



Unity of the Valley

Positive Practical Spirituality

September 2015



Sunday Service 10:30 a.m.

Rev. Sherry Lady
Ministerial Team Member

Rev. Inge Tarantola
Ministerial Team Member

Jon West
Ministerial Team Member

www.unityofthevalley.org

THE SKY WITHIN: A Message from Jon, Sherry & Inge

Ages ago, when people still knew that One Spirit lives in all things, a woman grew a garden to feed her family. Seeing an angry sky threatening to tear up the garden, she ran outside.



"Great sky," she called, "why are you angry?"

"Because," the sky thundered, "I didn't get my way!"

"But you have so much to be thankful for, why let one little thing bother you so?"

"One little thing means a lot when you're empty inside."

"Ah," said the woman, "but you are not empty inside."

"Easy for you to say," the sky rumbled under its blasting wind.

"You smile and dance when I'm clear and blue. But that's when I'm at my emptiest! Even now, all I feel inside is a swirl of cold air, flashes of fire, and tears just waiting to fall."

"Oh sky, you are so much more than this commotion of thoughts and feelings," the woman lovingly explained. "You are connected to all that lives on the earth. Through you, the Spirit delivers the very breath of life. At your deepest core, you are Spirit itself. Your beautiful face is only the visible surface of your vastness. The thunder you summon with a simple desire is a tiny glimmer of the power you contain."

Gradually, the blasting wind softened to a buffeting breeze which asked: "How can I feel and know what you say is true?"

"Be still and know," answered the woman. "Behind your restless thoughts is infinite peace. Behind your sometimes confused wandering is a clear, inspired purpose. Behind your many desires is a pure and divine passion, dancing in joyous communion with all life."

There was not even a whisper of a reply. Instead, the rushing air grew calm. The dark, angry clouds faded away. A glorious sun streamed down through a perfectly blue sky, as birdsongs filled the air. The woman's garden was saved. And so, with peace, passion, and purpose, she strode away.

*And so this September, we will face our own inner sky,
opening to the magnificence that waits within!*

Sunday Services in September

Sunday, September 6: Finding the Peaceful Balance –

How do we manage all our inner drives – our needs, wants, responsibilities, etc. – to find and maintain inner balance and harmony?

Sunday, September 13: The Gifts of Our Natural Passion, with guest speaker **Sue Muck**. What are those things we are so passionate about – the things we can't *not* do? How can we use that energy more fully in life?

Sunday, September 20: Connecting to the Cosmic Purpose

– In Unity, we see evolution as the natural unfolding of the divine potential of the universe. What are some ways that we, as spiritual beings, can assist this wondrous process?

Sunday, September 27: A Mind, Body, Spirit Meditation –

Join Jon West and Donna O'Neil for a service with less talking and more doing as we experience gentle chair yoga, Kirtan-style chanting, and deep meditation. A great warm-up for our Mind, Body, Spirit Fair on October 3.

Guest Speaker Susan Muck

Sunday, September 13



Sue is a certified Integral Coach, Spiritual Director, and managing partner in Insight Leadership, a coaching, training, and consulting business dedicated to personal and leadership transformation. Susan has more than 20 years of experience in personal development and transformation coaching and training.

Prayer Chain

For immediate prayer, you may call Inge Tarantola at 541-968-5540, 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

*Any concern too small to be turned into a prayer
is too small to be made into a burden.*

~ Corrie Ten Boom

September Prayer

Autumn leaves – not quite yet, but hints of their brilliant colors are seen on the edges of the last embraces of summer.

We are like that – the edges of our brilliance warmed by the embrace of a loving Spirit ready to burst into the fullness of who we are.

Let us allow that loving embrace to warm each cell of our bodies and each thought of our days.

May we celebrate the harvested good that is ours in this season of transformation.

Thank you, God!

Prayer Support on Sundays

Our Chaplains are available for prayer following the Sunday service.

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

Service of Lights

The small votive candles near the ramp are there for you! Any time during the week, or before or after the Sunday service, feel free to light a candle as you say a prayer for yourself or others.

