



Unity of the Valley

"Exploring, Growing, Connecting"



September 2014
The Core of All Existence
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

THE CORE OF CREATION A Metaphysical Creation Story



1. When the Creator brought the Earth into form, the Creator declared it good, and it was. Earth was beautifully clothed with the sun, moon, stars, water, trees, mountains, rivers, flowers, animals, plants, and air, and with the power of gravity to hold us close. Earth was a gift that would keep on giving as we, in turn, honored its sacredness. This is a lesson we are still learning.
2. Yet, no matter what we do to our Earth, it keeps coming back with signs of its true goodness – just as flowers push through cracks in the sidewalk and the dawn follows the darkest night.
3. At the core of all existence is the impulse for life, endlessly producing new and fascinating forms. Each form is an expression of the inner essence.
4. From this eternal core comes a flow of grace. By following this flow, we discover our part in the cycle of creation – that our lives have meaning.
5. It may seem that scientific laws are ever expanding. Yet, we are simply discovering what was, and is, already woven into the fabric of creation.
6. We think of the core of existence as a mystery, when the evidence of it as *life* unfolds before us every day, attempting to bind us to its goodness, its givingness, its creative pulse.
7. The core of existence calls to us: "I am here. You belong to my evolution. You are the very bearers of my life force. You want to be the star in the play, yet you already are. To know true peace, let me breathe through you. To be happy, let me smile through you. To have your true needs and deepest desires fulfilled, here is the secret: *Be the pulse of all life that you are.*"

Your Ministerial Team
Sherry, Inge & Jon

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, or listen to the talks at our website: www.unityofthevalley.org. 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.

Join us in September as we explore these topics:

Sunday, September 7: The Power of Mystery (Mark Stanton Welch)

Sunday, September 14: The Power of Vision (Jon West)

Sunday, September 21: The Power of Story (Rev. Sherry Lady)

Sunday, September 28: The Power of Divine Impulse (Jon West)

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 or 4;
2. Unikids is the next step up, with children generally in Grades K-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

Youth & Family Ministry Fall Program Begins September 7

Our Youth & Family Ministry Fall program begins September 7, and we anticipate a dynamic year of wonderful fun, delightful interactions, and growth in the Spirit of love and of understanding what we offer each other, our families, and our world.

We will be traveling the mystic and metaphysical journey of our new “star” – Alice! – as she makes her way through Wonderland and discovers the most interesting, sometimes whacky, but always profound teachings unfolding on the winding paths through her unexpected new environment. All ages will be addressing these things on their appropriate levels, along with other activities to stimulate growth and, hopefully, enough life and laughter to make Sunday mornings a highlight on everyone’s calendar. Make sure your kids get here so they don’t miss a thing – especially the first Sunday, when the Coming Alive players will be presenting Alice in Wonderland characters in costume, story, and song – (and, of course, especially every other Sunday as well)!

The Nursery Has Moved

The Unitots (Nursery) moved out of the Garden Room and into their own space, in the Harmony Room. The move will allow them to be truly playful in their own environment, and the Unikids to have room for all of their Alice in Wonderland activities. Everyone is very happy about this. We see the program as a whole, continuing to grow in all areas, and continuing, also, to be a vital and visible part of the whole community of Unity of the Valley. Kudos ad infinitum to all the staff and volunteers who give so generously of their time for this very important church program!

Beginning in October, we will be giving you highlights of each month’s curriculum so you can learn along with us. Come and share your presence with us so you can also witness things firsthand. We love having company!

With much love and appreciation
for everyone and everything,

Sherry



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

September Prayer

All That I Am

All that I am is God's,
so I need to be still
and let God love me.

All that I am
is Spirit's unfolding,
so I need to be still
and let Spirit guide me.

All that I am
is peace expanding,
so I need to be still
and feel its essence.

All that you are, my friend,
is a part of me.
I stand in awe of this truth,
and I choose to share my love,
my support, and
my peace with you
so we may fill our world
with hope.
Amen.

