

unity®
of the Valley
October 2025

The Wisdom of Gandhi
7 Weeks to a Full, Rich, Purposeful Life



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

Ministerial Team

Rev. Inge Tarantola Rev. Sherry Lady Jon West

Music Director
Laura DuBois

THE WISDOM OF GANDHI

A message from our Ministerial Team

Beginning the first Sunday in October, we will offer a seven-week series on applying the wisdom of Mahatma Gandhi in our individual lives. As Gandhi himself said: “I have not the shadow of a doubt that any man or woman can achieve what I have, if he or she would make the same effort and cultivate the same hope and faith.”

Each week, our Sunday message will explore one of Gandhi’s teachings. Weekly study questions will be printed in the Sunday program, which will include a weekly affirmation card. We encourage you to use these affirmations as part of your personal prayer and meditation time. Notice how the power of your commitment increases as you add cards each week. We also highly recommend the book, *Gandhi the Man: How one man changed himself to change the world*, by Eknath Easwaran. Copies of the book will be available in our bookstore.

Albert Einstein honored Gandhi in the following words: “A leader of his people, unsupported by any outward authority: a politician whose success rests not upon craft nor the mastery of technical devices, but simply on the convincing power of his personality; a victorious fighter who has always scorned the use of force; a man of wisdom and humility, armed with resolve and inflexible consistency, who has devoted all his strength to the uplifting of his people and the betterment of their lot; a man who has confronted the brutality of Europe with the dignity of the simple human being, and thus at all times risen superior. Generations to come, it may be, will scarce believe that such a one as this ever in flesh and blood walked upon this earth.”

We are blessed to have Gandhi’s example on our journey of awakening to the wisdom of Spirit within us.



SERVICES IN OCTOBER

Sunday, October 5: “Gandhi the Man” – Speaker: Rev. Sherry Lady.

Sunday, October 12: “Ahimsa, Nonviolence” – Speaker: Jon West.

Sunday, October 19: “Satyagraha, Soul Force” – Speaker: U of O professor Michael Dreiling. For more about Michael, see page 14.

Sunday, October 26: “Yield and Prevail!” – Speaker: Rev. Inge Tarantola.

The First Wednesday
Chanting & Meditation Service
will not be held in October.

It returns on Wednesday, November 5th.



First-Sunday Potluck **Sunday, October 5** **after the service**

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

Unity will provide coffee, tea, and dessert.

Soup's Back!

We have enjoyed the bounty of our Gardens all summer in our Sunday salads. Starting **October 12**, we will begin serving soup again. It's time to warm our bodies and souls with beautiful homemade soups.



We are looking for volunteers to bring soup. Please sign up in the Fellowship Hall to bring a big pot of soup on a Sunday. It really makes a difference.

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



Sacred Women's Circle

Saturday, October 4 - 10:30 – Noon

***Getting to Know You
& Ourselves Better***

Calling all women to join **Géna & Daryl** 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.

Living Unity Principles

with Jon West

**In-person class on 5 Wednesdays
October 15 - November 12, 6:30 - 8:00 p.m.**

For all Unity newcomers and anyone who would like to explore our essential principles more deeply than we can on Sundays. You will get to know classmates and share personal reflections and experiences.

*Sign up in the Fellowship Hall or
email: unityval@riousa.com*

MEMBERSHIP INVITATION

**Congregants who attend
this class will be eligible for voting
membership in our spiritual community.
New Member Ceremony: Sunday, Nov. 23rd**

This class is being given free of charge.



Caring from the Heart LGBTQIA++ Support Group

1st & 3rd Monday, 5:30-7:00 p.m.
October 6 & 20

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.**

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.

Parents Empowered by Connecting



Thursday, October 2
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.

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

**Sunday, October 5 & 19
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, Oct. 8 & 22
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.**

Unity's Environmental Action Team (UV EAT)

Sunday, October 12 – 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.

Tip of the Month:

MECCA (Material Exchange Center for Community Arts) at 555 High Street across from 5th Street Market collects many types of materials that are available for classroom teachers to use free of charge. They collect all sorts of art supplies, yarn, paints, larger pieces of fabric, calendars (depending on how many they have), even Altoids containers. Their donation hours are Wednesday – Saturday from 11 am – 6 pm. If you have a question, their phone number is: 541-302-1810.