A Warm Welcome to Laura DuBois, our new Music Director



We are thrilled to welcome our new Music Director, Laura DuBois. Laura holds a BM and a MM in Piano Performance, and has completed all but her dissertation for a DMA in Piano Performance and Pedagogy from the University of Miami. From 2003 until 2015, she was the musical director at Unity Church by the Shore in New Jersey where she provided music and directed two ensembles. Since 1987, Laura has enjoyed teaching piano privately, and has maintained a robust studio of aspiring pianists. Recently, she has begun helping students with special needs, which she finds extremely fulfilling. Throughout her career, she has presented chamber music recitals, most notably with the Corialis Trio. Laura lives with her husband, Gary Collins, near Blachly. Her son, Elliot, is a physics major at Rutgers.

Spirit of Yoga with Donna O'Neil

An ongoing weekly class for turning inward, with slow, contemplative yoga designed to explore and strengthen the body, stretch the spine, and renew the spirit.

Every **Tuesday, 5:45-7:15 p.m.**
Beginning September in the
Unity Sanctuary.

Bring your own mat & blanket.
Arrive early. Check & cash only.



Contact Donna at 541-683-7664 / yogawithdonna@gmail.com

New to yoga (or rusty)? Attend the Introductory Series,
Tuesdays at 4:30 p.m. through September. \$36

Youth & Family Ministry News

We hope you and your families had a relaxing, joyful summer. We have many exciting new developments to share with you, and are looking forward to another great year ahead. There are many fun family events and activities on the calendar that we have planned for the fall, with more to come.



At Unity, most of us have heard the beautiful quote by Mahatma Gandhi, “Be the change you wish to see in the world,” and this fall we set an even bigger intention to offer shared community leadership, unconditional love, support, and encouragement to our youth to help them realize their own Divine (Christ) Light within, so they can shine their light into the world. At Unity, we honor the inner light within every child and see the importance of our whole community holding a space to help them grow and blossom.

A very warm welcome to all of you, especially, to our new youth and their families.

Please mark your calendars for upcoming events. We look forward to having everyone together for our **Family Fun Night**, with special guests, on **Friday, September 11 at 7:00 p.m.**, and for our **Parent Night Dinner** on **Monday, September 14 at 6:30 p.m.** We will have dinner and a fun slideshow, then discuss the fall schedule, events, fundraising, and curriculum, as well as our vision for Shared Leadership: bringing together community, youth, families, and Unity leaders to support our youth’s spiritual development.

Your Youth Ministry Leadership Team,

Shawna, Aaron,
June, Alison,
Raymond,
Sally, and Betsy



Garden Ministry

We are surrounded by beautiful landscaping. Our landscaping crew comes regularly to maintain the beauty. Twice a year, we organize a “garden party” to catch up on some details (weeds and such). We have hard-working and talented volunteers who offer their time to do this. It is usually a lot of fun, and many hands make light work. It seems to take many eyes to catch all the little details of maintaining a beautiful landscape.

We are looking for a person, or a group of people, who would be willing to walk the property once a month and report in on anything that is in need of attention. Anyone want to volunteer to walk our beautiful grounds?

Namasté
Ellen

Unity Circle Suppers



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

This is a great event for our newcomers too!

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. You can sign up in the Foyer on Sundays in September or for more information, contact Nora Nicholas at 541-221-8453 or triesen@hotmail.com.

Polestar Gardens

from the big island of Hawaii

divine friendship tour 2015



LA • Santa Barbara • Santa Cruz
Nevada City • Sacramento
Santa Rosa • Arcata • Ashland
Eugene • Portland • Seattle



an evening of sacred music &

kirtan with Polestar Gardens Community

and special guests

Shanti Shivani & Friends



Thurs

Sept 3

7:00 pm

at **Unity of the Valley**

3912 Dillard Road, Eugene OR

\$10 suggested donation



Polestar Gardens

is a spiritual community on the big island of Hawaii that offers year-round, hands-on experience in cooperative living based on the universal teachings of Paramhansa Yogananda.

www.polestarmusic.net



1ST SUNDAY POTLUCK

SEPTEMBER 6 (after the service)

Bring your favorite dish to share and invite your family and friends. Unity will provide coffee, tea, cookies, and cake to celebrate the September birthdays!

PRAY UP YOUR LIFE,
Pray Up THE
World

AS I PRAY, I CONNECT MY
HIGHEST THOUGHTS WITH
MY DEEPEST FAITH.

