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MARCH GREETINGS COU FRIENDS,

As the temperatures begin to get warmer, nature starts its cycle of growth and renewal evidenced by the explosion of colors all around us. It invites us once again to focus on our own growth in body, mind, and spirit.

It is a perfect time to hold our Body, Mind, Spirit fest! On March 21st we will welcome hundreds of people from all around the metroplex to explore new ways to heal and grow, and maybe even discover a new church home. We are encouraging everyone who considers this their spiritual home to participate. There are many opportunities to volunteer, and you will still have time to explore and attend the lectures going on throughout the day. [Click here to volunteer.](#)

We are also excited to welcome Armand & Angelina back for a musical weekend. Their music and message are upbeat, positive, and filled with humor and joy. Here a little preview [Armand & Angelina Video Promo.](#)

As we move through Lent this month, we remember it is more than a season of preparation for Easter – it is an invitation to transform ourselves. As we let go of thoughts that discourage us, habits that hinder us, and beliefs that keep our lives small, we are free to reimagine our lives.

With anticipation and love,

Rev Linda

P.S. – Mark you calendars for a special Palm Sunday Multi-Gen service on March 29th. It’s sure to fill your heart with love and joy as our youth shares the message along with a surprise guest!

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.

MARCH 1ST - "TEACHING OF THE ELECT" (WRAPS UP ESSENCE SERIES)

MARCH 8TH - GUEST SPEAKERS: ARMAND & ANGELINA

MARCH 15 - "REFRAMING"

MARCH 22 - "REIMAGING"



MULTIGENERATIONAL SERVICE

Palm Sunday is also our **Multigenerational Service**, and we are excited to share this special experience with you! All youth, **kindergarten and up**, will join us in the sanctuary. **Childcare will be provided for our youngest souls.**

During the service, **our youth will present a meaningful conversation with Jesus**, offering their voices, questions, and insights as part of our spiritual journey together.

We hope you'll join us for this beautiful celebration of **community, connection, and faith.**

SIGN-UP TO VOLUNTEER | BUY TICKETS

YOU'RE INVITED!

BRING YOUR FAMILY & FRIENDS!

Step into a world of holistic healing and personal transformation at the Body Mind Spirit Fest on Saturday, March 21st, from 10:00 AM to 5:00 PM.

This one-day festival is designed to support your overall well-being by offering a variety of resources and experiences for your body, mind, and spirit. Whether you are seeking to reduce stress, boost your energy, find emotional healing, or explore new practices for personal growth, this event has something for everyone.

WE'LL NEED LOTS OF VOLUNTEERS, SO SAVE THE DATE NOT ONLY TO VOLUNTEER, BUT TO ATTEND!

VOLUNTEER

★ Early Bird Special:
Buy One, Get One FREE

thru March 1st



Scan the QR code to learn more.



You're Invited



**SATURDAY, MARCH 21
10AM - 5PM**



BOGO FREE

thru March 1st



**AT CENTER OF UNITY
1650 HUGHES ROAD
GRAPEVINE, TX 76051**

LECTURE SERIES

11:00



"How Tea & Other Natural Herbs Can Change Your Life"

Steven Yates

12:15



"Is This Even Mine?"

How to Release Emotional Energy That Doesn't Belong to You
Dr. Divya

1:15



"Messages from the Spirit World"

Jennifer Farmer

2:15



"Vitality Living with Eastern Medicine"

Dr. Mark Tryling

A Holistic Journey to Wellness

spiritual readers/healers, crystals, reiki, jewelry, intuitive/psychics, lectures, health/wellness and more

centerofunity.org/bodymindspiritfest



Around the World POTLUCK



**Sunday, March 1
11:45 am**

Bring a dish to share and join us for the 1st Sunday lunch right after service on March 1st. The theme is "Around the World," so bring a dish representing different countries or cultures.

