
Unity Inspiration & News

Unity of the Valley <gena@unityofthevalley.ccsend.com>
Reply-To: unityval@rioussa.com
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Wed, Mar 11, 2026 at 9:00 AM



Positive, Practical Spirituality

THIS SUNDAY – MARCH 15
- 10:30 a.m. Livestream & In-Person
Service – “The Inner Life and Mysticism”
with Rev. Sherry Lady.



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 (3/8/26) service can be watched at https://www.youtube.com/watch?v=O6av_Co8WvU.

You can also find us on Facebook at <https://www.facebook.com/unityofthevalley>.

BORN BEFORE THE WIND
A message from Rev. Sherry Lady

A young boy, perhaps 6 or 7 years of age, is walking down a street in a residential neighborhood in his small home town, chattering happily with his mother who is holding his hand. His sister, a few years older, is holding the mother's other hand and using skipping steps to propel her along. The skipping steps pull on the mother's arm and so she wobbles back and forth a bit in order to keep her balance. There is a smile on her face as she nods to a neighbor passing by. As the three of them near the corner of the block, dogs in the backyard of the corner house begin barking loudly and the larger one does its best to scale the fence and go over the top, still barking with intent to be noticed.

The walkers stop talking, but instead of running away quickly, they stop and stand very still and watch the fence scaling event with unusual calmness. As the dog succeeds in getting over the fence, it suddenly stops barking and stands very still as well, and slowly lowers its head. As it does so, the other dogs stop barking as well and all stand very still. Slowly, the escaped dog begins walking carefully toward the three walkers. As it approaches them it intentionally goes to stand in front of the little boy and slowly lowers itself into a seated position and bows his head, giving a small but audible whine. Seated position soon becomes a laying position with

the paw of the right foot, soon followed by the left foot, placed on the scruffy, soiled play shoes of the young boy. No one moves for a few moments until the boy reaches out and strokes the head of the dog, smiling at it, and then touching the nose and scratching it behind the ears. "Hi, Aber", he says. "Aber" whines in a return greeting.

For the mother and the sister, such a scenario is not unusual. This is not the first time this has happened and though it mystifies mother, sister, and the neighborhood, the young boy thinks it quite natural as it has happened for him more than once, and in more than one place, and not just with dogs. One time, when visiting the zoo, a baby giraffe rushed to a fence and licked the boy's face. When the young one was asked about all these things, his reply is usually, "I don't know. I just love them in here," as he points to his heart. "They love me back. It's such fun, because they all make such funny sounds trying to talk, but they don't know how I talk, but it's ok."

This is not, as you may think, about St. Francis or any other Saint. This is about a real live person living today who has a gift inside of him that is unexplainable in words, yet it is recognizable in action. Perhaps it's the power of a love deeper than we can know, felt by all living creatures and recognizable as a true expression of oneness. Perhaps it's a kind of experience we describe as mystical in nature and something we have not gone deep enough in our human-hood to uncover and let come forth into full expression. In a song written and sung by recording star Van Morrison there are these words:

"We were born before the wind, also younger than the sun, ere the bonnie boat was won, as we sailed into the mystic.....and I wanna rock your gypsy soul, just like way back in the days of old, then magnificently we can float into the mystic..."

Somehow, witnessing the unusual scene between boy and dog, I felt as I had somehow floated into the mystic, and the only thing I could feel was appreciation for the experience, love for the participants, and love for the whole wide world. That kind of feeling for me, is expressed in Morrison's words: "Yeah, when the horn blows, you know I will be coming home..." in my heart and soul. I like to think of the horn blowing as the human consciousness awakening to the truth of who and what we are and why we are here at this time in history, which is to love so deeply, that any situation we can lay acceptance, understanding, compassion, faith, and truth at the feet of all with whom we come in contact and receive the same acknowledgement of planet partnership. Let's continue to be travelers together so that in leaping fences, we land softly at the feet of the magnificent One who has always wanted the best for us, and for us to accept our divine humanity. And, to let love be our only guide.

Was the boy what is often referred to as an "old soul" with the heart of a mystic? I'm choosing to think so. I've seen it unfold over the years and he has become one of my best teachers. (Don't ask me who, because that is my treasure. You have them in your lives, too. Find them and treasure them. Love and learn from them.)

Always,
Sherry

THIS WEEK AT UNITY, MARCH 11-14

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.

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**.

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

- **1:00-4:00 p.m.** – **Eaves Club**, a four-week workshop for men 18-25 years old. Come and explore building extraordinary friendships and adventures through learning, practicing, and using strong listening skills. (March 7-28) Cost \$80 partial & full scholarships available. Apply at EavesClub.com.

THIS SUNDAY – MARCH 15

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

- **After the service – Soup** in the Fellowship Hall.

- **After the service – Love-in-Action signups in the Fellowship Hall.** Come & visit the tables to find out what volunteer opportunities are available (there are many) and chat with our volunteer representatives.

- **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.

NEXT WEEK, MARCH 16-21

MONDAY

- **5:30-7:00 p.m.** – **Caring from the Heart, a LGBTQIA++ Support Group** meets 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.**

- **5:00 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 March 17th Behind the Lens Seminar** film is *The Hidden Fortress*, directed by Akira Kurosawa (subtitles) followed by a Q&A session. **New Series starts March 31st.** Cost is \$30 for series (12 movies) or \$5 per time. 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.**

SATURDAY

- **10:30 a.m.-Noon – United in Peaceful Service Volunteer Appreciation Brunch.** Your Shared Leadership Team would like to honor you and express our appreciation for your gifts of time, talent, generosity, love, and service to this community. Be sure to save the date and join us for food, frivolity, and festivity! **If you have not signed up yet, please email Géna at unityval@riousa.com.**

- **7:30 p.m. – Cosy Sheridan & Beth Wood Concert.** Tickets \$20 at www.turningtidesmusic.org.

NEXT SUNDAY, MARCH 22

- **10:30 a.m. Livestream & In-Person Service – “The Inner Life and Mysticism”** with **Rev. Sherry Lady.**

UPCOMING

Sundays, April 6-June 1 (4:00-5:30 p.m.) – Be-Friending Death facilitated by **Rev. Dick Everts & Ani Sinclair.** In this 8-week class you will have the opportunity to learn and talk about the many aspects of death and dying. We will be learning from experts and sharing in small group discussions. **Preregister at anisinclair8@gmail.com.** Donations to Unity of the Valley welcome. Sliding Scale Suggested of \$40-\$80 (no one turned away.)

Saturday, April 11 (11:00 a.m.) – Celebration of Life Service for Joe Sanders. Join us in the sanctuary as we celebrate Joe’s life. Reception to follow.

Sundays, April 12-May 3 (2:00-4:00 p.m.) – Our Community Folk Choir led by **Katie Sontag**. Sliding scale \$70-\$140 (work trade & other exchange avail.) **Register at katiesontag.com/community-choir**.

Wednesdays, April 15-May 13 (6:30-8:00 p.m.) – Living Unity Principles with **Jon West**. This is our introductory course for newcomers and those who would like to go deeper than we can do on a Sunday. **Sign up in the Fellowship Hall or email Géna at unityval@riousa.com**. Congregants who attend this class will be eligible for voting membership in our spiritual community.

VOLUNTEER OPPORTUNITIES/NEEDS

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

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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