

PRAYER SUPPORT

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EVENTS

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CONTACT

IN EVERY THING GIVE THANKS



DEAR COU FRIENDS,

On the wall in my living room hangs a sign that reads, *“When you love what you have, you have everything you need.”* I can’t quite remember what inspired me to buy it, but over the years it has both encouraged and challenged me.

There have been many times when I’ve questioned my ability to truly love everything that appears in my life. Are we really meant to love illness? The loss of someone dear? Financial or personal struggles? The unrest and suffering we see in the world?

According to the apostle Paul, the answer is yes. In 1 Thessalonians, Paul reminds us to *“give thanks in all things”* so that we may recognize God’s presence in everyone and everything—to see what is sacred in all of life’s circumstances. When we remember this truth, it becomes easier to love what we have, even when it’s difficult.

Gratitude is the key that expands our capacity to accept and embody this love. Often, the first step is to give thanks for what we can genuinely appreciate, no matter how small, and let that feeling open our hearts to see the good even in our challenges.

As we move through this month of November, I invite you to join me in stretching our ability to embrace everything and everyone that shows up in our lives—with gratitude. And when that feels especially hard, may this simple affirmation help you shift your perspective:

This too is God.

This too is Good.

This too is for me.

And I choose to see the blessing in it.

With gratitude and love,

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



**FALL
FEELS.**

**SUNDAY
VIBES.**

November 2

Honoring those in Spirit

We will celebrate Dia de los Muertos (Day of the Dead) where we will honor those loved ones in the Spirit world. We invite you to bring a photo or other memento to add to our altar.

If you watch from home, you can create your own place of honor for those loved ones.

**November 9 - Guest Speaker
Denise Teague, LUT**

**November 16
HEAR**

**November 23
Proactive Gratitude**

**November 30
Multi-gen service - Faith**

Curiosity:
**A PATHWAY
TO PRESENCE**

**SUNDAY, NOVEMBER 09
12:30 PM - 2:00 PM**

Join us for an experiential workshop exploring wonder as a doorway to divine awareness. Together, we'll rediscover curiosity through the lens of Unity, *A Course in Miracles*, and non-dual teachings—seeing how openness and "not knowing" can soften judgment and awaken peace.

Through gentle movement, reflection, and group inquiry, we'll explore what becomes possible when we release the need for answers and allow life to reveal itself.

Come explore what happens when we trade certainty for spaciousness.

Facilitated by: Hayley Ferguson

Cost: This event is free to attend

Space is limited, sign up today.

SIGN UP



TRANSFORM

YOUR LIFE

with the *Magic of*
GRATITUDE 



28-DAY GRATITUDE CHALLENGE

hosted by: **Denise Teague**

Online Tuesdays 7-8 pm

Starting November 4th

Have you ever noticed how gratitude can shift everything?

Even in the midst of chaos, heartbreak, or stress... when we pause to give thanks or find gratitude, something inside of us softens. Life doesn't necessarily get easier—but we get stronger, more grounded, and more connected. *And maybe even more confident.*

That's why I'm hosting this 28-Day Gratitude Challenge on zoom Tuesdays, starting November 4th— and I'd love for you to join in at 7:00-8:00 pm.

This isn't just a list-making challenge or another journal exercise. It's a deep, heart-expanding experience based on *The Magic by Rhonda Byrne*.

- ♥ Each day, there is a powerful gratitude practice from the book.
- ♥ You'll get a daily reminder in your email to keep you on track and support you.
- ♥ And the best part? We'll gather weekly on Zoom for connection sessions that are full of heart, vulnerability, laughter, and so much love.

If you're feeling called to go deeper...

To reconnect with your heart...

To move through life with more peace, presence, and joy...

Then come be part of this with us.

Here's what to do to join us

1. Let me know if you want to join in and I will put you on my email list: denise.teague1111@gmail.com
2. Get "The Magic" book here: <https://amzn.to/44G7v3q>
3. Read pages 1–28 before November 1st
4. And get ready to experience the shift that gratitude can bring.

We begin soon, and I truly hope you'll join us. This practice has truly changed me—and I believe it can change you too.



After Church November 2nd!