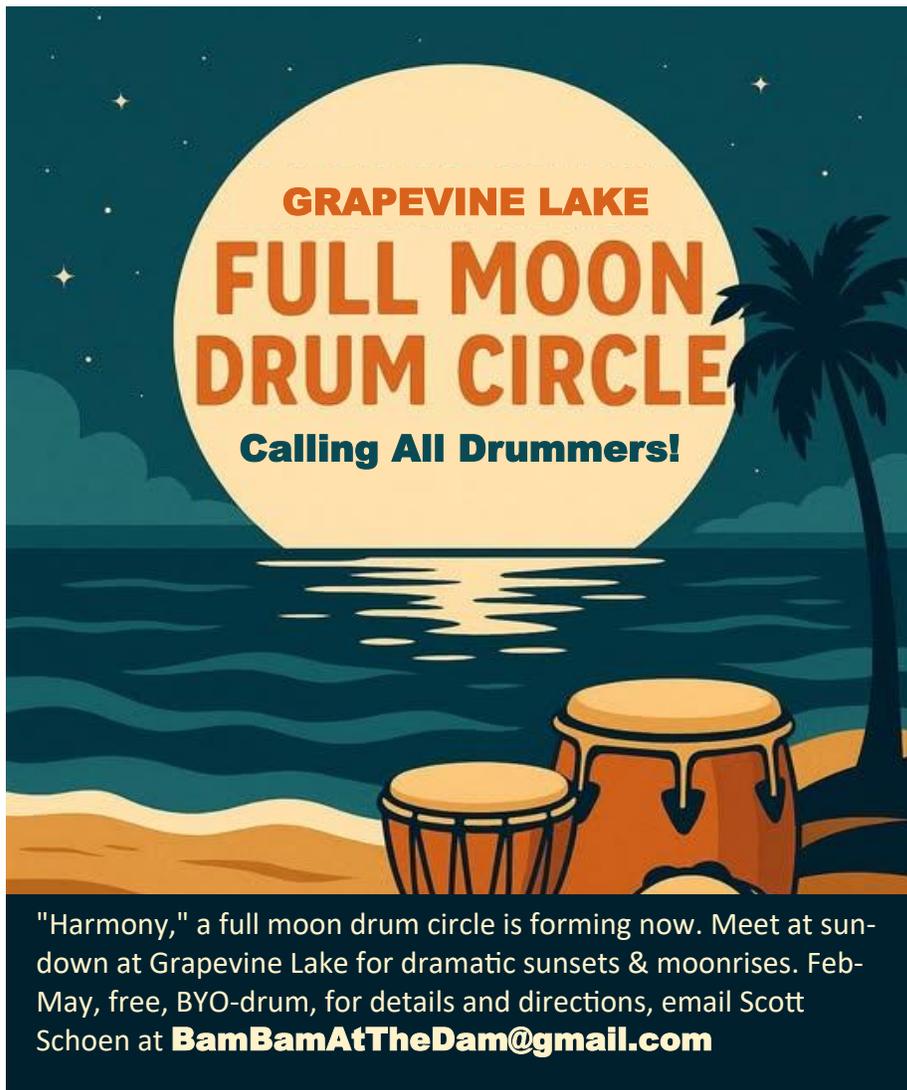
Save the date for next months 1st Sunday Lunch on April 5th where we'll be serving up Brunch Favorites!



Sunday, March 1st

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.



"Harmony," a full moon drum circle is forming now. Meet at sunset at Grapevine Lake for dramatic sunsets & moonrises. Feb-May, free, BYO-drum, for details and directions, email Scott Schoen at **BamBamAtTheDam@gmail.com**



LIFT YOUR VOICE: JOIN THE CHOIR!

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!**

WELCOME NEW BOARD MEMBERS & STAFF



Amy Hairston, Board Member

Amy Hairston has been connected to Center of Unity since 2017, and becoming a member in 2022. She has served as a church ambassador, welcoming visitors, giving tours, and sharing information with new attendees. She has also taught youth education classes, participated in spirit groups and their service projects, and contributed to practical needs such as decorating, painting, and landscaping.

Amy envisions Center of Unity as a spiritually vibrant church known for meaningful education, inspiring speakers, and compassionate outreach. Her areas of interest include spiritual education and community outreach, which she sees as essential to the church's mission. She is fully able to commit to Board responsibilities, is a consistent giver, and describes Unity as an inclusive, open-minded spiritual path rooted in compassion and love.



Susan Spradlin, Board Member

Susan has attended the COU for 16 years nearly every Sunday since June 2009 and became an official member in January 2010. Over the years, she has served in many volunteer roles such as greeter, usher, visitor guide, and volunteer coordinator. On Sunday mornings, Susan enjoys greeting people by name as they arrive because it fosters connection and warmth with Unity. Recently, she was invited to join the Evolutionary Council and looks forward to contributing more after her retirement in February 2026.

