



January 2026

New Year, New Life

Opening to Infinite Possibilities



**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

Breaking from the Patterns that Contain Us

A message from our Ministerial Team

Life is filled with repeating patterns and designs that give our world a sense of predictability, even inevitability. Our political system will remain riddled with division, we may assume, because that's how it's been for so long. A painful rift in our personal relationships may go unquestioned for years, until we can't even recall what set it off. What most often holds these patterns in place? Our own habitual thoughts, feelings, and beliefs.



Our mental field has a remarkable mirroring capacity: Its persistent colors and contours are gradually molded by the impressions we continually project into it. On the surface level, we become who we decide we are, with all the rigid tendencies and limitations we have claimed as our own.

Yet hidden in our depths is a vast palette of possibilities, including what Unity co-founder Charles Fillmore called "divine ideas." These divine ideas contain the perfect pattern of health, prosperity, peace, love—everything we need for personal and spiritual fulfillment.

In Unity, we don't ask you to simply believe our teachings, but to test them. We can begin by looking and listening deep within. Notice the subtle roots and tendrils growing and reaching for the light. With every fresh blossom from our being, the outer world looks different to us—not only because we are seeing with new eyes, but because our blossoming has made the world a brighter place.

May your new year spring forth in peace and beauty.



SERVICES IN JANUARY

Sunday, January 4: Burning Bowl Ceremony led by Rev. Inge Tarantola. See page 4 for information.

Sunday, January 11: White Stone Ceremony led by Rev. Sherry Lady. See page 5 for information.

Sunday, January 18: “We Are Free, We Are Unlimited!”
Speaker: **Jon West**. Most of us have what's called “a sense of our own limitations.” But what if this sense isn't based on reality, but on habitual attitudes and beliefs? What if this life within and around us isn't what we think, but is something far greater?

Sunday, January 25: “An Invitation to Replenish, Refresh, & Revitalize.” Speaker: **Laura DuBois**. When our world feels like it's crumbling, how can we tap back into our energy and enthusiasm? And how might the ancient idea of baptism fit in? Join Laura as she explores Unity's delightful perspective.

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/@unityofthevalley2720streams>.

First-Sunday POTLUCK

January 4
(after the service)

Bring a main dish or salad!
Invite your family and friends!

Unity will provide
coffee, tea, & dessert.

January Affirmation

I am an
eternally new
expression
of Spirit!

Burning Bowl Ceremony

Sunday, January 4, 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.



Rev. Inge Tarantola will guide us in experiencing this time-honored tradition – a richly meditative experience, accompanied by heart-opening chants and instrumentals. Join us for this freeing and moving experience in consciousness, the door to a greater you!

First Wednesday (January 7th)

Chanting & Meditation

Now from 5:30–6:30 p.m.

Through the timeless practice of chanting, we quiet the mind and commune with Spirit. After each chant, we meditate for 7 to 10 minutes. We conclude with a healing prayer for the world.

No charge. Donations can be left at the door.

White Stone Ceremony

Sunday, January 11, 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 **Rev. Sherry Lady** guides us in this beautiful experience. First, we will select our stone. The white stones we are using came from the area between Hebron and Bethlehem, Israel. Holding these powerful stones in hand, we will affirm we are starting with a clean slate. Opening to our inner guidance, we will then write on the stone a word or short phrase representing the new beginning or energy we envision in our lives.

Caring from the Heart LGBTQIA++ Support Group

**1st & 3rd Monday, 5:30-7:00 p.m.
January 5 and 19**



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.

Unity's Environmental Action Team (UV EAT)

Sunday, January 11 – 12:30 p.m.



Adopt One Block Cleanup

In January we will gather at 12:15 p.m. in Unity's foyer and walk or drive to the Dari Mart on Hilyard for trash cleanup.

We will supply gloves, a bucket, and two "grabbers." Please bring your own if you have them. For questions about this cleanup, contact Denice Ward 541-521-1285.

UV EAT meets on the 2nd Sunday of the month to explore ways to live in harmony with Mother Earth. For more information, contact **Donna** at yogawithdonna@gmail.com or **Betsy** at heaventobetsy74@gmail.com.

Empathetic Presence & Nonviolent Communication: Practice Group

**Sunday, January 4 & 18
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 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.

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

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

**Thurs., January 8,
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.**

Inner Listening Piano with Yitzak / Jerry Green



**2nd & 4th Friday each month
1:30-2:30 p.m.
(starts January 9th)**

Tune into Spirit with your voice and movement, or sit in silent stillness. We let Spirit in by emptying our container of doing and shifting attention to our Being. For more info., contact **Yitzak / Jerry at 707-494-6994.**

In the mystery and grace of the present moment, insights come tumbling in as we see reflections of ourselves in one another.
From Age-ing to Sage-ing, Rabbi Zalman Schachter-Shalomi

A NOTE OF THANKS

A new year with new adventures awaiting. It's also an opportunity to share gratitude with those around us and those we love. So let us start the year off with our love and gratitude for you.

