
Fwd: Unity Inspiration & News

Unity Eugene <calendar@unityofthevalley.org>
To: calendar@unityofthevalley.org

Wed, Oct 29, 2025 at 11:16 AM



Positive, Practical Spirituality

THIS SUNDAY – NOVEMBER 2
- 10:30 a.m. Livestream & In-Person Service –
“Out of the Ego Cage” with Rev. Sherry Lady.

Reminder: Daylight Savings Time ends. Be sure to turn you clocks back one hour on Saturday evening.

LIVESTREAM: If you can't be with us in person, you can always join us live at 10:30 a.m. on Sundays at <https://www.youtube.com/@unityofthevalley2720/streams>.

Last Sunday's (10/26/25) service can be watched at <https://www.youtube.com/watch?v=m14jIhovloE>.

You can also find us on Facebook at <https://www.facebook.com/unityofthevalley>.



RULES AND PRINCIPLES

A message from Rev. Sherry Lady

Last week, on a rainy Oregon afternoon, a former teaching friend of mine - with the purpose of hopefully bringing a chuckle to our temporary indoor confinement - sent me a most interesting list the of “rules,” asking me if I thought she and I would have been able to have a career in education at that time in history. She was remembering how we both have a streak of independence in us that causes us to tend to push the edges and step out of bounds at times, which we sometimes did in the first careers of our lives, when we preferred to have our classroom lively and entertaining – and, our personal lives as well. Here's what she sent:

1915 Rules of Conduct for Teachers:

1. You will not marry during your terms of service.
2. You are not to keep company with men.
3. You must be home between the hours of 8:00 p.m. and 6:00 a.m. unless attending school functions.
4. You may not loiter downtown in any of the ice cream parlors.
5. You may not travel beyond the city limits unless you have the permission of the school board.
6. You may not ride in any carriage or automobile with a man unless he is your father or brother.

7. You may not dress in bright colors – and you may not, under any circumstance dye your hair.
8. You must wear at least two petticoats and your dress may not be any shorter than two inches at the ankle.
9. To keep the schoolroom neat and clean you must sweep the floor at least once a day, scrub the floor at least once a week with hot, soapy water, clean the blackboards once a day and start the fire at 7 a.m. so the room is warm by 8 a.m.

Rules for teachers in 1872 included these:

1. The teacher who performs their duties regularly, faithfully, and without fault for five years will be given an increase of 25 cents a week in pay, providing the board of education agrees.
2. After 10 hours in school, the teachers may spend the remaining time reading the Bible and other good books.

So what is this all about – the reason for sharing these old rules? One is to lighten a dreary day and bring a smile into a room. For me, however, there was also an awareness of a blessing. While the rules referred to teachers specifically, it made me think of the freedoms we have today to bring our children, (and their spiritual leaders) into our church services each Sunday where they can share their talents and we can bless them and let them know how special they are to us. It's not the rigid rules of life that puts the spark in their eyes, or brings out their spiritual nature and light. It is in the learning that some boundaries are definitely necessary for order in their world, and ours, but they have a special role in bringing joy to that world every day. When they can turn to adults who accept them for their individual-ness, love them unconditionally, guide them with compassion, and honor them as companions on the path of Spirit, the "rules" become collaborative guidelines for their physical and mental health, their wholeness, the development of their skills and talents, and guiding them on making the world a livable, friendly place for themselves, and for us. It has been said that when we become as little children, we will be better able to experience the "kingdom of heaven," each and every day. And, we can live in gratitude. (At least we no longer have to carry water in a bucket, carry coal in a scuttle, scrub school room floors, or fill oil lamps or stay away from ice cream parlors, as in those days.)

In fact, it's time for some ice cream. Help yourself. Thank you, God.

Love,
Sherry

THIS WEEK AT UNITY, OCTOBER 29-NOVEMBER 1

WEDNESDAY

- 2:00-3:00 p.m. via Zoom – Community Connect moderated by **Rev. Dick Everts**. 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. To take part, send an email request to **Rev. Dick - richard.everts@comcast.net**.

THURSDAY

- 1:00-2:30 p.m. – Unity's Elder Council meets in the upstairs Fillmore Room. 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.

- 5:30-6:45 p.m. – Passage Meditation in the Fillmore Wing. This

group practices "Passage Meditation" as taught by Eknath Easwaran. For more information, contact **Laurie Cracraft** at **541-554-5434**.

- 7:30 p.m. - Jai Uttal hour and a half of deep sonic restorative mantra & Kirtan at Unity. Tickets: \$40/\$50 at Tsunami Books Tsunami Books - www.tsunamibooks.org.

FRIDAY

- 5:30-7:00 p.m. – Youth & Family Ministry Halloween with Unity. Light Dinner from 5:30 to 6:00 p.m., and from 6:00 to 6:50 p.m. we have games, craft activities, gift items for purchase, and a hallway of horror for adults & teens, a Day of the Dead presentation with live music and crafts followed at 7:00 p.m. with a Trunk or Treat in the parking lot. Admission is on a love-offering basis.