Prayer Shawl Ministry

**First Tuesday of Each Month
12-1 pm in the Fellowship Hall**



The gifts of the Prayer Shawl Ministry are many. Some are:

- ♥ A time of sharing, fun, and heart connection.
- ♥ A rewarding source of joy that takes on the feeling of a meditative practice.
- ♥ The Prayer Shawls will bless people who are going through a difficult time with a gift they can wrap around themselves to bring comfort, hope, healing, love, and peace.
- ♥ No experience is necessary!
For more information, contact Inge Tarantola at 541-968-5540.

IT'S DECISION TIME!

Come-Unity Gathering

Sunday, Sept. 14, 11:45 am-12:30 pm, in the Fellowship Hall
Refreshments provided

We've had a wonderful period of transformation, and now:

- Our Ministerial Team's one-year contract has ended.
- The one-year financial boost that was donated to Unity is tapering off.

What adjustments do we need to make? What will be Unity's long-term direction? What changes are already evolving naturally? Our Board and Ministerial Team will share what we know—and we also need to hear from you! (A fill-in survey will be provided.)

September 2014 Treasurer's Report

Month	Average Attendance	Income	Expenses	Monthly Cost Per Attendee
June	103	\$18,570	16,316	158
July	101	\$17,967	\$15,815	157

Prosperity Giving

Financial giving includes sending \$200 to Unity national organizations. Our Youth and Family Ministry sent \$27 to their sponsored child. The Angel Network sent condolence and get-well cards, visited sick congregants, and provided rides to church.

Thank you to everyone who brought food to share at our after-service gathering, and to the group volunteering to provide monthly leadership training; AND Thank you, everyone, for your time and support of the Unity Fair. We sold 80% of the donated items and made about \$3,100!

Board Meeting

Tuesday, September 16, 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.

Garden Ministry



Look outside at our wonderful meditation garden! It is such a lovely part of our Sanctuary. The garden that surrounds our building is also beautiful and peaceful, and is well worth a walk around the building.

Several years ago, Karen Patterson walked around the grounds, and found the gardens to be in need of some Tender Loving Care. She began the task of lovingly restoring our gardens, and since then has worked very hard, at times pushing her physical limits to accomplish her task. Karen loves plants and gardening, and through her knowledge and skill she has created for us the garden you see today.

Karen did not accomplish this by herself, but has gathered help over the years. With Karen's loving focus and the numerous "garden work parties" where people come to help with weeds and planting we have the gardens you see today. This is also one of Inge's ministries, and she has been an important part of the work that has been done in our gardens too.

I am grateful to Karen, and to all those who have helped her, for creating a garden that expresses the love and beauty we wish to share with the world. I invite everyone in the congregation to look, as Karen did, and see what needs to be done, and to come to the aid of the community. We can accomplish much together!

Namasté
Ellen

Volunteer Opportunities

Closing Kitchen Angels

We have openings on the second and third Sundays of the month for closing Kitchen Angels. Sign up in the Fellowship Hall and be part of our Fellowship Team!

Office Angels

We currently have openings for office angels on Tuesday, Thursday, and Friday afternoons, 1:00-3:00 pm. Our office angels answer the phone and perform light office work as needed. If this interests you, please sign up in the Fellowship Hall or call Céna at 541-345-9913, ext. 11.

6th Annual Unity Fall Circle Suppers

Circle Supper sign-ups for October and November start in September. Circle Suppers are a wonderful opportunity to experience great food and some good Unity fellowship outside of Sunday services.

Intimate, in-home potluck suppers (or lunches) for six to eight people are held in the spring and fall. You will dine with a different host at each meal, and you will meet new friends as well as reunite with familiar faces. We are looking for both guests and hosts.

For more information, contact:

Nora Nicholas at 541-921-8453 or triesen@hotmail.com



Joy of Watercolor

Mondays 10:00 am - Noon
Fridays 11:30 am - 1:30pm

Please join us.