Unity has transformed her life, replacing self-centeredness with joy and service. Susan feels it would be an honor to bring her skills, passion, and dedication to the Board, working collaboratively to ensure the Center of Unity continues to thrive and touch lives through love, inclusivity, and spiritual growth.

Katee Farmer, Administrator

Katee grew up in Keller, Texas, and in 2013 she packed her bags and moved to Florida to chase her childhood dream of working for The Walt Disney Company. She spent five years in Saint Petersburg with her mother-in-law, Jennifer Farmer, before settling in Haines City, where she worked for the last seven years.

While at Disney, Katee had the incredible opportunity to work at Be Our Guest Restaurant inside Magic Kingdom — basically living inside her favorite movie, *Beauty and the Beast*! In 2021, she welcomed her son, Ezra, which led her into a new season both personally and professionally. She moved into an administrative scheduling role for Resorts Food & Beverage and was later promoted to Labor Specialist for Premium Services, supporting Club 33, Golden Oak, and VIP Tours.

Recently, Katee and her family decided it was time to come back home and be closer to family as Ezra grows up. She's excited to serve as your new Church Administrator and looks forward to getting to know everyone.

When she's not working, you can usually find Katee crafting, enjoying all things Disney, or loving on animals — she's a big animal person!



Grant Trevethick President



June Brookshire Vice-President



Diane Divin Treasurer



Lori Elhardt Secretary

CORKED

Join our Social Group for fun outings each month.

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



“AROUND THE WORLD” POTLUCK

in Fellowship Hall
Sunday, March 1 | 11:45 am

This month the Corked group will be joining in with the First Sunday Lunch with an Around the World Potluck.

Pick a country and a dish you would like to share from their cuisine, prepare a short reason why you picked it (about 1 minute) and feel free to pick more than one country if so inclined... Barbara is doing a couple of southern retro dishes and also Switzerland.

RSVP with your country and type of dish to Barbara. We look forward to a great response that will make this a potluck to remember.



church CLEANUP



Saturday, March 14th
8:30 am — 12:00 pm

SIGN UP

We'll be cleaning our spiritual home, inside and out! Sign up online & join in the fun!

We'll get underway at 8:30 am and try to wrap it up by noon. There will be doughnuts and coffee, so don't miss this opportunity to show some love to our beautiful space, and if you have friends and family who enjoy working, invite them along! It's a great way for them to get to know us.

OUTSIDE: trimming, weeding, planting and whatever else needs to be done. Bring tools if you have them.

INSIDE: the entire church will receive attention, from the sanctuary to the kitchen; from fellowship hall to the bookstore and prayer room; and the storage room.

March 8th

DON'T FORGET TO SPRING FORWARD



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.



Armand & Angelina

Saturday, March 7
Musical Comedy
Concert: 4:00pm

Sunday, March 8
Musical Service: 10:30am
Potluck Lunch followed by
Native Flute Playshop:
12:15pm

POTLUCK 

Armand and Angelina, international inspirational speakers and performing artists, will be offering a Sunday morning of Music, Message and Mirth to create a once in a lifetime experience of love, laughter and music.

Gifted with an angelic and heart-opening voice, Angelina draws from many languages while Armand's brilliant talks and compositions, powerful vocals and engaging presence inspires us to love life passionately.

Come and hear them speak and sing inspiring words and music from their personal journey of love and transformation.

It's Your Year of

Creative Expression



This year, step boldly into your creativity. Try something new. Share your gifts. Inspire your community.

We've transformed the hallway between Fellowship Hall and the Sanctuary into an **ever-changing art gallery** and we want *your* work to bring it to life. Don't you love seeing the walls filled with art that uplifts the spirit, sparks conversation, and celebrates the beauty and diversity of our congregation?

Artist Details

- Artwork will be displayed for 90 days
- Pieces may be offered for sale
- A portion of all sales will support COU, helping our church continue to grow and thrive

Featured Artist Spotlight

Philip Foster has displayed a number of his photographs which are quite fascinating and uplifting to view. I especially like the one which is a time-lapse photography technique. The subject is a beautiful domed building in San Francisco, showing the "light trail" of brides and grooms descending the stairway of this classic building. On the opposite wall, his photographs are displayed under the title "From a High Window." The companion magazine to this part of the exhibit shows smaller versions of these photographs and the descriptions are written like thoughtful poetry.

Interested?

This is your opportunity to showcase your talent, be seen, and inspire others through your creative voice.