Chili

COOK OFF

TEAMS OF 1-3 PEOPLE
\$10 PER ENTRY

**\$5 PER PERSON OR \$10 PER FAMILY
TO TASTE EACH CHILI,
CAST YOUR VOTE, AND
GRAB A BOWL OF YOUR FAVORITE!**

Sign up sheet is in the foyer or contact Jessica Lantis
Cell: 817-343-3321
Email: JessicaLantis92@gmail.com

Join Us for the Church Chili Cook-Off!

Think your chili has what it takes to be the best in the church? Bring your secret recipe and your appetite—our **annual Chili Cook-Off** is happening **right after service**, and we want **YOU** to be part of the fun!

We're looking for a few more brave (and talented!) cooks to enter the competition. Whether your chili is classic, spicy, smoky, or features a surprise ingredient, this is your chance to claim bragging rights and win **prizes for "People's Choice" and "Most Creative or Unique Ingredient."**

Not a cook? No problem—we **need tasters, too!** For just **\$5 per person or \$10 per family**, you can sample every chili and enjoy a full bowl of your favorite.

Come for the food, stay for the fellowship, and let's make this year's cook-off our **hottest one yet!**

Sign up to compete or taste! We can't wait to see (and taste) what you bring!

SIGN UP 

'Tis the season to
DECK THE HALLS
Help decorate the church

**Sunday, November 30
 11:45 am**

Advent kicks off on Sunday, November 30th, and what better way to prepare than by decorating our church home after service! We'll begin by staging the decorations that are still in storage, then bringing the holiday spirit to every corner of our church.

If you're available earlier in the week, we'd love your help getting decorations out of storage, just check with Rev. Linda to coordinate a time.

DONATIONS NEEDED BY NOVEMBER 30

The Fall SpiritGroups are once again collecting warm clothing for our friends at Church on the Slab, a ministry that serves individuals who live outdoors year-round. Extreme temperatures, both hot and cold, make life especially difficult, and our donations provide much-needed comfort and care.

Those served by Church on the Slab are primarily men, with some women and children as well. Please begin

bringing jackets, gloves, hats, scarves, and socks throughout November, with a final collection date of November 30th.

Jackets may be new or very gently used, while all other items should be new.

Let's share warmth and love with our brothers and sisters at Church on the Slab as the cold weather approaches.



**Uniteen & Y.O.U.
 Bake Sale Fundraiser
 Sunday, November 23**

Looking for a sweet way to give back and get ready for Thanksgiving? The Uniteens and Y.O.U. are hosting a Bake Sale as a Fundraiser and the proceeds will help offset costs for the upcoming retreat in San Antonio this coming January.

You'll find a delicious variety of homemade treats such as pies, cookies, breads, and cakes. Perfect for your Thanksgiving table or to enjoy right away!

Every purchase supports Uniteen and Y.O.U. events and activities, helping our youth grow, connect, and serve the community.

Come for the goodies, stay for the gratitude — and let's make this bake sale a sweet success together!

CARE TEAM

MEET & GREET
reception

**SUNDAY, NOVEMBER 16
 11:45 AM**



The Care Team wants to get to know you, and we want you to get to know us better, too. Join us after service in Fellowship Hall on Sunday, November 16th, for a reception. We'll meet and greet, serve great food and drinks, and chat about your ideas, your prayers, how we operate, and anything you want to know about regarding the Care Team.

We have two new care team members, Carolyn Bates and Johnetta Johnson.

CORKED

Join our Social Group for fun outings each month.

Contact

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



"TRIP AROUND THE WORLD" POTLUCK Saturday, Nov 15 4:30 PM

in Fellowship Hall

Pack your taste buds for a culinary adventure! Choose a country, region, or U.S. state to represent and bring a dish inspired by that area. Be ready to share a little about why you chose it, whether it's a favorite place, a family connection, or just something fun!

Please RSVP to Barbara Luders by November 8th (or as soon as possible) so we can prepare flags and flash cards for each dish. When you RSVP, let us know the type of dish you'll bring: *vegan, vegetarian, meat-based, gluten-free*, etc.

Let's celebrate culture, community, and great food together!