The emphasis of this class is on joy. Explore painting with watercolor in an encouraging and fun atmosphere.

All skill levels. Donation basis.

Ellen Ticknor
541-344-1490

Youth & Family Ministry Special Event:



Playing with Our God Selves Teacher Training for all ages Mindfulness for all ages

Friday, September 5, 7:00-9:00 pm
Saturday, September 6 (9:00 am-4:30 pm)

Guest presenter Chris Castaldi, youth consultant for the Northwest Region Unity Churches and well known and loved Unity Musician Mark Stanton Welch are coming to Unity.

Friday

Calling all families, children, and staff

Join us for a time of getting to know each other more. We will have an opportunity to connect children, adults, and staff together in a time of fun. Chris Castaldi will be guiding our evening. There will be fun, games, and refreshments. Free. Love offerings accepted.

Saturday

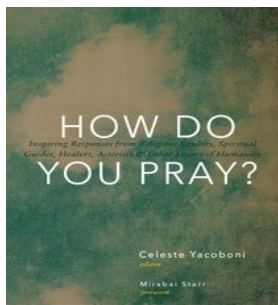
For seasoned and beginning Youth Ministry Teachers, Assistants, and Sponsors

(Staff from other Unity churches in the region have also been invited.)

- Relationships in a trustworthy, mindful environment allows Spirit to be active in all our Youth Ministry connections, explorations, play, learning, and growing.
- We will establish a trustworthy, positive environment, explore what makes that so AND play, learn, and grow through examining the different parts of a mindful, trust culture.
- We will explore the flow and segments of Youth Ministry time.
- Overall we will share fun and inspiration together.

Come and enjoy this special event! Share your light and love in a time of fun experiences, getting to know each other better, and learning more about what it is to be immersed in the "Unity way of life" at any age.

For more information, contact Rev. Sherry Lady at 541-345-9913, x. 16.
To pre-register, pick up a registration form in the Fellowship Hall.



**A Prayer Enrichment with Author
Celeste Yacoboni
Saturday, September 6
10:00 am-Noon**

A special Invitation for
Pastoral Care Ministries and All
who are interested in Prayer

Join us for a presentation by Celeste Yacoboni, author of *How Do You Pray?* which will include a time for questions and answers and a book signing.

This deeply moving presentation will include information and insights about prayer from spiritual guides, religious leaders, healers, activists, and other lovers of humanity who were asked the question: How do you pray?

You will be inspired to contemplate the intention of prayer in your life as well. Join us in the Sanctuary.

**"Music can change the world because it can change people."
~Bono**

CHOIR MINISTRY

We all love to hear the choir sing. The beautiful blending of voices and harmonies delights our ears.



Come and be a part of Unity's Choir!

We are a group of trained and untrained, talented and strugglers, who come together weekly for this creative journey. Practice is weekly on **Mondays from 6:30-8:00 pm**.

For more information, contact the choir director, Kalia Bethany, at 541-484-9341.

Unity Open Men's Circle

Monday, September 8, 6:00-8:30 pm

Raymond Albano, Jim Drews, John Freshwater, and Jon West have been collaborating on the creation of a new men's group.

We are excited to announce the beginning of the

Unity Open Men's Circle.

This circle will be open to all men, both within our church and in our larger Eugene community. We envision this as a safe container where a man can openly and authentically share about his life, with the support and in the company of other men.

Emotional literacy, honesty, integrity, and truth telling will be modeled and invited. A structure will be created to provide confidentiality and safety, as well as opportunities for growth, transformation, and fun.

Save the Date!

Monday, September 8, 6:00-8:30 pm – Potluck (1st gathering)
Saturday, October 4, 10:00 am-4:00 pm – Men's Workshop
Monday, October 6, 6:00-8:30 pm – Celebration (2nd gathering)
Monday, October 20, 6:00-8:30 pm – (3rd gathering)
Monday, November 3, 6:00-8:30 pm – (4th gathering)
Then, every first and third Monday 6:00-8:30 pm

Please join us, and spread the word!

