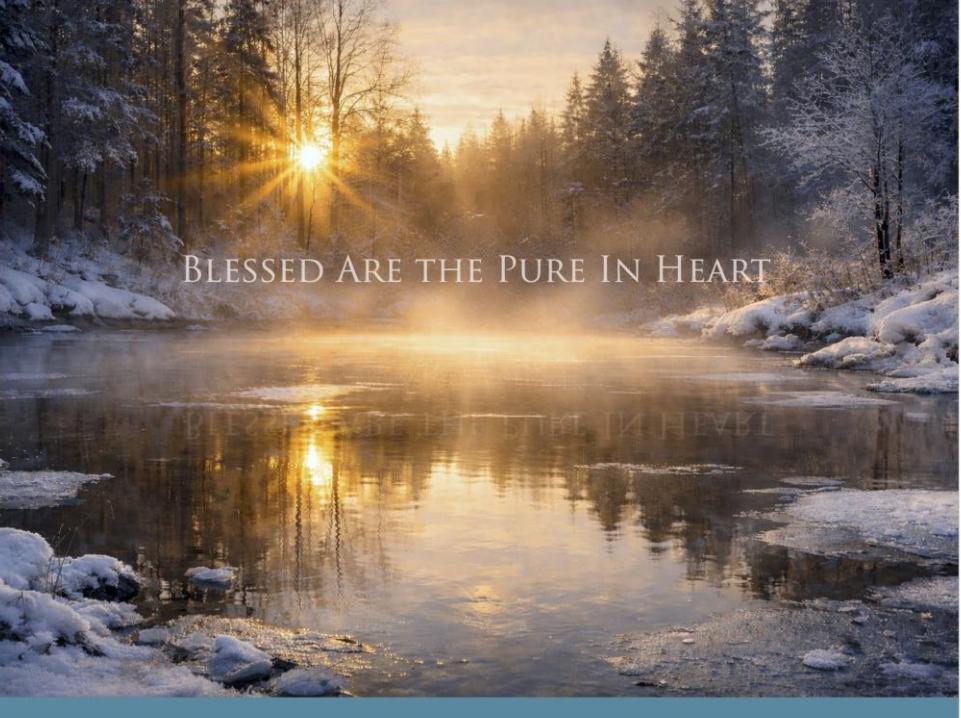




February 2026



BLESSED ARE THE PURE IN HEART

A photograph of a winter scene. The sun is low on the horizon, casting a bright, golden glow through bare trees and over a river. The river's surface is partially frozen with patches of ice. The surrounding landscape is covered in snow, with evergreen trees and bare deciduous trees silhouetted against the light. The overall atmosphere is serene and reflective.

**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

BLESSED ARE THE PURE IN HEART

A message from our Ministerial Team

This month, we will step into the garden of wisdom shared by Jesus in his Sermon on the Mount, specifically his sixth Beatitude: “Blessed are the pure in heart for they shall see God” (Matthew 5:8). Unity co-founder Charles Fillmore wrote about this verse in his book, *The Revealing Word*: “The deep purity and mighty strength of the Christ Mind are made manifest in those who develop spiritually.”

Regarding this same verse, the Indian master Paramahansa Yogananda wrote, “Reality cannot be accurately reflected in a consciousness ruffled by likes and dislikes, with their restless passions and desires, and the roiling emotions they engender—anger, jealousy, greed, moody sensitivity. But when human knowing and feeling are calmed by meditation, the ordinarily agitated ego gives way to the blessed calmness of soul perception.”

In Unity, the true “heart” of us is understood as our Divine essence or spark, not the central muscle that circulates our blood, though the physical heart is a powerful expression of that spark. Nor are we the onion-like layers of habitual thought and feelings that have gelled into our personalities. Beneath the tangled vines of our human identity is an unchanging ground—what we in Unity sometimes call “the I Am presence.”

The I Am presence not only contains our own deepest being, it is the ground of all being. If that sounds like a paradox and a mystery to our intellectual mind, let it be so. Ultimate truths cannot be grasped by the workings of the mind alone. They must emerge in our awareness like a flower—the flower of realization from the pure seed of Spirit within. Throughout this month and beyond, we will be nurturing this realization as a spiritual community. Please join us!



