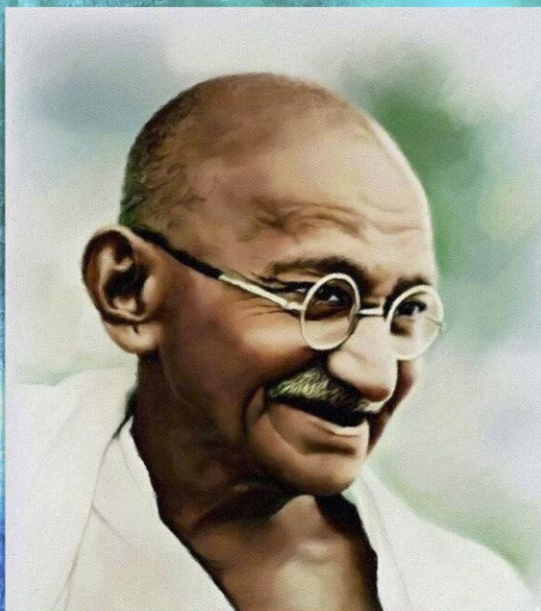




November 2025

Voices for Peaceful Action

Mahatma Gandhi



Unity Council of Elders



Rev. Cylvia Hayes
former First Lady of Oregon



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director & Ministerial Team Member

Laura DuBois

VOICES FOR PEACEFUL ACTION

A message from our Ministerial Team

*This month we conclude our 7-week series on The Wisdom of Gandhi. We will also hear from other voices on living a truly meaningful and fulfilling life in this interdependent world of ours. One powerful voice that only recently left us belonged to the great naturalist and global activist **Jane Goodall**. These are some of the last words she wished to share:*

In the place where I am now, I look back over my life. I look back at the world I've left behind. What message do I want to leave? I want to make sure that you all understand that each and every one of you has a role to play. You may not know it. You may not find it. But your life matters, and you are here for a reason. And I just hope that that reason will become apparent. I want you to know that whether or not you find that role you're supposed to play, your life does matter. You make a difference in the world, and you get to choose the difference that you make.

I want you to understand we are part of the natural world. And even today, where the planet is dark, there still is hope. Don't lose hope. If you lose hope, you become apathetic and do nothing. And if you want to save what is still beautiful in this world, if you want to save the planet for the future generations, your grandchildren, their grandchildren, then think about the actions you take each day. Because multiplied a million, a billion times, even small actions will make for great change.

I just hope you understand that this life on planet Earth isn't the end. I believe, and now I know, that there is life beyond death, that consciousness survives. I can't tell you secrets that are not mine to share. I can't tell you what you will find when you leave planet Earth. But your life on planet Earth will make some difference in the kind of life that you find after you die.

Above all, I want you to think about the fact that we are part, when we're on planet Earth, of Mother Nature. We depend on Mother Nature for clean air, for water, for food, for clothing, for everything. And as we destroy one ecosystem after another, as we create worse climate change, worse loss of diversity, we have to do everything in our power to make the world a better place for the children alive today and for those that will follow. You have it in your power to make a difference.

Don't give up. There is a future for you. Do your best while you're still on this beautiful planet Earth. God bless you all.

SERVICES IN NOVEMBER

Sunday, November 2: “Out of the Ego Cage” – Speaker: Rev. Sherry Lady. (Daylight Savings ends. Turn clocks back one hour.)

Sunday, November 9: “The Steady Mind” – Speaker: Rev. Inge Tarantola.

Sunday, November 16: “The Illumined Soul” – Speaker: Jon West.

Sunday, November 23: “We are the Ancestors” – Guest speakers: Unity of the Valley’s Elder Council. We follow the path set by our ancestors. Their decisions often determine our future. What choices are we making that will determine the future of our children and grandchildren? We will also be welcoming new members!

Sunday, November 30: “Sacred Activism – Standing Up in Spiritual Principle in These Wild Times.” Guest speaker: Rev. Sylvia Hayes (see details about Sylvia on page 11). We are all here at exactly this time for a reason. Let’s explore how to stay grounded in spiritual principle as we take action to defend democracy and work toward a world that works better for all beings.

