WELCOME, NEW COMMUNITY MEMBERS

Welcome Home

Unity of Fort Lauderdale

Unity: A Positive Path for Spiritual Living

As a conscious CommUnity, we ignite spiritual connection, expansion, and innovation.

Sundays at 10:00 AM

Sunrise Middle School
1750 NE 14th St, Fort Lauderdale, FL 33304
Free Parking

Inside: Your First Sunday · Who We Are · Stay Connected

A MESSAGE FOR YOU

We're so glad you're here.

Whether you're exploring a new spiritual home, returning to Unity after some time away, or simply curious, we're delighted to share this journey with you.

Unity of Fort Lauderdale is a spiritual CommUnity where people of every background, belief, and walk of life come together to grow, connect, and live from the divine potential within.

> *Come as you are. Leave a little lighter.*

This guide answers the questions most first-time guests have, so you can arrive with an open heart and simply enjoy the experience. If anything isn't covered here, please reach out. We'd love to hear from you.

With love,

Rev. Bryan Sawchuk, Senior Minister

& Cynthia Roberts, Licensed Unity Teacher

Co-Spiritual Leaders

YOUR FIRST SUNDAY

Getting Here

1 Location

Sunrise Middle School
1750 NE 14th St, Fort Lauderdale, FL 33304
Click here for directions

2 Parking (Free)

Enter at the corner of NE 14th Street and NE 17th Way, then turn right into the lot. Park in any open space.

3 Finding Us

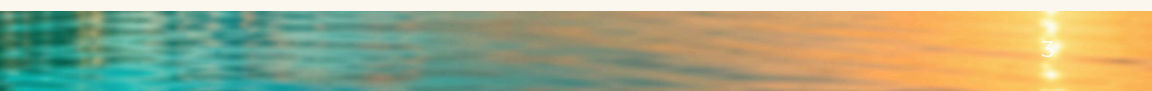
Look for the sign to the cafeteria/auditorium on the north side of the building. Our Unity signs and friendly volunteer hosts will guide you the rest of the way.

4 Accessibility

Our gathering space is on the ground floor, with no stairs to climb.

5 When to Arrive

Service begins at **10:00 AM**. We suggest arriving by **9:45 AM** to park, find a seat, and use the restroom if needed. Running a little late? All is well. Come on in!



YOUR FIRST SUNDAY

What to Expect

The Service

About an hour, with uplifting live music, prayer and meditation, and an inspiring, practical message for everyday life.

Alternative Sunday Experiences

Some Sundays, instead of a traditional talk, CommUnity members lead a spiritual experience through creativity, movement, dialogue, or embodied practice, each rooted in our Unity principles.

What to Wear & Children

Casual and comfortable. There's no separate childcare; children are invited to join us in the main service.

Love Offerings

Love offerings and tithes are always graciously received and fuel our mission and vision! If you feel called, use the gold basket on our Prosperity Altar, or see the last page to give online or by mail.

After the Service

Stay to connect. At **11:15 AM**, **Sacred Circle** gathers for spiritual discussion or an activity tied to the day's message.

WHO WE ARE

Our Spiritual Path

Unity offers practical spiritual wisdom for every seeker, whether your foundation is strong, your journey is just beginning, or you aren't sure what you believe about God. With roots in Christianity, Unity weaves together timeless truths from many faith traditions. There's no dogma here, and every positive spiritual path that contributes to the greater good of the whole is honored.

Use whatever words speak to your heart: God, Spirit, the Universe, Love, or Divine Truth. However it's named, we understand this presence as one loving source of goodness, order, and abundance.

Our Wayshower & Metaphysics

We follow the teachings of Jesus, our Wayshower, who showed us how to live as an expression of love and light. Unity is a metaphysical teaching: we look for the spiritual meaning within scripture and everyday life, knowing that our thoughts, words, and energy shape our experience.

WHO WE ARE

Our Roots & Global Movement

Charles & Myrtle Fillmore

Unity was co-founded in 1889 in Kansas City by husband and wife Charles and Myrtle Fillmore. It began with healing: through prayer and meditation, Myrtle experienced a restoration to wholeness.