UNITY
WORLD DAY
of PRAYER

SEPTEMBER 10, 2015

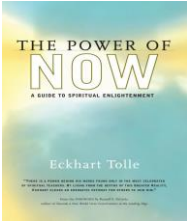
Join us **Thursday, September 10**, in the Sanctuary
(**Noon 7:00 p.m.**) as Unity of the Valley connects in
prayer with Unity Churches worldwide and
celebrates 125 years of Silent Unity.

We start at Noon with an opening ceremony, and we
continue the day with prayer, meditation, a labyrinth,
and silence. The Closing Ceremony is at 7:00 p.m.

Join us for any or all of this day!

Begin to prepare now by
lighting a virtual candle at
www.worlddayofprayer.org.





Sunday-Morning Reading Group 9:15-10:15 a.m.

Join the Sunday Morning Reading Group in the Fillmore Wing for the study of the book, *The Power of Now*, by Eckhart Tolle. (Starts Sunday, September 6.)

Much more than simple principles and platitudes, this book takes us on an inspiring spiritual journey to find our true and deepest self, and to reach the ultimate in personal growth and spirituality: the discovery of truth and light.

MISSION, VISION & INSPIRATION Growing, Training & Sustaining Youth & Family Ministry

**Friday, September 11 (7:00-9:00 p.m.) and
Saturday, September 12 (9:00 a.m.-4:00 p.m.)**

Hosted by Unity of the Valley
Presented by Chris Castaldi, NW Region Multigenerational
Consultant, and Guest Musician Mark Stanton Welch

Friday Night is "Family Fun Night." This is a weave of Mark's Music and Chris's Growing-In-Trust challenge course activities that bring fun and relationship together for families and Youth Ministry volunteers. This evening is an example of how a community can reach out and support parents, grandparents, youth, and volunteers with fun and purpose.

Saturday is structured into three sessions. #1 is to address one's personal Vision and Mission, and how that extends into your work in Youth Ministry. #2 is growing yourself and your volunteer base in service to Youth & Family Ministry. #3 is how and what structures support Youth Ministry volunteers, you, and your Unity community. A full day! Lunch will be provided. (Donations accepted.) You will have a network of Unity peers to be in support of your journey in Youth Ministry. Pre-registration helps us determine the amount of food needed.

To Register:

Youth & Family Ministry: 541-345-9913, ext. 13
Shawna Newcomb: shawnanewcomb@gmail.com
Rev Sherry Lady: sherrylady@comcast.net



Joy of Watercolor
Fridays 11:30 a.m. - 1:30 p.m.
(starts September 11)



Join Ellen Ticknor in the Fellowship Hall and explore painting with watercolor in an encouraging and fun atmosphere. The emphasis of this class is on joy. All skill levels welcome. Donation basis. For more information, contact Ellen Ticknor at 541-344-1490.

Creativity is contagious. Pass it on.
~Albert Einstein



Coming Alive Theater Group



Come and join us on
Thursday evenings, 7:00-8:30 pm
starting September 17

Our theater group is looking for new people to participate and add their talents. Join us as we learn more about ourselves as individuals, grow in our appreciation of the performing arts (as both participant and audience) and begin working on our fall radio show presentation.

No experience is necessary,
and everyone, any age, is welcome.

For more information, contact:

Gary Wymore and Sunny Schneider
541-461-5663 / sunnyschneider@q.com

The Silent Auction



**Sunday, September 20
4:00-7:00 p.m.**

Unity is holding an adults only Silent Auction Fundraiser at Leonard and Inge Tarantola's home.

- Potluck, so bring your favorite dish to share! (Beer, wine, soft drinks, coffee, and tea provided)
- Live music!
- Raffle as well as Silent Auction!



Join us for some good food, a walk in the gardens, time with friends, and shopping for some wonderful items and services at the silent auction, — which supports Unity of the Valley too!

There is still time to donate an auction item or service to help make our Silent Auction a wonderful success. We can accept donations up to Sunday, September 13. Pick up a donation form in the Fellowship Hall.

For more information, contact:
Joyce Aschim at 541-315-6914 or
John Freshwater at freshwater541@gmail.com.

**Board Meeting
Tuesday, September 15, 6:30 p.m.**

Join us in the Garden Room. All are welcome! If you would like to speak at the meeting, please email Bonnie Chappa at bonniechappa@gmail.com. Minutes of the board meetings are posted in the Fellowship Hall on the Board's bulletin board.

