



- PRAYER SUPPORT
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APRIL GREETINGS COU FRIENDS,

April is a month of growth and renewal, and nature bursts forth with brilliant colors! We begin this month with our Easter celebration that invites us to, just like nature, receive new life in body, mind, and spirit. In John 11:25 Jesus said, "I am the resurrection and the life. Those who believe in me, though they appear to die, shall live."

When Moses asked God for a name, the Divine responded with I AM that I AM. We understand these powerful 2 words as the indwelling presence of God as our very being. Our co-founder, Charles Fillmore, wrote that the words "I AM" are the most powerful statements we can ever speak because they align us with the one Presence and the one Power.

Every time we say, "I am," we are invoking our divine identity and claiming our creative power. The "I AM" within you is the power that can lift you out of any condition.

Resurrection is not just about overcoming physical death — it is about rising above limitations. It is about releasing old patterns and awakening to spiritual truth. It is believing you have the power to change your thinking, and to transcend appearances. It is knowing that you are not bound by past conditions.

In anticipation and love,

Rev Linda

WHO WE ARE AT COU

OUR MISSION

Transforming lives and inspiring people to make a positive difference in the world.

OUR VISION

Centered in God, we envision a world free of judgment and filled with love.

OUR CORE VALUES

Spirit-led, Service, Inclusive, Joy, and Prosperous

JOIN US FOR **SUNDAY** service

SUNDAYS | 10:30 AM

Join us each Sunday for an uplifting and heart-centered service. Whether you're seeking spiritual growth, connection, healing, or simply a peaceful place to reflect, you'll find an open and inclusive community ready to welcome you.

Each week, we explore universal principles, meditation, prayer, and inspirational teachings that help you create a more meaningful, joy-filled life.



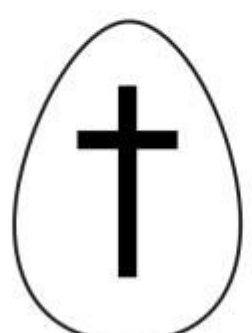
April 5
**EASTER
CELEBRATION**



April 12
"PRAY LIKE THIS"



April 19
**GUEST SPEAKER:
RICK WEAVER**



April 26
**"FROM HEALING
TO WHOLENESS"**



New Series begins through May 31st

This Life is Yours

This series, based on the book *This Life Is Yours* by Linda Martella Whitsett & Alecia Whitsett, will focus on healing your whole self by discovering the eternal and unbreakable you.

Come discover the seven life-changing practices that will fill you with happiness and spiritual health.

Want to dive deeper? Join the SpiritGroup that's focused on this series.



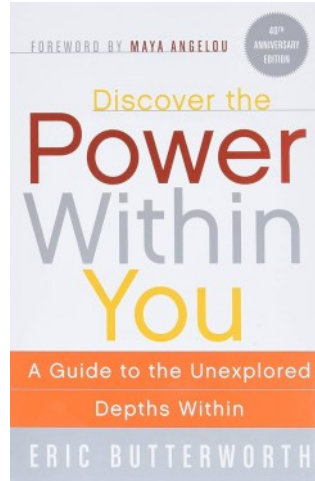
Classes Kick-Off the week of April 19th

SpiritGroups are small, heart-centered gatherings designed to deepen spiritual connection, encourage authentic sharing, and support personal growth. Rooted in Unity principles, these groups provide a safe and welcoming space to explore spiritual teachings, build meaningful relationships, and apply Truth in everyday life. Whether meeting online or in person, SpiritGroups are an opportunity to grow together in love, prayer, and spiritual understanding.

There are three groups to choose from this session. No matter which group you choose, SpiritGroups are a beautiful way to connect, grow, and experience the presence of God in community.

Sign up from the COU website or app.

