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**HAPPY 4TH OF JULY**

As we enter the month of July, our nation begins celebrating an extraordinary milestone—250 years of the American experiment. Anniversaries invite us to remember where we have been, celebrate how far we have come, and honestly reflect on the road still before us. From a spiritual perspective, this is more than a commemoration of history; it is an invitation to ask what freedom truly means. Is freedom merely the absence of external restraint, or is it also the awakening of the soul to its divine nature?

In Unity, we affirm that our greatest freedom is found within. Long before we seek to change the world around us, we are invited to liberate ourselves from fear, resentment, limitation, and separation. Jesus taught that the Kingdom of God is within us, reminding us that lasting peace and transformation begin in consciousness. As each of us chooses love over judgment, compassion over division, and hope over despair, we participate in the ongoing evolution of our nation and our world. The principles upon which a nation flourishes—justice,

dignity, respect, prosperity, and shared purpose—are first cultivated in the human heart.

May this July be a time of gratitude, reflection, and renewed commitment to living as expressions of God's love. As we gather in celebration, meditation, service, and fellowship, may we remember that the light we cultivate within ourselves becomes the light that illumines our families, our communities, and our nation. Thank you for being part of this beloved spiritual community and for the unique gifts you bring to our shared journey.

With love and blessings,

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

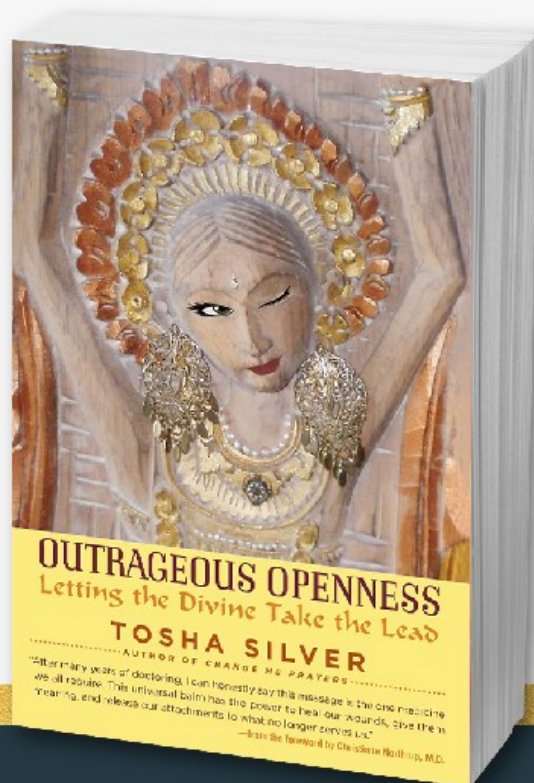
Spirit-led, Service, Inclusive, Joy, and Prosperous

Sunday Series for July

OUTRAGEOUS OPENNESS

based on the book by Tosha Silver

July invites us into experiencing Divine Order as we explore how to be guided to take the right actions at the right time, and to delight in the process. By allowing the Divine to lead the way, we can finally put down the heavy load of hopes, fears, and opinions about how things should be. Come discover practices that leave no doubt that a Force of Love exists that can guide, help, and interact with each of us in the more intimate and practical way no matter what the condition.



JULY 5 – “R U MY MOTHER”

JULY 12 – “BE WHAT YOU SEEK”

JULY 19 – “MUST BE PRESENT TO WIN”

JULY 26 – GUEST SPEAKER GRANT TREVETHICK



**DOWNLOAD
OUR** App

- Watch Services or Classes
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- View Events Calendar
- Donate
- More

DOWNLOAD APP



CLEARING & BALANCING *Chakras*



with **Robert Bauge**

B.E.S.T. & Spiritual B.E.S.T. Practitioner

ALIGN • HEAL • TRANSFORM



SUNDAY, JULY 12TH

12:30 pm – 2:30 pm



AT CENTER OF UNITY



Experience a powerful quantum healing technique that supports **health, happiness** & **abundance** by balancing your chakras.



