November 2026

COU.FYI

Free of Judgement, Full of Love



Happy Thanksgiving, COU Family and Friends!

November is the month we most often associate with gratitude. As we celebrate the harvest and the abundance it brings, we are reminded of the many blessings that fill our lives. Gratitude arises naturally when we pause to recognize the good that surrounds us. But what if we could take gratitude a step further? What if we could learn to be grateful not only for the blessings in our lives, but also for the challenges and uncertainties that invite us to grow?

Recently, I was reminded of a concept I'm calling "evolutionary gratitude." Inspired by the transformation of a caterpillar into a butterfly, as described in Barbara Marx Hubbard's Gateway to Conscious Evolution, it invites us to discover the Good in the Good!

As a caterpillar prepares for its transformation, its body undergoes a remarkable process of breakdown and reorganization. Within this process, special cells known as imaginal cells begin to emerge, carrying the potential for an entirely new form of life. Initially, the caterpillar's immune system attacks these cells as though they were foreign invaders. But gradually, the imaginal cells multiply, connect, and organize themselves into a new pattern. What once was a caterpillar ultimately becomes a beautiful butterfly. Even the substance created through the caterpillar's breakdown becomes nourishment for the life that is emerging.

What a powerful metaphor for our own spiritual journeys! Like the caterpillar, we each have a date with destiny. We cannot fully imagine what life will look like from the perspective of awakened Christ consciousness, just as the caterpillar cannot imagine the freedom of flight. Yet we cannot experience the gifts of the butterfly without allowing the transformation to unfold. Sometimes, what feels like falling apart is actually the beginning of something new. What appears to be an ending may be making room for a greater expression of who we are becoming.

My invitation to you this month, as you turn your attention to gratitude, is to extend it beyond the obvious blessings in your life. Dare to be grateful for the "goo"—the uncomfortable transitions, unexpected challenges, and old beliefs that are breaking down to make room for something greater. These experiences may hold the very lessons, insights, and motivation we need to grow into our fullest potential.

When we encounter something new emerging within us, we may be tempted to resist it, just as the caterpillar's immune system initially resists the imaginal cells. But what if, instead of fighting the uncertainty, we trusted the process? What if we allowed ourselves to see that even in the midst of change, Spirit is at work, inviting us into a fuller expression of our divine nature?

This Thanksgiving, may we practice evolutionary gratitude—the willingness to find meaning in the messy middle, to trust the unfolding of our spiritual journey, and to give thanks not only for what is, but also for what is becoming.

With gratitude for the journey of transformation,
Rev. Linda

WHO WE ARE AET COU

OUR MISSION

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

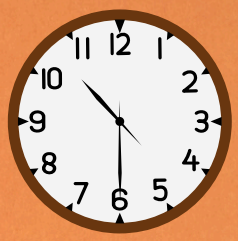
OUR VISION

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

OUR CORE VALUES

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

November SUNDAYS



As we move into November, we'll bring our Sunday series, "Even Mystics Have Bills to Pay" by Jim Rosemergy, to a close. Together, we've been exploring the deeper meaning of prosperity and discovering the abundance that begins within. Join us for the final two talks as we continue to expand our vision, embrace spiritual principles, and open ourselves to new possibilities.

November 1 – "The Coming Vision"
What vision is calling you forward? Explore the possibilities that emerge when we expand our awareness and look beyond what we see today.

November 8 – "The Beginning of the End"
Every ending can open the door to a new beginning. Discover how one chapter can prepare us for what comes next.



November 15 - "Good in the Goo"
Finding the gifts in difficult seasons, trusting the process, and discovering possibility in life's messy moments.



November 22 - "Love in Action"
Moving beyond good intentions to embodying love through everyday actions, service, and compassion.



November 29 - Multi-Gen "Hope/Faith" Advent
An intergenerational celebration of hope and faith, sharing wisdom across ages, and preparing our hearts for the Advent season.

WHAT'S NEW?

Town Hall Update

During the October 18th COU Town Hall, Board Treasurer Diane Divin shared research on minister searches and compensation at other Unity churches. The findings suggest that COU should offer a full-time minister position with a salary of at least $60,000–$64,000 per year to attract applicants. COU would need to raise an additional $2,600–$3,000 per month in committed giving to fund that salary — about $27–$30 per month for each current regular contributor. Diane also noted that COU has reduced expenses, eliminated debt, and made significant improvements to the building and grounds, strengthening its financial position. The Board will track contributions and update the congregation over the coming months.