A Note about Unity's Sacred Women's Circle

by Géna Duel



In February 2024, I felt a nudge from Spirit to offer a Sacred Women's Circle at Unity. I shared the ideas flowing through me with our Ministerial Team, and they were on board. In April 2024 our first Sacred Women's Circle took place.

At that first gathering in April 2024, we had 17 women show up. I was blown away at the sharing and the depth of wisdom sitting in the room. The overall energy in the room was one of excitement and a readiness to connect and hold space for each other. It became very clear to me in that moment why Spirit was nudging me.

Each month we have a different theme that we focus on. We spend time meditating, connecting, and then we have a project that incorporates that month's theme. From the very beginning I shared with the group that I envisioned different women leading the group each month so that we all have the opportunity to share our gifts, wisdom, and play. And while we haven't yet achieved the goal of a different woman leading the group each month, more and more are stepping up to do it or to co-lead. It's beautiful to watch the creativity flowing through each of us.

We've made a talking stick and an altar cloth for our gatherings that incorporates each woman's energy, intention, love, and wisdom. The depth of Spirit expressed is awesome. We've explored Walking with Our Ancestors, Sacred Life, Sacred Water, Gifts of Nature, Sacred Sound Healing, Life Collaging, and so much more. I feel so blessed to be a part of such a beautiful community of strong, wise, vulnerable, spiritual women, and we are growing each month.

THERAPEUTIC TOUCH

Thursday, October 9

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.**

One joy scatters a hundred griefs.
~Chinese proverb

New series Begins October 14th **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, October 14: “Witness for the Prosecution” (Chas. Laughton) directed by Billy Wilder (116 min.)

Tuesday, October 21: “The Seventh Seal” (Max von Sydow) directed by Ingmar Bergman (96 min.) subtitles

Tuesday, October 28: “A Face in the Crowd” (Andy Griffith) directed by Elia Kazan (126 min.)

Instrumental Inner Listening Practice



LISTEN Within -
for Spirit



What can you
Stop doing?
To feel Being
At its growing edge.



Rest -
Open to Receive

**2nd & 4th Friday each month
1:00-3:00 p.m.**

Tune into Spirit with your own instrument, voice
and movement, or sit in silent stillness.
We let Spirit in by emptying our container of doing
and shifting attention to our Being.



Concerts at Unity



Thursday, October 10 — 7:30 p.m.

Andrei Andreev

Tickets: \$24.50 or \$27 at door

Tickets at www.tsunamibooks.org

Sunday, October 12 — 7:30 p.m.

Jeffrey Martin with guest Anna Tivel

Tickets: \$27.50/\$30

Tickets at www.tsunamibooks.org

Thursday, October 30 — 7:30 p.m.

Jai Uttal

Tickets: \$40/50

Tickets at www.tsunamibooks.org

We strive to make Unity of the Valley a fragrance-free zone.
Many of our congregants are sensitive to fragrances.
Please apply perfumes, lotions, and
other fragrances after leaving the church.
We appreciate your thoughtfulness.

Halloween With Unity

Friday, October 31 5:30 - 7:00 p.m.

5:30 to 6:00 Light Dinner

6:00 to 6:50 games, craft activities, gift items for purchase

Hallway of Horror for adults & teens,

Day of the Dead presentation with live music and crafts



7:00 p.m. Trunk or Treat in the parking lot

Unity of the Valley
3912 Dillard Road Eugene



Admission Cost -- Love Offering

ALL genders, races, religions are welcome at Unity
541-729-3817 for information

Children learn about their world through their play.

~Susan Partnow

Unity Open Men's Circle

Tuesdays, October 7 & 21

7:00-9:00 p.m.

The Open Men's Circle is open to all men, within our church and in our larger Eugene community. It 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. **For more information**, contact Raymond Albano – 541-285-3943 / Ralbano.tmlp@gmail.com or Jim Drews – 541-731-8492 / drewsjim@yahoo.com.

FINANCIAL REPORT: Ways to Nurture Prosperity

MONTH(S)	INCOME	EXPENSES	NET
JULY	\$36,610	\$17,397	\$19,213
AUGUST	\$14,165	\$17,181	– \$3,016

Three ways to increase prosperity in your life and within our spiritual home: 1) Regularly feel your connection to the Infinite Source. 2) Gratefully accept the abundance flowing to you and through you to the world. 3) When the flow of blessings seems blocked, instead of focusing solely on what you're receiving, find ways to shine your love and light to others. "As you give, so shall you receive."