Reading Scripture Metaphysically

The Fillmores read the Bible as far more than history. They interpreted it metaphysically, allegorically, and symbolically, seeing its people, places, and events as states of consciousness and as the soul's journey toward spiritual awakening. Charles explored these meanings in his *Metaphysical Bible Dictionary*.

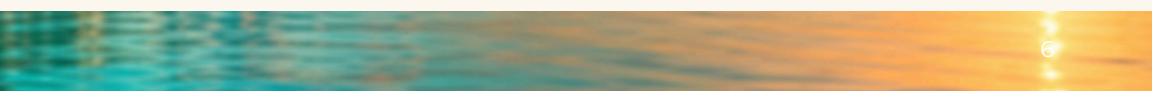
In this way, scripture becomes a book about our own lives. Every story mirrors the states of being, emotions, and experiences we still move through today, so we look for what resonates and how it can help us live better lives.

Silent Unity

In 1890, the Fillmores began the Society of Silent Help, renamed the Society of Silent Unity a year later. For more than 135 years, Silent Unity has prayed with people around the world, 24 hours a day. Call **1-816-969-2000** anytime.

A Worldwide Movement

Today Unity reaches people across the globe through hundreds of ministries and study groups, *Daily Word*, and prayer. Its home is Unity World Headquarters at Unity Village, a 1,200-acre campus near Kansas City, Missouri. Unity of Fort Lauderdale is part of this larger movement under the umbrella of Unity World Headquarters.



WHO WE ARE

Vision, Mission & Core Values

Our Vision

Centered in Spirit, We Celebrate a World Ignited with Unlimited Potential

Our Mission

As a conscious CommUnity, we ignite spiritual connection, expansion, and innovation.

Our Core Values

Inspiration
We let Spirit move through us, sparking fresh ideas, creativity, and possibility.

Passion
We bring our whole heart and joyful energy to everything we do.

Transformation
We embrace change as the doorway to growth and wholeness.

Spiritual Maturity
We take responsibility for our thoughts, feelings, and choices, and live the Truth we know.

Presence
We show up fully, here and now, with open hearts.

WHAT WE BELIEVE

The Five Unity Guiding Principles

ONE	There is ONE Power & ONE Presence, God the Good.
DIVINE	We are DIVINE at our core, an INDIVIDUALIZED expression of God.
MIND	We create our experiences through the activity of our consciousness. The Law of MIND Action: thoughts held in MIND produce after their kind.
PRAYER	Affirmative PRAYER & meditation awaken us to our connection with the Infinite.
ACTION	Through thoughts, words, ACTION, & insight we evolve and live the Truth we know.

> *Enlightenment is of little or no value unless you mature spiritually and emotionally.*
>
> — Charles Fillmore, co-founder of Unity

Click Here to Learn More About Us

MEET OUR

Co-Spiritual Leaders

BS

Rev. Bryan Sawchuk

SENIOR MINISTER & CO-SPIRITUAL LEADER

Rev. Bryan has led Unity of Fort Lauderdale for more than seven years, with Unity roots going back to the early 2000s. He is co-author, with Rev. Dr. Toni G. Boehm, of *Spiritual and Emotional Maturity: Tools & Practices for Consciously Developing Spiritual and Emotional Maturity*, and is a certified Law of Attraction coach.

CR

Cynthia Roberts

LICENSED UNITY TEACHER & CO-SPIRITUAL LEADER

Cynthia has served as Co-Spiritual Leader since 2024. She speaks, facilitates classes and workshops, offers spiritual coaching, and helps train our Sacred Servers. She previously led the Power Hour class at Unity of Pompano for twelve years.

Together, they guide the day-to-day operations of Unity of Fort Lauderdale and shape the spiritual content and programming of every part of our ministry, from Sunday experiences, classes, and retreats to prayer, care, and our digital ministry.

Click Here to Meet Our Whole Team

WHY WE'RE HERE

The Journey of Conscious Evolution

Every person's path with us unfolds at its own pace. Here's how many people grow with our CommUnity:

1. **I Found Out**
   Through a friend, social media, our website, or a past service recording.

