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## SUMMER GREETINGS COU FRIENDS,

As the summer activities wind down and our kids return to school, please be sure to mark your calendar for our upcoming Genogram weekend Sept 5-6, the next step towards Integral Ministry. We are blessed to welcome Drs. Revs. Gary and Jane Simmons, co-creators of The Quantum Living Process and the Integral Ministry Practice program, as facilitators.

The Genogram is an activity to create our community's Q Card which contains both the qualities of who we have come here to be and highlights the unhealed shadow qualities that can arise in times of change and conflict.

The Genogram can be a living curriculum for the ministry insofar as the church's "story" is a reminder of what gets created when the community has lost its way. Just as each

individual monitors their own internal state and takes responsibility for their perception and meaning making, the community monitors their own response to community issues in the broader context of history repeating itself. The community can be resilient in the face of circumstances reminiscent of a past hurt by shifting quickly into the awareness of expressing who they have come here to be as a ministry.

With respect to the Genogram, eras moving forward will no longer be defined by a minister's tenure, **but by the specific mission of the ministry.** Within any particular "mission era" there will be things that the community accomplishes (prouds), and things that happen where the community falls short of fulfilling its purpose (regrets). The legacy that gets created is associated with the **community's capacity to be true to their word and intentions.**

This requires an elevated expression of emotional and spiritual maturity, as well as cohesiveness, integrity, and self-responsibility. While there can be ups and downs, challenges and difficulties, setbacks and surprises, there is little room for drama.

This weekend is open to everyone who considers COU their spiritual home – whether for a few weeks or a few decades. It works best when most people are familiar with the Quantum Living Process.

In preparation for this weekend, we are encouraging anyone who hasn't been exposed to this shadow work to participate in this 6-week class beginning on August 9th.

Giving thanks in advance for the robust participation in this transformative weekend.

With love and blessings,

*Rev Linda*

## WHO WE ARE AT COU

### OUR MISSION

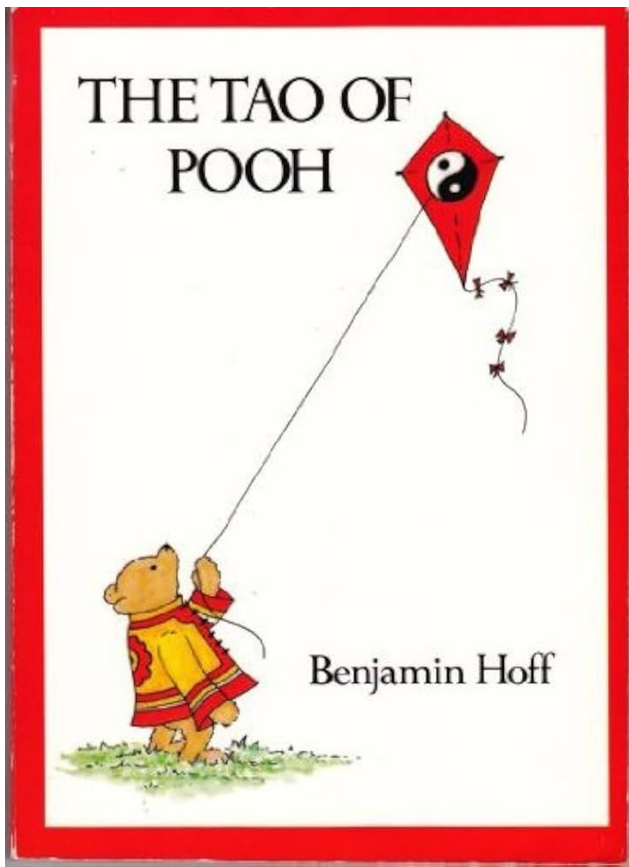
Transforming lives and inspiring people to make a positive difference in the world.