SERVICES IN FEBRUARY

Sunday, February 1: "What If My Authentic Self is Nosy, Needy, and/or Not Nice?" with **Jon West**. The idea of "being ourselves" and "following one's heart" rather than conforming to cultural ideals has grown in popularity since at least the 1600s. But in a world (and mind) crowded with competing messages about who we are and what we need to be happy, we may hardly know our "true self" at all!

Sunday, February 8: "Closer to God is the One Who's in Love" with guest speaker **Weston Hudson** (see bio on page 4). Weston will explore how releasing rigid self-definitions allows us to return to a deeper experience of God — one rooted not in separation, but in love, presence, and unity.

Sunday, February 15: "Gathered in Love: A Unity Taizé Experience" led by **Laura DuBois**. This service will feature meditative chants, inspirational readings, prayers, and times of silence bringing participants to a deep spiritual connection and sense of peace. As the service unfolds, healing touch and prayers will be offered by a team of chaplains in the front of the sanctuary.

Sunday, February 22: "Walking the Path of Wholeness" with **Rev. Sherry Lady**. The twists, turns, and surprises of letting love be the guide on our journey to who we are really meant to be.

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>.

February Affirmation

The wisdom
and wholeness of Spirit
fills my being completely!



First Wednesday *Chanting & Meditation*

**February 4th
5:30 - 6:30 p.m.**

Through the timeless practice of chanting, we quiet the mind and commune with Spirit. No charge. Donations can be left at the door.

“Closer to God is the One Who's in Love”

Guest Speaker: Weston Hudson

Sunday, February 8 at 10:30 a.m.



Weston Hudson has immersed himself in spiritual study, service, and training—most notably as a longtime attendee and student at Agape Spiritual Center, where he studied with Michael Beckwith and counseled with his brother Akili Beckwith. Outside of Agape, his path also included working with shamans, healers, mystics, and teachers across many traditions, exploring emotional healing, embodiment, forgiveness, prosperity consciousness, and presence.

Weston brought this inner work into the world in practical ways—teaching, coaching, and creating. Over the years, he has helped dozens of individuals move through emotional pain and confusion and reconnect with clarity, inspiration, and inner truth. He is also the creator of Sonic Prayers, a practice blending music, meditation, and affirmative prayer and an online course “Shift & Shine” where he helps individuals move through blocks to arrive at their deepest heart inspired visions and desires.



First-Sunday Potluck February 1 (after the service)

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

Unity will provide coffee, tea, & dessert.

Unity Hang Out



Tuesdays
11:30 a.m. – 1:30 p.m.
in the Fellowship Hall

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.**

Empathetic Presence & Nonviolent Communication Practice Group

Sunday, February 1 & 15 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.



Caring from the Heart LGBTQIA++ Support Group

**1st & 3rd Monday, 5:30-7:00 p.m.
February 2 & 16**

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**.

Sacred Women's Circle



**Saturday, February 7
10:30 a.m. - Noon**

February Theme
Deepening Connections

Calling all women to join **Géna** in the upstairs Fillmore Wing for a time of connecting, meditating, and doing a fun project that incorporates the theme for this month's gathering.

Unity's Environmental Action Team (UV EAT)

Sunday, February 8 – 12:15-1:15 p.m.



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 heavenstobetsy74@gmail.com.

Unity Grief Support Group with Rev. Inge Tarantola & Alice Sparks

**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.**

Inner Listening Piano with Yitzak / Jerry Green

**2nd & 4th Friday
of each month
1:30-2:30 p.m.**



What can you
Stop doing?
To feel Being
At its growing edge.

LISTEN Within -
for Spirit



Rest -
Open to Receive

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 707-494-6994.**

THERAPEUTIC TOUCH

**Thurs., February 12,
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.**

Parents Empowered by Connecting



**Thursday, February 5
5:30-6:30 p.m.**

Parents, Grandparents, and Guardians are invited to join us in the Garden Room for a safe, confidential, and collaborative parent support group.

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

VOLUNTEER OPPORTUNITIES



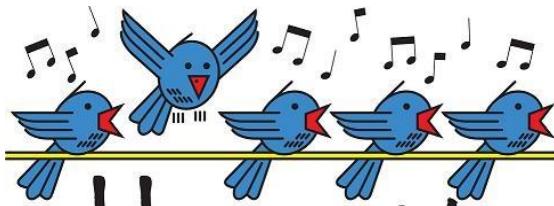
Laundry Help. We are looking for someone who has a washer and dryer and would be able to launder the towels used at Unity once or twice a month. If you are able, please contact Géna at 541-345-9913, ext. 11 or unityval@riousa.com. Your help is appreciated.

