COU.FYI



free of judgement, full of love



December is often the busiest month of the year, filled with holiday activities, travel, celebrations with family and friends, and opportunities to be of service to others.

It is also a sacred time on our spiritual path. Once again, we are invited to welcome the birth of the Christ child within us. This season calls us to let our inner light shine more brightly and to embody God's love in all that we do.

Our Advent series, Awakening the Light, offers a chance to prepare our spirits as we anticipate our own divine awakening. And our Christmas Eve service will provide a holy space filled with light, music, and inspiration—an invitation to embrace this new life being born in us.

The Christmas Story continues to offer hope to each and every one of us. May this holy season be filled with wonder and miracles in our lives and throughout the world. May we experience the fullness of the angels' promise: peace on earth and goodwill to all people.

With faith, peace, love, and joy,

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

ADVENT

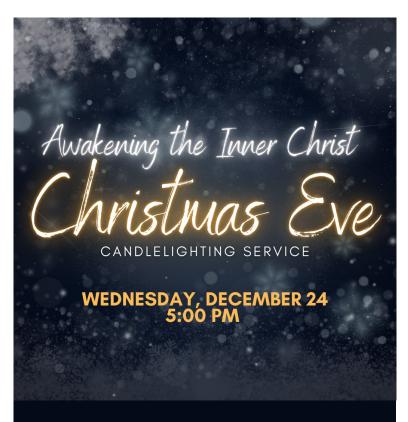
Sundays at 10:30 am

"AWAKENING THE CHRIST"

is a four-week Advent journey inviting us to open our hearts, deepen our awareness, and welcome the Christ light within us as we prepare for the sacred beauty of Christmas. December 7
"Awakening Peace"

'December 14
"Awakening Love"

December 21 "Awakening Joy"



This Christmas Eve, "Awakening the Christ" invites our community into a sacred experience of reflection, renewal, and spiritual remembrance. We honor the Christ light, born in Bethlehem and continually emerging within each of us as the living presence of love, wisdom, and peace. Together, we'll celebrate this divine spark that unites us all, and affirm our commitment to carry that light into the world through our thoughts, words, and actions.



This ceremony will gently shift your consciousness by inviting you into stillness, where you can acknowledge what no longer serves you and lovingly release it. When we let go and let God, we step into true spiritual freedom. In that openness, inspiration, clarity, wisdom, and love naturally arise.

Join Gigi Johnson, LUT, for this transformative ritual as you symbolically lay down old patterns, burdens, or beliefs that were never yours to carry. In releasing the past, you create space for greater good to unfold in your life. This sacred ceremony offers a powerful way to release negativity and welcome fresh beginnings as you enter 2026 with renewed intention and grace.









MESSAGES OF LOVE, HEALING, AND HOPE FOR THE HOLIDAYS

Experience a sacred gathering of spiritual connection and healing, led by highly respected psychic medium Jennifer Farmer, at this exclusive holiday event. Celebrate the season, honor your loved ones, and embrace the joy of connection as Jennifer brings the Spirit World closer to you.

This deeply meaningful event begins with an inspiring discussion focused on deepening your understanding of how to connect with loved ones on the Other Side. Then a powerful guided meditation to prepare to messages from the Spirit World.

Once the energy is set, Jennifer will use her exceptional evidential mediumship to deliver messages of love and healing from the Spirit World to randomly selected participants. These moving moments bring comfort, healing, and the potential to transform feelings of loss into peace. This cherished holiday tradition offers an opportunity to honor loved ones, embrace the spirit of the season, and experience a heartfelt, inspiring, and uplifting event that can be shared with family and friends.

GET YOUR TICKETS TODAY! \$25 Advance Online \$35 Door

WWW.JENNIFER-FARMER.MYKAJABI.COM/SPIRITGALLERY

Please note: While the event promises a deeply transformative experience, attendance does not guarantee a personal message.

CORKED

Join our Social Group for fun outings each month.

Contact

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



You're Invited!
CHRISTMAS PARTY
Friday, Dec 12
6:00 pm

Home of June Brookshire 1316 Shirley Way, Bedford, 76022

Back in January, Barbara and the Corked planning team were hoping to find someone willing to host our Christmas gathering in their home instead of meeting at the church or a restaurant. June Brookshire happily volunteered—and she's excited to welcome you all!

Join us for a festive evening filled with savory snacks and sweet treats. If you'd like to bring something to share, feel free! If you prefer wine, please bring your favorite bottle. We'll enjoy an icebreaker game and a Christmas trivia game with prizes. We'll also have a fun twist on a gift exchange—no choosing gifts ahead of time, and you won't know what you'll end up with! Please bring a wrapped gift valued at no more than \$15.