Unity of the Valley Presents **BODY MIND SPIRIT FAIR**

October 3, 2015 10AM-4PM

Join us for an *informative, interactive, and fun* event.
Learn about ways to support your body, mind, and spirit.

Experience:

- Presentations -
- Healthy Foods -
- Healing Modalities -
- A Labyrinth -
- Music -

Yoga | Acupressure | Tai Chi | More....

Donations Accepted

Proceeds support church community organization

unityofthevalley.org
[facebook.com/unityofthevalley](https://www.facebook.com/unityofthevalley)

3912 Dillard Rd, Eugene, OR 97405
(541) 345-9913

Shared Leadership Workshop **Saturday, October 17, 10:00 a.m.-2:00 p.m.**

This workshop is for all of us who love Unity of the Valley!
We encourage everyone to join the Shared Leadership Team on
October 17 for a time of exploring how far we have come toward
our goal of becoming a loving and inclusive community.

We want to hear how it's working for you.

If you have attended any of the workshops we had
during our transition time, you know how powerful it is
to come together and share our ideas.

Weekly Meditation, Prayer Circles, & Study Groups

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

SUNDAY MORNING READING GROUP (Fillmore Wing) Sundays 9:15-10:15 A.M. This group is studying the book, *The Power of Now*, by Eckhart Tolle. Facilitated by **Ruth Beardsley**.

AFTER-SERVICE DISCUSSION GROUP (Fillmore Wing) Sundays, 12:15-1:00 P.M. Join with others in sharing insights that have arisen from the Sunday topic. (Childcare provided.)

JOY OF WATERCOLOR (Fellowship Hall) Mondays, 10 A.M.-Noon, and Fridays, 11:30 A.M.-1:30 P.M. 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. **(starts on September 11.)**

MEDITATION CIRCLES (Fillmore Wing) Mon., 5:30-6:30 P.M./Thurs., 5:30-6:45 P.M. 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** at **541-345-7563**.

METAPHYSICAL STUDIES (Harmony Room) Tuesdays, 10:30-11:45 A.M. **Judy Richardson (541-484-1958)** facilitates this group. They are currently studying the book, *BEING Your Self*, by Mike George.

ALZHEIMER'S-DEMENTIA SUPPORT CIRCLE Tuesdays, 1:00-2:30 P.M. Join Sherry Lady for a time of sharing, prayer, and helpful information. For more information, contact **Sherry** at **541-345-9913, x16**.

SPIRITUAL EXPLORATION (Garden Room) Wednesdays, 10:00-11:15 A.M. Facilitated by **Rev. Sherry Lady** and **Tom Blank**. **(Currently on hiatus.)**

OPEN HEART MEDITATION (Peace Chapel) Wednesdays, 12:00-12:30 P.M. 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 P.M. 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 P.M. 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)** **(starts September 17)**.

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 Monday, 6:15-9:00 P.M., and Third Monday, 7:00-9:00 P.M. The Men of Unity Group is open to all men in our church and our larger Eugene community. For more information on how you can participate, please contact **Raymond Albano** at **541-344-0727** or **John Freshwater** at **541-554-6898**.

PRAYER SHAWL GROUP (Fellowship Hall) Second Thursday, 12:00-1:00 P.M. 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. For more information, contact **Inge** at **541-968-5540**.

THERAPEUTIC TOUCH (Fillmore Wing) First & Third Thursday, 7:00-9:00 P.M. 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**.

SHAMANIC EVENING (Sanctuary) First Friday, 7:00-9:00 P.M. 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**.

Prayer Tree in the Sanctuary

The Prayer Tree in the Sanctuary is there for you during the month of September! Any time during the week, or before or after the Sunday service, feel free to add a prayer request to the tree for yourself or others. Hand and heart-shaped request forms are in a basket next to the tree. Each prayer request receives two weeks of prayer and is then sent to Silent Unity, Unity's Worldwide Prayer Ministry, for another 30 days of prayer.

Also, join us in the Sanctuary on **Thursday, September 10**, from noon to 7:00 p.m., for a day of prayer, meditation, walking a labyrinth, silence, and more. Come for part or all of the day!

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

CHAPLAINCY MESSAGE LINE

(541) 345-9913, Ext. 8

POSITIVE PRAYER LINE

(541) 345-9913, Ext. 7

SILENT UNITY

(800) 669-7729

BOARD OF TRUSTEES

Ruth Beardsley, President
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