Your Board of Trustees



Scan to reach
Unity homepage.
Click DONATE
on right side

BOARD of Trustees' MEETING

**Tuesday
October 21
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**.

October Affirmation

I am a powerful instrument
of Divine harmony
in the world!



Unity Bookstore Foyer Sale

Sunday, October 19th

Before & After the Service

BOOK SALE!



Come and check out the variety of books for sale at ridiculously low prices. We have a wide assortment that you can look through.

They make great gifts. And of course, the Unity Bookstore will be open as well. Be sure to check out what treasure awaits you while supporting Unity at the same time.

We are wiser than we know.
~Ralph W. Emerson

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)



Since January 1, 2025, our food drive has collected 209 pounds of food which equals approximately 174 meals for our neighbors in need.

Great Job Everyone!

“Satyagraha, Soul Force”
Guest Speaker: Professor Michael Dreiling
Sunday, October 19 at 10:30 a.m.



Professor Michael C. Dreiling is Department Head and Professor of Sociology at the U of O specializing in political and environmental sociology. He has authored two books, numerous research articles and chapters, and is now completing two books. His documentary film series with Matthew Eddy began with *A Bold Peace*, an award-winning feature-length film on Costa Rica’s demilitarized society, with a three-part series in progress on Japan’s shift from a militaristic empire to a relatively pacifist democracy. Awarded for distinguished university teaching, distinguished service, and numerous leadership awards, Professor Dreiling is also active in the nonprofit world to promote nonviolence, environmental care, and an economy that is fair for all.

To every disadvantage
there is a corresponding advantage.
~Clement Stone

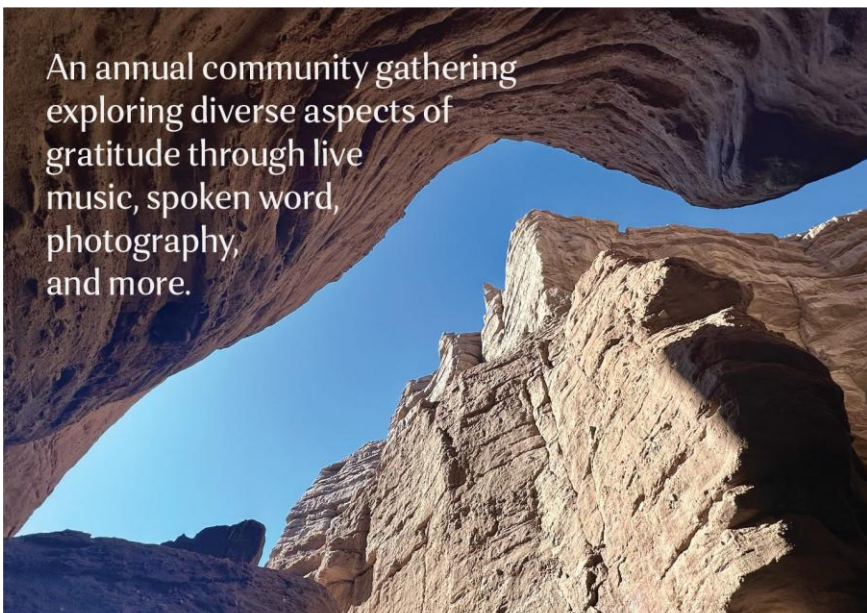
FACEBOOK USERS

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>.

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



The Nature of Gratitude



Halie Loren | Don Latarski | 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

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.

OCTOBER PRAYER

from Rev. Sherry Lady

Spirit of us all, we pray this prayer together:
When wondering why life is such a mixture
of happiness and sadness, peace and unrest,
confusion and clarity, I feel both grief and joy.
With you at my side, I go into the deep place within
that you have provided for me until I reach
the source of love and wisdom that exists therein.
There I find the assurance that all is well and will be well.
From there I choose to be motivated to
bless my life and become a part
of relieving the suffering of others.
I also choose to be charged with energy, vision,
and love so that my life can fulfill
its purpose of service to the One and to All.
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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