

PRAYER SUPPORT

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EVENTS

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FALL GREETINGS COU COMMUNITY,

September is a time for our community to learn, heal, and grow closer together. With the sudden passing of Mary, many of us are grieving and adjusting to life without her steady presence—including me. And yet, in the eternal words of Mary that echoed in my mind last week: *“Suck it up, buttercup. This is life, and you need to get on with it!”*

With that spirit in mind, we invite everyone who considers the Center of Unity a special place to come together and reflect on who we want to be as a community—and what might stand in our way. Drs. Gary and Jane Simmons will lead an activity called the **Genogram** on **Friday, September 5, from 6:30–8:30 p.m.** and **Saturday, September 6, from 9:30 a.m.–noon**. This event is free to attend (your only investment is your time), and childcare will be provided. Please sign up on our website if you’d like to participate.

We’ll also gather on **Saturday, September 13, at 2:00 p.m.** to celebrate Mary’s life. If you’re unable to join us in person, the service will be livestreamed on our Facebook and YouTube pages. Following the service, we’ll enjoy a reception with some yummy vegan treats and share our favorite memories of Mary.

This month, we’re also launching **SpiritGroups** to help everyone feel more deeply connected—to Spirit and to each other. One group will focus on healing from sadness, another will explore a meditation practice that connects us heart to heart, and a third will dive deeper into our Sunday series book, *You Can’t Sleep Through Your Awakening* by Jane Simmons.

It has been inspiring to witness the ways members of our community have stepped up to support each other as we navigate this time of grief and change. I am deeply grateful to be a part of such a loving and generous group!

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.

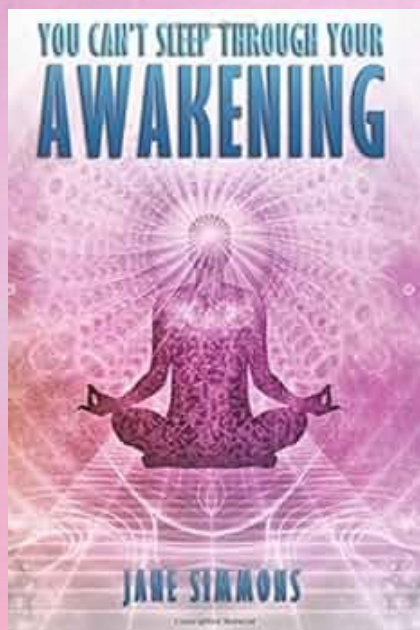
OUR VISION

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

OUR CORE VALUES

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

YOU CAN'T SLEEP THROUGH YOUR AWAKENING



Join us as we explore what it means to wake up and consciously engage in life from an awakened state. Through her stories, psychological insights, studies, and spiritual practices, you'll discover how to free yourself from limiting beliefs and behaviors, address unmet needs, and apply the powerful FACE Formula—a path to forgiveness, appreciation, compassion, and embodiment. Jane Simmons will join us in person on Sunday, September 7, to kick off our series!

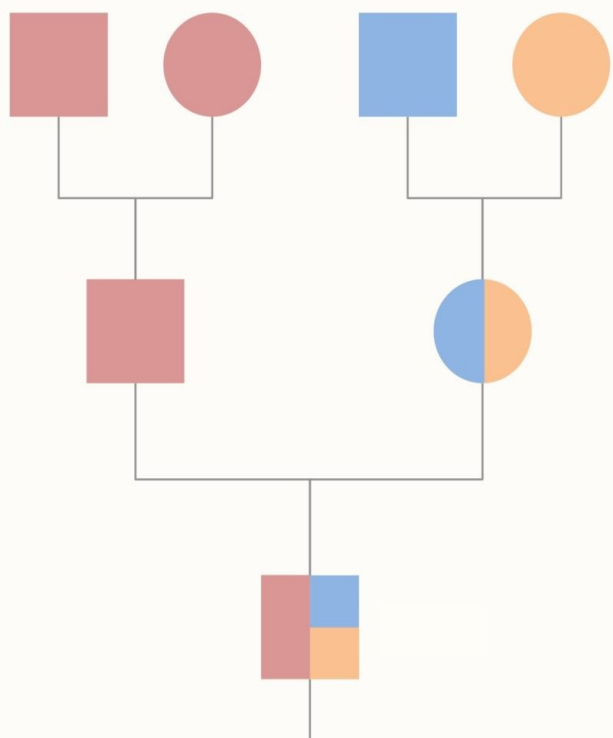
SEPT. 7 – JANE SIMMONS INTRODUCES YOU CAN'T SLEEP THROUGH YOUR AWAKENING

SEPT. 14 – FROM SEEING TO BEING

SEPT. 21 – ADDICTED TO NEGATIVITY

SEPT. 28 – ORPHANED

SPIRITGROUPS NOW FORMING | FIND MORE INFO ON FOLLOWING PAGE



Center of Unity Genogram Activity

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

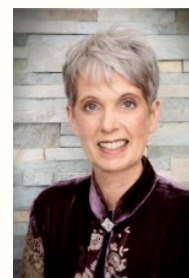
&

Saturday, September 6 | 9:30 am – 12:00 pm

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.