Spiritual B.E.S.T. (Bio Energetic Synchronization Technique) is a quantum healing modality designed to help individuals create new possibilities in their lives by releasing subconscious self-limiting beliefs and energetic patterns that restrict their ability to fully experience health, happiness, and abundance. The technique was developed by Dr. M.T. Morter in the 1970's and later expanded by Dr. Sue Morter after 2000 to include the chakra system. In the Spiritual B.E.S.T. process, frequencies are balanced from the root to the crown, along with the subtler frequencies of the chakra system, specifically chakras 8 through 12. Through this presentation and demonstration, participants will gain insights into creating new potentials, subtle energy fields, collapsing the wave function, reality testing, and the 12-chakra system, as well as observe the Spiritual B.E.S.T. technique in action.



Benefits of Spiritual B.E.S.T. (Bio Energetic Synchronization Technique)

Health: B.E.S.T. activates the body's self-healing mechanisms, addressing issues from the master system. This may help relieve pain, improve range of motion, reduce fatigue, resolve digestive issues, and correct energetic imbalances affecting the nervous system, organs, organ systems, and glands.

Happiness: The technique facilitates renewal of the mind, allowing individuals to release unresolved conflicts and emotional trauma. It can help reduce anxiety, depression, and mental clutter or brain fog, reconnecting you with your Soulful Self.

Abundance: Individuals can identify and dissolve subconscious self-limiting beliefs and scarcity mindsets, enabling greater alignment with abundance, career, and financial goals.

SIGN UP



www.liveyour-best.com



OR CALL
817-680-2462

VOLUNTEER CALL

Help Us Keep Our Church Grounds Beautiful!

JOIN A GROUP TODAY

EMAIL US

Thank you to everyone who has helped make our church grounds look so beautiful! The Front Garden continues to be professionally maintained, and the lawn care is taken care of as well.

We're still looking for volunteers to help keep the shrubs, flower beds, and landscaping around the sides of the building and along the street looking their best. With a team of volunteers sharing the work, it's just a small commitment that makes a big difference.

If you'd like to be part of this ongoing ministry, please contact **Diane Divin** at diane@divinconsulting.com, or speak with Diane or Kenny Green after service. If you have gardening tools you can bring, please let us know.

Thank you for helping us care for our church home!

Vegetarian & Vegan Potluck

Sunday, July 5 | 11:45 am

Join us after service for our **First Sunday Lunch** — a fun-filled afternoon of great food, fellowship, and summertime connection for all ages! This month's theme is Vegetarian & Vegan Potluck.

This is a wonderful opportunity to relax, connect with old and new friends, and enjoy time together as a church family. Kids, grandparents, friends, and visitors are all welcome!

Love offerings are appreciated.

Wing and a Prayer CHORALE

LIFT YOUR VOICE SUNDAYS 11:45 AM

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!



Joyful MOMENTS

SHARE. CELEBRATE. CONNECT



Scan me!



The Joyful Moments Board is a place to share milestones, achievements, family moments, and other meaningful experiences. Through photos and stories, we can celebrate together, learn more about one another, and stay connected beyond Sunday mornings.

WHAT BELONGS ON THE BOARD?

Life's milestones, achievements, family moments, and uplifting experiences.

EXAMPLES INCLUDE:



Births/ Adoptions



New Business Launches



Weddings/ Engagements



Awards/Recognitions



Graduations



Service Milestones



Retirements



Sweet Family Moments



Anniversaries



Other meaningful moments you'd like to share

HOW TO SUBMIT

1



SCAN

Scan the QR Code above with your phone camera

2



UPLOAD

Upload a photo from your device

3



SHARE

Tell us about your moment

4



CELEBRATE

We will add it to the board for you

BEFORE YOU SUBMIT

Submissions should be community-focused, family-friendly, and aligned with the spirit of the board.

The board is intended for celebrations and meaningful life moments

All submissions are reviewed before being posted

No sales, promotions, political content, medical updates, or similar announcements

Center of Unity reserves the right to decline submissions that do not align with the purpose and spirit of the board.

