
Fwd: Unity Inspiration & News

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

Wed, Dec 10, 2025 at 10:28 PM



Positive, Practical Spirituality

THIS SUNDAY – DECEMBER 14
- 10:30 a.m. Livestream & In-Person Service
– “In Awe of it All” with **Rev. Sherry Lady**. The **Unity Christmas Choir** will perform under the direction of **Mo Robeson**.

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 (12/7/25) service can be watched at https://www.youtube.com/watch?v=C_XpM6YoRv0. You can also find us on Facebook at <https://www.facebook.com/unityofthevalley>.



KEEPING CHRISTMAS

A message from Rev. Sherry Lady

While sorting through some things on a shelf in my office looking for something I'd misplaced, I came across this sweet little story in a magazine I had laid aside for future use and then forgotten about. As I leafed through it this sweet story presented itself, and I felt it was just the right thing for this time of year and for sharing with you:

“I was happy to see January 2nd roll around. The holidays had worn me out, with all the demands of cooking, shopping, and family get-togethers. Won't it be nice to get back to “normal,” I thought as I began dismantling the Christmas tree.

Before I'd gotten far, David, my three-year-old grandson, walked in. “Can I help?” he asked, picking up the tree skirt and draping it around his shoulders like a cape.

“Put the ornaments in the box,” I said. David put them on himself instead. “Honey It's time to put Christmas away.” He looked at me sadly, so I hung candy canes on his ears and pinned the treetop star to his red-blond hair. “I am the boy who sings the hallelujah song,” he said, holding out his arms. Yes, I thought, hallelujah! Each and every day. Thanks to a

boy who wouldn't put Christmas away, I was reminded of the joy that has no season." (Mary Belle Estes)

This is the season of joy – supposedly. Some are finding it to be true, and joy can be seen on the faces of people singing Christmas songs together, or visiting with friends, or decorating trees, and planning family get-togethers. I've seen it, and it has touched my heart and gives me hope. Yet, I use the word "supposedly" – because there is sadness at the same time. Joy has a feeling of being unreachable or attainable when loneliness and longing for things that aren't possible for many right now present themselves. There is the fear and reality of travel risks, so many who are limited by their circumstances and an unrest and uncertainty that is impacting our everyday lives in unexpected ways. For many joy, even when felt for a moment, slips away again by reports in the next newscast or newspaper headline. Joy can become elusive and somewhat like trying to catch a falling star.

When these thoughts and feelings begin to arise, one possibility to turn to incorporate into our experience and find space for is to find as much light-heartedness in as many places as possible. I like to sing, or hum, Hallelujah, or Aaah-lay-luuulia, while driving around, or doing laundry, or even while gasping at price increases in grocery stores and restaurants, etc. This one fun thing has helped me keep the spirit of Christmas alive in my heart. Yes, I have been known to softly hum those words while walking around looking at the bread section in the store or at a café menu. Sometimes people look at me quizzically at first and smile, or shake their heads, while politely considering the source...a white haired, somewhat off-centered lady, being weird in her old age. I always smile at them and giggle a little, just for the fun of it. Sometimes they strike up a conversation, and that is such fun. I've heard some really amazing stories. So far no one has offered to help me out the door before I've finished shopping, but maybe one day....

Another way to bring on a smile, has been to read other quips and quotes by children, who, more often than us adults in their lives, tell it like it is for them. Here are a few for you:

"The child goes up and sits on Santa's knee and says to him: "About that pony you back-ordered last year..."

A grandmother took her grandson to see Santa Claus after purchasing about a dozen Christmas gifts. Santa gave the boy a little present. "What do you say to Santa?" prompted the grandma. "Charge it," was the reply.

Dottie reading to her little brother says: "And three wisemen came to babysit while Mary and Joseph went caroling."

On the big night of the Christmas play, with his mother and father watching, their 7-year-old son, who was playing the inn-keeper, boomed out, "There is no room at the inn." Then looking down at his mother he boomed out even louder: "But come in, anyhow, and have some cookies and milk."

A four-year-old named Susan, had been engrossed in a drawing of a picture of the Nativity scene and took it to her father for his approval. "Excellent," he replied. "But why is one of Joseph's legs longer than the other?" "Oh," she explained, "He's stamping his foot because he wanted a girl."

So, let's keep Christmas – not only because of its historical significance, spiritual impact, beautiful teachings and traditions, but as a reminder of the beauty, peace, love, and potential for joy that is possible, in one form

or another, for thousands around the world, in various traditions and cultures. It is the time of year when Light is welcomed into the world, through many rituals and celebrations, even outside of the Christmas tradition as we know it. A time for affirming the presence of the Holiest of Spirits, like the star high in the sky that long ago shown its light down on all living things. Let us affirm Hallelujah for it all, and for the life that flows through us physically and spiritually and bonds us joyfully together in love.

Hallelujah. Come Emmanuel! We long for and welcome you. We smile at your presence.

Sherry

THIS WEEK AT UNITY, DECEMBER 10-13

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**.

- 6:00-8:00 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.)

- 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 or YouTube at www.youtube.com/@unityofthevalley2720/streams.

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**.

- 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**.

- 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 – DECEMBER 14

- 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**.

- 12:15-1:15 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 or **Donna O'Neil** at yogawithdonna@gmail.com.

NEXT WEEK, DECEMBER 15-20

MONDAY

- 5:30-7:00 p.m. – Caring from the Heart, a LGBTQIA++ Support Group. Join **Shawn, Erik, Alice,** 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 p.m. - The December 16th Behind the Lens Seminar film is **12 Angry Men**, directed by Sidney Lumet followed by a Q&A session with Tom Blank. Cost is \$30 for series (12 movies) or \$5 per time. New Series starts January 6th. 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.

NEXT SUNDAY, DECEMBER 21

- 10:30 a.m. Livestream & In-Person Service – “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.

- 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 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

CHRISTMAS EVE USHERS NEEDED: We are looking for 1-2 more people to help usher at Unity's 5:00 p.m. Christmas Eve Candle Lighting service. If you can help on December 24th, please sign up in the Fellowship Hall or contact **Géna** at unityval@riousa.com or **541-345-9913, ext.11.**

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.** If you'd like to bring other snacks, that's great too!

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 **December Bulletin** has been posted. You can check it out at <https://www.unityofthevalley.org/sunday-services-monthly-bulletin/>.

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@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) 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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