SATURDAY

- 10:30 a.m.-Noon – Sacred Women's Circle in the upstairs Fillmore Wing. Join **Géna** and **Corilee** for a time of connecting, meditating, and doing a fun project that incorporates this month's theme which is ***Blessings of Gratitude***.

THIS SUNDAY – NOVEMBER 2

- See top of page for our 10:30 a.m. in-person and livestream service.

- After the service – First-Sunday Potluck. Join us in the Fellowship Hall. Bring a main dish or salad, and invite your friends and family! Unity will provide coffee, tea, and dessert.

- After the service – Healing Prayer Circle meets. We offer focused healing prayer upon request. If you or a loved one need prayer support, please contact **Julia Linebarger-Taylor** at **541-968-5896**.

- 12:15-1:00 p.m. – Youth Choir meets in the Sanctuary. Ages 6-18 years. Led by our wonderful Music Director, Laura DuBois.

- 12:15-1:30 p.m. – Empathetic Presence & Nonviolent Communication (NVC) Practice Group with Michael Dreiling.

This group meets on the 1st & 3rd Sunday of each month in the upstairs Fillmore Wing. Sessions offer an overview and Q&A about NVC followed by small group sessions to practice NVC and cultivate empathetic presence. Donations welcome.

NEXT WEEK, NOVEMBER 3-8

MONDAY

- 4:00-5:30 p.m. – Christmas Choir Practice in the Sanctuary. If you would like to be a part of the choir, contact Mo Robeson at 541-520-8489.

- 5:30-7:00 p.m. – Caring from the Heart, a LGBTQIA++ Support Group. Join **Shawn**, **Erik**, and **Jalon** in the Garden Room on the 1st & 3rd Monday of each month for an opportunity to gather in a safe place to be open and to share, express, and support each other in the LGBTQIA++ community. No judgement and no fear. For more information, contact **Erik** **541-556-0228**.

TUESDAY

- 11:30 a.m. - 1:30 p.m. – Unity Hang Out. Bring yourself, a friend, a snack, and come and hang out at Unity on Tuesdays with Alice and Shawn. Coffee provided. For more information, contact **Alice Sparks** at **541-729-3817**.

- 7:00-9:00 p.m. – Open Men’s Circle in the upstairs Fillmore Wing. The Men’s Circle is a safe container where a man can openly and authentically share about his life, with the support and in the company of other men. Meets on the 1st & 3rd Tuesday of each month. **For more information, contact Raymond Albano at 541-285-3943 / ralbano.tmlp@gmail.com or Jim Drews at 541-731-8492 / drewsjim@yahoo.com.**

- 7:00 The **November 4th Behind the Lens Seminar** film is ***Elevator to the Gallows***, directed by Louis Malle, (subtitles) followed by a Q&A session with Tom Blank. Cost is \$30 for series (12 movies) or \$5 per time. Be sure to pick up a registration form in the Fellowship Hall.

WEDNESDAY

- 4:30-5:30 p.m. - Unity Grief Support Group facilitated by **Rev. Inge Tarantola** and **Alice Sparks** meets in the Fellowship Hall on the 1st and 3rd Wednesday of each month. Confidentiality observed. For more information, contact **Rev. Inge Tarantola at 541-968-5540 or ingetarantola@gmail.com.**

- 7:00-8:00 p.m. – Chanting & Meditation in the sanctuary. Join **Jon West** and **Donna O’Neil** on the first Wednesday of each month and open to the Infinite Spirit within through the timeless practice of chanting our way into deep meditation. For more info., contact **Jon West at 541-683-7664 or jwest97405@gmail.com.**

THURSDAY

- 5:30-6:30 p.m. – Parents Empowered by Connecting group. This group meets on the 1st Thursday of each month in the Garden Room. For more information, contact **Alice Sparks at 541-729-3817.**

NEXT SUNDAY, NOVEMBER 9

- 10:30 a.m. Livestream & In-Person Service – “The Steady Mind” with **Rev. Inge Tarantola.**

- 12:15-1:15 p.m. – Unity Environmental Action Team (EAT) meets in the Garden Room on the second Sunday of each month. For more information, contact **Betsy Priddle at heavenstobetsy74@gmail.com or Donna O’Neil at yogawithdonna@gmail.com.**

UPCOMING

Friday, November 14 – 7:00 p.m. – Alice Di Micele concert. Tickets at humanitix.com, alicedimicele.com, and OG Corner Market.

Sunday, November 16 – 3:00 p.m. – The Nature of Gratitude event in the Sanctuary with live music, spoken word, photography, and more. Come and join Tom Titus, Eric Alan, Halie Loren, Don Latarski, Jorah LaFleur, Laura DuBois, David Jacobs-Strain, and Melissa Hart for this wonderful exploration of the diverse aspects of gratitude.