Photo submission via the Google Form requires a Google Account. If you do not have one, you may fill out the form and leave the photo upload blank. Then e-mail your photo to CoUnity.Office@gmail.com. Physical submissions are also accepted. Please see Katee or Cynthia Harnest for details.

INNER JOURNEY BOOKSTORE

Nourish Your Spirit. Support Our Community.



As **July** unfolds, it invites us to slow down, savor the season, and celebrate the joy of community. Summer offers the perfect opportunity to refresh your spirit, deepen your spiritual practice, and discover new inspiration for the journey ahead.

When you shop at **Inner Journey Bookstore**, you're doing more than finding a meaningful book or unique gift—you're supporting our church family. Inner Journey is **100% nonprofit**, and every purchase helps strengthen the programs and ministries that make our spiritual community thrive.

This month, browse our carefully selected collection of spiritual, metaphysical, and inspirational books, journals, and gifts. Whether you're looking for the perfect summer read, a thoughtful gift, or a resource to support your personal growth, you'll find something to inspire and uplift.

Thank you for supporting Inner Journey Bookstore—where every purchase helps nurture our community, one page at a time.

CORKED

Join our Social Group for fun outings each month.

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



BEACH BALL BINGO & SUMMER POTLUCK!

**In Fellowship Hall
Sunday, July 26
12:00 pm**

Keep the fun going after church! Once the Fellowship Hall clears out, we'll kick off an afternoon of Beach Ball Bingo, laughter, and great food.

Bring a **beach- or ocean-themed prize** for the bingo table and a **light summer dish or appetizer to share** for our potluck. We'll provide the beverages—just bring your favorite sunny-side dish and your game face!

RSVP by July 22 so we can plan for everyone. Grab your flip-flops, tropical spirit, and join us for a shore-ly good time!



GRACE Food Pantry Donations

Bring non-perishable food donations to Fellowship Hall on the last Sunday of each month for distribution to clients of the GRACE Food Pantry. Donations are welcome all month long, so feel free to place shelf-stable items in the marked receptacle in Fellowship Hall anytime.

Items such as canned proteins, low-sodium foods, low-sugar options, and high-fiber staples are especially appreciated. (And yes—Spam is still welcome, too!)

Please check expiration dates before donating. We want to ensure the food shared with GRACE families is fresh, safe, and ready to enjoy.



LABYRINTH

Enter the labyrinth slowly, calming and clearing your mind. Open your senses and focus on the process of taking slow and deliberate steps. Bring to mind a prayer or spiritual question to contemplate during the walk. Reaching the center, pause to reflect, pray, and listen for a deeper revelation. Then begin the return journey. Pray or reflect further. Upon exiting, absorb the experience with continued reflection, prayer, or journaling.

Located at the back of the property, to the west of the playground on the concrete slab.



This July 4th is our **250th Anniversary** of the signing of the Declaration of Independence on July 4, 1776. This nationwide milestone is designed to honor the nation's history, celebrate its founding principles, and look ahead to its future. The United States Constitution is built upon the seven foundational principles listed below. These values were established to build a strong federal government while protecting citizens from tyranny.

As we come into this anniversary, we can contemplate the 7 principles we were founded on:

- 1.) popular sovereignty, which is the foundational principle that the government's authority is created and sustained by the consent of its people. In the US Constitution, this idea establishes that citizens are the ultimate rulers, delegating power to elected representatives while retaining the right to alter their government;
- 2.) a limited government;
- 3.) the separation of powers;
- 4.) checks and balances;
- 5.) federalism, which is the division and sharing of power between the national (federal) government and the individual state governments creating a system of "dual sovereignty," where both levels of government have the authority to make laws and govern within the same territory;
- 6.) republicanism, which means a system of representative government where supreme power rests with the citizens; and
- 7.) individual rights always respected and honored.