CHRISTMAS PARTY Friday, Dec 12

Home of June Brookshire

Mark your calendars — our Corked Christmas Party is coming up in December!

We'll gather for a joyful evening of food, fellowship, and holiday cheer at the home of June Brookshire on Friday, December 12.

Save the date and watch for more details coming soon!

You won't want to miss this cozy, joy-filled celebration of the season.

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.



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!**



JOIN THE BOARD



APPLICATIONS DUE: NOVEMBER 02

The Nominating Committee will receive applications for new board members until Sunday, November 02. There are two positions available for the three year term beginning in 2026.

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

Applications are available online and must be received by November 02.

- ♥ **MUST BE AN ACTIVE VOTING MEMBER.**
- ♥ **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.**



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, November 2

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.



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.

NOVEMBER THEME:
I AM GRATEFUL

I am alive in the
energy of gratitude.

Happy Thanksgiving from All of Us

As we gather in gratitude this Thanksgiving, we pause to give thanks for each of you, our beautiful spiritual family. Your love, light, and presence make our community a place of warmth, connection, and peace.

May your day be filled with joy, laughter, and the quiet knowing that Spirit is present in every blessing, from the food on your table to the love that surrounds you.

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



Calling All Painters, Sculptors & Creators!

We're excited to share a new project that will bring fresh beauty and inspiration to our church home. The hallway between Fellowship Hall and the Sanctuary is being transformed into an **art gallery** and we'd love for your creativity to be part of it!

Picture the walls filled with vibrant oil paintings, delicate watercolors, bold acrylics, mixed-media pieces, drawings, and even sculpture—artwork that uplifts, inspires, and reflects the beauty of our community. This is a wonderful way to showcase the talents within our congregation and beyond.

Artists are invited to display their work for **90 days**, with the opportunity to make pieces available for purchase. If a work sells, we're asking artists to donate a portion of the proceeds to support COU.

We are delighted to introduce our **first featured artist, Abedeh Shirazian**. Abedeh's work is already on display, and is offering her pieces at a 20% discount. She is generously donating **20% of any sales** back to COU. If you are interested in purchasing one of her artworks, please contact Abedeh directly.

Let's fill our hallway with creativity, color, and joy!

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!

ARTIST
WANTED!

The Art Project at COU

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





This month our little ones and grade school kiddos will continue exploring the sacredness of life through stories, songs, and play. In What a Wonderful World! and Celebrating My God Self they will learn to see God's love expressed in creation, in friendships, and in the beauty of our world. They will also begin to honor and celebrate the sacredness of all life while exploring the four elements—air, water, fire, and earth—as gifts from God.

Our older youth will wrap up their lessons from 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.



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!

WE ARE LOOKING FOR:



During the month of November Youth Education will be collecting gently worn and new coats, jackets, hats, mittens, gloves and scarves for GRACE.

They also have an urgent need for new boys and girls underwear (sizes 8-9, 14-16), kids shoes and socks (all sizes). Look for the collection box in the hallway.



If you have any The Grinch Who Stole Christmas decorations, that you no longer want, Youth Ed will joyfully make use of them this Advent season.

Do you have a Roku device that you no longer use? Youth Ed can make use of it for one of the classrooms.

Our 4 year old - Kindergarten class is looking for one more adult to join them on Sundays! This age group is fun, curious, and full of energy. All lessons are provided and prepped for you—just bring your heart and a smile. If you'd like to make a difference in these little ones' lives, talk to Debie about joining the team!

EMAIL DEBIE



Our Uniteens had a fabulous time at the South Central Region Unitreat held at Unity of Dallas last month. They explored the 5 Unity Principles alongside youth from Baton Rouge, Albuquerque, Tulsa, Dallas, San Antonio, and Springfield. They are excited to reconnect with their new friends at the next gathering in January!



Join us as we begin the Advent season together with a special multi-generational worship service Sunday, November 30. This will be a joyful time for our whole church family to gather to welcome the season of waiting and hope.

Our youth will be helping to lead and facilitate the service, sharing readings, meditations, and reflections that invite us to prepare our hearts for Christmas.

Everyone is welcome—come and celebrate the start of Advent with us!