Angel Network – Thank you to all the angels who helped give a ride to someone needing one, provided a meal(s) for those who were unable to make them, helping pack up or move someone, and so many other activities.

Board of Trustees – Thank you for serving our community.

Bookstore Ministry – Thank you for opening the store up, answering questions, and helping our bookstore thrive.

Church Openers/Closers – Thank you for helping open and close the church on Sundays so that we can hold our beautiful Sunday services.

Church Facilities – Thank you for all the problem solving/fixing that you do to keep this place running.

Fellowship Team – Thank you to our Kitchen and Soup Angels for feeding our tummies. Your devotion to and making sure we have nourishment for the belly fills our hearts too.

Music & Choir Ministry – Thank you for keeping the music moving through us all. We are so very blessed.

PowerPoint Team – Thank you for keeping the Sunday services, Celebration of Life services, Singalongs, ... slides flowing.

Prayer Chaplains & Prayer Ministry – Thank you for holding sacred space on Sundays to pray with us individually, pray in a group, pray during the week.....and just well pray for us.

Prayer Shawl Ministry – Thank you for the countless hours of creating beautiful shawls filled with loving healing energy that are passed on to so many.

Office Angels – Thank you for making the work week flow easier.

Ushers & Greeters – Thank you for helping us feel welcome and helping to keep the Sunday service flowing. It takes a village.

Youth & Family Ministry – Thank you to all the teachers, assistants, and volunteers for helping play with & nurture our youth.

Each One of You – Thank you to each and every one of you for helping behind the scenes and just plain showing up. It's part of what makes our Unity family so awesome!

Youth & Family Ministry News

Happy New Year everyone!

We have some exciting things planned with our youth for 2026.

Sunday, January 18 - Bake Sale (after the service)

Can you donate cookies, brownies, sweet breads, cakes, cupcakes, pies, sweet rolls, cake pops, or candies?

Sign-up in the Fellowship Hall to donate and help YFM!

Sponsored by the Adults and Teens.

Saturday, February 14 – Valentine’s Dance/Karaoke (6:00-

8:00 p.m.). Come and join us in the fun. We will have DJs, snacks, and coffee. Cost to enter: \$5 or \$7.50 per couple. Children 13 and under are free.

Sunday, April 12 – YFM Plant Sale (after the service)

If you have any plants, starts, etc. you would like to donate to the sale, let Alice know. She can be reached at 541-729-3817.

All funds raised at these events go towards helping with camps and supplies for the Youth & Family program. Your donations are gratefully welcomed.

Would you like more information about Unity Youth & Family Ministry or would you like to volunteer with the youth, contact our Youth Coordinator, Alice Sparks at 541-729-3817.

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)



NEW

Behind the Lens Seminar

WINTER 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.)

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>.



The heart
sees better
than the eye.
~Hebrew proverb

FINANCIAL REPORT: Growing Together!

MONTH(S)	INCOME	EXPENSES	NET
OCTOBER	\$14,293	\$21,296	-\$7,003
NOVEMBER	\$17,655	\$21,395	-\$3,740

AN AFFIRMATIVE PRAYER: As we begin this new year, we invite you to take a moment to hold our spiritual community in the prayerful center of your being. See yourself shining your divine light in our midst, and receiving the light of others. Radiate blessings to all, from the tiny toddlers to the eldest seniors and all the generations in between. And envision all of us joining together to help keep our unity strong and growing.

In divine service,
your Board of Trustees

Board OF Trustees' MEETING

**Tuesday
January 20
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**.

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 **please contact Jon West** at **jwest97405@gmail.com**.

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 (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 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.

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 jlinebargertaylor@yahoo.com 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.

JANUARY PRAYER

from Rev. Sherry Lady

Happy New Year Wonderful Indwelling Spirit.

We are so grateful that you have chosen
to be born anew in each of us
each moment of our lives.

You have asked nothing of us,
except that we honor your presence
and act upon the messages that come to us
to guide us on our way.

In our hearts and from that presence,
we let our light shine forth as love
for each other and for all of creation.

Accepting your inspiration and compassion,
we go forward in the days ahead

with joy to be the best possible representative
of the oneness and peace that is possible for a world
waiting for fulfillment of the hope that lives in each heart.

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.**

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 jlinebargertaylor@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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