SIGN UP



Discover the Power Within You

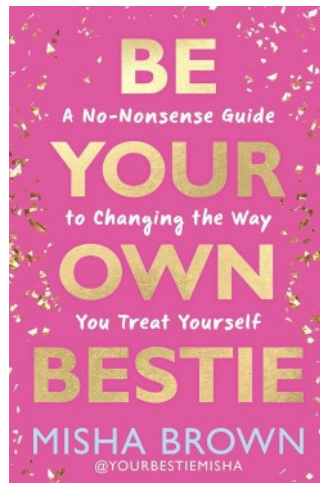
by Eric Butterworth

Online Tuesdays at 6:30 pm

hosted by: Grant Trevithick

beginning April 21st

Tap into the divine potential within you in this classic Unity study. This group explores foundational spiritual principles that empower you to live with greater confidence, purpose, and faith. Through discussion and reflection, participants will learn how to awaken their inner power and apply spiritual Truth to everyday life.



Be Your Own Bestie

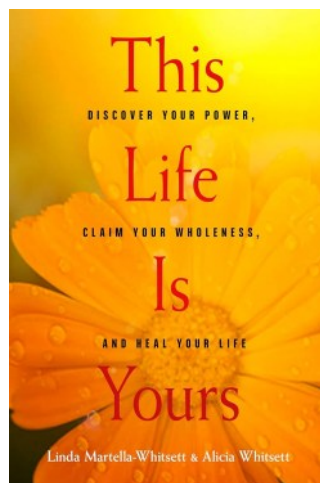
by Misha Brown

Online Thursdays at 7:00 pm

hosted by: Nicholle and Matt Sweat

beginning April 23rd

This uplifting group focuses on self-love, compassion, and building a positive inner dialogue. Through guided conversations and practical tools, participants will learn how to nurture themselves as their own greatest supporter. Perfect for anyone ready to release self-criticism and embrace a more loving relationship with themselves.



This Life Is Yours

by Linda Martella Whitsett & Alecia Whitsett

In-person Saturdays at 11:00 am in Fellowship Hall

hosted by: Lori Elhart

beginning April 25th

Join us for a dynamic, in-person experience exploring the current Sunday series. This group invites participants to dive deeper into the message that your life is yours to consciously create. Through discussion, reflection, and spiritual practice, you'll gain tools to live more intentionally and align with your divine purpose.

The Art of Quantum Living

A 21 Day Practice of Personal Transformation



6 Saturdays
April 25 - May 30
9:00am - 11:00am



Meet Online
via Zoom

Facilitated by:
Grant and Mirna Trevithick

\$50 class fee
Includes Workbook

Sign-Up Online
centerofunity.org

READY TO TRANSFORM YOUR LIFE FROM THE INSIDE OUT?

Discover **The Art of Quantum Living** — a powerful 6-week course that blends cutting-edge science with timeless wisdom to help you break free from old patterns, calm anxiety, and step fully into the life you're meant to live.

In this course, you'll explore the latest insights from neurobiology, psychology, quantum theory, and the science of the heart — woven together with myth, story, and deep self-compassion practices.

Through Grant and Mirna's expert guidance, you'll learn easy-to-use self-regulation tools and "aware-apy" techniques that will help you:

- ◆ Reduce anxiety and stress
- ◆ Increase self-awareness and resilience
- ◆ Heal old wounds and reshape unhelpful patterns
- ◆ Connect more deeply with your true self
- ◆ Embody positive, lasting change

Each week includes powerful exercises, inspiring video presentations, meaningful group discussions, and a transformative 21-Day Quantum Living Practice you can carry into everyday life.

Spaces are limited — don't miss this chance to experience a whole new way of living!

Learn more about the Quantum Living Process at theartofquantumliving.com

STEP IN. WAKE UP. TRANSFORM.

CORKED

Join our Social Group for fun outings each month.

Contact
**Barbara Luders | 682-208-9334 or
b.luders@yahoo.com**



BLUEBONNET TRAIL

Ennis, TX ****ROADTRIP****

Sunday, April 12 | following service

Take advantage of this opportunity to take in the Texas countryside and the beautiful Bluebonnets in bloom. Just a little over an hour from Grapevine and then add on for sight-seeing.