2. **I Feel Something**
   I start experiencing Sunday services, Alternative Sunday Experiences, the Daily Word, prayer ministry, Silent Unity, and tithing.

3. **I Want to Understand**
   Unity Basics, the Five Principles, the Twelve Powers, classes, and our SEM Book Study.

4. **I Do the Inner Work**
   Our Spiritual & Emotional Maturity (SEM) class series, shadow work, and Sacred Service discernment.

5. **I Serve from Fullness**
   Sacred Service, CommUnity Presence Partners, membership, the Board of Trustees, teaching, speaking, and facilitating.

> *Life is an ever-progressive upward spiral of conscious evolution.*
>
> — Charles Fillmore

MORE THAN SUNDAY

A Living Ecosystem of Ministry

Sunday is just one part of our CommUnity. All week long, there are many ways to connect, learn, serve, and grow:

- Sunday Service
- Spiritual & Emotional Maturity
- CommUnity Presence Partners
- The Sunshine Committee
- CommUnity Choice
- Unity Publications & Books
- Spiritual Counseling
- Silent Unity (24/7)
- Unity in the CommUnity
- Book Group
- Retreats & Workshops
- The Good Words Club
- Our App (24/7)
- The Self-Inventory Worksheet
- Creative Connections & Art
- Sacred Service

Weekly E-News: discover everything we offer

Click Here to Sign Up

Our Free App: connect wherever you are

Click Here to Download the App

Click Here for Upcoming Events

GOOD TO KNOW

Questions Guests Often Ask

Do I need to be a member to attend?

No. You can attend, take classes, and grow with us without becoming a member. Membership comes later in the journey, for those who feel called to help serve and steward our CommUnity.

Is Unity a Christian church?

Unity has its roots in Christianity. Our co-founders, Charles and Myrtle Fillmore, interpreted scripture metaphysically, seeking the spiritual meaning within. We look to Jesus as our Wayshower, an example of living love and kindness in the world, and we draw on wisdom from many faith traditions. There is no dogma, and every positive spiritual path that contributes to the greater good of the whole is honored.

Do I have to believe in God?

No. Use whatever language resonates with you: God, Spirit, the Universe, or Love. Many people find Unity while still exploring what they believe.

What should I bring?

Just yourself and an open heart.

Will I be asked to participate?

You're invited to sing, pray, and share as much or as little as feels right. Simply receiving is perfectly fine.

GOOD TO KNOW

More Questions

Can I watch online?

Yes. Our Sunday services are available after the service on our website, our free app, and social media. You'll also find past talks, meditations, and other inspiring media on our website and app, anytime.

What if I'd like prayer?

We'd be honored to hold you in prayer. Visit the Prayer section of our website to share a prayer request. You can also call Silent Unity for prayer, 24 hours a day, at **1-816-969-2000**.

How can I get involved?

Begin by experiencing. Join us on Sundays, attend a class or group, and get to know our teachings and our CommUnity as we get to know you. Sacred Service grows naturally from that foundation. When you feel called, you'll read our Sacred Server Manual, complete the Self-Inventory Worksheet, and have a Readiness Conversation before stepping into a role, so you serve from fullness, grounded in the teachings and connected to the whole ministry.

Who can I talk to with questions?

On Sundays, our Service Hosts, our CommUnity Connection Assistant, Katherine, and our Sunday Service Coordinator are happy to help. Anytime during the week, call or text the office at **954-228-0819** or email **info@unityfortlauderdale.org**.

WE'D LOVE TO HEAR FROM YOU

Contact Us

Phone / Text: 954-228-0819

Email: info@unityfortlauderdale.org

Website: unityfortlauderdale.org

Follow Us: Facebook · Instagram · YouTube

Support Our Mission & Vision

Love offerings and tithes are always graciously received! They're how we ignite spiritual connection, expansion, and innovation in our CommUnity and beyond. If you feel called to support our mission and vision, give online or mail a love offering to:

Unity of Fort Lauderdale
2598 East Sunrise Blvd, Suite 2104
Fort Lauderdale, FL 33304

Click Here to Give Online

Come breathe, belong, and become with us!