RSVP by December 3—Let us know if you plan to bring food.

To help spread holiday cheer, we're also collecting non-perishable food donations for GRACE. If you're able, please bring a couple of items.

We look forward to celebrating with you!



Care Team Prayer Line: 817-251-2341

The Care Team is here all year long, to share your joys as well as your more challenging times. We thank you for allowing us into your lives, and we wish you the happiest Christmas and the most wonderful New Year! And we look forward to seeing you at the healing service where you will experience the healing and comfort of being part of this event.

We look forward to serving our congregation in 2026, and we wish you a joyous holiday season!



Bring non-perishables to Fellow-ship 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.



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. We'd love to welcome you to the choir family!



Last First Sunday Lunch of the Year

Let's wrap up the year with warmth, laughter, and a delicious meal together! Join us Sunday, December 7, right after service for the last First Sunday Lunch of the year, featuring a hearty Baked Potato Bar offered by love offering.

Build your perfect spud with all the fixings: butter, sour cream, cheese, bacon bits, chives, chili, broccoli, and more! Whether you like yours loaded or simple, there's something for everyone.

It's the perfect way to celebrate the close of the year, sharing food, fellowship, and gratitude around the table.

Come hungry and bring your joyful spirit—everyone's welcome!



Sunday, December 7 | 12:15 PM

Join us for a festive afternoon as Youth Ed hosts a showing of The Christmas Chronicles 2 on Sunday, December 7th! This fun, family-friendly movie will begin around 12:15 PM.

It's also First Sunday Luncheon, so plan to stay for lunch and the movie a perfect way to enjoy good food, great company, and some Christmas cheer! All ages are welcome!



Sunday, December 7

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.

Join Mark and Dawn Morris in the Prayer Room. Visit contemplativeoutreach.org for more info.



Lend a Hand & Join the Holiday Fun!

Stick around after church and help us take down the Christmas decorations on January 4th! It's a great way to share laughs, catch up with friends, and enjoy some festive teamwork as we pack away the holiday cheer—together. Come for the camaraderie, stay for the smiles!



The church office will be

closed Dec 22nd - Jan 2nd. We'll be here off and on to complete necessary duties, so if you need to get in touch, call and leave a message and we'll get back with you as soon as possible.

VOLUNTEEROPPORTUNITIES

There are many ways you can help — assisting with office tasks, supporting Sunday services, or offering your time and presence in other areas. Your willingness to serve is a beautiful expression of love in action.

- **▼ SUNDAY HOSPITALITY (30 MIN. BEFORE & AFTER SERVICES)**
- ▼ USHER/AMBASSADOR/GREETER (ONE SUNDAY A MONTH)
- **▼ TAKE THE FOOD TO GRACE (MONTHLY)**
- **▼** BACKUP FOR CAMERAS/POWERPOINT (AS NEEDED)
- **▼** BACKUP FOR SOUND SYSTEM (AS NEEDED)
- ▼ DISPOSE OF HAZARDOUS MATERIAL (OLD PAINT CANS, OLD TV, OLD MICROWAVE)
- **▼ ON CALL HELP**

SIGN UP



Healing

SUNDAY, DECEMBER 14 11:45 AM

HOSTED BY THE CARE TEAM

Join us after service on Sunday, December 14th for a powerful healing experience.

Step into a sacred space where you'll be held in affirmative prayer, uplifted spiritually, and surrounded by a circle of love, support, and radiant positive energy.

It's a deeply moving moment you won't want to miss—mark your calendar now!

ANNUAL MEETING

SUNDAY, JANUARY 25 | 11:45 AM

Our Annual Membership Meeting will be on Sunday, January 25, 2026, at 11:45 AM in the sanctuary.

A portion of the meeting will be dedicated to the election of new Board Members, whose profiles will be published in next months newsletter and other communications.

Each voting member and past, or non-voting, should received a membership re-verification card in the mail. The completed card must be returned by January 11th to be eligible to vote on Sunday, January 25th, 2026. As you complete it, please be sure to let the Care Team know if, and how, you'd like monthly wellness contacts throughout the year.

Please note that we will not be following up with existing members to see if they want to re-join membership this year, as we have in the past, per our bylaws.

For your convenience, membership renewal tables will be set up in the foyer on January 4th and 11th.