After checking out a blog, lostwithlydia.com, it seems like the North trail would be more interesting and beautiful, Andrew Road is on a hill where you can see the rolling countryside with bluebonnets, includes Sugar Ridge Winery and Belgian horses in the area. I have downloaded route maps.

Bring a sack lunch or snacks to enjoy in Fellowship Hall before our departure, we will be carpooling

RSVP with how many by April 8th



BRUNCH LUNCH

Whistle Britches

1230 Main. St, Southlake

Sunday, April 26 | following service

You have probably heard of the Whistle Stop Cafe in the movie Fried Green Tomatoes, (if you have not seen that movie, you should) I found

our very own Whistle Britches in Southlake, 1230 Main. St. - specializing in chicken, biscuits and beer, with a lot of other stuff on the menu (even fried green tomatoes).

RSVP by April 22

We're here for you.

the Care Team wants you to remember that we're here for you with wellness calls, prayer requests, cards, hospital visits, and other needs you may have.

If you would like someone to pray with, please join us in the Prayer Room after service, or look for any member of the team. We'll be honored to support you through challenges and for celebratory situations as well, so try us! You'll like us!

YOUR CARE TEAM

TREE OF LIFE

Springtime. New beginnings. New additions to the Tree of Life. Take some time to read the plaques that are already placed on our Tree to get an idea of how you might wish to remember a special someone, group, or even yourself. It's also a great way for a group to honor someone, so talk with your small group (Tuesday Bible, Choir, Centering Prayer, etc.), to see if the participants might be interested in contributing individual, smaller amounts to collectively purchase a plaque for someone or something, even an idea, that they decide on.

There are several ways to pay, so think about it, pick up a brochure, talk with board or staff members, and decide on what's right for you.

Wishing you all the joys of renewal!

LAST SUNDAYS

Benefiting the GRACE

FOOD PANTRY

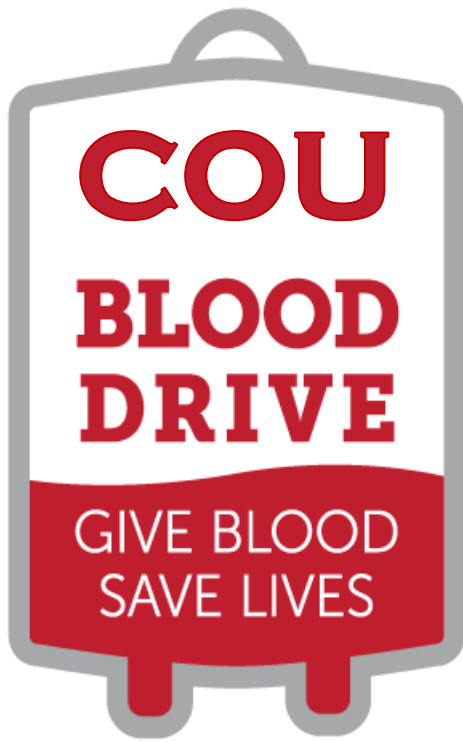
WHAT WE NEED?

CANNED FOOD & OTHER NON-PERISHABLES



Bring non-perishables to Fellowship Hall **the last Sunday of each month** for distribution to the GRACE Food Pantry clients. You don't have to wait until last Sunday, though; bring shelf-stable foods any time during the month and place them in the marked receptacle in Fellowship Hall. Spam is still welcomed; the foods suggested here may be a bit healthier than that "traditional" donation. You might consider low-sodium, low-sugar, high-fiber foods in your selections.

PLEASE ENSURE THAT YOUR ITEMS ARE NOT EXPIRED. Like all of us, GRACE clients prefer to eat food that is not expired.