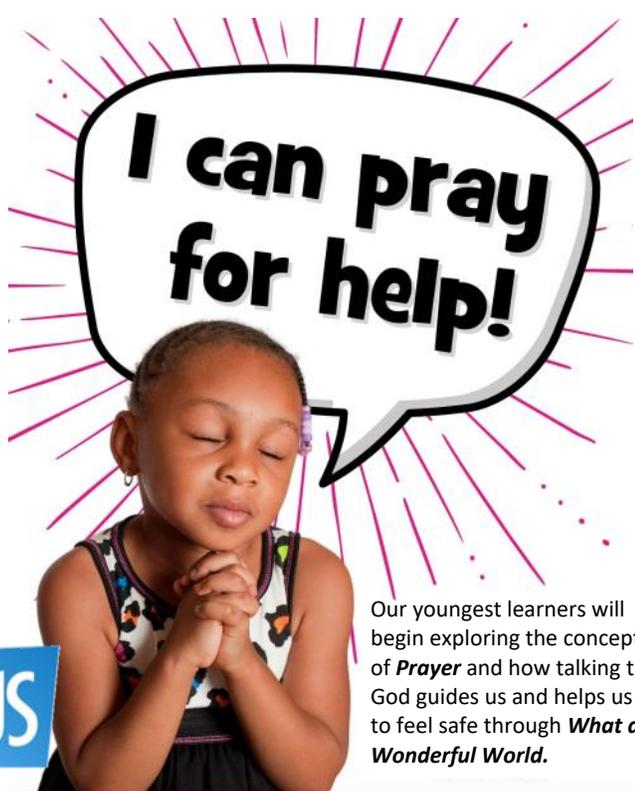
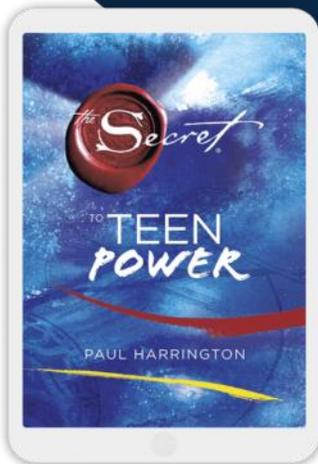
Contact **June Brookshire** at **(817) 868-1400**



Sundays in Youth Ed

In March our grade schoolers will look at *How Do We Know What Love Is* and *How Do We know That God Loves Us* through *Celebrating My God Self*.

Our older youth will wrap up exploring *The Secret to Teen Power*, inspired by Rhonda Byrne's *The Secret*. This study helps teens discover that their greatest strength comes from within as they learn how positive thinking, prayer, and spiritual awareness support confident choices and meeting life's challenges with peace and purpose.



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*.



#COUKids

Be sure to like our Facebook page COUKids to see what we've learned each Sunday and to receive announcements.

WE ❤️ VOLUNTEERS!



We're looking for two more loving volunteers to support our 4-year-old to Kindergarten class on the third and fourth Sundays of each month.

These little ones are full of energy, curiosity, and wonder! No lesson prep required—everything is already ready for you to dive in. All you need to bring is your smile, a heart full of love, and a spirit of encouragement.

If you feel called to help nurture our youngest learners, please reach out to Debie for more



Palm Sunday Bake Sale

HELP FUND YOUTH ACTIVITIES FOR THIS SUMMER AND FALL

stock up for Easter celebrations!

YOUR GENEROSITY MAKES A REAL DIFFERENCE!

Thank you for your continued support of our youth and their spiritual journeys. We are so grateful for their enthusiasm, growth, and for the loving community that surrounds and uplifts them.





Happy Easter, Happy Spring!

EASTER EGG HUNT CANDY DRIVE

THE EASTER BUNNY IS COMING SOON!

We need wrapped candy to fill those eggs.

Please leave donations in the blue laundry hamper in the YE hallway.

Thanks to your generosity in the past, we have plenty of empty eggs to fill with candy this year.

**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!

EASTER
EGG HUNT



JOIN THE MAGIC

Volunteer at the Body
Mind Spirit Fest on
Saturday, March 21

Be more than just an attendee—be part of the experience! The **Body Mind Spirit Fest** is looking for passionate volunteers to help bring this uplifting event to life. There are **many positions still available**, from greeting guests to assisting with lectures and exhibitors.