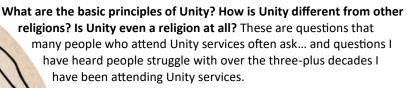


INNER JOURNEY

Did you know that when you shop at Inner Journey Bookstore, you're directly supporting our church community? Inner Journey is 100% non-profit, and every purchase you make helps fund the ministries and programs that bless our congregation.

As the holiday season begins, it's the perfect time to stop by and explore our large selection of spiritual, metaphysical, and inspirational books and gifts. Whether you're looking for meaningful presents, unique stocking stuffers, or something to support your own inner growth, you'll find thoughtful options for everyone on your list.

Shop with purpose.
Shop with heart. Shop Inner Journey.



What is Unity?

The fundamental principle of Unity is simple: everything in the Universe is made of the same God energy. Because of that, we are in Unity with God. In the Book of Genesis, it is stated that every person is made in the likeness and image of God. If we are divine at our essence, then we have no choice but to be anything other than God-like, meaning that we have all the same characteristics of God: divine health and vitality, divine power over our lives, divine abundance and prosperity. Although each one of us is not all of God, all of God is in each one of us. Given this reality, our only job in life is to realize and practice our one True Nature: beings of absolute love, power, and endless wisdom. Simple in concept, yet hard to remember when facing our daily challenges (at least for me).

How is this different from other religions? From my perspective, religions start with the premise that we are separate from God. Being separate from God means we have to work to please God, and we do this by following a set of rules

we think God wants us to follow (the Commandments). I have found that almost all these rules tell us what we **cannot** do. This is my definition of religion: worshipping (or living in fear of) an outside Creator and doing so by following a prescribed set of rules.

Spirituality, on the other hand—Unity is often referred to as practical spirituality—teaches us a way of being rather than attempting to please some outside being by following rules. Living from a specific way of being by claiming our innate power and dominion over our lives, claiming health and vitality, living wisely, and practicing abundance and prosperity seems far more challenging than simply following a prescribed set of rules.

I look at life and my spiritual practice in the simplest possible way. Life is challenging enough without making my relationship with God more complex than it has to be. Coming from the premise that I am One with God in all aspects of my life, my only real responsibility (and challenge) is to live from my divinity in every moment. Simple in concept, hard in practice. I constantly ask myself the most basic question: "If I were living from my divinity, what would I do?" (Kind of like the question, "What would Jesus do?").

The answer I get is this: I can never play the victim; I have absolute power over creating and experiencing my life. I can only respond with patience, kindness, and love, even in the face of behavior that seems to be the opposite. I must have absolute faith that my life will always unfold in alignment with my beliefs and values, even if the immediate outcome does not look like what I thought I wanted—knowing that my highest and greatest good will always be realized.

Like I said, simple in concept, virtually impossible (at least for me) to live from those principles. My humanness constantly gets in the way: my fears, my unhealed wounds, and my ego—those are my constant battles. And in those moments when I can stay present and live from my innate divinity, miracles show up in my life. Simply put, the Unity teachings have healed many of my terrible childhood traumas, saved my life several times (literally), and blessed my life far more than I think I could ever deserve. I work hard to apply its principles constantly, and I fail more than I would like to admit, yet there is enough Grace in the world that I still get to live a truly blessed life. All because I know that I am in Unity with God in every possible way.

Connect

center of un

COULTI

Grant Trevithick, Board Member



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

A "How the Grinch Stole Christmas" **Advent Season**

This month, all of our youth will be exploring Advent through the imaginative lens of Dr. Seuss' How the Grinch Stole Christmas.

We'll use themes from the story—hope, kindness, transformation, and the true meaning of Christmas—to help our children connect with the spiritual messages of the season. Each week, they'll dive into age-appropriate activities, conversations, and reflections that bring the Advent story to life in a playful, meaningful way. It's a wonderful opportunity for our youth to discover how their own hearts can grow in love and light during this sacred season.



Do you have a Roku device that you no longer use?

Youth Ed can make use of it for one of

the classrooms.

WE ARE LOOKING FOR:







2 more caring adults to help with our 4-year-old-Kindergarten class on the third and fourth Sundays!

These little ones are curious, joyful, and full of wonder—and everything you need for each lesson is already prepared. All you have to bring is your smile and a willingness to share love and encouragement. If you feel called to support our youngest learners, please connect with Debie to learn more about joining the team!

EMAIL DEBIE



Our 1st-4th grade class has an opening for an adult on second Sundays!