SUNDAY, APRIL 12
8:45 AM – 12:45 PM

Know what isn't taxing in April? Saving lives. Donate blood with CarterBlood-Care. Blood transfusions happen every 2 seconds in the United States. Volunteer donors are the only available source for blood.

The O Negative Effect WB/DR Program 9% of the population is O negative and 10% of the RBC products we collect are O negative, but over 16% of hospital RBC orders are O negative units. Every O negative donor will receive a \$50 e-gift card, and each DR donation will receive a \$100 e-gift card to the available merchant of their choice.

SIGN UP TODAY:

https://www.greatpartners.org/donor/schedules/drive_schedule/172343



JOIN THE CHOIR!



NO AUDITIONS REQUIRED

LIFT YOUR VOICE
SUNDAYS 11:45 AM
NO REHEARSAL APRIL 5

Have you ever felt the joy of song? Do you find yourself humming along during Sunday services or tapping your foot to the rhythm? If so, the church choir may be calling your name!

- ♥ Build lasting friendships and find encouragement.
- ♥ Use your gift of music.
- ♥ Strengthen your musical skills.
- ♥ Experience the spiritual and emotional uplift that comes with harmonizing.

No auditions are required, just a willing heart. Rehearsals are held every Sunday from 11:45 am in the choir room. All voice parts and experience levels are welcome!

Come be a part of something meaningful. Come sing with us. **We'd love to welcome you to the choir family!**

FIRST SUNDAY LUNCH



- April: Brunch
- May: Cinco De Mayo Potluck
- June: Family Barbecue
- July: Vegetarian & Vegan Potluck
- August: Italian
- September: Southern
- October: Chef's Favorites
- November: Chili Cook-Off Competition
- December: Baked Potato Bar

JOIN US THE FIRST SUNDAY OF EVERY MONTH
FOR GREAT FOOD AND FELLOWSHIP!
LOVE OFFERING APPRECIATED

Sunday, April 5
11:45 am

Join us in Fellowship Hall after service for our First Sunday Lunch where this month's theme is BRUNCH!

Love offerings are appreciated.

Save the date for our Cinco de Mayo Potluck next month, May 3rd!

Easter: A Time for New Life

When I think about Easter, I think about renewal. In Christianity, Easter celebrates the resurrection of Jesus. In Unity and metaphysical Christianity, it also reminds us of the divine life that can rise within each of us.

Easter speaks to those moments when we let go of fear, pain, or old ways of thinking and allow something new to emerge — more peace, more faith, more hope.

I also appreciate that other faith traditions carry similar themes. Judaism speaks of liberation through Passover. Islam emphasizes

surrender to God and renewal of the heart. Hindu spirituality teaches awakening to a deeper divine truth. While each path is different, all of them, in their own way, point toward transformation and new life.

That feels especially fitting in spring, when the whole world seems to reflect resurrection and renewal.

Wishing you all a blessed Easter season.


Lori Elhardt



**SUNDAY, APRIL 5
11:45 AM**

We will be holding our **Easter Egg Hunt** for our youth immediately after service on Easter Sunday.

Be sure to **bring your empty baskets to church** and join in the fun!


**CENTERING
PRAYER**
1st Sundays
6:00 pm - 7:30 pm

No Meeting in April Sunday, May 3

Join Mark and Dawn Morris in the Prayer Room for Centering Prayer, a type of Christian meditation. We will do two 20 minute sits, then spend a few minutes in Lectio Divina, a meditative scripture reading.

Visit contemplativeoutreach.org for more info.



ARTIST WANTED!

The Art Project

Interested? Contact:
June Brookshire
(817) 868-1400
Limit: 3 pieces per artist
for this first phase.



Sundays in Youth Ed

After Easter our youth will resume their regular lessons.

Our youngest learners will begin exploring the concept of *Prayer* and how talking to God guides us and helps us to feel safe through *What a Wonderful World*.

Our grade schoolers will continue looking at *How Do We know That God Loves Us* through *Celebrating My God Self*.