Watch the Town Hall recording:
streamyard.com/kjh3bhd553vk

MINISTER AFFIRMATIONS

We affirm that our next minister and Center of Unity are being drawn together in perfect timing.

We bless Rev. Linda as she begins this new chapter, grateful for all she has given to Center of Unity.



CORKED

Join our Social Group for fun outings each month.

Pie & Pints

Saturday
November 7
4:00 pm



Fall is proof that change can be beautiful. November is celebrated as the bridge between autumn's vibrant transition & winter's quiet rest. A month for reflection, gratitude & community.
Join Corked as we celebrate the season, taste some seasonal pies, pumpkin ale and different ciders, and play a seasonal game of 'Which Came First.' Bring a fall or holiday appetizer to share.

RSVP by November 4th

Contact

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

19th Annual Holiday

Spirit Gallery

Sat, December 12th 2026

2:00 PM- 4:00 PM

with Jennifer Farmer: Author, Intuitive, Psychic Medium



Messages of Love, Healing & Hope for the Holidays

Celebrate the holiday season with psychic medium Jennifer Farmer for a heartwarming afternoon of spiritual connection, inspiration, and healing.

This cherished holiday tradition begins with an inspiring discussion about connecting with loved ones on the Other Side. Jennifer will then demonstrate evidential mediumship, sharing heartfelt messages of love, hope, and healing from the Spirit World with randomly selected audience members.

Join us as we honor loved ones, celebrate the enduring bonds of love, and experience the comfort of knowing that love continues beyond this life. Bring family and friends to share in this uplifting holiday gathering.

Advance Reservations: $25 per person | $35 at the door

Special Offer

Special Offers: The first 10 online reservations receive priority seating. Reserve by November 30th and bring one friend for just $20.

Reserve online: jennifer-farmer.mykajabi.com/spiritgallery

Please note: Messages are delivered to randomly selected audience members. Attendance does not guarantee a personal message.

Wing and a Prayer CHORALE

JOIN US

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.**
- **Strengthen your musical skills.**
- **Experience a spiritual and emotional uplift in 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!

Don't Forget to Fall Back!



Daylight Saving Time ends Sunday, November 1! Set your clocks back one hour before bed, enjoy that extra hour of rest, and we'll see you Sunday!

GRACE FOOD PANTRY

ABOUT THE DRIVE

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.



WHAT TO DONATE

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!)

FOOD-SAFETY GUIDANCE

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

YOU CAN FIND THE CURRENT NEEDS LIST AT:

gracegrapveine.org/current-needs



centering prayer

5:00–6:30 PM

First Sunday of the Month
in the Prayer & Meditation Room

Find a little stillness in the midst of a busy world. Join Mark and Dawn Morris in the Prayer Room for Centering Prayer, a form of Christian meditation that invites us to quiet the mind, rest in God's presence, and listen with the heart.

Together, we'll practice two 20-minute periods of silent prayer, followed by Lectio Divina, a meditative approach to scripture that allows us to slow down, reflect, and listen for deeper meaning.

Whether you're experienced in contemplative prayer or simply curious about exploring a quieter, more reflective spiritual practice, you are welcome. No special experience is needed, just a willingness to pause, be present, and make room for the sacred.

Come as you are and discover the peace that can be found in the silence.

Learn more
ContemplativeOutreach.org

A Season of Gratitude

November reminds us to pause and appreciate the many blessings, big and small, that enrich our lives. Gratitude opens our hearts, shifts our perspective, and helps us recognize the good that surrounds us.

This month, let Inner Journey Bookstore be part of your gratitude practice. Stop by, find something meaningful, and support our church community! As a 100% nonprofit bookstore, every purchase helps sustain the programs and ministries that bring us together.

We're grateful for your support!



Happy Thanksgiving to Our Spiritual Family!

This Thanksgiving, we are especially grateful for the love, kindness, and connection we share with each of you. You help make our community a place where hearts are open, spirits are nurtured, and everyone is welcome.