First-Sunday Potluck

Sunday, October 2

after the service

Bring a main dish or salad,
and invite your family and friends!

Unity will provide coffee, tea, and dessert.





Sacred Women's Circle

Saturday, November 1- 10:30 – Noon

Blessings of Gratitude

Calling all women to join **Géna & Corilee** in the upstairs Fillmore Wing for a time of connecting, meditating, and doing a fun project that incorporates the theme for this month's gathering.

Calling All Voices!

Come & Join the Christmas Choir!

Our Christmas Choir is always a wonderful addition to the holiday festivities.

Come and share your voice with us!

Rehearsals are held weekly

Mondays, 4:00-5:30 p.m. (starts on November 3)

Performance December 14th



Unity Hang Out

Tuesdays

11:30 a.m. – 1:30 p.m.

Bring yourself, a friend, a snack and come and hang out at Unity on Tuesdays with Alice and Shawn. Coffee provided.

For more info., contact
Alice at 541-729-3817.

First Wednesday *Chanting & Meditation*

Join us November 5th, 7 - 8 p.m.

The deepest prayer and communion with Spirit happens in the silence of the soul. To quiet the mind, we use the timeless practice of chanting, both in English and Sanskrit. Between chants, we meditate silently for 7 to 10 minutes. We conclude with a healing prayer for the world.

This service is offered free of charge, although donations to Unity can be made at the door.



Daylight Savings
November 2



Thanksgiving Day Meal Hosting

Are you able to host a Thanksgiving Day meal at your home? We have some congregants who are looking for a place to spend their Thanksgiving.

If you are able to host, please contact Géna at 541-345-9913, ext. 11 or via email at unityval@riousa.com.





Caring from the Heart LGBTQIA++ Support Group

1st & 3rd Monday, 5:30-7:00 p.m.
November 3 & 17

This group meets in the Garden Room on the 1st & 3rd Monday of each month. Join them in this safe place to be open and to share, express, and support each other in the LGBTQIA++ community. No judgement, no fear. For more information, contact **Erik at 541-556-0228.**

Parents Empowered by Connecting



Thursday, November 6
5:30-6:30 p.m.

Parents, Grandparents, and Guardians are invited to join us in the Garden Room for a safe, confidential, and collaborative parent support group.

For more info. contact Alice at 541-729-3817.

Unity's Environmental Action Team (UV EAT)

Sunday, November 9 – 12:30 p.m.



Join us every 2nd Sunday of the month as we explore ways to live in harmony with Mother Earth. For more information, contact **Donna** at yogawithdonna@gmail.com or **Betsy** at heavenstobetsy74@gmail.com.

**Empathetic
Presence & Nonviolent
Communication:
Practice Group**

**Sunday, November 2 & 16
12:15-1:30 p.m.**

Join **Michael Dreiling** upstairs for these practice sessions for empathetic presence and Nonviolent Communication (NVC).

During these sessions, Dreiling will provide templates and examples for practicing self-empathy and offer links and news about other resources for learning NVC.

**Unity Grief Support Group
with Rev. Inge Tarantola**

**Wednesday
November 5 & 19
4:30-5:30 p.m.**

Unity's Grief Support Group is a safe place to share feelings and experience positive change. The loss can be recent or unresolved from years past. Meetings are held at Unity and via Zoom.

For more information, contact
**Rev. Inge Tarantola at
541-968-5540 or
ingetarantola@gmail.com.**

Gratitude is the fruit of great cultivation.

~Samuel Johnson

THERAPEUTIC TOUCH

**Thursday, November 13
3:30-5:00 p.m.**



The Northwest Therapeutic Touch Institute (NWTTI) offers Therapeutic Touch (TT) sessions for those who have taken TT classes, those interested in TT, and those who would simply like to experience a calming, healing TT session. Sessions are offered on the 2nd Thursday of each month.