Some of the things July also represents are:

- * **Disability Pride Month:** A month-long observance held globally every July to honor disability identity and the passage of the Americans with Disabilities Act.
- * **BIPOC Mental Health Month:** Also known as National Minority Mental Health Awareness Month, it focuses on the unique mental health struggles faced by marginalized communities.
- * **National Ice Cream Month & National Hot Dog Month:** Popularly celebrated across the United States with numerous food-specific days.
- * **The "Dog Days" of Summer:** Traditionally the hottest, most sultry days of the year, which begin in early July. And in Texas, we know what it means to have hot sultry days!

And in the area of Historical Significance:

- * **The Moon Landing:** July is historically remembered for one of humanity's greatest achievements when Apollo 11 successfully landed on the Moon on July 20, 1969.
- * **Julius Caesar:** The month itself is named in honor of the Roman dictator Julius Caesar, who helped develop the precursor to our modern calendar.

We hope everyone has a peaceful, spirit led and positive July!

Diane Divin, Board Treasurer



Wet N Messy Sunday School continues...

The fun is just getting started! Our Wet N Messy Sunday School summer series is in full swing, and our young explorers are having a blast discovering Unity principles through lessons inspired by *The Lego Movie*. This year's theme is "Building the Wonderful You!"

Each week, children watch a short movie clip, uncover the spiritual messages hidden in the story, and then head outside for exciting activities that are guaranteed to be wet, messy, and full of laughter. So far, we've launched Mentos volcanoes, raced with giant sponges, made mug cakes, played water freeze tag and explored the idea that every person already has divine value just as they are!

Upcoming lessons will help children discover their unlimited potential, creative power, and the unique gifts they bring to the world.

Important Reminder: Many of our activities involve water, foam, paint, or other messy fun. Please send your children—including our 4-year-old through Kindergarten class—in clothes and shoes that can get wet and messy.

We can't wait to see what we'll build, splash, create, and discover together next!

We will resume our normal classes August 2nd.



JOIN OUR NEW
WHATSAPP
COMMUNITY

COUKIDS FAMILIES | STAY

COUKids Families!

We've grown SO much (yay!!) that Debie has officially hit the limit on how many phone numbers she can include in a single message. What a great problem to have!

To help simplify communication, she's created a **COUKids WhatsApp Community** where we can share reminders, announcements, and all the fun happenings in one convenient place.

Join us here: <https://chat.whatsapp.com/LVhIMCN90qK197SC9zMg2c>:

We're so grateful for this amazing, growing village! ❤️ Let's keep the connection going.

OUR KIDS & YOUTH PROGRAM IS GROWING!

What a wonderful problem to have—we're growing! Thanks to the beautiful expansion of our church family, we're excited to be adding a **new Y.O.U. (High School Youth) Class** August 2nd. It's a joyful sign that our young people are finding connection, friendship, and a place to grow spiritually together.

Of course, growing programs need growing teams! We're looking for a few caring adults to help us continue creating a welcoming and engaging experience for our children and youth:

1 volunteer to guide our **6th–8th grade class** on the **second Sunday** of each month

2 volunteers to support our **4-year-old through Kindergarten class** on the **third and fourth Sundays** of each month

The best part? **No lesson planning required!** We provide all the materials, activities, and guidance. You simply bring your smile, your presence, and your willingness to encourage our young people as they discover the light within themselves.



ONLINE FORM

Whether you're a seasoned teacher or simply someone who enjoys spending time with kids, we'd love to have you on the team.

If your heart is saying, "Maybe that's me!" please contact **Debie** for more information.

Together, we're building a vibrant, loving community—one child, one teen, and one Sunday at a time.



WE ARE LOOKING FOR A NEW OR GENTLY USED TV

As our YOU (high school) students move into their own classroom this summer, we are looking for a new or gently used TV to support some of their lessons.



RECYCLE WITH US!

We are in need of empty cereal boxes for this summer's activities.



The Youth Ed Dollar store is need of supplies, especially for our pre-teens and teens. You can find things in the clearance sections, leftover party favors, etc.