This age group is insightful, energetic, and a joy to be with. All lesson materials are fully prepared—you just show up ready to support and connect. If you feel called to help nurture the spiritual growth of our grade schoolers, please con-







#COUKids

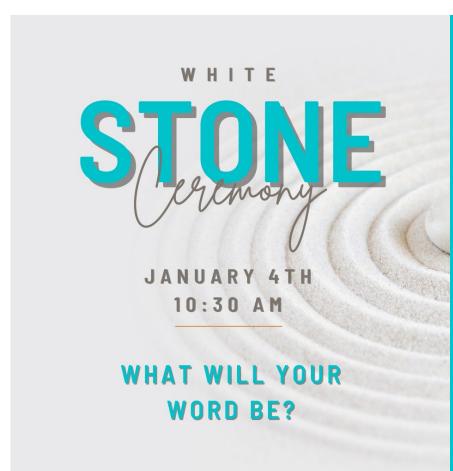
Be sure to like our Facebook page COUKids to see what we've learned each Sunday and to receive announcements.



The next retreat for our older youth will be January 17th – 19th at Unity of San Antonio. Stay tuned for details.

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.

All donations can be left in the blue laundry hamper in the Youth Ed hallway. Your contributions make a difference, thank you for all your contributions!



Start 2026 with Intention

Step into a sacred and transformative experience at our **White Stone Ceremony**—a ritual that has the power to shape your year and inspire those around you.

During the service, each participant receives a white stone. You will be guided to connect deeply with Spirit and invited to discover the word—or words—that will represent your highest intention for the new year. This word is then inscribed on your stone, serving as a tangible reminder of your commitment and intention throughout 2026.

The White Stone ceremony is inspired by **Revelation 2:17**: "Are your ears awake? Listen. Listen to the Wind Words, the Spirit blowing through the churches. I'll give the sacred manna to every conqueror; I'll also give a clear, smooth stone inscribed with your new name, your secret new name."

Can't join us in person? You can still create this sacred ritual at home. Pick up a stone from the church ahead of time—or choose one from your surroundings—and set your intention for the year.

Begin the year with clarity, purpose, and spiritual connection—your 2026 intention awaits.

CREATIVE EXPRESSION

back to support COU, helping our church continue to thrive.

We're thrilled to introduce our **first featured artist, Abedeh Shirazian!** Her work is already on display, offered at a **20% discount**, with 20% of sales generously donated back to COU. Contact Abedeh directly if you're interested in purchasing one of her stunning pieces.

Let's fill our hallway with color, creativity, and joy—and make 2026 a year of bold artistic expression!

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

Make 2026 Your Year of Creative Expression!

Calling All Painters, Sculptors & Creators! This New Year, challenge yourself, try something new, and share your talents with the community! We're transforming the hallway between Fellowship Hall and the Sanctuary into a **vibrant art gallery**, and we want your creativity to help bring it to life.

Imagine the walls alive with **bold acrylics**, **delicate watercolors**, **vibrant oil paintings**, **mixed-media masterpieces**, **drawings**, **and even sculpture**—art that uplifts, inspires, and celebrates the beauty of our congregation. This is your chance to **showcase your work**, **inspire others**, **and step into the spotlight**.

Artists are invited to display their work for **90 days**, with the option to make pieces available for purchase. A portion of any sales will go



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.



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



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



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.

Sth Sundays we invite Att to share a snack.

21 N-S

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.



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

October General Fund

Income: \$24,971 Expenses: (\$19,363) Net: \$5,608

YTD General Fund

Income: \$245,669 Expenses: (\$253,226) Net: (\$7,557)



		X		- **-		
Sun	Mon	Tue	ed 3	Thu	Fri	Sat
	1	2 11:30 am Metaphysical Bible Study	3	4	5 Office Closed	2:00 pm - 4:00 pm Spirit Gallery
7 Fellowship Snacks: A –G 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Awakening Peace 11:45 am: 1st Sunday Lunch 12:15 pm: Christmas Chronicles 2 6:30 pm: Centering Prayer	8	9 11:30 am Metaphysical Bible Study	10	11	12 Office Closed 6:00 pm Corked Christmas Party	13
14 Fellowship Snacks: H -M 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Awakening Love 11:45 am: Healing Service	15	16 11:30 am Metaphysical Bible Study	17	18	19 Office Closed	20
21 Fellowship Snacks: N - S 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Awakening Joy	22	23 NO Metaphysical Bible Study	5:00 pm Christmas Eve Candlelighting	25 Office Closed MERRY CHRISTMAS	26 Office Closed	27
28 Fellowship Snacks: T - Z 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Burning Bowl Ceremony	29 Office Closed	30 Office Closed	31 Happy New Years Eve			