### 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

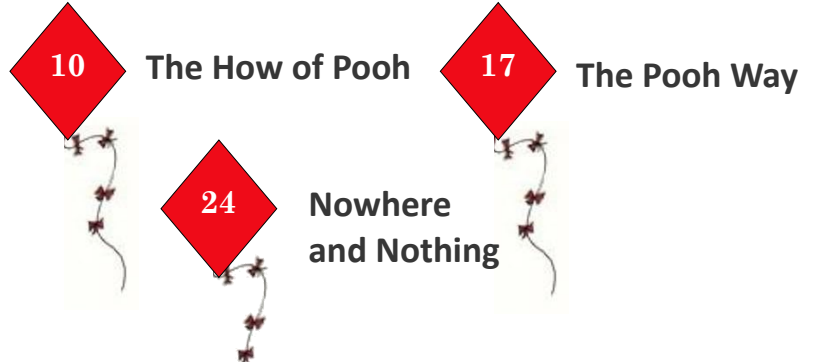


## New Series: *The Tao of Pooh*

*Inspired by the book by Benjamin Hoff*

Step into the Hundred Acre Wood like never before. In this new series, we explore how everyone's favorite bear, Winnie-the-Pooh, embodies the timeless wisdom of Taoism. While Eeyore frets,.. and Piglet hesitates.., and Owl pontificates.., Pooh just *is*.

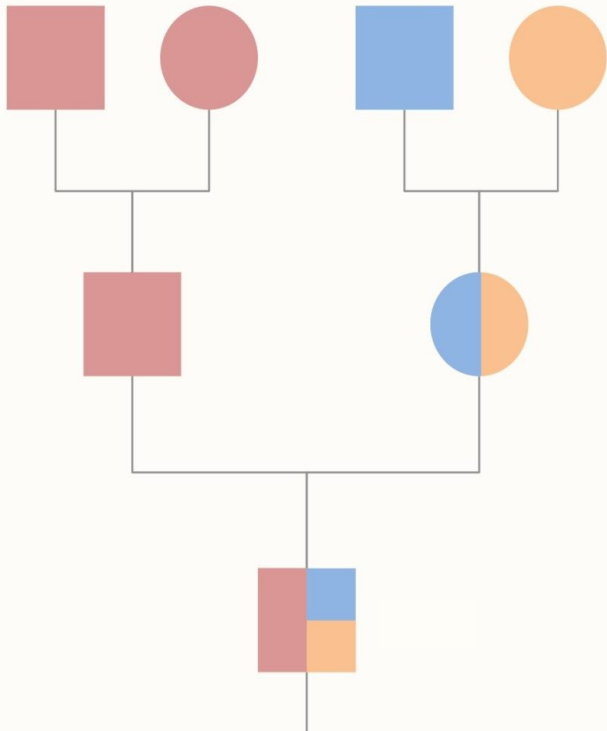
With his gentle simplicity and effortless charm, Pooh shows us that peace and clarity aren't found by doing more, but by being present. Join us as we uncover the deeper meaning behind the honey jars, the quiet walks, and the bear who knows the Way without even trying.



## GUEST SPEAKER

AUGUST 3 – REV. PAT MOORE

08/31 MULTI-  
GENERATIONAL  
SERVICE



## Center of Unity Genogram Activity

Friday, September 5 | 6:30 pm – 8:30 pm

&

Saturday, September 6 | 8:30 am – 11:30 am

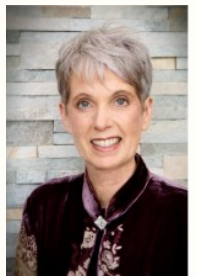
Followed by Community Lunch

The Genogram is an activity to create our community's Q Card which contains both the qualities of who we have come here to be and highlights the unhealed shadow qualities that can arise in times of change and conflict.

This weekend is open to everyone who considers COU their spiritual home – whether for a few weeks or a few decades. Sign up today!

