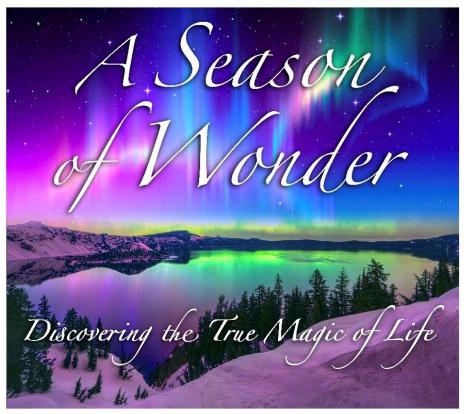


December 2025



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

A Season of Wonder: Discovering the True Magic of Life A message from our Ministerial Team

When we were children, it was easier to believe in magic – that things could happen by some mystical power that transcends our understanding. A rabbit out of a hat. A silver dollar pulled from behind an ear. A tooth under a pillow replaced by a quarter (or a dollar, depending on the degree of magic). All these delightful things happened in mysterious ways, so presto: It was magic! And for many of us, the holiday season was the most wonderful—and magical—time of year.

Yet even if we've become jaded by all things magical, mystical, and wonderful, we cannot completely escape this essential truth: We are *surrounded*, *embraced*, and even *made of* a creative force/substance/power that defies our full understanding. If we truly grasped everything about this universe, scientists could stop their research, and we could just bask in all our knowledge. But that is far from the case.

Ask Artificial Intelligence a question like, "Has science fully discovered what a thought is?" and the answer will be something like, No, they have not. While there is a general consensus that thoughts are the result of complex electrochemical processes and patterns of activity within the brain, a precise, universally accepted scientific definition remains elusive. Ask Al almost any similarly basic question—for example, "Has science fully discovered why a flower blooms?" and you'll get a similar No for an answer.

If it's a scientific fact that we are surrounded by mystery, why don't we always sense the magic, the spine-tingling wonder, the awe-inspiring beauty of life? Perhaps the answer is hidden in the question: We don't sense it...because our senses are not attuned to it! Our time and energy are so focused, and often utterly drained, on the mechanics of functioning in this world, we miss the fact that we're riding through a wonderland. That our very consciousness is an infinite realm of Being. And that deep within that Being, something is calling us to rediscover the true magic of it all.

Merry Christmas and Happy Holidays to our spiritual community and to our entire world family.

Blessings and peace, one and all.



SERVICES IN DECEMBER

Sunday, December 7: "We are the Light" – Speaker: Rev. Inge Tarantola. Faith is the impulse to trust what we cannot see, what we do not yet understand, but somehow know is calling us forward. It invites us to be more than witnesses. It calls us to be the conduits for the light of the world.

Sunday, December 14: "In Awe of it All" – Our speaker is **Rev. Sherry Lady**. What is it about the Christmas story that makes it special for not only western cultures, but for other cultures and religions, as well, and inspirational for all ages? What has been its sustaining quality that has continued to inspire people for over two thousand years? What is in it for us individually? Let's take a look together. The **Unity Choir** will perform under the direction of **Mo Robeson**.

Sunday, December 21: "Come and Celebrate: A Christmas Musical" by our own Susan Smith. Directed by Alice Sparks and Laura DuBois. Join us for this fun and heartfelt Christmas service for adults and youth ages 6 and up.

Sunday, December 28: "After the Party, After the Crash: A Guide to Self-Restoration" with Jon West. The fast-paced complexity of modern life can easily drain our energy and enthusiasm. By applying Unity Principles, we can recharge and rebalance, and even avoid the big crashes in the first place!

LIVESTREAM:

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



First Wednesday (December 3rd)

Chanting & Meditation

New Winter Schedule: 5:30 - 6:30 p.m.

he 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.

Free, although donations to Unity can be made at the door.



Sacred Women's Circle

Our Inner Treasurers

Saturday, December 6 10:30 – Noon

Calling all women
to join Géna 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.

Unity Hang Out

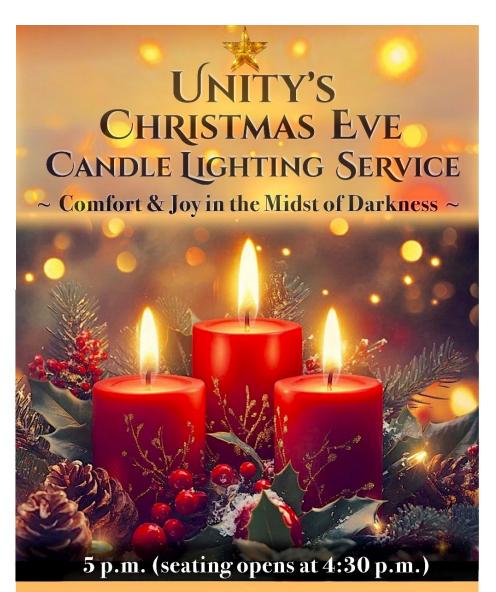
Tuesdays 11:30 a.m. – 1:30 p.m.