Facilitated by Drs. Revs. Gary and Jane Simmons

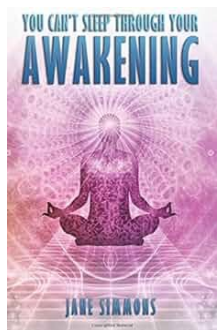
SIGN UP





SpiritGroups give you an opportunity to connect with people in a deep, meaningful, and fulfilling way. You will develop friendships based on a mutual interest in living a life of spiritual principles.

There are 3 groups forming that will meet online or in-person for 7 weeks beginning the week of Sept 8th.



YOU CAN'T SLEEP THROUGH YOUR AWAKENING

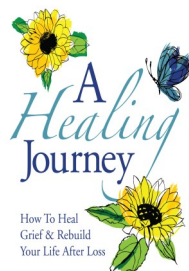
based on the book by Jane Simmons

TUESDAYS ONLINE | 6:30PM | BEGINNING SEPT 9TH

hosted by Grant Trevethick via Zoom

Through stories, insights, and spiritual practices, you'll learn to release limiting beliefs, nurture your needs, and embrace the FACE Formula: forgiveness, appreciation, compassion, and embodiment.

SIGN UP



A HEALING JOURNEY: HOW TO REBUILD YOUR LIFE AFTER LOSS

based on the book by Jennifer Farmer

SATURDAYS IN-PERSON | 11:00AM | BEGINNING SEPT 13TH

hosted by Jennifer Farmer in Fellowship Hall

Find comfort, connection, and hope in our Spirit Group. Learn five powerful strategies to heal grief, embrace your "new normal," and discover how the Spirit World can bring peace and transformation.

Written By Jennifer Farmer



WESPACE CONNECTIONS

SUNDAYS IN-PERSON | 12:00PM | BEGINNING SEPT 14TH

hosted by Rev. Linda in the Adult Sunday School Room

Where we move from "Me" to "We" and practice mystical, collective prayer together. Including "We" in the practice brings us into a shared experience of a loving energy field, deep connection, and mystical interbeing. (Limit 10 participants)



In this time of reflection and change, we are gently reminded of the strength, love, and divine connection that unite us as a spiritual family.

Now more than ever, we are called to come together in service and support of one another.

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





Mary Salerno

Celebration of life

**Saturday, September 13th
2:00 pm
at Center of Unity**

The Celebration of Life service for our beloved Mary Salerno will be held on Saturday, September 13th at 2pm here at the church. There will be a vegan sweets and snacks reception to follow. For those who want to support, you can bring something, help set up and clean up, pass out programs etc. Please let us know if you would like to help.

Cards of support for her son and daughter-in-law can be sent to: Christopher Gronlund and Cynthia Griffith
2000 Holley Pkwy. #2628
Roanoke, TX 76262

The family requests no visits or food dropped off.

For those who are wanting to honor Mary with a monetary donation, Chris has suggested The Farm Micro Sanctuary in Grapevine, or the American Lung Association. Center of Unity will also welcome your gifts toward a Tree of Life plaque in her honor.

We surround and enfold Mary with our love as she embarks upon this new spiritual adventure and pray for God's comfort, wisdom, and peace for the Center of Unity community as we adjust to this new human reality.

We would love to include your special memories.

If you have photos or videos of Mary, please email them to amber@unitychurchgrapevine.org. Even more, we would be so grateful for any anecdotes, stories, or cherished memories you'd like to share, funny moments, kind gestures, or heartfelt reflections - anything that captures Mary's spirit and the joy she brought to our lives. We will try to incorporate these stories into the slideshow to make it truly personal.

Deadline: Please send your submissions by Sept 7th.

Thank you for helping us honor Mary and keep her memory alive in the hearts of all who knew her.



CALLING ALL ARTISTS! PAINTERS, SCULPTORS & CREATORS!

We're dreaming up a fresh, inspiring new look for the hallway between Fellowship Hall and the Sanctuary, and your artwork could bring it to life!

