

**THIS SUNDAY – OCTOBER 19
- 10:30 a.m. Livestream & In-Person Service –
Guest Speaker, Prof. Michael Dreiling
continues our 7-week series on *The Wisdom of
Gandhi* with “Satyagraha, Soul Force.”**



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 (10/12/25) service can be watched at <https://www.youtube.com/watch?v=eUoD6hCdVco>. You can also find us on Facebook at <https://www.facebook.com/unityofthevalley>.

TIME FOR A CHUCKLE OR TWO

A message from Rev. Sherry Lady

With all that's going on in our world right now – poverty, illness, political unrest, fears about the future, climate change, and other things that challenge our ability to have, and practice, enough affirmations to keep us a hundred percent at ease in our daily lives – it just seemed like a good time to find some things to write about that might possibly bring a chuckle or two and a smile in the middle of a busy day. I came across a couple I am happy to share with you. Maybe we can think of even more to write or share. Silly, amusing thoughts that cross our minds, which they can do quite unexpectedly, can often bring a smile or a chuckle when shared. Don't be afraid to try it sometime. A little late for Mother's Day, but here you go anyway, for starters:

COLUMBUS' MOTHER: “I don't care where you went or what you discovered, you still could have written!”

MICHAELANGELO'S MOTHER: “Can't you paint on walls like other children?” Do you have any idea how hard it is to get that stuff off the ceiling?”

NAPOLEAN'S MOTHER: “All right, if you aren't hiding your report card inside your jacket, take your hand out of there and show me.”

ABRAHAN LINCOLN'S MOTHER: “What's with that stovepipe hat again? Can't you wear a baseball cap like the other kids?”

GEORGE WASHINGTON'S MOTHER: “The next time I catch you throwing money across the Potomac, you can kiss your allowance goodbye.”

THOMAS EDISON'S MOTHER: "Of course I'm proud of you for inventing the lightbulb. Now turn it off and go to bed."

PAUL REVERE'S MOTHER: "I don't care where you think you need to go, young man, midnight is past your curfew."

ALBERT EINSTEIN'S MOTHER: "But it's your senior picture. Can't you do something about your hair? Oy! Styling gel, mousse, something...?"

Now for a little bit of "I didn't know that" from the book by the same title authored by Karlen Evins:

What does it mean to be happy as a clam? "Who says clams are happy? It was meant to be written 'Happy as a clam at high tide.' Since clams are usually plucked up at low tide, the phrase simply means you have been left alone to do your thing. It was first recorded in 1834."

Knocking on wood: "That saying goes way back beyond Christian times, when pagan religious beliefs held that good spirits resided in trees. To knock upon a tree was to call upon those spirits to protect you as you journeyed through life – especially in the forests."

The Limelight: "Originally it was a literal description and not just a catchphrase as we know it today. Early stage, and lighthouse lighting was made of calcium or lime. When a stream of oxygen crossed with hydrogen was burned on a lime surface it gave out a brilliant white light. It was from earlier theatrical settings that we draw the spotlight meaning for one who stands in the limelight. (I'm still trying to scientifically figure that one out.)

For now let's knock on wood and call upon all the spiritual powers that we have available to us through the loving spirit within and become happy as clams whether we are in the limelight or not... and be grateful that we are here at this time in history to do what needs to be done by us, which is to love, serve, and remember the goodness, the beauty, the possibility for wholeness everywhere and peace in all the world as it was intended to be.

Now I'm going to go let the cat out of the bag and get real about what needs to be done next.

I'll let you figure that one out by yourself. In love and laughter.

Sherry

THIS WEEK AT UNITY, OCTOBER 15-18

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**.

- 6:30-8:00 p.m. – Living Unity Principles with Jon West. This is our introductory course for newcomers and those who would like to go deeper than we can do on a Sunday. **Sign up by emailing Géna by 1:00 p.m. this Wednesday at unityval@riousa.com.** Congregants who attend this class will be eligible for voting membership in our spiritual community. (October 15-November 12)

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**.

THIS SUNDAY – OCTOBER 19

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

- Before & After the Service – Unity Bookstore Sale in Foyer and Bookstore. Come and check out the variety of books for sale at ridiculously low prices. Lots of other treasures await you as well.

- 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, OCTOBER 20-25

MONDAY

- 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**.

- **6:00 p.m. – Board of Trustees Meeting** will be held 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.

- **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 October 21st Behind the Lens Seminar** film is *The Seventh Seal*, directed by Ingmar Bergman, 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** meets in the Fellowship Hall. Confidentiality observed. For more information, contact **Rev. Inge Tarantola at 541-968-5540** or ingetarantola@gmail.com.

NEXT SUNDAY – OCTOBER 26

- **10:30 a.m. Livestream & In-Person Service – “Yield and Prevail!”** with **Rev. Inge Tarantola**.

UPCOMING

Thursday, October 30 (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, October 31 (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.

VOLUNTEER OPPORTUNITIES/NEEDS

CHRISTMAS CHOIR SIGNUPS. Come and share your voice during the holidays. Rehearsals are **Mondays 4:00-5:30 p.m. starting November 3rd. Performance on December 14th.** Under the direction of Mo Robeson.

VOLUNTEERS TO HELP WITH Youth & Family Ministry Halloween with Unity. We could use help in a variety of areas. **Please sign up in the Fellowship Hall or contact Alice Sparks at 541-729-3817.**

POTS OF SOUP: On Sunday, October 12 we return to serving soup. Each Sunday we serve 2-3 pots of soup. We are looking for 1-2 person(s) 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 **October Bulletin** has been posted. You can check it out at <http://unityofthevalley.org/Oct2025/October2025.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@riiousa.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.