May your day be filled with laughter, meaningful moments, and a deep awareness of the blessings all around you. May you feel the presence of Spirit in every expression of love, every shared meal, and every moment of peace.

From our hearts to yours, may your Thanksgiving be filled with love, gratitude, and abundant blessings.

HAPPY BIRTHDAY

Abedeh Shirazian	02
June Brookshire	18
Craig Reyenga	18
Julia Rogers	18
Amy Hairston	24
Abby Kelley	29

HAPPY ANNIVERSARY

Dawn & Mark Morris	15
Grant & Mirna Trevithick	17

deck the halls

Sunday, November 22
after service

Let's bring some Christmas cheer to our church! Join us after service as we decorate for the holiday season and make our spiritual home merry and bright. Many hands make light work, and it's always more fun together!

Pizza will be provided for all our wonderful volunteers. Come lend a hand, share some laughs, and help us get ready for a beautiful holiday season.

You Are Never Alone

As we enter this season of gratitude, remember that you don't have to navigate life's joys and challenges alone. Our Care Team is here to offer a listening ear, a caring presence, and prayerful support whenever you need it.

Whether you're facing a difficult season, celebrating a blessing, or simply seeking a moment of connection, we welcome the opportunity to support you through prayer.

A Care Team member is available after Sunday service if you would like someone to pray with you or share what's on your heart. You are always welcome, just as you are.

May you feel surrounded by love, held in the presence of Spirit, and supported by the caring community we share.





Choir Bake Sale

Sunday, November 15

Satisfy your sweet tooth and support our church choir! Stop by the Choir Bake Sale after service and pick up some homemade goodies to enjoy or share. We are raising funds for 2 new microphones, so come hungry and treat yourself to something delicious!



The church office will be closed Thursday, November 26th, as well as Friday, December 25th through Friday, January 1st.



SPIRITGROUPS SERVICE PROJECTS COMING SOON!

Our four SpiritGroups are currently choosing their service projects for the holiday season, and the entire congregation will be invited to participate! Look for more details in the coming weeks, with opportunities to serve planned for mid-November through mid-December. Stay tuned for ways to share the spirit of giving and make a difference together!

7 Little Gratitude Prompts

1. Who is one person you're thankful for today?
2. What is one memory that brings you joy?
3. How have you seen God answer a prayer?
4. When was a moment when you felt loved?
5. Where is a place you enjoy being?
6. Why do you still have hope, even when life feels hard?
7. Bonus: Think of one more small thing you're grateful for today.

JOIN OUR BOARD OF DIRECTORS!

HELP GUIDE OUR FUTURE

Want to make a difference in our spiritual community? Consider serving on the Board of Directors! Board members help guide our church's vision, support its mission, and ensure a strong future for our community. If you feel called to serve, share your gifts, and help our church thrive, we'd love to hear from you!

The Nominating Committee will receive applications for new board members until Monday, November 30. There are two positions available for a three year term beginning in 2027.

According to the by-laws of our church, the following are qualifications to become a board member:

- MUST BE AN ACTIVE VOTING MEMBER OF CENTER OF UNITY.
- DESIRES TO SERVE ON THE BOARD.
- ENDEAVORS TO LIVE IN ACCORDANCE WITH THE JESUS CHRIST PRINCIPLES OF LOVE AND TRUTH AS TAUGHT BY UNITY.
- FURTHERS THE WORK OF THE MINISTRY THROUGH ACTIVE INTEREST, LOVE AND SUPPORT AS SHOWN BY FAITHFUL ATTENDANCE AT SERVICES AND OTHER ACTIVITIES OF THE MINISTRY.
- IS A SINCERE AND CONTINUING STUDENT OF UNITY, EVIDENCED BY ATTENDANCE AND PARTICIPATION AT CLASSES AND BEING CONVERSANT WITH ITS TEACHINGS.
- HAS DEMONSTRATED LEADERSHIP CAPABILITIES AND IS WILLING TO SERVE AS AN EXAMPLE TO THE MEMBERSHIP.
- TITHES TO CENTER OF UNITY.

Applications are available online and must be received by **November 30.**



Youth & Family Ministries

A Fifth Sunday Family Celebration!

