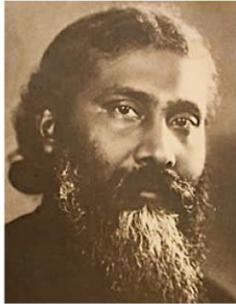
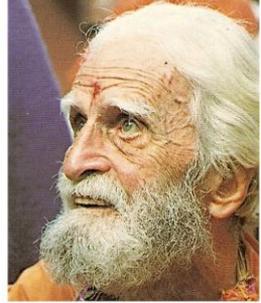




Unity of the Valley

"Exploring, Growing, Connecting"



October 2014 – 7-Week Series
Way of the Mystics
Transforming the World from Within
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

TIME TO STIR THE FIRE

After sitting around a campfire well into the night, there comes a time when the flames have died down and a chill starts to set in. A part of us realizes it's time to stir the coals and add some fuel, but the body may be weary after a long day on land and water. The eyes can become glazed as we sink into our thoughts and memories. Suddenly, an inner voice says, "Hey, you're letting the fire die!" and we move into action.



Our 7-week series, *Way of the Mystics*, is about moving into action at a deeper level – making the subtle shifts that can transform every aspect of our lives. These shifts have nothing to do with changing our core essence, or trying to please a God outside ourselves, or living up to someone else's expectations. The point is that, by making simple adjustments, we can:

- discover who and what we are at a far deeper level than ever before;
- awaken to the infilling Love and Wisdom we call God as never before;
- experience a wholeness and harmony in our relationships as never before.

By following in the footsteps of great mystics through the ages, we can learn to refocus our awareness on what truly matters. We can learn to optimize the years we have left on Earth, and we can leave a lasting legacy in the lives of others.

Of course, a campfire is always more enjoyable when there's a close-knit circle of friends around to share it. The same is true for our spiritual campfire. That's why our 7-week series includes inviting our entire community to join in creating small groups, or "Unity Circles." Our goal is to nurture these circles as they become a lasting and essential part of who we are as a community. All it takes is for each of us to be willing to do our part in keeping the flame alive and burning bright.

So.... Who's ready to move into action and get the fire roaring?

In loving service,
Jon, Sherry and Inge

NOTE: Information about Unity Circles and how you can be part of one is available in our Fellowship Hall or at our website at unityofthevalley.org, or you can email us at: unityval@riousa.com.

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.

In October, we start our 7-week series on these mystics:

Sunday, October 5: Pema Chodron: The Peace of Non-attachment

Sunday, October 12: Eckhart Tolle: Living in the Now

Sunday, October 19: Unity's Elder Council: Growing Older Gracefully

Sunday, October 26: Bede Griffiths: Integrating Eastern and Western Spirituality

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

The Metaphysics of Alice in Wonderland

OCTOBER'S THEME: I am a child of God.

AFFIRMATIONS: I am God's beloved child. I am strong and brave. I am patient. I think positive thoughts.

ACTIVITIES: Magic sharing circle. Listening to parts of the story. "Down the rabbit hole" activity using a cloth crawl-through, expandable, and stretchy play tunnel. Making rabbit hats and name tags and "rabbit clocks." Songs and games. Role-playing. Meditations. Learning Unity's Prayer for Protection.

METAPHOR: Alice is the truth student who is a Child of God, but doesn't know it quite yet. With innocence and holiness and an innate sense of the Divine Nature and purpose, she journeys toward spiritual understanding of this truth. Her journey is filled with many tests and challenges, just like life, but she stays true to herself and her destiny.

JOIN US: Anytime ☺

Prayer for Teachers

Sweet Spirit, I, a teacher too,
need greatly to be taught by you.
I want to study and to know
that I may help my students grow.
I would be clear to help them learn.
I would have the fire to make them burn.

To know the Truth
whatever else is taught.
Let me teach most the love of thought.
Let me see in each unformed youth
our human hope of good and truth.
And let me make them want to be
the perfect person that I truly see.

~James Dillet Freeman

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

October Prayer

In honor of Lammastide
Time of Harvest – Celtic Tradition:

For the promise of harvest
contained within a seed,
we thank you.

For the oak tree within an acorn,
the promise of bread
within the wheat,
the apple within a blossom,
we thank you.

For the mystery of nature,
gift-wrapped for us to sow,
the harvest gathered,
the storehouses filled,
We thank you.

We let the good earth rest,
to be awakened
by spring's first kiss.

In Gratitude

Many thanks to the
volunteers who helped
with Unity's
World Day of Prayer
held on September 11.

Many thanks to all who
attended and/or
participated throughout the
day in the global event.

We are
the lights of the world!

Joy
is the echo
of God's life
within us.

~Joseph Marmion

October 2014 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
July	101	\$17,967	\$15,815	157
August	91	\$18,857	\$16,782	184

Prosperity Giving

Financial giving includes sending \$200 to Unity national organizations. Our Youth & Family Ministry sent \$27 to their sponsored child.

Thank you to everyone who brought food to share at our after-service gathering and to the group volunteering to provide monthly leadership training.

Thank you, everyone, for your time and support of the Unity Fair. We sold 80% of the donated items and made about \$3,100. This amount was generously matched by Bonnie Chappa, giving us a total of \$6,200! Special thanks to Inge and Leonard for hosting the event.

We sent several children to camp over the summer. Special thanks to Raymond Albano and Sally Crum for driving everyone to camp and for participating in the activities.

Be the living expression of God's kindness,
kindness in your face, kindness in your eyes,
kindness in your warm greeting.

~Mother Teresa

Board Meeting

Tuesday, October 21, 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.



Coming Alive Theater Group Ministry



What an opportunity to play at life – to try out different characters, try out different emotions, take chances in a safe and loving environment.