For more info., contact **Bev Forster at 541-520-9358.**

A Note about Empathetic Presence & Nonviolent Communication Practice Group

by Michael Dreiling



In a workshop in 1999, I met Marshall Rosenberg, the founder of Nonviolent Communication; a “language of life.” I remember blissfully soaking in the wisdom that “beneath every judgment, every ache and pain, indeed, in every utterance, life is seeking

expression.” At this workshop, he playfully translated judgements and conflicts into messages about human yearnings, needs, and values. I understood with new depth the significance of Jesus’ teaching in Matthew 7:1-5, “Do not judge others, and you will not be judged.” There ARE other ways to voice our pains and frustrations! I CAN express myself in a more heart-connected way, that is more compassionate, honest, and empowering. And I can do this with fewer outbursts of judgement, labeling, blaming, insulting, cursing, and so on; all of which can feed cycles of verbal and emotional pain in relationships, communities and cultures. This is about getting beyond what Marshall termed “life-alienated communication” and becoming more skilled with a “language of life” that draws on empathetic understanding.

Nonviolent communication works by bringing our attention to 3 important points: 1) mindful presence, stay aware, right now, free from judgment; 2) understand what is “alive” and “felt” in this moment, in myself and others; and 3) what (actions, decisions, requests) would make life more wonderful. It is a method that draws together the body, mind, and spirit.

Feel free to join us in practicing and growing heart-centered communication. We meet on the 1st and 3rd Sundays at 12:15 p.m. in the upstairs Treehouse room.

The same heart
beats in every human breast.
~Matthew Arnold

An annual community gathering
exploring diverse aspects of
gratitude through live
music, spoken word,
photography,
and more.

The Nature of Gratitude



Halie Loren | Don Latafski | Laura DuBois | David Jacobs-Strain
Tom Titus | Jorah LaFleur | Melissa Hart | Eric Alan

Sunday, November 16th at 3:00 p.m.
Unity of the Valley 3912 Dillard Road, Eugene OR

www.unityofthevalley.org, (541)345-9913
www.natureofgratitude.com

Laura DuBois Joins Ministerial Team!



For over 10 years, our spiritual community has been blessed by the presence of our Music Director Laura DuBois and her husband Gary Collins. From the start, Laura has served our community in ways that far exceed her musical role. Following the call to ministry, Laura was recently accepted into the ordination path through Unity Worldwide Ministries. At the request of our Ministerial Team of Rev. Sherry Lady, Rev. Inge Tarantola, and Jon West, Laura has formally become the newest member of our Ministerial Team after unanimous approval by our Board of Trustees at the September 2025 meeting. Congratulations, Laura!

Within our dreams and aspirations
we find our opportunities.

~Sue A. Ebaugh

Wind Phone at Unity of the Valley

What is a wind phone? At its simplest, a wind phone is a rotary or push-button phone located in a secluded spot in nature, usually within a booth-type structure and often next to a chair or bench. The phone line is disconnected.



The Wind Phone is for everyone who has lost a loved one. It's an opportunity to share your memories, your news, your love, or say things that were left unsaid. The wind will know exactly where to deliver your messages.

Unity's Wind Phone is located in the back of Unity by the Fillmore Wing ramp. Be sure to check it out and dial up one of your loved ones, sit on the bench, and listen to the wind.

“Sacred Activism: Standing Up in Spiritual Principle in These Wild Times”

Guest Speaker: Rev. Cylvia Hayes

Sunday, November 30 at 10:30 a.m.



Rev. Cylvia Hayes speaker and teacher in the areas of spirituality, environment, economic system change, and sacred activism. She is also the former First Lady of Oregon and an award-winning environmental and anti-poverty activist. Cylvia's mission is to help heal separation consciousness so that humanity can develop an ecological mindset and all Creation can thrive.

Cylvia is the founder and CEO of 3Estrategies and [The ReThink](#) ministry. Cylvia serves as a member of the Board of Trustees of Unity Worldwide Ministries, and on the Unity Worldwide Ministries Earth Care and Social Action Teams. She writes [TRANSCEND](#), on Substack, for people who want raised consciousness, economic system change, and a world that works better for all beings and is author of the book, [When Life Blows Up: A Guide to Peace, Power and Reinvention](#).