VOLUNTEER OPPORTUNITIES/NEEDS

BOARD OF TRUSTEE VOLUNTEERS: We have three open seats. We also have a seat open for someone willing to serve as an Alternate (willing to step in if a Trustee doesn't complete their full term). If you are interested in being of service to our spiritual community in this way, please contact **Jon West at jwest97405@gmail.com.**

POTS OF SOUP: Each Sunday we serve 2-3 pots of soup. We are looking for 1 person who can bring a pot of soup on a Sunday. Please **sign up in the Fellowship Hall if you can help out.**

PRAYER SHAWL MINISTRY: We are looking for volunteers to help make prayer shawls either by knitting or crocheting that are then given away to people in our community who are going through a difficult time. No experience necessary. To become part of the team, contact **Rev. Inge** at **541-968-5540** or ingetarantola@gmail.com.

UNITY COMMUNITY HAPPENINGS/OPPORTUNITIES

Our **November Bulletin** has been posted. You can check it out at <file:///C:/Users/Unity/Downloads/November-2025.pdf>.

The **Youth & Family Ministry Winter 2025 Newsletter** can be found at <http://unityofthevalley.org/Feb2025/YFMnewsletter2025.pdf>.

UNITY FOOD DRIVE – Please help us to fill the food barrel in the foyer with shelf-stable food (i.e., canned or no refrigeration needed) for Food For Lane County. Together, We Are Making a Difference!

SUNDAY GATHERING & NEWS FOR YOUTH

Nursery (Infant-4 years old) Nursery care is offered during the service in the Harmony Room.

Unikids (4 years old-2nd Grade) meet on Sundays in the Garden Room 10:20-11:25 a.m.

Unitweens (Grades 3- 5) meet on Sundays from 10:25 to 11:25 a.m. in the Rainbow Room.

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

Unity Teen Group (Grades 9-12). meet on Sundays from 10:25 to 11:25 a.m. in the Treehouse room.

UNITY'S SIMPLE GIVING PROGRAM

Unity of the Valley's **Simple Giving Program** is an easy, automatic means by which you can give gifts or tithes to the church in the amount you specify at the frequency you select. To sign up and for more information, click <http://www.unityofthevalley.org/pdfs/simplegivingform.pdf>. If you have any questions, contact our Administrator, Géna, at 541-345-9913, ext. 11.

FACEBOOK USERS

Did you know that you can help spread the word about Unity of the Valley and its events? By Liking the Facebook page and then clicking "Like" or "Share" on individual posts, you can let Facebook know that these posts are important and make sure that the posts are seen by MANY more people. Please take a moment now to Like the page (if you haven't already) and share a Unity post with your friends. Unity's Facebook page is at <https://www.facebook.com/unityofthevalley>.

Your Prayer Team is Here for You!

Do you have a prayer request? Contact **Julia Linebarger-Taylor** via phone or text at **541-968-5896**.

Unity of the Valley's Music Releases can be found at

<https://www.facebook.com/unityofthevalley/videos/368369060857899/>.

"Connecting from the Heart" is now an independent nonprofit organization, working closely with Unity of the Valley. To enjoy their music, meditation and mental wellness videos, please click on this link: cfth.us.org.

We also post Unity videos, when possible, at: https://www.youtube.com/channel/UCqUL3d7-JjO_45Bo3vLfrWQ/videos

You can visit Unity Online at:

Website: <http://www.unityofthevalley.org>

COMMUNITY SUPPORT FUND

Our Community Support Fund (CSF) was created to assist individuals in our spiritual community who need short-term financial assistance. Grants typically range from \$50 to \$500, depending on the need and availability of funds.

WAYS YOU CAN SUPPORT THE FUND

- Send a check to Unity of the Valley, 3912 Dillard Rd., Eugene, OR 97405 with a note designating if it's for the CSF or general Unity finances.
- Send a donation through PayPal using the yellow DONATE button on the home page of our website: unityofthevalley.org. This can be a one-time donation, repeated as often as you wish for different amounts, or a monthly recurring donation for a set amount. Make sure you designate whether you want your donation to be applied to CSF or to general Unity finances.
- Send an email to unityval@riousa.com stating that you wish to pledge a certain amount to the CSF or to general Unity finances. Give your phone number so Géna can contact you to arrange how and when you wish to donate.
- You can write a letter stating you wish to join our **Simple Giving Fund** to contribute a set amount (state the amount) on a regular basis (state how often) with your bank account routing and account number. Just designate what portion should be used for the CSF or general Unity finances. Géna, our Office Administrator, opens all our mail in private. So, it is safe to include your account information in a letter, but not in an email.

IF YOU NEED MONETARY ASSISTANCE

To request monetary help, you can write a letter or an email (unityval@riousa.com) directed to the Ministerial Team. Please include the following information:

1. Your name, mailing address, phone number, and email address.
2. Your association with Unity of the Valley.
3. Name of reference at Unity of the Valley (someone who knows you).
4. Brief description of your financial need.

5. How much you are requesting.
6. Do you think your financial needs will require monthly support?

Requests for monetary help will be reviewed by our Ministerial Team. If a request is approved, the amount granted will be dependent on how many requests we receive and how much money is available in the CSF.

Thank you all for being an integral part of our loving and supportive community.

Unity of the Valley | 3912 Dillard Road | Eugene, OR 97405 US

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