Childcare provided upon request during sign up

**SIGN UP**



**Facilitated by Drs. Revs.  
Gary and Jane Simmons**



# The Art of Quantum Living

***A 21 Day Practice of Personal Transformation***



**Saturdays**  
**9:30am - 11:30am**  
**Aug 09 - Sept 20**



**Center of Unity**  
**In-person first 3 weeks**  
**Online last 3 weeks**

**Rev. Linda Taylor**  
Certified Quantum Living Coach &  
COU Minister

**\$50** class fee  
Includes Workbook

**Sign-Up Online**  
[centerofunity.org](http://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 Rev. Linda'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](http://theartofquantumliving.com)

**STEP IN. WAKE UP. TRANSFORM.**

CENTER OF UNITY



# Community Member Orientation

Sunday, August 10  
11:45am - 12:30pm

Thinking about becoming part of the Center of Unity family?

Everyone's journey here begins as a **Community Member**, and we're excited to help you take that next step! A few times a year, we host friendly **Orientation Sessions** where you'll learn more about who we are, what we believe, and how becoming a member can enrich your life and connect you more deeply with our community.

Bring your questions, your curiosity, and maybe a friend — **everyone is welcome!**

Come see how you can grow, give, and belong here at Center of Unity.

Meet in the Adult Sunday School room.

**SIGN UP**

## SAVE THE DATE

04

DAY

10

MONTH

25

YEAR

### MARK YOUR CALENDARS! OUR 43RD BIRTHDAY BANQUET IS COMING UP!

Saturday, October 4th • 5:30 PM • Silver Banquet Room at Reserved for You Events

We're pulling out all the stops this year for a truly unforgettable celebration! For the past few years, we've made the most of our beloved sanctuary, but this year we're heading out and celebrating BIG. Your banquet committee has selected the Silver Banquet Room at Reserved for You Events, 101 W. Glade Road, Suite 102, in Euless. This location is very near the church, making it possible for families with kiddos to drop them off at the church on their way to the event and to pick them up on the way home. Explore the venue at:

<https://www.reservedforyouevents.com/copy-of-grand-ballroom>

This won't just be another banquet... it'll be our last big birthday bash until 2027 (our 45th), so don't miss the chance to celebrate with us in style!

### SILENT AUCTION – NOW ACCEPTING DONATIONS!

It's never too early to start collecting incredible items. We're looking for:

- Gift cards and certificates from your favorite spots
  - Unique experiences like gondola rides, scenic railroad trips, kayaking adventures, or day trips
  - New items, artwork, and creative gift packages
- Get creative and help make our auction amazing!

Let's make this a night to remember with great food, great company, and memories that last until our next milestone in 2027.

**LET'S MAKE OUR 43RD THE BEST ONE YET! WE CAN'T WAIT TO CELEBRATE WITH YOU!**

# TREE OF LIFE



## The Tree of Life is:

- 1) A place with a tree house where we can live
- 2) The life cycle of a tree
- 3) A means of honoring groups or individuals with a permanent plaque

## Our Tree of Life is located:

- 1) In the front parking lot
- 2) In the back parking lot
- 3) In our back hallway

## One can purchase a plaque with:

- 1) Cash
- 2) Plastic
- 3) Both of the above

## Plaques must be paid for all at once:

- True
- False

Purchasing a plaque on the Tree of Life in December is not only a great holiday gift but an excellent deduction come tax time.

- True
- False

If you answered all “3s” to the first three questions, “False” to the fourth and “True” to the fifth, you’re a Tree of Life scholar; treat yourself to a plaque.

If you missed any of the questions, you may need to brush up on your Tree of Life knowledge; purchase of a plaque for yourself, a group or a loved one will help.

Pick up a brochure at the info center, or see Mary Salerno if you have questions.

# CORKED

Join our Social Group for fun outings each month.

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



## HOT AUGUST NIGHT OF GAMES

**Saturday, August 23**  
**5:00 pm**

In Fellowship Hall

Get ready for a night full of laughter, friendly competition, and great company!

Kick things off with our opening icebreaker: LCR (Left, Center, Right) – just bring one \$1 bill to join the fun!