The whole process of presenting a production gives us the opportunity to grow and to connect as human beings. The writers are given a voice to express their ideas. The actors develop characters and get a chance to walk in someone else's shoes. They get to interact as those characters. The director brings a vision to life and coordinates all the pieces into a whole. The staging crew creates illusion with backdrops and props. The music unites us all together. We all learn to sing and dance along the way.

We love presenting a good show! We love those who come as our audience. Our purpose is to create a loving and interactive experience for all those involved.

We are working on our fall production now. Please come and join us Thursday evenings at 7 pm. All are welcome! You can be involved at any level you are comfortable with.

Namasté
Ellen

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!



**The Circle of Men – A Journey of the Heart
An Introduction to
The New Warrior Training Adventure
Saturday, October 4, 10:00 am-4:00 pm**

Are you a man ...

- Willing to invest in his heart?
- Ready to risk a deeper look into his life?
- Eager to step into the fullness of who he really is?
- Ready to stand shoulder to shoulder with empowered men who risk the journey of transformation?

We warmly invite you to this free all-day workshop to experience a day of deep personal-growth work within a contemporary men's group.

- What would our community be like if men empowered each other on a path of emotional maturity, spiritual awareness, and deepening community?
- What would our community be like if men came together to act on our individual and shared responsibility for the future of our community?
- From this workshop, a new open men's group will form. It will meet monthly on the 1st and 3rd Mondays beginning October 6, from 7 to 9 pm.
- The intention of this workshop, and of the men's group to follow, is to inspire men to wake up, grow up, and show up for our community and for the world. Also to get out of the way whatever is in the way of men taking action for our loved ones, our families, our culture, and our planet – **AND** to have fun in the process!

The workshop and the men's group are co-facilitated by Raymond Albano, Jim Drews, John Freshwater, and men from the local ManKind Project (MKP) community (mkpusa.org)

To R.S.V.P. and for more information, contact:

Raymond Albano – 541-344-0727 / raymond_albano1@yahoo.com

Jim Drews – 541-726-8510 / drewsjim@yahoo.com

John Freshwater – 541-554-6898 / frewshwater541@gmail.com

Like ripples in a pond, the work of one man
will spread and touch the lives of others.

October Friday Night Connection

Life-enriching presentations at Unity of the Valley
39th & Hilyard in South Eugene

Friday, October 10, 7-9 pm

Jerry Gjesvold

Spirituality and Recovery

(Free)

Spirituality and Recovery—finding a higher power through recovery from addiction. There is hope and strength in the reliance of a power greater than ourselves.



Jerry Gjesvold has years of experience with recovery and working with addiction specialists at Serenity Lane offering hope to individuals and their families who are touched by addiction.

Friday, October 24, 7-9 pm

Dr. Jane Katra

Higher Consciousness, Subtle Perception & Healing Energy: Becoming the New Human

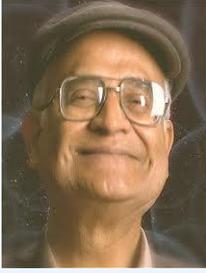
(Love Offering)



Higher consciousness equates with higher conscience, which is not mere moral ideas, but rather soul vibration, an experienced palpable perception of our energetic selves connected.

A follow-up workshop will be held Sunday, October 26, 1:00-4:00 pm (\$20)

Jane Katra is a writer, researcher, speaker, and teaches classes in esoteric wisdom, psychic and spiritual development, remote viewing, forgiveness as transformation, facing death and meeting the soul.



Unity of the Valley presents:

Lectures with Amit Goswami

Awakening Quantum Love & the Heart Center

Saturday, October 11, 7:00-8:30 pm

Quantum Enlightenment

Sunday, October 12, 1:00-4:00 pm

Join Amit Goswami, Ph.D on October 11 and 12 for lectures on recent advances in Quantum Physics.

Saturday, October 11 - *Awakening Quantum Love and the Heart Center.* The key to prevention of heart disease and breast cancer. Quantum physics is changing our worldview. In this lecture, quantum physicist Amit Goswami will introduce you to quantum ideas of consciousness and how we can explore health and healing through exploring our own consciousness. Amit will take us through an exploration of love and show how suppression of love can give rise to heart disease and cancer. Goswami's recipe is to explore quantum love and open the heart center. He will explore how we may accomplish this. **Cost: \$15 at the door.**

Sunday, October 12 – *Quantum Enlightenment.* In Sunday's lecture, Amit Goswami uses recent advances in our understanding of quantum physics and consciousness to elucidate the nature of spiritual enlightenment and guide people to pursue personal growth and enlightened living. **Cost: \$30 at the door.**

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Second-Time-Around Fundraiser

Saturday, October 18, 10:00 am-2:00 pm



Gather your extra clothes, shoes, accessories, tools, and sporting goods and exchange them for something new.

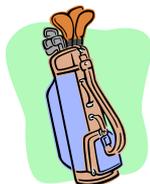


Bring 5-10 items and exchange them for 5-10 new items.

It is a great way to do your fall cleaning, your fall shopping, and support Unity of the Valley, too!



A \$5 donation is requested at the door – and bring a little extra for the bake sale!



Galileans' Pumpkin Sale

Sunday, October 26 - before & after the service
In the Fellowship Hall



Proceeds will go towards providing Thanksgiving Dinners for two families in transition at the First Place Family Center.



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

Congregational Potluck Sunday **Starts November 2 after the service!**

Join us on the first Sunday of each month for the new monthly Congregational Potluck.

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

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.

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.

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 541-895-3214**.

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**.

HEART INTELLIGENCE PRACTICE GROUP (Fillmore Wing) First & Third Friday and 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**. (No practice on October 17 or 18)

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**.



Sunday, November 2
**Be sure to turn those clocks
back one hour!**

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

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