Volunteering is a great way to connect, learn, and give back. **Sign up online today and be a vital part of something truly special!**

VOLUNTEER

TICKETS

Online ticket sales available until March 1st, after that they'll be available at the door the day of. Visit the COU website or app to learn more about this event.



**DOWNLOAD
OUR** App

- Watch Services or Classes
- Submit Prayer Requests
- Read the Newsletter
- View Events Calendar
- Donate
- More



MARCH INTO MEANING AT INNER JOURNEY BOOKSTORE

As March arrives, it invites us into a season of renewal, growth, and fresh perspective. It's the perfect time to realign your intentions and nurture what matters most. When you shop at Inner Journey Bookstore, you're doing more than purchasing a book or gift—you're directly supporting our church community. Inner Journey is 100% non-profit, and every purchase helps sustain our shared spiritual home.

This month, explore our thoughtfully curated collection of spiritual, metaphysical, and inspirational books and gifts—ideal for deepening your practice, welcoming new beginnings, or offering a meaningful gift to someone you care about.

Grow with purpose. Shop with heart. Let March be a month of intention at Inner Journey.



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.



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

Mark Morris	14
Jessica Lantis	23
Gladys Amos	26
Jim Little	28
Brittany Touchon	28
Shawn Wetson	28
Bonnie Kiefel	31

HAPPY ANNIVERSARY

Harry & Phyllis Lantvit	15
Jim Little & Becky Johnson	26

HAPPY BIRTHDAY KIDS

Norah Pope	23
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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.

5th Sundays we invite ALL to share a snack.

**01
A-G**

**08
H-M**

**15
N-S**

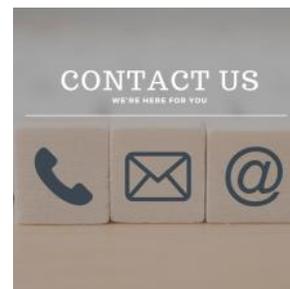
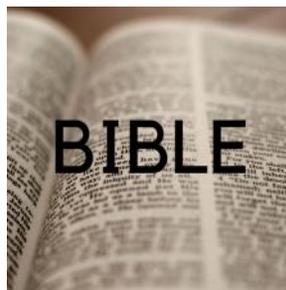
**22
T-Z**

**29
ALL**



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!

January General Fund

Income: \$21,179

Expenses: (\$17,610)

Net: \$3,569

YTD General Fund

Income: \$21,179

Expenses: (\$17,610)

Net: \$3,569



March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Fellowship Snacks: A –G</p> <p>9:30 am: Adult Sunday School 10:30 am: “Teaching of the Elect” 11:45 am: 1st Sunday Lunch 12:00 pm: Corked Luncheon</p> <p>6:30 pm: Centering Prayer</p> <p>LAST DAY TO GET BODY MIND SPIRIT FEST TICKETS BOGO FREE</p>	2	<p>3</p> <p>11:30 am Metaphysical Bible Study</p>	4	5	<p>6 Office Closed</p>	<p>7</p> <p>4:00 pm: Musical Comedy Concert</p>
<p>8 Fellowship Snacks: H -M</p> <p>9:30 am: Adult Sunday School 10:30 am: Guest speakers: Armand & Angelina 11:45 am: Potluck Lunch 12:15 pm: Flute Playshop</p> <p>11:45 am: Choir Practice</p>	9	<p>10</p> <p>11:30 am Metaphysical Bible Study</p>	11	12	<p>13 Office Closed</p>	14
<p>15 Fellowship Snacks: N - S</p> <p>9:30 am: Adult Sunday School 10:30 am: “Reframing” 11:45 am: Choir Practice</p>	16	<p>17</p> <p>11:30 am Metaphysical Bible Study</p>	18	19	<p>20 Office Closed</p>	<p>21</p> <p>10:00 am - 5:00 pm Body Mind Spirit Fest</p>
<p>22 Fellowship Snacks: T - Z</p> <p>9:30 am: Adult Sunday School 10:30 am: “Reimaging” 11:45 am: Choir Practice</p>	23	<p>24</p> <p>11:30 am Metaphysical Bible Study</p>	25	26	<p>27 Office Closed</p>	28
<p>29 Fellowship Snacks: ALL</p> <p>9:30 am: Adult Sunday School 10:30 am: Palm Sunday Multi-Gen 11:45 am: Choir Practice</p> <p>Last Day for GRACE Food Pantry Donations</p>	30	<p>31</p> <p>11:30 am Metaphysical Bible Study</p>				