Bring your favorite appetizer or snack to share for a delicious community table! **BYOB** – whatever you like to sip, bring it along and enjoy!

Come for the games, stay for the laughs – you won’t want to miss it! We hope to see you there!



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.

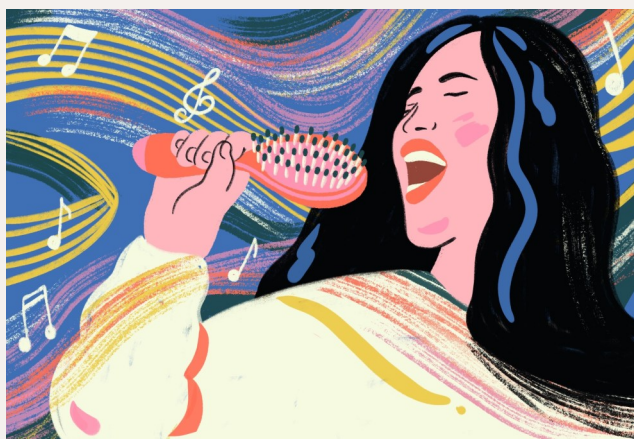




Here's a great volunteer opportunity, and you don't even have to commit, just show up for as long as you like!

**Come to The Awareness Project in Hurst at 364 E Pipeline Rd, Hurst, TX 76053 . Think of it as an open house for volunteers; come at 10 and leave at 2 if you like, but you can also come for an hour, half hour, 2 hours, whatever your schedule allows.**

There is always something to do, from sorting & organizing clothes to working on the food pantry. Don't worry if you think you don't have much stamina; there are plenty of opportunities to do things that aren't too taxing, as well as activities that are more physical.



**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 at 8:30 am in the choir room. All voice parts and experience levels are welcome!

Come be a part of something meaningful. Come sing with us. **For more info, contact Juneria Berges at [jbeddr@gmail.com](mailto:jbeddr@gmail.com). We'd love to welcome you to the choir family!**



**Sunday, August 03 | 11:45 am**

Come to Fellowship Hall after service for our 1st Sunday Lunch when this month's theme is **Around the World** . Invite your friends and come enjoy some yummy dishes and great fellowship!

Love offerings are greatly appreciated.

**Save the date for our lunch on September 07 for our Summer Harvest Potluck!**



**No Meeting this Month**

Centering Prayer is a type of Christian meditation. We plan to do two 20 minute sits, then we will spend a few minutes in Lectio Divina, meditative scripture reading.

Plan to join Mark and Dawn Morris in the Prayer Room next month. In the meantime, visit [contemplativeoutreach.org](http://contemplativeoutreach.org) for more info.





The Care Team is looking for some new members, and, if there is enough interest, we will hold an orientation workshop sometime this fall. If you are interested, and are a member of Center of Unity with good communication skills, a willingness to pray with others (or to learn), are able to keep confidences, can serve one or two Sundays a month, and can attend quarterly team meetings, please contact Mary Salerno in person or by email, [mary@unitychurchgrapevine.org](mailto:mary@unitychurchgrapevine.org)

The Care Team is an important ministry in our church and serving on the team is a great way to help others and to expand your horizons, so please give it some thought.

**EMAIL MARY**



Calling all artists, especially painters and sculptors to participate in the ART PROJECT

We were just thinking about what would give the Center of Unity more pizzaz and a fresh new look when going down the hallway from Fellowship Hall to the Sanctuary. If we only had some lovely oil paintings, watercolor, mixed-media, acrylic, drawings or whatever, as well as some sculpture in the mix. Where would we get such a wonderful group of items? I hear that we have a number of artists in our midst!! Would you be willing to display your art for 90 days, and donate a part of the

proceeds to COU if it results in a sale?

