
Unity Inspiration & News

Unity of the Valley <gena@unityofthevalley.ccsend.com>

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Positive, Practical Spirituality

THIS SUNDAY – JANUARY 25
- 10:30 a.m. Livestream & In-Person Service –
“An Invitation to Replenish, Refresh, &
Revitalize” with Laura DuBois.

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 (1/18/26) service can be watched at <https://www.youtube.com/watch?v=kYiTCUh1XLU>.
You can also find us on Facebook at <https://www.facebook.com/unityofthevalley>.

THE POWER OF ONE

A message from Rev. Sherry Lady

A prayer request is received. Sometimes it is spoken, sometimes written, and sometimes it hovers above the invisible thought patterns of the thinker. Sometimes the energy of the invisible prayer thought is so palpable that those who are in its presence feel the desire to respond to the energy and arms are extended to hold the hand of the person who cannot put their prayer into words. They sit together in the silence for a few moments, merging with the power and presence of the One Spirit in shared acceptance of the power of prayer and their willingness to receive the blessing available to them. A special time indeed.

At other times, one is called to just be still. To sit in a comfortable chair and assess a current concern. To determine the depth of the challenge being faced. Mentally still and physically quiet and wait until the solution that is waiting to be expressed can be allowed to enter into heart and soul. Myrtle Fillmore wrote: “Be still. Be still. Be still. God in the midst of you is love. God in the midst of you is wisdom. Let not your thoughts be given to lack, but let wisdom fill them with the substance and faith of God.” However we choose to respond to others in the call for prayer, the opportunity to do so is filled with so much potential to make a difference in the lives of others – and, ours as well.

I was touched, and inspired by the way my daughter has created a special

way to not only be in the present to pray for and be with others, but to also provide ongoing prayer support until such time that the prayer request has been fulfilled. She created a prayer jar into which she places the names of those she is praying for, and with, that she has written on small pieces of paper. Whenever she passes by, she can touch the jar and send prayerful and loving thoughts to them. This occurs several times a day. It sits in a prominent place in her prayer space and whenever she walks by she is reminded of the power of prayer, the specialness of those whose names she has written, and feels the internal power of being in constant prayer herself. It has become both calming and healing for her as well because her name is included on a piece of paper in the jar, too.

Myrtle Fillmore also wrote: "Become the Light. When the way seems dark, pray for spiritual illumination, and bring all your thought people into the light. You will become a radiant center of light, joy, and optimism. . . . You will inspire success, for others will have confidence in you. Through understanding of spiritual laws, you have a potential gold mine to develop....Prayer is to change our minds and hearts so God's omnipresent good may fill our minds and hearts and manifest in our lives."

One person believing this and acting on it, even by just placing prayers in a jar and continually blessing them, can help change the world, one prayer and one person at a time. All the prayers that have been uttered through the centuries have been deposited in the "jar" of space and time, kept in the consciousness of the One who hears and we can draw upon that "jar" at any time. When we can't find the words to express our desires, we can simply hold the vision of the "jar" of Spirit and let the energy of the many who have turned to Source enter in and nurture us. Spirit knows, even before we speak. All we need to do is open to that voice and listen with our hearts.

Through prayer we can open our consciousness and become a magnet for the Divine energy that knows us and blesses us and we can, in turn, bless others. I'm searching for just the right jar. May it appear soon.

Love,
Sherry

THIS WEEK AT UNITY, JANUARY 21-24

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 at 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 1st and 3rd Wednesday of each month. Confidentiality observed. For more information, contact **Rev. Inge Tarantola at 541-968-5540 or** ingetarantola@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 **or 541-968-5896.**

- **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**.

FRIDAY

- **1:30-2:30 p.m. – Inner Listening Piano** with **Yitzak/Jerry Green** in the sanctuary. A time to tune into Spirit with your voice and movement, or sit in silent stillness. **For more information, contact Jerry 707-494-6994.**

SATURDAY

- **7:00-8:30 p.m. – Bach to Bhakti Musical Meditation concert.** A heart-centered musical meditation mixing classical, devotional, original, and contemporary music with **Laura Kemp** and **Sandy Holder**. Cost \$20 at door.

THIS SUNDAY – JANUARY 25

- **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**.

- **After the service – Messages of Hope.** Would you like to send a message of hope and love to someone who is incarcerated? Join us in the Garden Room to create hearts for friends who need some encouragement. All ages welcome. Laura and the Connecting From The Heart (CFTH) team will deliver them to Salem inmates in February.

- **7:30 p.m. – Yagody Concert.** Poetic songs from Ukraine with diverse and energetic themes. A concert with Yagody is a ritual in listening to the inner self. Tickets and more information at TurningTidesMusic.org.

NEXT WEEK, JANUARY 26-31

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 p.m. - The January 27th Behind the Lens Seminar** film is **Mon Oncle**, directed by Star Jacques Tati followed by a Q&A session with Tom Blank. Cost is \$30 for series (12 movies) or \$5 per time. Registration form in the Fellowship Hall.

FRIDAY

- **7:30 p.m. – Steve Poltz Concert.** Canadian born songwriter takes audiences from laughter to tears and back again. Tickets and more information at TurningTidesMusic.org.

NEXT SUNDAY, FEBRUARY 1

- **10:30 a.m. Livestream & In-Person Service** – Our February theme of ***Blessed are the Pure in Heart*** starts off with a message from **Jon West** exploring “What If My Authentic Self is Nosy, Needy, and/or Not Nice?”

- **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.

UPCOMING

Wednesday, February 4 (5:30-6:30 p.m.) – Chanting & Meditation in the sanctuary with Jon West and Donna O'Neil. For more info., contact Jon West at 541-683-7664 or jwest97405@gmail.com.

Saturday, February 7 (10:30 a.m.-Noon) – Sacred Women's Circle in the upstairs Fillmore Wing. Join Géna for a time of connecting, meditating, and doing a fun project that incorporates the theme for February which is *Deepening Connections*.

Monday, February 9 (4:00-5:30 p.m.) – Easter Choir rehearsals begin in the Sanctuary. Come and join the Easter Choir. Sign up in the Fellowship Hall. Performance Sunday, April 5th.

SATURDAY, FEBRUARY 14 (6:00-8:00 p.m.) – Valentine's Day Dance/Karaoke. Children under age 13 – free. 1 person \$5, Couple \$7.50 includes snacks and coffee or water. All proceeds go to Unity's Youth program.

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**. 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 **January Bulletin** has been posted. You can check it out at <https://www.unityofthevalley.org/sunday-services-monthly-bulletin/>. The February Bulletin will be posted soon.

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's Christmas Singalong 2025 can be watched at <https://www.youtube.com/watch?v=n4VtjlxBsJQ>.

Unity's Christmas Eve Candle Lighting Service can be watched at <https://www.youtube.com/watch?v=SgrISMBIUoE&t=4036s>.

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.



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