This month's fifth Sunday gives us a special opportunity to celebrate Advent together as a church family! Our youth will lead the lesson as we celebrate the First Sunday of Advent and prepare our hearts for the Christmas season. Childcare will be available for children in kindergarten and younger, while older children, youth, and adults are invited to participate together in this multigenerational celebration. We look forward to sharing this meaningful time of connection, inspiration, and community with you!

Our Youth & Family Ministry Continues to Grow!

There's so much happening in our Youth & Family Ministry, and we're grateful to see it continuing to grow! More children, teens, and families are becoming part of our church community, creating new opportunities for connection, learning, and spiritual growth.

Our Y.O.U. (High School Youth) class, launched in August, is off to a wonderful start. This new group gives our high school youth a space to build friendships, explore their spirituality, ask questions, and grow together in a welcoming and supportive environment.

Thank you to everyone who helps make our Youth & Family Ministry possible! Together, we're creating a place where children and teens feel welcomed, supported, and encouraged to discover the light within themselves.

Youth Ed Dollar Store Needs

Our Youth Ed Dollar Store is in need of supplies, especially items that appeal to our pre-teens and teens!

It turns out we have some budding anglers among us—fishing lures and spinners have been a big hit!

As you're shopping, keep an eye out for fun and inexpensive items in clearance sections, leftover party favors, seasonal markdowns, and dollar stores. Every little donation helps us keep our Youth Ed Dollar Store stocked with exciting rewards for our youth.

Donations can be left in the blue basket in the Youth Ed hallway.

Thank you for helping make Youth Ed fun, engaging, and rewarding!

Let's Stay Connected!

Our COUKids family is growing, and we couldn't be more excited! 💛 With so many new families joining us, we've officially outgrown our old group-text system.

To make staying connected easier, we've created a COUKids WhatsApp Community! This is the place to find reminders, announcements, upcoming events, and all the fun things happening with our kids and families.

Join the COUKids WhatsApp Community:
https://chat.whatsapp.com/LVhIMCN90qK197SC9zMg2c

Thank you for being part of our growing COUKids family! We're grateful for this wonderful community and look forward to staying connected as we learn, grow, and have fun together.

Help Us Quiet the Echo!

Our pre-school and grade school classrooms are VERY echoey, and we'd love to make them more comfortable for our youth and teachers.

We're looking for a total of 24–36 acoustic panels for both rooms in light gray, white, or light blue.

If you have panels to donate or would like to help with this project, please contact Debie. Every panel will help create a quieter, more welcoming learning space!

You can view them online by clicking here!

Recycle with us!

We need old keys (all sizes) and empty Pringles cans with lids for future crafts. Leave donations in the blue hamper in the YE hallway.

Weekly CLASSES



ADULT SUNDAY SCHOOL

Sundays | 9:30 am

Keep the inspiration going! Let's unpack Sunday's message, share insights, ask questions, and discover new ways to put spiritual principles into practice. Join the conversation in person each Sunday.

Every class is a fresh start, so come whenever you can!



METAPHYSICAL BIBLE INTERPRETATION

Tuesdays | 11:30 am

What if scripture holds a deeper meaning for your life today? Explore the spiritual truths woven into biblical stories and discover the good God is unfolding in you and through you. Join us online! Each class stands on its own, so drop in whenever you can. All are welcome!

ZOOM ID 702 400 166



AFTER SERVICE FELLOWSHIP

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.

A-G	H-M	N-S	T-Z	ALL
01	08	15	22	29

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
- Weddings/ Engagements
- Graduations
- Retirements
- Anniversaries
- New Business Launches
- Awards/Recognitions
- Service Milestones
- Sweet Family Moments
- 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.

center of unity

free of judgment - full of love

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Grapevine, TX 76051

Board of Directors
Rev. Linda Taylor, Minister
Grant Trevithick, President
June Brookshire, Vice President
Lori Elhardt, Secretary
Diane Divin, Treasurer
Amy Hairston, Member
Susan Spradlin, Member

COU FINANCIAL NEWS

September General Fund
Income $20,565
Expense ($19,131)
Net Income $1,434

YTD General Fund
Income $216,663
Expense ($238,175)
Net Income ($21,512)

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

RESOURCES

click on an image to be redirected to that page