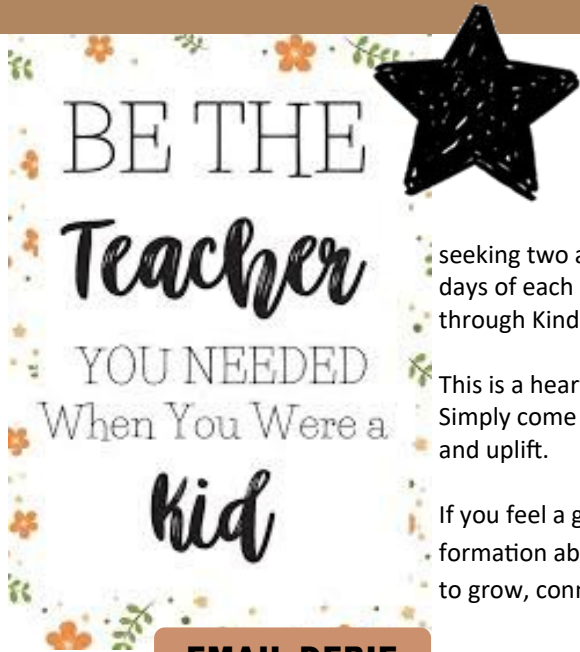
This month our older youth will study the metaphysics of two stories *“On the Road to Emmaus” Luke 24: 13-49* and *“The Ascension” John 21:3-19 & Luke 24:50-53*. Later in the month they will begin *The Teachings of Jesus* exploring the metaphysics of the miracles and parables of Jesus.



Thanks to your egg-stra amazing generosity and support, the Easter Bunny was hopping with joy—and maybe a little sugar rush too! There was *plenty* of candy to stuff into every single egg for this year’s hunt (we’re pretty sure a few eggs almost burst 😊).

Because of you, the hunt will be full of sweet surprises, big smiles, and lots of happy kiddos (and maybe a few candy-loving adults too). We’re so grateful for a church family that really knows how to deliver the treats and the joy!

- ▼ 6TH – 8TH GRADERS ON THE 2ND & 3RD SUNDAYS
- ▼ 4-YEAR-OLD & KINDER ON THE 3RD & 4TH SUNDAYS



We joyfully celebrate the beautiful growth unfolding within our church family! As we continue to expand this summer, we are excited to welcome a new class for our high school youth—an inspiring reflection of the vibrant, growing spirit in our community.

With this growth comes an opportunity to express love through service. We are seeking two adults to lovingly guide our young teens (6th–8th grade) on the second and third Sundays of each month. We also welcome two nurturing volunteers to support our 4-year-old through Kindergarten class on the third and fourth Sundays.

This is a heart-centered opportunity—no lesson preparation is needed, as everything is provided. Simply come as you are, bringing your presence, your kindness, and your willingness to encourage and uplift.

If you feel a gentle nudge to serve and support our youth, please reach out to Debie for more information about becoming part of this meaningful and joy-filled ministry. Together, we continue to grow, connect, and shine.

EMAIL DEBIE



This past Palm Sunday, our youth group shared a special presentation that brought the story of Jesus’ entry into Jeru-

salem to life in a fresh, meaningful

way. Through reflective narration, thoughtful questions, and heartfelt presence, our young people helped guide our congregation into the spirit of the day.

Thank you to everyone who supported, participated, and celebrated with us.





ONLINE BIBLE STUDY

TUESDAYS | 11:30 AM

Discover deeper spiritual meaning in scripture and reconnect with the good that God is unfolding in your life right now. Each class stands on its own—join any time and drop in as you're able. All are welcome!

ZOOM ID 702 400 166



ADULT
Sunday School
SUNDAYS | 9:30 AM
ZOOM ID 85810265049

SUNDAYS | 9:30AM

Looking to explore last Sunday's message more deeply? Join us for thoughtful conversation and spiritual connection—whether you're joining in person or online. Each session is self-contained, so you can drop in anytime!

