Radcliffe**, and **Joy Sisto** work with our Uniteens (grades 6-8); **Jim Drews** leads our Unity Teen Group (grades 9-12); **Doris Hicks** is our Master Puppeteer; and **Karena Norton** takes care of our Nursery age children as well as works with our Uniteens.



FUNDRAISING

Saturday, October 28th at 10 a.m. As we move into fundraising for YFM, Randy Gudeika stepped up and is offering an adult-only walking tour at the cemetery on Potter Street. This is the same day as our October Fall Festival (see page 7 for more about October Fest.). The suggested cost for the walking tour is \$10 per person with all money raised being donated to Unity's Youth & Family Ministry. Thank you, Randy!

Would you like to join the YFM Team? We are looking for additional teachers for our youth program. This includes the Nursery, Unitots, Unikids, and Uniteens. Training is available. Curriculum, lesson plans, and supplies for activities are provided. **If you would like to volunteer, please contact Alice Sparks at 971-254-7564.**



FINANCIAL REPORT: *Steady As We Go!*

MONTH(S)	INCOME	EXPENSES	NET
JULY	\$19,233	\$17,624	\$1,609
AUGUST	\$16,626	\$17,444	(\$818)

Modest ups & downs are normal in our finances. But because so many are choosing to support our community through Simple Giving or their own auto-deposit program, those ups & downs are usually minimal. We thank you all for the many ways you keep Unity humming along!

In gratitude,
your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD OF Trustees' MEETING

**Thursday, October 19
10:30 a.m.**

All Board meetings are held
in the Garden Room.

All are welcome to attend.

If you would like to speak
at the meeting, please contact

Serenee Smith at

sereneeheart@yahoo.com.



Sunday, October 22 at 10:30 a.m.
“All the Courage Love Takes”
Guest Speaker Nancy Hopps



In Nancy's talk, she will share personal stories of finding ways to stay centered in love, trust, and faith in the midst of whatever life presents to you - cancer diagnosis, divorce, financial challenge, or just a rapidly changing world paradigm. She'll offer pragmatic experiential ways to keep your hand gently but firmly - and joyfully! - on your spiritual rudder. (And yes, she'll be bringing a crystal singing bowl or two!)

NANCY HOPPS is an internationally recognized healing artist and performing artist. Her award-winning Relax into Healing recordings have benefited more than 100,000 listeners worldwide. Her first book, *All the Courage Love Takes* was released in June 2023, to glowing reviews. Of the many healing modalities she integrates into her work as an author, speaker, spiritual mentor, and sound therapist, Nancy maintains that “the greatest of these is Love.”

Love and compassion
are necessities, not luxuries.
Without them humanity cannot survive.
~Dalai Lama

YOUTH & FAMILY MINISTRY

Sunday Gathering for Youth

Unikids (Kindergarten-5th Grade) We currently offer fun and inspiration for the kids. There is a puppet show each Sunday for the first 10 minutes. Parents are asked to drop off their children starting at 10:20 a.m.

Uniteens (Grades 6-8) meets in the upstairs Treehouse room from 10:25 to 11:25 a.m.

Unity Teen Group (Grades 9-12). meets on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room which is in the Fillmore Wing of Unity, first door to the left of the.

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, October 29 at 10:30 a.m.
“Learning to Recognize Fear as a Messenger”
Dr. Serenee Smith &
the Unity Board of Trustees



Fear comes in many shapes and sizes and when closely explored is often recognized as a valuable messenger ~ even a great teacher. Unfortunately, many of us are taught as children to be afraid of the unknown, what we don't understand or can't control. Living in mental and emotional states of fear as so many of us do, we unintentionally block the Divine flow of Spirit seeking to come to birth in us. Learning to recognize the message our fears come to teach us can unleash endless possibilities and vast resources of wisdom and compassion. Join Dr. Serenee Smith and the Unity Board of Trustees on October 28th as they guide us through our Sunday Service.

Volunteers Needed

Our Sunday services come together well. Our behind-the-scenes work that helps make it all happen needs some help. We are currently looking for volunteers for:

CLOSERS – We are looking for a volunteer who can serve one Sunday a month by assisting the speaker of the day, receive the offering bags, help count the offering, and close down and lock the church. Please sign up in the Fellowship Hall.

KITCHEN ANGELS: We need volunteers to help prepare the food, the space, and serve the food as well as clean up afterwards. If you can help out by serving one Sunday per month, please sign up in the Fellowship Hall.

YOUTH & FAMILY MINISTRY (YFM): We are seeking Teachers for our YFM program two Sundays a month. Training is available. We use Unity Worldwide Ministries Curriculum, and lesson plans and supplies for activities are provided. If you would like to volunteer, please contact **Alice Sparks at 971-254-7564.**

Unity of the Valley Prayer Ministry

Unity was founded on, and is sustained by, the power of prayer. We invite you to participate in prayer with our devoted Prayer Ministry through these activities:

- **Healing Prayer Circle** - We meet **Sundays (12:00-1:00 p.m.)** in the upstairs Fillmore Wing offering healing prayer to individuals who request it. For more information, contact **Julia Linebarger-Taylor at 541-968-5896**.
- **Prayer Requests** - Email your name and prayer request to Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.
- Call our **Dial-a-Prayer line** (541-345-9913, then press 7) for an uplifting, affirmative prayer at any time of the day or night.
- You can call **Silent Unity** 24 hours a day at 816-969-2000 or toll free at 800-669-7729.

OCTOBER PRAYER

from Rev. Sherry Lady

As we welcome the new month of October,
watching leaves flutter to the ground,
we give thanks for the parent trees that gave them birth,
nourished each one, protected them as they grew,
and then released them
to become part of the incredible cycle
that will nourish new life in the future.

As we, too, affirm and give gratitude
for our part in the cycle of life,
we share happiness, love, peace,
and abundant blessings for all.

May all the desires of our hearts be granted
and all future life acknowledged with joyous anticipation.
Thank you, Divine Presence, for your presence
in all aspects of life everywhere.

Amen

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).

Weekly Meditation, Prayer Circles, & Study Groups

WEDNESDAYS: UV Community Connect (via Zoom) 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.**

THURSDAYS: Passage Meditation (Fillmore Wing) 5:30-6:45 p.m. This group practices "Passage Meditation" as taught by Eknath Easwaran. **For more information, contact Laurie Cracraft at 541-554-5434.**

SATURDAYS: \$1 Gong Bath Relaxation (via Zoom) 10:00-11:30 a.m. plus Free Optional Sharing Time with Sunny & Vicky Hills + Laura, Inge, and other Unity of the Valley Members who attend often. We Welcome You! **Register at: <https://sunnyhillsmeditation.com/>.**

Ongoing Monthly Groups & Events at Unity

Unity's Coming Alive Theater Group (Sanctuary) Second & Fourth Thursday, 6:30-8:00 p.m. For more information, please contact Doris Hicks at 458-205-8570 / dlhlibrary@aol.com or Alice Sparks at 971-254-7564.

Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 4:00-5:15 p.m. Join experienced practitioners for a calming, healing Therapeutic Touch session. **For more information, contact Bev Forster at 541-520-9358.**

Unity's Council of Elders (Garden Room) Last Thursday of each month, 1:00- 2:30 p.m. If you are 60 or older and would like to explore the journey and wisdom of elderhood, please join us. **For more information, contact Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.**

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

BOARD OF TRUSTEES

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Michael Ticknor, Trustee
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Alice Sparks, Trustee
Richard (Dick) Everts, Trustee