
Unity Inspiration & News

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

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Positive, Practical Spirituality

THIS SUNDAY – JANUARY 11

- 10:30 a.m. Livestream & In-Person Service – White Stone Ceremony. Rev. Sherry Lady will lead us in this ancient ritual which represents stepping forward into a larger, richer, and more meaningful expression of life.

IMPORTANT UPDATE ON OUR VIDEOS: Due to glitches in Facebook's video format, the best place to watch our services online is at <https://www.youtube.com/@unityofthevalley2720/streams>. To see the entire Unity Christmas Eve Service, go to <https://www.youtube.com/watch?v=SgrISMBIUoE&t=4036s>

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>.

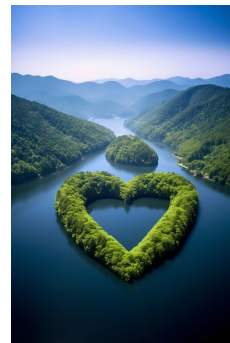
Last Sunday's (1/4/26) service can be watched at <https://www.youtube.com/watch?v=h7HI-CVnbDg>. You can also find us on Facebook at <https://www.facebook.com/unityofthevalley>.

EXPLAINING GOD

A message from Rev. Sherry Lady

After reading this over I just had to share it. I am sharing it with a smile on my face and chuckles in my heart. Whether or not you find it amusing, I hope you will at least find it creative and entertaining. This was written by an eight-year-old child named Danny Dutton, who lives in California, and it appeared in a publication titled "The Messenger." This was written in response to a 3rd grade homework assignment to explain God, which was considered to be the "Grand Overall Design for a wonderful life." Here's what Danny had to say:

"One of God's main jobs is making people. They are made to replace the ones who die, so there will be enough people to take care of things on earth. He doesn't make grown-ups – just babies. I think because they are smaller and easier to make. That way he doesn't have to take up valuable time teaching them how to walk and talk. That can be left to mothers and



fathers.

God's most important job is listening to prayers...there isn't time to listen to radio or TV. There must be a terrible lot of ear noise, unless God found a way to turn it off. God sees and hears everything and is kept very busy so don't go over God's head and ask for things your mom and dad said you couldn't have.

God has a son. His name is Jesus. He does all the hard work like walking on water, performing miracles and other things. People got tired of him trying to convince them there was a God so they killed him. But he was good and kind and told his father what they were doing and to forgive them. God said "OK." Jesus' dad told him he appreciated everything and all the hard work he had done on earth, so he didn't have to go out on the road anymore. He then helped his father by listening to prayers, seeing things that were important for God to take care of and which ones he could take care of without having to bother his father. He was like a secretary, only more important.

You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time. You should go to your church when you can because it makes them happy. Don't do something you think will be more fun, like going to the beach because the sun doesn't come out at the beach until noon anyway.

If you don't believe in God, you might be very lonely because your parents can't go everywhere with you, but God can. It's good to know there is some help when you can't swim and you get thrown into the water by big kids. But you shouldn't always think about what can be done for you. You have to do things for God, too. I figure if God put me here and can take me back anytime, I need to have done some good things to be proud of and helpful because I have been helped so much."

As I was finishing with the typing of this story, I received a New Year's card in the mail with this as the body of the verse. I thought of this young person finding his way as he was walking and coming to conclusions about something that made sense to him in the spiritual arena of his life. A walk many of us have taken, and continue to take, as we grow and mature in our understanding of the in-dwelling spirit within us, and all people. In choosing his own way to express how Divine Spirit is working within him, through his tradition, these words served to align me with the beauty of his spirit, his precious young soul, and I could feel the Holy Light emanating from his face:

"Let the river of my heart free the well of love within me.
Let us walk side-by-side and offer both our hands in service
to what is holy. Let us follow our hearts and arrive at the
Truth and sit side by side in Spirit's all-embracing Light."

Let us continue to grow into our fullest understanding of how best to be here now and serve the greater good.

Happy New Year. Happy New You year.

Love,
Sherry

THIS WEEK AT UNITY, JANUARY 7-10

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**.

- 5:30-6:30 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**

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**.

- 5:30-6:30 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**.

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**.

THIS SUNDAY – JANUARY 11

- 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, JANUARY 12-17

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 13th Behind the Lens Seminar** film is ***Cat on a Hot Tin Roof***, directed by Richard Brooks 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.

NEXT SUNDAY, JANUARY 18

- **10:30 a.m. Livestream & In-Person Service – “We are Free, We are Unlimited!” with Jon West.**

- **After the service – YFM Bake Sale.** Can you donate cookies, brownies, sweet breads, cakes, cupcakes, pies, sweet rolls, cake pops, or candies for our sale? Please contact **Alice Sparks at 541-729-3817 or sign-up in the Fellowship Hall to donate and help YFM!** Sponsored by the Adults and Teens.

- **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

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 **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.

Unity of the Valley | [3912 Dillard Road](#) | [Eugene, OR 97405 US](#)

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