PLEASE LEAVE DONATIONS IN THE BLUE HAMPER IN THE Y.E. HALLWAY.



TREE OF LIFE

If you've ever wondered how you can help your spiritual home while honoring a loved one, a group or yourself, look no further. The Tree of Life fills all those quali-

fications. Stop in the back hallway to read all the wonderful inscriptions on our Tree, then check with the church office about how you can have a plaque placed there, too. It's a win/win situation!

The Tree of Life provides financial support that enhances our property. Each piece represents the growth and expansion of Center of Unity. Pick up a brochure at the Info Center.

CENTERING PRAYER



**1st Sundays
5:00 pm - 6:30 pm**

SUNDAY, JULY 5

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.



The stars, the stripes, the hot dogs
The cakes, the pies, the bullfrogs
The blanket, basket, summer ants
The spiders, grandmas, children's rants
The families, laughter, chattering
Scraped up knees, the horseshoe's ring
The wooden tables, splintered bench
The sudden shower, rain and drench
The lake, the boats, the safety vest
The sand, the raft, a robin's nest
The sparklers, "snakes", the lit-up sky
Happy, happy 4th of July!

by Mary Salerno

Bible Study ONLINE

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 | 9:30AM

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

Kevin LaTour	01
Steve Thorpe	04
Charlotte Winton	08
Julie Hart	16
Kellie Ladnyk	19
Winfield Armstrong	21
Gene Trainor	22
Peter Rooney	28
Barbara Luders	31

HAPPY ANNIVERSARY

Michael & Shawn Wetson	19
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HAPPY BIRTHDAY KIDS

Carlotta Criswell	01
Valentina Criswell	01
Cort Willis	07
Victoria Drinkard	13
Joseph Kolady	25

EVERY SUNDAY after service fellowship

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

**05
A-G**

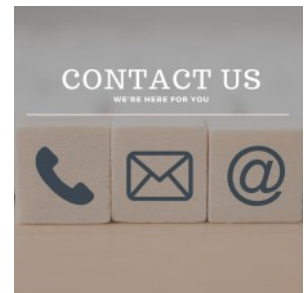
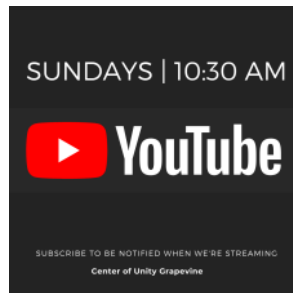
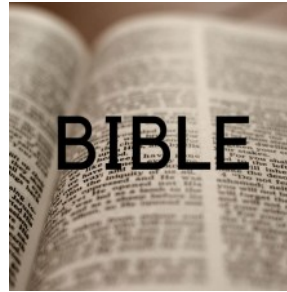
**12
H-M**

**19
N-S**

**26
T-Z**

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!

May General Fund

Income \$20,019

Expense (\$18,133)

Net Income \$1,886

YTD General Fund

Income \$132,158

Expense (\$136,081)

Net Income (\$3,923)

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Office Closed	4 Happy 4th of July!
5 Fellowship Snacks: A –G 9:30 am: Adult Sunday School 10:30 am: “R U My Mother” 11:45 am: 1st Sunday Lunch 11:45 am: Choir Practice 5:00 pm - 6:30 pm: Centering Prayer	6	7 11:30 am Metaphysical Bible Study	8	9	10 Office Closed	11
12 Fellowship Snacks: H - M 9:30 am: Adult Sunday School 10:30 am: “Be What You Seek” 11:45 am: Choir Practice 12:30 pm—2:30 pm Clearing & Balancing Chakras	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: “Must Be Present to Win” 11:45 am: Choir Practice	20	21 11:30 am Metaphysical Bible Study	22	23	24 Office Closed	25
26 Fellowship Snacks: T - Z 9:30 am: Adult Sunday School 10:30 am: Guest Speaker Grant Trevethick 11:45 am: Choir Practice 12:00 pm: Corked Bingo	27	28 11:30 am Metaphysical Bible Study	29	30	31	