Imagine this space filled with vibrant oil paintings, delicate watercolors, striking mixed-media pieces, bold acrylics, intricate drawings, and captivating sculptures. What better way to showcase our community's creativity than with an **ART PROJECT** featuring **YOU**?

We know there's incredible talent right here in our midst. Would you be willing to display your work for **90 days** and, if a piece sells, donate a portion of the proceeds to support COU?

We're looking for uplifting, inspiring, and thought-provoking art that reflects the beauty of our community.

Let's transform our hallway into a gallery that radiates creativity and joy!



DOWNLOAD OUR App

DOWNLOAD APP



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

WOLF'S MESSAGE

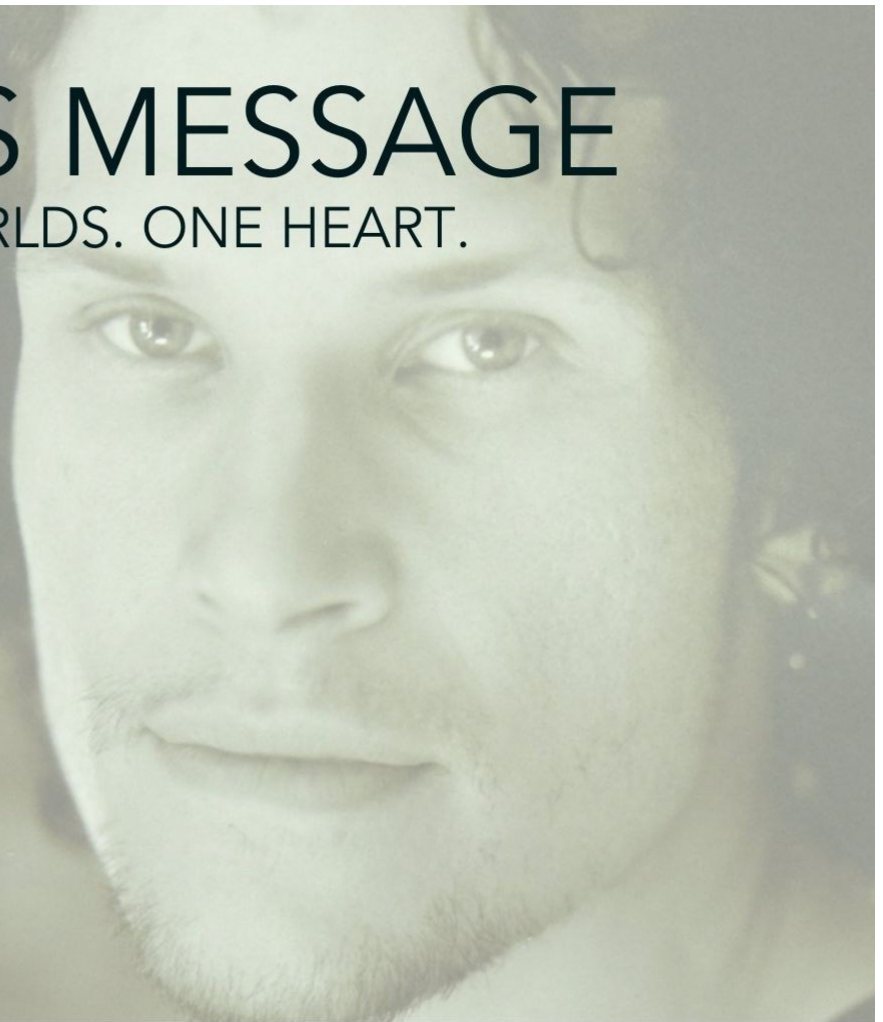
TWO WORLDS. ONE HEART.

Be part of an inspiring afternoon featuring a screening of an unforgettable new documentary followed by a discussion that will open your heart and mind to new possibilities.

Wolf's Message explores the continuity of love, consciousness, and the undeniable connections that transcend physical existence.

Come experience a film that will forever change the way you see yourself and the world.

-Suzanne Gieseemann



Exclusive Screening of Wolf's Message with Suzanne Gieseemann!

CENTER OF UNITY GRAPEVINE
GRAPEVINE, TX
OCTOBER 26, 2025 12:30 - 2:30 PM



Wolf was struck and killed by lightning. He left stunning evidence that he knew where and when it would happen. He came back with an important message for all of us.



Enjoy the film, then hear Suzanne share insights and behind-the-scenes stories.