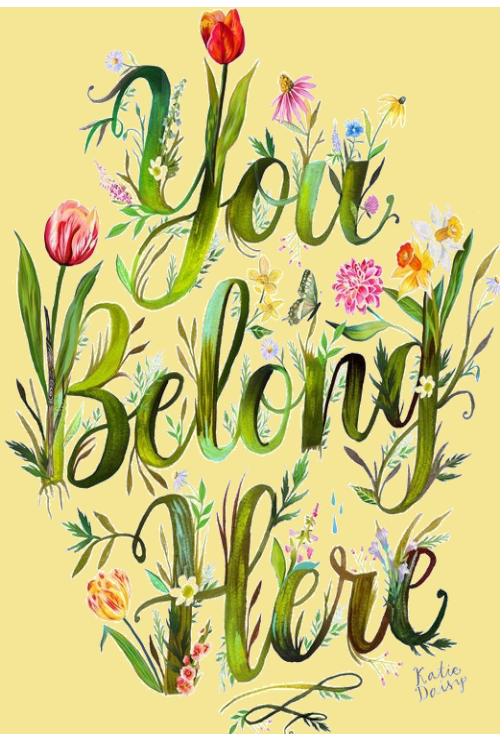
I'm anticipating seeing what comes forward, and I'm visualizing items which are interesting, uplifting and inspiring!

Please contact Mary Salerno at (817) 488-1008 or June Brookshire at (817) 868-1400 if you have something you would like to display. Let's specify a limit of 3 items per person in this first phase of our ART PROJECT.

**DOWNLOAD OUR App**

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

**DOWNLOAD APP**



I've always said, "Once August hits, it's Christmas." By that I mean if August were a slide and we metaphorically slid down it, we would find ourselves in the winter holidays in that short time it takes to get to the bottom of the slide. I also think of August as a transitional month, taking us from the end of summer, where we squeeze in a few more precious days of vacation or time at the beach, into the fall, with its crisper air, beautiful colors, and Halloween.

It can be a transitional month for our church as well. We've wrapped up seven months of activities ranging from 1<sup>st</sup> Sunday Lunches to church clean-up; from Spirit Groups to Leadership classes. We've been busy and that busyness continues into the fall and on to the end of the year.

As autumn approaches, we look forward to guest speakers, more SpiritGroups, a Quantum Living workshop starting 8/9, Community

Member class on 8/10, and taking part in our church Genogram on 9/5 and 9/6, helping us to see where we've been and what is arising for us as a church community.

Add to that the subtle beauty of season changes, the anticipation of the holiday season, and basking in the glow of our successes, individually and collectively, and this is an exciting time of year for all of us!

Regardless of whether you've been with us for a week or for decades, each of the upcoming programs is designed with your attendance, your thoughts, your contributions, in mind and you are encouraged to join the activities to the degree you are able so that YOU make an impression on the growth and the future of Center of Unity!

Mary Salerno  
On behalf of Diane Divin, Board of Directors



We'll wrap up our Wet and Messy Sunday school, based on Reverend Diane Venzera's curriculum **Fishy Tales**, the first Sunday in August, after that we return to our Unity based lessons.

Our 3 year old - kindergarten class will continue with their lessons from **What A Wonderful World!** And our grade school kiddos will resume **Celebrating My God Self**.

Our older youth will begin Reverend Jane Simmons **I of the Storm For Teens, Finding Peace in the Midst of Conflict**. The focus of the lessons is to demonstrate Unity principles in daily life.



# CAR WASH

Sunday, August 17 | after service

Get your car washed by our enthusiastic pre-teens and teens! They are raising money to offset the cost of this year's Unitreat, for 6th – 8th graders, which will be held this year at Unity of Dallas in October. All love offerings will go towards this and future events.

Come support our youth and drive away with a clean car!

Save the date! Our older youth will have a lock-in, here at Center of Unity, on Saturday, August 30<sup>th</sup>. One of the activities will be to prepare for the multi-generational service on the 31<sup>st</sup>. This lock-in will give them an idea of what a Unitreat/Rally is like. More details will be coming soon.