For more information, contact:

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

Jim Drews – 541-726-8510

John Freshwater – 541-554-6898

No man is an island, entire of itself,
every man is a piece of the continent,
a part of the main....

~John Donne

Two Yoga Classes at Unity

Getting Started: An Introductory Series
Wednesdays, September 10-October 1, 5:45-7:00 pm



Is your body aching to feel better? Yoga is a way to touch base with our own inner healer, and to participate in bringing our body and mind to a place of peace. This class is a 4-week series held in the Sanctuary for those brand new to yoga (or it's been a long time), and is a way for the instructor to learn about your needs and to guide you in beginning a safe practice of yoga. Advanced Registration required. Price: \$36.

Gentle Yoga for All Levels
Tuesdays, 5:45-7:15 pm, begins September 2

Yoga is a state of being. Explore the aspects that make our practice true yoga: awareness of breath and the spaces between, awareness of body and alignment, and the joining of stillness and action. Exploring yoga poses from the inside out, we experience peace, connection, and healing. This is an ongoing class with various payment options.



Donna O'Neil, E-RYT500, CA, has been teaching yoga for 18 years, and is certified at the highest level. She is also a Chiropractic Assistant, where she offers yoga therapy. Find out more about Donna on her website: yogawithdonna.com.

To register or for more information, contact Donna in advance of attending at yogawithdonna@gmail.com or 541-683-7664.

Let the beauty we love be what we do.

~Rumi

The Spiritual Exploration Group presents:

What's Going on in Israel, and Why? Wednesdays, 10:00-11:15 am

Facilitated by Rev. Sherry Lady and Tom Blank



**Spiritually engaging and historically fascinating,
this will be a course unlike any other, providing you with:**

- A new appreciation for ancient history and the foundation of the world's major faiths.
- A deep "aha" as to why this part of the world continues to swing from peace to chaos and back again.
- A full historical context for the Hebrew Bible and its ability to spark controversy, especially today.
- A surprisingly and sudden illuminated vision of the history you thought you understood.

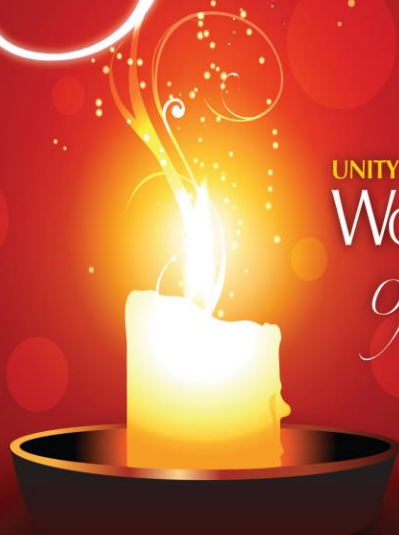
All done with lively storytelling and clear examples.

Drop-ins on any Wednesday are welcomed. Love offering basis.
Credit for Unity Spiritual Enrichment (SEE) classes is available.

*Learning is a treasure
which accompanies its owner
everywhere.
~Chinese Proverb*

WE ARE THE LIGHT OF THE WORLD
LET YOUR LIGHT

Shine



UNITY
WORLD DAY
of PRAYER

SEPTEMBER 11, 2014

Join us in the Sanctuary (Noon to 6:00 pm)
as Unity of the Valley joins in prayer with
Unity Churches worldwide.

We start at Noon with an opening ceremony.

We continue the day with meditation,
silence, and a closing ceremony at 6 pm.

Join us for any or all of this day!

Unity of the Valley
3912 Dillard Road, Eugene, Oregon
541-345-9913

New at Unity The Friday Night Connection

Enjoy life-enriching presentations offered by guest speakers from here and abroad! Our first series will be offered in September and October. **Starts at 7 pm.** Ending time varies with presenters.



