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**Fwd: Unity Inspiration & News**

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

Mon, Nov 10, 2025 at 10:57 AM



Positive, Practical Spirituality

**THIS SUNDAY – NOVEMBER 9  
- 10:30 a.m. Livestream & In-Person Service –  
Rev. Inge Tarantola continues our 7-week  
series on the *Wisdom of Gandhi* with “The  
Steady Mind.”**



**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](https://www.youtube.com/@unityofthevalley2720/streams).

**Last Sunday's (11/2/25) service** can be watched at [https://  
www.youtube.com/watch?v=P\\_kCfbQfXWY](https://www.youtube.com/watch?v=P_kCfbQfXWY).  
You can also find us on Facebook at [https://www.facebook.com/  
unityofthevalley](https://www.facebook.com/unityofthevalley).

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**QUIET IN THE STORM**

A message from Rev. Sherry Lady

Mohandas K. Gandhi once said: “Speak only if it improves upon the silence.” Gandhi saw silence as a powerful tool for introspection that helps one to be able to sort out their thoughts and feelings and better understand their thoughts and emotions so as to achieve a state of peaceful awareness. He felt that silence brought about a grounded-ness that equipped one to handle life's challenges without having to resort to violence.

These words made me think about the times I have been in a noisy restaurant, trying to talk to a friend, but everyone else's voices have risen to a crescendo that makes it almost impossible to communicate and enjoy the meal at the same time. In some cultures, speaking is still encouraged, but the volume of conversation is so low as to make the interchange between friends possible and more intimate. Even children are taught to keep their voices down for that reason so it becomes natural. In our culture extroversion is often more admired than gentle quietness. We, in our culture have much to be admired and our out-going-ness is charming and makes people feel accepted and welcome. Perhaps the same could still incorporate a bit more quietness?

On my birthday date, one year ago, a friend of mine sent me this post on my Facebook page with the final line with a wish for my health and

happiness. She re-sent it to me today and laughingly asked how I was doing in remembering to rest, breathe, to walk in nature, be gentle with myself, and find more times to just play and laugh. (I can say that I have done that, and it makes a wonderful difference in each day.) Here's the poem from Etheric Echoes titled "Find Your Quiet in the Storm." May it be helpful for you in some way.

Some days the world feels too sharp, too loud, too raw to touch. Headlines scream, phones ring, and chaos dances at our doorstep.

But I've learned to find sanctuary in small moments of grace. The way the sunlight paints shadows on walls. How wind whispers through leaves. The steady rhythm of my own breath when I remember to just...breathe.

I've learned to turn off the noise, to silence the endless chatter, to find strength in gently things...a cup of coffee at dawn, a moment of kindness between strangers, the quiet courage of growing things.

They say the world's gone mad. But perhaps the secret is knowing when to step away from the storm, when to guard your peace like gold, when to let your heart be still in a world that never stops spinning.

For in the rush of endless moments we must remember to be gentle with ourselves, with each other, to find beauty in broken places, to create spaces of quiet wonder in corners of our own making.

This is how we stay whole – not by hardening our hearts, but by knowing when to soften, when to rest, when to breathe, when to let the world's noise fade into the background of our being.

I'm remembering the many wonderful rides through the countryside this last summer, time spent by rivers, finding peace by the ocean, meeting friendly people from all over the country and the world, feeling at one with them - even if only from reading their license plates and knowing I had been there, while wishing I could have seen some of the other places they came from. Also, watching the trees show the new green leaves of spring and now in awe of the beauty of the same leaves turning to gold, red, brown while nestled between the evergreens.

In quiet wonder of it all, I could feel the edgy places within disappear and my whole being returning to the me within that knows the truth of what life is meant to be and the me I always want to be.

May you find and remember it also.

Love,  
Sherry

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### **THIS WEEK AT UNITY, NOVEMBER 5-8**

#### **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**.

**- 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

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. Confidentiality observed. For more information, contact **Rev. Inge Tarantola at 541-968-5540 or [ingetarantola@gmail.com](mailto: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](mailto:jwest97405@gmail.com)**.

#### **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](mailto:jlinebargertaylor@yahoo.com)** or 541-968-5896.

**- 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**.

**- 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 – NOVEMBER 9**

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

**- 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.

**- 12:15-1:15 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](mailto:heavenstobetsy74@gmail.com) or Donna O'Neil at [yogawithdonna@gmail.com](mailto:yogawithdonna@gmail.com)**.

#### **NEXT WEEK, NOVEMBER 10-15**

#### **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.

#### **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 The November 11<sup>th</sup> Behind the Lens Seminar film is *Paths of Glory***, directed by Stanley Kubrick 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.

#### **THURSDAY**

**- 3:30-5:00 p.m. – Therapeutic Touch** in the upstairs Fillmore Wing.

The NW Therapeutic Touch Institute is offering Therapeutic Touch (TT) sessions for those who have taken the classes, those interested in TT, and for those who would simply like to experience a calming, healing TT session. For more information, contact **Bev Forster, RN, QTTT**, at **541-520-9358**.

#### **FRIDAY**

- **7:00 p.m. – Alice Di Micele concert.** Tickets at [humanitix.com](http://humanitix.com), [alicedimicele.com](http://alicedimicele.com), and OG Corner Market.

#### **NEXT SUNDAY, NOVEMBER 16**

- **10:30 a.m. Livestream & In-Person Service – Jon West** conclude are 7-week series on *The Wisdom of Gandhi* with “**The Illumined Soul.**”

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

This group meets on the 1<sup>st</sup> & 3<sup>rd</sup> 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.

- **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.

#### **UPCOMING**

**SUNDAY, NOVEMBER 30 (after the service) – Christmas Decorating Party.** Join us in the Sanctuary to help decorate the Christmas tree and hang the garland. We'll have Christmas music as we work.

**WEDNESDAY, DECEMBER 10 (7:00 p.m.) – Christmas Singalong.** Come and join our music team and choir in the sanctuary for this delightfully fun event. You may also join us on Facebook Live at [www.facebook.com/unityofthevalley](http://www.facebook.com/unityofthevalley).

#### **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](mailto: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](mailto: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-2<sup>nd</sup> 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>.

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### **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**.

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### **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](http://cfth.us.org).

**We also post Unity videos, when possible, at:** [https://www.youtube.com/channel/UCqUL3d7-JjO\\_45Bo3vLfrWQ/videos](https://www.youtube.com/channel/UCqUL3d7-JjO_45Bo3vLfrWQ/videos)

**You can visit Unity Online at:**  
Website: <http://www.unityofthevalley.org>

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### **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](http://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](mailto: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](mailto: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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