Come and join us for Unity's annual

Christmas Decorating Party

Sunday, November 30, after the svc

We are looking for at least 15 elves (the more, the merrier) to help Decorate the Christmas tree and hang the garland in the sanctuary.

We'll have Christmas music as we work.

Behind the Lens Seminar

FALL 2025

Tuesdays, October 14-December 30 - 7:00 p.m.

Cost: 12 films for \$30 (\$2.50 per film), or \$5 per time.

Pick up a registration form in the Fellowship Hall.

A full listing of all 12 movies is on the Registration Form.

Tuesday, November 4: “Elevator to the Gallows” directed by Louis Malle (92 min.) subtitles

Tuesday, November 11: “Paths of Glory” (Kirk Douglas) directed by Stanley Kubrick (87 min.)

Tuesday, November 18: “Sweet Smell of Success” (Burt Lancaster, Tony Curtis) directed by Alexander Mackendrick (96 min.)

Tuesday, November 25: “The Cranes are Flying” directed by Mikhail Kalatozov (96 min.) subtitles

Board Trustees

Volunteer Opportunity

Our Unity Board Nominating Committee is seeking candidates for our Board of Trustees.

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.**

Your service as a Board Trustee
can make all the difference in Unity!

FINANCIAL REPORT: Investing in Our Community

MONTH(S)	INCOME	EXPENSES	NET
AUGUST	\$14,165	\$17,181	– \$3,016
SEPTEMBER	\$23,445	\$20,856	\$2,589

Our Unity family stepped up in a big way over the last few months. We not only purchased a new roof, but also raised an additional \$6,130 to help Paul Biondi with instrument repairs after his car accident. Keeping our spiritual community strong is a major endeavor, but a sacred one. Thank you for playing a part!

In loving appreciation,
your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD Trustees' MEETING

**Tuesday
November 18
6:00 p.m.**

Board meetings are held in person in the Garden Room and via Zoom. All are welcome to attend.

If you would like to attend via Zoom or speak at the meeting, please contact **Bonnie Paquin** at **541-556-9669** or **blpaquin2@gmail.com**.

November Affirmation

From the deep wisdom
of Spirit within me,
I follow the call
to peaceful action.



Youth & Family Ministry News



Friday, October 31st: As we go to print with the November Bulletin, our youth and volunteers are in full planning mode for Friday's, October 31st

Halloween with Unity event. The evening starts at 5:30 p.m. with a light dinner from 5:30-6 p.m.

followed by games, crafts, gift items to purchase, a Hallway of Horror for adults and teens, Day of the Dead presentation with live music and crafts as well as a trunk or treat in the parking lot at 7:00 p.m. The event is being offered on a love-offering basis. There is still plenty of time to join us in the fun. Hope to see you there!

Life Finds a Way YOU Retreat: This retreat for 14–18-year-olds was hosted by the Northwest Regional Youth of Unity Leadership Team and held in Randle, Washington. Five



of our youth attended this 3-day communion with Spirit. They had daily activities with large group workshops and small group discussions, singing, meditation, dancing, prayer, and vespers. The bonds that are made during this time are priceless.



Sunday, December 21st Unity will be presenting the Christmas Play “**Come and Celebrate.**” All of the youth in YFM will be participating in it along with our music team

and others, and we're excited. Rehearsals for the youth begin Sunday, November 2, and will continue every Sunday until the play on December 21st.

You can make a difference in our youth's life!

If you would like to volunteer in the Youth & Family Ministry, please contact Alice Sparks at 541-729-3817.

Unity Food Drive

We continue to collect 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)



COME VISIT UNITY'S BOOKSTORE



Come in and visit Unity's Bookstore. We have new and used books, jewelry, prayer and affirmation flags, art, journals, cards, trinkets, gift certificates, and much more. Come browse to your heart's content after the service on Sundays and find the special gifts you've been looking for, while supporting our community at the same time!

As each one of us shops in and supports our bookstore, it helps the bookstore to regularly and actively support us. It is 100% staffed, managed, and operated by dedicated Unity volunteers, with 100% of the profits coming right back to Unity.