ZOOM ID 858 102 650 49

HAPPY BIRTHDAY

PJ Pugh	01
Dwayne Taylor	04
Stephen Thornton	07
Cynthia Harnest	13
Lucy Ceraldi	19
Madeline Losito	19
Kenny Green	27
Becky Johnson	27

HAPPY ANNIVERSARY

Rory & Diane Divin	04
Chuck & Amy Hairston	20

HAPPY BIRTHDAY KIDS

Riley Lantis	13
Lola Holland	19
Declan Cox	20
Jack Lantis	26



after service fellowship
EVERY SUNDAY

Each week, we ask those whose last name matches the schedule to bring a healthy snack to share with the community.


**05
A-G**

**12
H-M**

**19
N-S**

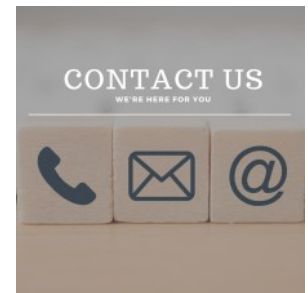
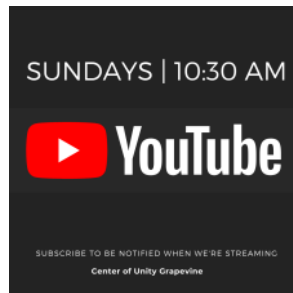
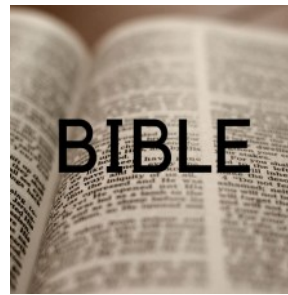
**26
T-Z**

5th Sundays we invite ALL to share a snack.



RESOURCES

simply click the pic to be re-directed to the information you want



1650 Hughes Road, P.O. Box 667
Grapevine, TX 76051
817-488-1008
www.centerofunity.org

Our Mission:

Transforming lives and inspiring people to make a positive difference in the world.

Our Vision:

Centered in God, we envision a world free of judgment and filled with love.

FINANCIAL NEWS

God is the Source of Center of Unity. We are lavishly prospered in all ways. Thank you, God!

February General Fund

Income: \$42,890

Expenses: **(\$39,810)**

Net: \$3,079

YTD General Fund

Income: \$61,062

Expenses: **(\$57,414)**

Net: \$3,948

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Office Closed	4
5 Fellowship Snacks: A – G 9:30 am: Adult Sunday School 10:30 am: Easter Celebration 11:45 am: 1st Sunday Lunch 11:45 am: Easter Egg Hunt No Choir Rehearsal No Centering Prayer	6	7 11:30 am Metaphysical Bible Study	8	9	10 Office Closed	11
12 Fellowship Snacks: H - M 8:45 am – 12:45 pm: Blood Drive 9:30 am: Adult Sunday School 10:30 am: "Pray Like This" 11:45 am: Choir Practice 12:00 pm: CORKED Bluebonnet Road trip	13	14 11:30 am Metaphysical Bible Study	15	16	17 Office Closed	18
19 Fellowship Snacks: N - S 9:30 am: Adult Sunday School 10:30 am: Guest Speaker Rick Weaver 11:45 am: Choir Practice	20	21 11:30 am Metaphysical Bible Study 6:30 pm SpiritGroups	22	23 7:00 pm SpiritGroups	24 Office Closed	25 9:00 am - 11:00 am The Art of Quantum Living 11:00 am SpiritGroups
26 Fellowship Snacks: T - Z 9:30 am: Adult Sunday School 10:30 am: "From Healing to Wholeness" 11:45 am: Choir Practice 12:00 pm: CORKED Brunch Lunch Last Day for GRACE Food Pantry Donations	27	28 11:30 am Metaphysical Bible Study 6:30 pm SpiritGroups	29	30 7:00 pm SpiritGroups		