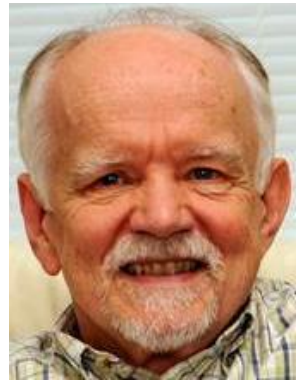
Friday, September 12, 7-9 pm ***Tigmonk: The Practical Application of Spiritual Insight & Wisdom***

Suggested love offering: \$10

Tigmonk is “a modern-day mystic, someone in intimate communication with the source of life. His Teachings (Sharing) make it quite clear that real liberation from suffering and conflict is a journey that begins and ends with our most Sincere Self.” Tigmonk will also be signing his book, *Explosion of Love*.

Friday, September 26, 7-9 pm ***Your Life’s Legacy: Blessing Future Generations*** (free admission)

Every human life is a rich source of stories, lessons learned, and wisdom worth sharing. Come to this introduction to create your own ethical-spiritual Will – a document that describes your values, beliefs, stories, hopes, dreams, and more. It’s a blessing that will last for generations.



Todd Peterson is a writer, teacher, and speaker on life legacies, positive aging, brain health, and end-of-life issues.



AWAKENING YOUR POWER OF NOW: EMBRACING THE IMPULSE TO EVOLVE

Facilitated by Jane Katra, Ph.D.

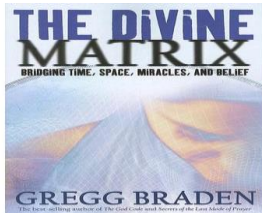
Tuesdays, September 16-October 7
7:30-9:00 pm

Join Jane Katra in the Fillmore Wing on Tuesdays for this 4-week series on *Awakening Your Power of Now*.

Participants will be assisted in awakening to their inner purpose, directly experiencing the palpable vibrations of their own and others' energetic fields of presence, and in developing their natural healing power, which is the foundation for fulfilling our outer purpose.

Love offering basis. Doors close at 7:45 pm

EXPLORING THE DIVINE MATRIX



Wednesdays, 6:30-8:00 pm
September 17-October 22
Facilitated by Michael Tanner

Join Michael Tanner for 5 Wednesdays, starting September 17 (skipping October 15), from 6:30-8:00 pm in the Fillmore Wing, as he leads us in the exploration and discussion of Gregg Braden's book, *The Divine Matrix*.

We will also explore related ideas from various authors, including Deepak Chopra (*I Knowing God*), Lynne McTaggart (*The Field*), and Michael Talbot (*The Holographic Universe*).

The Divine Matrix is available at the Unity Bookstore. It is suggested, but not required, that you start reading the introduction and chapter one before the first class. Love offerings accepted.

Come and explore together the implications
of a Divine Matrix for personal spiritual development.

Living Healthy, Slim, and Trim

Thursday, September 25, 10 am-Noon

Join Florence Vollstedt in the Fillmore Wing for a fun and informative workshop on remembering what works!

This fun and inspirational workshop will bring back the magic of changing your thoughts, changing your life the fun and easy way!
Donation basis.

For more information, contact Florence at 541-345-2726.



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.

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)** and **Janet Chandler (541-485-5235)** facilitate this group. They are currently studying the book *The Last Frontier: Exploring the Afterlife and Transforming Our Fear of Death*, by Julia Assante.

A COURSE IN MIRACLES (Fillmore Wing) Wednesdays, 10:00-11:45 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. 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 (Fellowship Hall) 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**.

(continued on next page)

Weekly Meditation, Prayer Circles, & Study Groups

(continued)

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)** (restarts on September 18).

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).

MEN OF UNITY (Fellowship Hall) First & Third Wednesday, 6-8:30 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 call **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**. (There is no group on the first Fri. and Sat. in September)

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**.

Everybody Loves Paul Biondi!

Join us **Saturday, September 27, 2:00-4:00 pm** in the Fillmore Wing as we support Paul through prayer, notes, art, and more.

For more information, contact **Betsy Priddle at 541-359-8875**.

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

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