Bring yourself, a friend, a snack and come and hang out at Unity on Tuesdays with Alice and Shawn. Coffee provided. (No gathering on Dec. 23)

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

The Church Office will be closed December 23 – January 2



Join us on this holy night for inspiring music, prayer, and universal wisdom.

Children welcome. Infant care available.

Your generous donations help support the Unity Music Program.

To livestream: www.youtube.com/@unityofthevalley2720/streams



Caring from the Heart LGBTQIA++ Support Group

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

December 1 & 15

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, December 4 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, December 14 – 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.

Christmas Eve Ushers Needed

We are looking for four Ushers for our Christmas Eve Candle-Lighting Service, which will be held at 5:00 p.m.

If you would like to serve at this wonderful service, please contact Géna at unityval@riousa.com or 541-345-9913, ext. 11.

Empathetic Presence & Nonviolent Communication: Practice Group

Sunday, December 7 & 21 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

1st & 3rd Wednesday of every month 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.

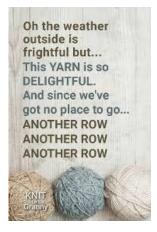
For more information, contact Rev. Inge Tarantola at 541-968-5540 or ingetarantola@gmail.com.

THERAPEUTIC TOUCH

Thursday, December 11, 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 Unity's Prayer Shawl Ministry by Géna Duel



On December 12, 2012, Unity's Prayer Shawl Ministry began. Rev. Inge Tarantola saw an article in the Register Guard that talked about a prayer shawl ministry. She was inspired and wanted to start one here.

Each shawl is lovingly created and gifted with the intention of bringing peace, healing, harmony, and hope to our recipients. The shawls have been given to our congregants and their loved ones.

Bonnie Chappa, one of our most active crocheters, keeps track of what shawls have been made and by who and how many have been given away. As of November 20, 2025, we have given away over 839 prayer shawls!

In November 2016, the Prayer Shawl Ministry started making Pocket Prayer Shawls. Rev. Sherry Lady had received a small crocheted shawl in the mail from a friend, and the team was excited to start creating them. Although we don't keep official records of the number of Pocket Prayer Shawls given away, we know the number is well over 600.

We currently have 12 people knitting or crocheting prayer shawls. As you can imagine by the number of shawls that have been given away, more help would be appreciated. We would love to add you to this ministry! Some of the benefits of joining this team:

- No experience is necessary.
- It can be a rewarding source of joy that takes on the feeling of a meditative practice.
- Shawls can be created anywhere you are. All you need is the yarn and the needles or hooks.

If you would like to join Unity's Prayer Shawl Ministry, please contact Rev. Inge at 541-968-5540 or ingetarantola@gmail.com. Supplies available upon request. Together, we make a difference!

Christmas Singalong



Wednesday, December 10th 7:00 p.m.

As we move into the holidays, a wonderful way to celebrate is to sing Christmas Carols.

Their timeless melodies fill our hearts with joy and reconnect us to the truths of giving, peace, and love.

Join our music team & choir on the 10th at 7:00 p.m. for a delightful Christmas Singalong.

You may attend in person or join us on Facebook Live at www.facebook.com/unityofthevalley.

Youth & Family Ministry News



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. We have been doing lots of rehearsing and can't wait to share it with you. Be sure to come and join us. Nursery care will be offered during the service.

As this year comes to a close, we give thanks to each and every one of you for supporting our beautiful youth and the Youth & Family Ministry. We appreciate your time, your donations, your wisdom, and the love that you share with us. We look forward to 2026 and all the exploring and growing coming with our youth.

Thank you and Happy Holidays!

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, December 2: "3:10 to Yuma" (Glenn Ford, Van Heflin) directed by Delmer Daves (92 min.)

Tuesday, December 9: "Throne of Blood" (Toshiro Mifune) directed by Akira Kurosawa (109 min.) subtitles

Tuesday, December 16: "12 Angry Men" (Henry Fonda) directed by Sidney Lumet (96 min.)

Tuesday, December 23: "Wild Strawberries" directed by Ingmar Bergman (91 min.) subtitles

Thursday, December 25: Merry Christmas

Tuesday, December 30: "The Bridge on the River Kwai" (Alec Guinness, William Holden) directed by David Lean (162 min,) 7 Oscar Winners including Best Picture, Best Actor and Best Director.

Open Men's Circle

Tuesdays, December 2 & 16 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.

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.

For more information, contact

Raymond Albano – 541-285-3943 / Ralbano.tmlp@gmail.com Jim Drews – 541-731-8492 / drewsjim@yahoo.com

The Third Space Eugene Wednesdays, December 3, 10, & 17 6:00-8:00 p.m.



The Third Space Eugene creates inperson facilitated exercises and discussions that bring people together with curiosity and support. We are

passionate about sharing cultural interactions and personal stories that expand our minds and hearts, and focus on issues right here, right now.