FACEBOOK USERS

Did you know that you can help spread the word about Unity of the Valley? By Liking our 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 and share a Unity post with your friends.

Unity's Facebook page is at

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



COMMUNITY SUPPORT FUND

Our Community Support Fund (CSF) was inspired by a Unity member who offered her government stimulus funds to assist individuals in our spiritual community who need it most. Grants typically range from \$50 to \$500 for short-term (not ongoing) financial needs, depending on the need and availability of funds.

WAYS YOU CAN CONTRIBUTE FINANCIALLY

- **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.
- **Make 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. Be sure you designate 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.
- **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 a 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.

YOUTH & FAMILY MINISTRY

Sunday Gathering 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 upstairs Treehouse room.

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.

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 (12:15-1:15 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.

NOVEMBER PRAYER

from Rev. Sherry Lady

Loving Spirit,



As we step into the month of November,
may our hearts be filled with gratitude
for both the seen and unseen blessings in our lives.

May we remember to slow down long enough
to savor the simple things, to release the concerns
that have kept us from finding joy in our days, and
remember to reach out our hands to those
who need our friendship and acceptance.

May your Holy Spirit of peace cover our nation
so that true unity is found and that love is placed above all.
May all travelers be safe, may families find joy in their
togetherness, and all actions be filled with kindness.

In gratitude we say,
Amen.

SUNDAY LIVE STREAM

Sunday Services. Can't be here in person? 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

TUESDAYS: Unity Hang Out (Fellowship Hall) 11:30 a.m.-1:30 p.m. Bring yourself, a friend, a snack, and come and hang out with Alice & Shawn. Info.: **Alice Sparks at 541-729-3817.**

WEDNESDAYS: UV Community Connect (via Zoom) 2:00-3:00 p.m. A one hour, drop in, chatting session for discussing topics of spiritual interest, personal growth, etc. Led by **Rev. Dick Everts.** Email Rev. Dick at richard.everts@comcast.net for link.

THURSDAYS: Unity's Council of Elders (upstairs Fillmore Wing) 1:00- 2:30 p.m. (60 or older) Come explore the journey and wisdom of elderhood. **For more info., Julia Linebarger-Taylor at jlinebargertaylor@yahoo.com or 541-968-5896.**

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

Ongoing Monthly Groups & Events at Unity

Caring from the Heart: LGBTQIA++ Support Group (Garden Room) First & Third Monday of each month 5:30-7:00 p.m. For more info., **Erik at 541-556-0228.**

Open Men's Group (Fillmore Wing) First & Third Tuesday of each month 7:00-9:00 p.m. For more info., contact **Raymond Albano – 541-285-3943 / Ralbano.tmlp@gmail.com or Jim Drews – 541-731-8492 / drewsjim@yahoo.com.**

Unity Grief Support Group facilitated by **Rev. Inge Tarantola (Garden Room).** **Alternating Wednesdays 4:30-5:30 p.m.** For more info., **Inge at 541-968-5540.**

Therapeutic Touch (Fillmore Wing) Second Thursday of each month, 3:30-5:00 p.m. Join experienced practitioners for a calming, healing Therapeutic Touch session. For more info., **Bev Forster at 541-520-9358.**

THE MISSION OF UNITY OF THE VALLEY IS

To celebrate and express the light and love of God
in each other and all things.

FIVE SPIRITUAL PRINCIPLES TAUGHT BY UNITY

These ancient universal principles offer foundational guidance for living abundantly and staying in tune with your own divine nature. You will find one or more of them woven into each of our Sunday services.

1. God is everywhere and always present in every circumstance. This divine energy underlies and animates all of existence.
2. Human beings are innately good because they are connected to and an expression of Spirit.
3. Our thoughts have creative power to influence events and determine our experiences.
4. Prayer and meditation connect and align us to our own spiritual nature and to God.
5. It is not enough to understand spiritual teachings. We must apply our learning in all areas of life, incorporating them into our thoughts, words, and actions.

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.-1:00 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

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Cynthia Fulton-Tinawi, V. President

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