What is a Unitreat? Unitreats are 2-3-day long spiritually oriented programs designed to provide meaningful experiences, as well as creative expressions and fellowship. These events offer a wonderful opportunity for our youth to grow, connect, and explore their spirituality in a supportive environment. Check out this video <https://www.unitysouthcentral.org/rallies>

The Youth Ed Dollar store is in need of supplies, especially for our pre-teens and teens. You can find things in the clearance sections, leftover party favors, etc. All donations can be left in the blue basket in the Youth Ed hallway. Your contributions make a difference, thank you for all your contributions!



**BLESSED**  
Sunday  
School  
Teacher

Our 1st– 4th grade class is **LOOKING FOR ONE MORE ADULT** to share their Sunday's with. This age group is fun, insightful and full of energy. All lessons are provided and prepared for you. Talk to Debie about joining them.

**EMAIL DEBIE**



**MULTI-GENERATIONAL SERVICE**

Our next multi-generational service will be Sunday, August 31<sup>st</sup>. Our older youth will, again, help to facilitate the lesson for the day. Childcare will be provided for our Nursery and Pre-school kiddos.





## 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

Juneria Berges	02
Lynn Will	20
Lin Weinberg	29

## HAPPY ANNIVERSARY

Russ & PJ Pugh	03
Jimmy & Johnie Sneed	17
Stephen & Paula Thornton	20
Joe & Judy Hester	23
Nick Bell & Grace Price	28



## 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.

**03  
A-G**

**10  
H-M**

**17  
N-S**

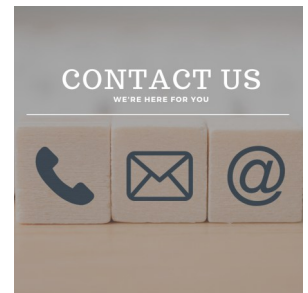
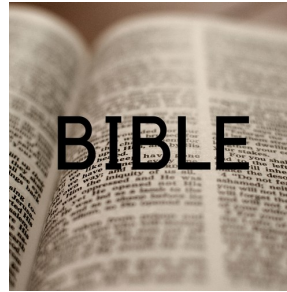
**24  
T-Z**

**31  
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](http://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!

### June General Fund

Income: \$29,255

Expenses: (\$32,345)

Total: (\$3,090)

### YTD General Fund

Income: \$120,098

Expenses: (\$183,699)

Total: (\$63,601)





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Closed	2
3 Fellowship Snacks: A –G  8:30 am: Choir Practice  9:30 am: Adult Sunday School  10:30 am: Guest Speaker Rev. Pat Moore  11:45 am: First Sunday Lunch  No Centering Prayer	4	5  11:30 am Metaphysical Bible Study	6	7	8 Office Closed	9  9:30 am - 11:30 am The Art of Quantum Living  10:00 am - 2:00 pm The Awareness Project Volunteer Day
10 Fellowship Snacks: H -M  8:30 am: Choir Practice  9:30 am: Adult Sunday School  10:30 am: The How of Pooh  11:45 am - 12:30 pm: Community Member Orientation	11	12  11:30 am Metaphysical Bible Study	13	14	15 Office Closed	16  9:30 am - 11:30 am The Art of Quantum Living
17 Fellowship Snacks: N - S  8:30 am: Choir Practice  9:30 am: Adult Sunday School  10:30 am: The Pooh Way  11:45 am: Youth Ed Car Wash Fundraiser	18	19  11:30 am Metaphysical Bible Study	20	21	22 Office Closed	23  9:30 am - 11:30 am The Art of Quantum Living  5:00 pm Corked Game Night
24 Fellowship Snacks: T - Z  8:30 am: Choir Practice  9:30 am: Adult Sunday School  10:30 am: Nowhere and Nothing	25	26  11:30 am Metaphysical Bible Study	27	28	29 Office Closed	30  9:30 am - 11:30 am The Art of Quantum Living  TBD: Youth Lock-In
31 GRACE Donations Due Fellowship Snacks: ALL  8:30 am: Choir Practice  9:30 am: Adult Sunday School  10:30 am: Multigen						