The Third Space Eugene offers a friendly, meaningful and safe space, open to everyone. Our skilled facilitators come from a wide variety of backgrounds. Free.

For more info., visit www.thethirdspaceeugene.org

NEW

Behind the Lens SeminarWINTER 2026

Tuesdays, January 6-March 24 - 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, January 6: "Gigi" (Leslie Caron, Louis Jourdan) directed by Vincente Minnelli (115 min.)

Tuesday, January 13: "Cat on a Hot Tin Roof" (Elizabeth Taylor, Paul Newman, Burl Ives) directed by Richard Brooks (108 min.)

Tuesday, January 20: "Run Silent, Run Deep" (Clark Gable, Burt Lancaster) directed by Robert Wise (93 min.)

Tuesday, January 27: "Mon Oncle" directed by Star Jacques Tati (116 min.) (subtitles, but not many)

Board Trustees Volunteer Opportunity

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

We have two 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.



Tuesday December 16 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.

December Affirmation

I stand in awe of the mysterious beauty of life, letting it fill me with peace and joy.



OUR FINANCES: Envisioning an Abundant 2026!

MONTH(S)	INCOME	EXPENSES	NET
SEPTEMBER	\$ 23,445	\$ 20,856	\$ 2,589
OCTOBER	\$ 14,293	\$ 21,296	-\$ 7,003

Unity of the Valley is a spiritual home for about 150 adults and youth. This place belongs to each of us!

OUR 2025 BUDGET: Together, we raised \$38,000 for our new roof, and over \$6,000 for Paul Biondi's instrument repairs after his accident. Thank you! Yet with more building repairs, rising utility rates, and many people struggling financially, we are trending toward a year-end deficit.

INVESTING IN OUR FUTURE: Our vision for 2026 includes supporting Music Director Laura DuBois' ministerial education at about \$4,000 per year, and giving a \$4,000 boost to our growing Youth & Family Ministry. Have you noticed all the bright young souls in our midst?

MEETING OUR 2026 BUDGET will take about \$4,400 weekly, or \$29 for every adult and child. Since that's a high bar for many in our community, we invite those who can to raise their support in one or more of these ways:

- Join our Simple Giving Program, or increase your automatic donations by any amount you can. Use the form in the Fellowship Hall or contact our office.
- Supplement your regular giving with a generous year-end gift to help us meet our budget. Did you know you don't need to itemize to make a tax-deductible "qualified charitable distribution" from your IRA?
- Along with your regular giving, select a special fund to support, such as Laura's Ministerial Fund or Youth & Family Ministry. Just make a note on your donation(s).
- Add Unity to your Will. Your funds can even be placed in our Endowment, which preserves the principle.

Together in Unity, we make a difference. Thank you for being an instrument of Love and Light in the world!

Your Board of Trustees



Burning Bowl Service Sunday, January 4, 2026, 10:30 a.m.



This ancient, ever-new ceremony is a powerful occasion for deep healing and release. As we sincerely surrender what no longer serves us to the altar flames, we open ourselves to healing and new worlds of discovery.



White Stone Ceremony Sunday, January 11, 2026 10:30 a.m.

In the time when Jesus was teaching, prisoners who were released were given a white stone to signify their freedom. Each of us has experienced varying kinds of inner restriction or bondage. Having released some limitations and created space in our lives through our Burning Bowl Service, this ancient ritual represents stepping forward into a larger, richer, and more meaningful expression of life. Join us on January 11th as we affirm, we are starting with a clean slate.

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 (<u>unityval@riousa.com</u>) 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.

16

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.

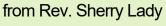
If you would like to donate gift cards from food stores and cash to have on hand for emergencies, you can do so by making a check payable to Unity of the Valley and including ANGEL NETWORK in the memo line. You can mail your check to Unity of the Valley, 3912 Dillard Road, Eugene, Oregon 97405.

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 Peace Chapel 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 <u>ilinebargertaylor@yahoo.com</u> 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.

DECEMBER PRAYER





Spirit of Light and inspiration,
as we journey through the season of shortened daylight,
let us remember that the Light of the world
is always available to us
through our connections
to the Source of that light within,
which is guiding us each step of the way.

Thank you, Spirit of Light and Love, for being with us on this journey, for sending us the teachers to guide us through the years, and for bringing us joy and peace when we carry your shining Light into our words, hearts, and actions.

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**. (No gathering on December 23rd.)

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 linebargertaylor@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., contact Erik at 541-556-0228.

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

First Wednesday Chanting & Meditation Service led by Jon West and Donna O'Neil (Sanctuary), 5:30 - 6:30 p.m. For more info. contact, Jon at 541-683-7764.

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.

Empathetic Presence & Nonviolent Communication (NVC) (Fillmore Wing) First & Third Sundays, 12:15-1:30 p.m.

Unity's Environmental Action Team (EAT) (Garden Room) Second Sunday, 12:30 p.m. For more info., contact Donna at yogawithdonna@gmail.com or Betsy at heavenstobetsy74@gmail.com.

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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