 18th Annual
Holiday
Spirit Gallery
Sat, December 6th 2025
2:00 PM- 4:00 PM

with Jennifer Farmer: Author, Intuitive, Psychic Medium



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.

TICKETS:

\$25 Advance Online
\$35 Door

EARLY BIRD
**GET YOUR
TICKETS
TODAY!**

**RESERVE YOUR SPOT BY NOV 30
BRING A FRIEND FOR \$20
(LIMIT 1)**

Get Tickets at:

<https://jennifer-farmer.mykajabi.com/spiritgallery>

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

A black and white photograph of a person's hands typing on a laptop keyboard. A large, light blue circle is overlaid on the left side of the image, containing the text "ONLINE BIBLE STUDY" in bold, black, sans-serif capital letters.

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

A black and white photograph of a woman smiling and looking at a laptop screen. A green, torn-edge paper graphic is overlaid on the left side of the image, containing the text "ADULT Sunday School" in a mix of serif and sans-serif fonts.

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

A warm-toned photograph of several wrapped gifts with orange and red ribbons, lemons, and autumn leaves on a wooden surface.

HAPPY BIRTHDAY

Abedeh Shirazian 02
June Brookshire 18
Amy Hairston 24

HAPPY ANNIVERSARY

Mark & Dawn Morris 15
Brandon & Hayley Ferguson 16
Grant & Mirna Trevithick 17
Byron Holder & Abel Casillas 18

HAPPY BIRTHDAY KIDS

Doc Holland 14
Nova Lynch 14
Olivia Pope 17
Jackson Trevrthick 28
Cash Holland 30

A photograph of various snacks in bowls, including chips, pretzels, and fruit. Overlaid on the right side are five colored circles, each containing a number and a range of last names.

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.

02
A-G

09
H-M

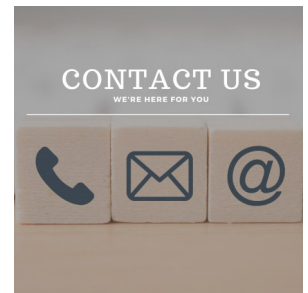
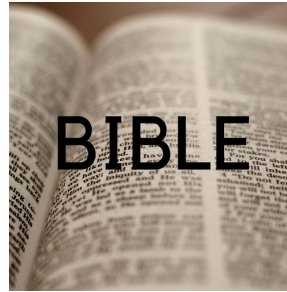
16
N-S

23
T-Z

30
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!

September General Fund

Income: \$28,692

Expenses: **(\$22,333)**

Net: \$6,359

YTD General Fund

Income: \$220,626

Expenses: **(\$235,487)**

Net: **(\$14,861)**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Fellowship Snacks: A –G Board Applications Due 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Honoring those in Spirit 12:00 pm: Chili Cook-Off 6:30 pm: Centering Prayer	3	4 11:30 am Metaphysical Bible Study 7:00pm - 8:00 pm: 28-Day Gratitude Challenge Online	5	6	7 Office Closed	8
9 Fellowship Snacks: H -M 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Guest Speaker Denise Teague, LUT 12:30 pm - 2:00 pm: Curiosity Workshop	10	11 11:30 am Metaphysical Bible Study 7:00pm - 8:00 pm: 28-Day Gratitude Challenge Online	12	13	14 Office Closed	15 4:30 pm: CORKED: “Trip Around the World” Potluck
16 Fellowship Snacks: N - S 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: HEAR 11:45 am: Care Team Meet & Greet Reception	17	18 11:30 am Metaphysical Bible Study 7:00pm - 8:00 pm: 28-Day Gratitude Challenge Online	19	20	21 Office Closed	22
23 Fellowship Snacks: T - Z 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Proactive Gratitude 11:45 am: Youth Bake Sale Fundraiser	24	25 11:30 am Metaphysical Bible Study 7:00pm - 8:00 pm: 28-Day Gratitude Challenge Online	26	27 Office Closed Happy Thanksgiving	28 Office Closed	29
30 GRACE Donations Due Winter Drive Donations Due Fellowship Snacks: ALL 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Multi-gen service - Faith 11:45 am: Decorate for Christmas						