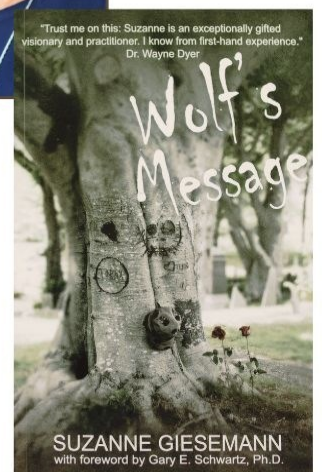
Come with an open heart and leave with a new sense of purpose and connection.



1650 Hughes Rd, Grapevine, TX 76051

Buy your tickets, view the trailer, and learn more at:

WolfsMessage.com



CORKED

Join our Social Group for fun outings each month.

Contact

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



THE TEMPTATIONS & THE FOUR TOPS
Saturday, September 27
8:00 pm

at Winstar World Casino, 777 Casino Ave., Thackerville, OK in the Lucas Oil Live Concert Hall

A Legendary Night of Motown Magic!

Get ready for an unforgettable evening with two of Motown's most iconic groups! The Temptations and The Four Tops will bring their timeless hits and legendary harmonies to the Lucas Oil Live concert hall for a night you won't want to miss.

Dinner Meet-Up at 5:30 PM

Join us for a pre-show dinner at the **Terrace View Café**, conveniently located inside the Winstar World Casino Hotel between the Terrace Pool and the Pool Tower.

Tickets Still Available!

Grab a seat in the balcony for just **\$25** while they last! [CLICK HERE](#)



THE 39 STEPS
Sunday, October 5
2:30 pm

Onstage in Bedford, 2400 School Ln, Bedford

An Afternoon of Laughter & Mystery!

Come cheer on **our very own Kenny Green**, starring in this hilarious, fast-paced adaptation of the Alfred Hitchcock classic! With just four actors playing dozens of characters, *The 39 Steps* promises clever comedy, thrilling suspense, and nonstop fun.

Tickets: \$27.55 (includes \$2.55 service charge)

Get yours here: onstageinbedford.com

Act Fast! Sunday shows sell out quickly—don't wait to grab your seat!



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!**



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.



I'm so glad, as I am every year, that the weather is dipping just a little below the hottest mark. As we start to leave those highest temperatures of summer, we can be grateful for that, as well as many other blessings. But we still must deal with the giant empty space left by the passing of our beloved administrator, Mary Salerno. She was a fixture, of course, for many years when anyone needed anything. Or if one just entered the building during the week, she was usually there. She will be sorely missed, and we are just beginning to express the gratefulness for the work and love that she showed all of us at COU. As you have probably seen, her Celebration of Life will be on September 13th at 2:00 pm. I hope that you will be there for her as she has been there for all of us.

The Genogram Activity is coming up, starting September 7th, Friday evening at 6:30 to 8:30 pm, as well as Saturday morning September 8th. I believe that COU can benefit greatly from what this workshop has to offer, expanding our understanding of ourselves, our church, and what we want it to be in the future.

The new round of SpiritGroups is starting, continuing to provide a small group experience of learning and fellowship to all who participate. A Healing Journey: How to Rebuild your Life after Loss begins Saturdays, on September 13th at 11:00 am, hosted by Jennifer Farmer. Rev. Linda will lead the group on "WeSpace" Connections – where we move from "Me" to "We" and practice mystical, collective prayer together. This will take place at 12:00 noon on Sundays in the Adult Sunday School Room. The *online* Spirit Group will be hosted by Grant Trevethick and will be on the topic, *You Can't Sleep Through Your Awakening*, based on the book by Jane Simmons. You will note that Jane Simmons is one of the facilitators of our Genogram Activity. The group will be *online* on Tuesdays beginning September 9th at 6:30 pm via Zoom.

We are still looking for artists who would like to display their artwork on the walls of Center of Unity. Please contact any of the Board members if you are interested in participating.

Other ongoing projects include repairing the air conditioner, which, I am told, was "good for the air conditioner, but bad for the squirrel."

There are many more exciting things going on at COU; please see the website or ask one of us if you have questions. And, of course, we are in the process of figuring things out in the wake of our dear Mary Salerno's passing.

Blessings and prayers to all,
June Brookshire



First Sunday Lunch

February: Soup & Salad Potluck
March: Italian
April: Brunch
May: Mexican Fiesta Potluck
June: Summer
July: Vegetarian & Vegan Potluck
August: Around the World
September: Summer Harvest Potluck
October: Casseroles
November: Chili Cook-Off Competition
December: Baked Potato Bar

Sunday, September 07 | 11:45 am

Bring a dish to share to Fellowship Hall after service for our 1st Sunday Lunch when this month's theme is **SUMMER HARVEST POTLUCK**. Invite your friends and come enjoy some yummy dishes and great fellowship!

Love offerings are greatly appreciated.

