
Fwd: Unity Inspiration & News

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

Sat, Nov 29, 2025 at 7:31 PM



Positive, Practical Spirituality

**THIS SUNDAY – NOVEMBER 30
- 10:30 a.m. Livestream & In-Person Service –
“Sacred Activism – Standing Up in Spiritual
Principle in These Wild Times” with guest
speaker Rev. Cylvia Hayes & former Governor
John Kitzhaber.**

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 (11/23/25) service can be watched at <https://www.youtube.com/watch?v=IRVoDYnCepI>.
You can also find us on Facebook at <https://www.facebook.com/unityofthevalley>.



THOUGHTS ABOUT THANKFULNESS

A message from Rev. Sherry Lady

Thankfulness and gratitude are not always easy. You may disagree with that. If so, I challenge you to get gut honest here. Do you live in thankfulness 24/7? Thankfulness and gratitude often come unexpectedly in moments, but are not a constant state of mind. Living in a constant state of thankfulness is a worthy goal and something we need to strive for, but so far, it's mostly impossible.

Holding my new great-grandchild, talking with my best friend, having a kitten on my lap, seeing a blue sky – yes, those produce a deep feeling of gratitude. Driving by a car accident, remembering my son going through cancer treatments, and knowing my daughter is struggling with recovery from surgery, or knowing a family member had to say goodbye to an infant that lived just 30 days before traveling out of our lives – no. Not grateful for that. For their recoveries, for a neighborhood fire being put out, for enough food on the table and a roof over my head and all the wonderful people in my life – yes. So many other things as well.

Thinking of all the family and friends I have I can honestly say I am thankful for the diversity in it all-the many personalities, talents, quirks,

life styles, skin colors, sizes and shapes, cultural diversities, perfections and imperfections. I feel the same about all of these diversities in our world. An article I read recently shared about diversity in the most revered, most questioned, possibly the most historically, but potentially inaccurate book ever written, is full of interesting stories with characters that teach us about diversity and the power of acceptance:

- Jacob cheated and stole a birthright – Thomas was a doubter, even of Jesus.
- Peter, Jesus' disciple had a huge temper – Mother Mary scolded her children.
- Jonah ran from God – a whale helped him out. Elijah, the prophet was moody, got angry. Lazarus raised from the dead but was well-known as hard to get along with.
- Miriam, mother of Moses was a gossip and caused all kinds of trouble,
- Martha, of Mary and Martha, was a constant worrier, and missed hearing Jesus' stories because she wanted the food for the meal to be just right.
- And, in a humorous story, Joseph, on the trip to Bethlehem with pregnant Mary was reported to have said, "Why me, why now?"

There was something in their individual personalities that brought a collective and productive consciousness to the table. They shared "common ground" in their desire to make the best decisions they could based on their experiences so far because they all wanted the same thing-success for the one they served and the ones they loved and a better world for all. So it is with my family and the amazing people in my life. As we put aside differences and work together on those things we have in common, it makes it possible to have family celebrations, Thanksgiving dinners and other celebrations that enrich our lives. I'm so glad there is diversity. How boring life would be if we were all the same in looks as well as personalities. Plus, I don't have the skills and cannot do everything that needs to be done.

Also, with a smile in my heart, (and from an author that I cannot find, but is alluded to in my files): "Why not come on just as you are, carrying a green umbrella or riding a pink elephant to show the acceptance of your own presence, and accept the colors of others umbrellas, or whatever they choose to ride into their life on." And, with a dream in my heart, I continue to affirm that it is possible to become a country that becomes, and models, common ground working and thinking while rejoicing in it's very talented, creative, and productive diversity.
It's time.

From a song sung by musician Glenn Yarbrough:

"Now as the wheels of life turn faster, now as the seasons seem to fly, I see so many things I didn't see in life before. I've known delight, I've seen disaster, the caviar, the humble pie. From the absurd to the sublime, I didn't see the years roll off, I didn't know the road would bend. Pretending it would never end, I didn't see the time go by."

I am thankful this special day of thanksgiving has come once again. It means we have another chance to learn and grow in gratitude, thankfulness, and reverence for the life we have been given, and the people in it.

Wanting to savor the time as it goes by. Come be in that with me.

Love,
Sherry

THIS WEEK AT UNITY, NOVEMBER 25-29

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**.

THURSDAY & FRIDAY

- The church office is closed for the Thanksgiving holiday.

THIS SUNDAY – NOVEMBER 30

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

- **After the service – Christmas Decorating Party.** Join us in the Sanctuary to help decorate the Christmas tree and hang the garland.

- **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**.

- **12:00 p.m. (approximately) – Discussion and O&A with guest speaker Cylvia Hayes and former Governor John Kitzhaber** in the Fellowship Hall. **Rev. Cylvia** is an award winning environmental and social justice activist, author, and former First Lady of Oregon. **Former Governor John Kitzhaber** is a three-term governor of Oregon, former Senate president and lifelong public servant.

NEXT WEEK, DECEMBER 1-6

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.

- **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**.

- **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 December 2nd Behind the Lens Seminar film is Yuma**, directed by Delmer Daves 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** and **Alice Sparks** meets in the Fellowship Hall on the 1st and 3rd Wednesday of each month. Confidentiality observed. For more information, contact **Rev. Inge Tarantola at 541-968-5540 or ingetarantola@gmail.com**.

- 5:30-6:30 p.m. (New Winter Time) – 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**.

- 6:00-8:00 p.m. – The Third Space Eugene meets in the upstairs Fillmore Wing. The Third Space Eugene offers a friendly, meaningful and safe space, open to everyone. The skilled facilitators create in-person facilitated exercises and discussions that bring people together with curiosity and support. Visit www.thethirdspaceeugene.org for more about this free offering. (meets December 3, 10, & 17.)

THURSDAY

- 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**.

SATURDAY

- 10:30 a.m.-Noon – Sacred Women's Circle. 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 December's gathering which is ***Our Inner Treasurers***.

NEXT SUNDAY, DECEMBER 7

- 10:30 a.m. Livestream & In-Person Service – Our December theme of *A Season of Wonder: Discovering the True Magic of Life* starts off with a message from **Rev. Inge Tarantola** exploring **“We are the Light.”**

- After the service – First-Sunday Potluck. Join us in the Fellowship Hall. Bring a main dish or salad, and invite your friends and family! Unity will provide coffee, tea, and dessert.

- 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.

UPCOMING

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.

WEDNESDAY, DECEMBER 24 (5:00 p.m.) – Unity's Christmas Eve Candle Lighting Service. Join us on this holy night for inspiring music, prayer, and universal wisdom. Children welcome. Infant care available. (seating opens at 4:30 p.m.) You may also join us on our

livestream at www.youtube.com/@unityofthevalley2720/streams.

VOLUNTEER OPPORTUNITIES/NEEDS

BOARD OF TRUSTEE VOLUNTEERS: 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.

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.

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-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@rioussa.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) 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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