March Is Love-in-Action Volunteer Month

We have many fun and rewarding volunteer positions and leadership opportunities at our church, and we need your help. **Representatives from each volunteer ministry will be in the Fellowship Hall after the service on Sunday, March 15, to provide information and to help volunteers sign up.**

Be sure to come and visit with us!

Join Unity's Easter Choir



**Come and share your voice
with Unity's Easter Choir!**

**Rehearsals start February 9 and are held on:
Mondays (4:00-5:30 p.m.)
with Easter performance on April 5th.**

Sign up in the Fellowship Hall or contact Mo Robeson at mo@sidarosa.com or 541-520-8489.

Youth & Family Ministry News

2026 is here, and the Youth & Family Ministry is growing, and we've already been quite busy. We've had a bake sale, sold a few trees, and we have been doing lots of planning for 2026. Not only do we have some fun events coming up, but we have many opportunities for volunteers.

Saturday, February 14 – Valentine’s Dance/Karaoke (6:00-8:00 p.m.). Come and join us in the fun. We will have DJs, Limbo dance, snacks, and coffee. Cost to enter: \$5 or \$7.50 per couple. Children 13 and under are free.

Saturday, February 28 – Chinese New Year (2:00-4:00 p.m.). Come and celebrate the Chinese New Year with Unity. We'll have Chinese snacks, tea, coffee, big dragon dancers, tiny lion dancers, stories and table games. Adults, teens, and children wear your red clothes and join in the fun. Free, but donations welcome.

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.**

As we continue to grow in numbers, we also need more volunteers to help. There are a variety of ways you can help. **For more information, 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)



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, February 3: “The Defiant Ones” (Sidney Portier, Tony Curtis) directed by Stanley Kramer (96 min)

Tuesday, February 10: “The Big Country” (Gregory Peck, Jean Simmons) directed by William Wyler (167 min.)

Tuesday, February 17: “Ashes and Diamonds” directed by Andrzej Wajda (103 min.)

Tuesday, February 24: “Touch of Evil” (Charlton Heston, Janet Leigh, Orson Welles) directed by Orson Welles (111 min.)

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/unitofthevalley>.

Save the Date!

Volunteer Appreciation Brunch

**Saturday, March 21
10:30 a.m.-Noon**

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! Sign-ups begin the end of February!

FINANCIAL REPORT: IN PROGRESS

Our bookkeeper is still determining our total income and expenses for 2025.

However, with the generous support of our spiritual community, we believe we have moved closer to meeting our anticipated budget.

With loving appreciation,
Your Board of Trustees

Anyone can count the seeds in an apple;
no one can count the apples in a seed.

~Anonymous

BOARD OF *Trustees'* MEETING

**Tuesday
February 17
5:00 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 **bipaquin2@gmail.com**.

Unity of the Valley

ANNUAL MEETING



**Sunday, February 22
12:00 p.m.**

Join us at our Annual Congregational Meeting. This is a time to review accomplishments in 2025, vote in our newest Board members, and honor departing ones. We will also envision ways we can strengthen our community together in the coming year.

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.

FEBRUARY PRAYER

from Rev. Sherry Lady

TOGETHER

(Written by Unity teacher and author, Dorothy Pierson)

Together we grow, not separate, divided, alone or in isolation.

We grow best when we come to know,

that at the core of being we are so much more!

We are one with every living soul, every atom, every cell, every living, moving thing, as well as so called static form...

All a part of us and we of them!

For we are born and grow in a wholeness we come to know as Love, and in that Love God holds us all, together.

Thank you, Loving Spirit, for this togetherness.

In prayer we hold this in our hearts.

Amen

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.**

Open Men's Circle (Fillmore Wing) First & Third Tuesday 7:00-9:00 p.m. For more info., **Jim Drews – 541-731-8492 / drewsjim@yahoo.com.**

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

Bonnie Chappa, Secretary

Ted Taylor, Treasurer

Geneva Miller, Trustee

Alice Sparks, Trustee

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