Save the date for our lunch on October 05 for our Casserole themed lunch!



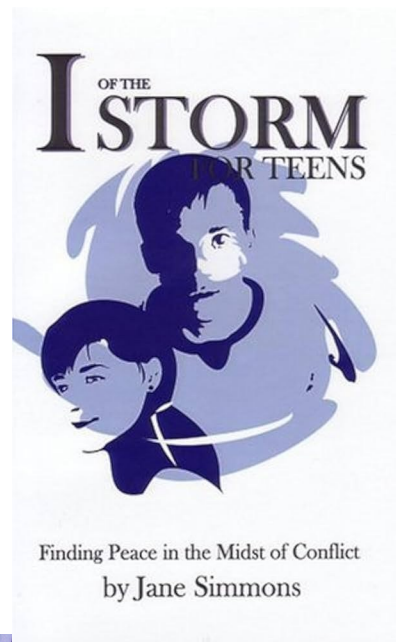
Sunday, September 7

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.

Plan to join Mark and Dawn Morris in the Prayer Room. Visit contemplativeoutreach.org for more info.



Our 4 year old - kindergarten class are continuing with their lessons from **What A Wonderful World!** And our grade school kiddos are continuing **Celebrating My God Self**.



Our older youth are continuing 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.

Thank you to everyone who came out to have their car washed during the Uniteen/YOU car wash fundraiser in August. **WE RAISED \$618** which will be used towards our fall Unitreat and future events.



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 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!



Our 4 year old - kindergarten 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



BLESSED
Sunday
School
Teacher

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 typewriter-style font. Above the main title, the words "in person or online" are faintly visible.

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 close-up photograph of a cupcake with white frosting, a small orange slice, and a green leaf on top. The cupcake is in a dark brown paper liner.

HAPPY BIRTHDAY

Wes Crowder	01
Ben Cox	06
Susan Spradlin	07
Michelle Accardo	12
Sharon Crowder	22
GiGi Johnson	23
Lisa Thorn	23
Rebecca Trainor	30

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.

**07
A-G**

**14
H-M**

**21
N-S**

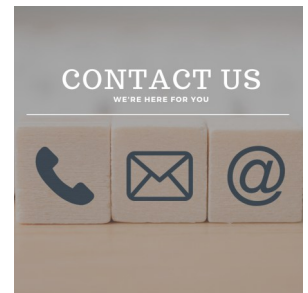
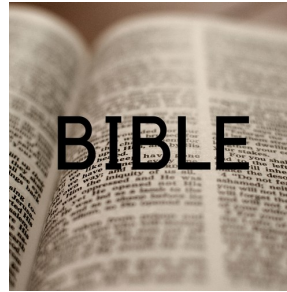
**28
T-Z**

5th Sundays we invite ALL to share a snack.



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!

July General Fund

Income: \$20,679

Expenses: (\$20,005)

Total: \$674

YTD General Fund

Income: \$169,779

Expenses: (\$197,551)

Total: (\$27,774)



SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy Labor Day Office Closed	2 11:30 am Metaphysical Bible Study	3	4	5 Office Closed 6:30 pm – 8:30 pm Genogram Activity	6 9:30 am – 12:00 pm Genogram Activity
7 Fellowship Snacks: A –G 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Jane Simmons introduces You Can't Sleep Through Your Awakening 11:45 am: First Sunday Lunch 6:30 pm: Centering Prayer	8	9 11:30 am Metaphysical Bible Study 6:30pm Online SpiritGroup: You Can't Sleep Through Your Awakening	10	11	12 Office Closed	13 11:00am In-Person SpiritGroup: A Healing Journey: How to Rebuild your Life after Loss 2:00 pm Celebration of Life
14 Fellowship Snacks: H –M 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: From Seeing to Being 12:00 pm In-Person SpiritGroup WeSpace Connections	15	16 11:30 am Metaphysical Bible Study 6:30pm Online SpiritGroup: You Can't Sleep Through Your Awakening	17	18	19 Office Closed	20 11:00am In-Person SpiritGroup: A Healing Journey: How to Rebuild your Life after Loss
21 Fellowship Snacks: N – S 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Addicted to Negativity 12:00 pm In-Person SpiritGroup WeSpace Connections	22	23 11:30 am Metaphysical Bible Study	24	25	26 Office Closed	27 8:00 pm: CORKED: The Temptations & The Four Tops at Winstar
28 GRACE Donations Due Fellowship Snacks: T – Z 8:30 am: Choir Practice 9:30 am: Adult Sunday School 10:30 am: Orphaned	29	30 11:30 am Metaphysical Bible Study				