

PRAYER SUPPORT

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CONTACT



## GREETINGS OF LOVE FRIENDS OF UNITY,

In Unity, we teach that love is not merely an emotion or a response to circumstances—it is our spiritual foundation. Love is the nature of God, and because we are created in the image and likeness of God, love is the truth of who we are. When we express love, we are aligning with our divine nature.

Love is always present, even when it seems hidden by fear, judgment, or misunderstanding. Truth principles remind us that nothing real can be lost; love does not disappear—it waits to be rediscovered. As we release limiting beliefs and open our hearts, love naturally flows again.

Love is also one of our spiritual powers. It harmonizes relationships, heals the body and mind, and dissolves the illusion of separation. When we choose loving thoughts, words, and actions, we cooperate with divine law and allow greater good to unfold in our lives and our community.

Living from love is a daily spiritual practice. It invites us to see the divine in ourselves and in others, to forgive freely, and to respond with compassion. As we do, we become living expressions of divine love—bringing light, healing, and unity into the world.

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

# 2026 BOARD OF DIRECTORS CANDIDATES

The Nominating Committee is pleased to present you with the candidates who are running for the Board of Directors this year.

Four dedicated Center of Unity members, Maria Coward, Ben Cox, Amy Hairston and Susan Spradlin have stepped up to apply for the COU Board of Directors.

Get to know them below before the Annual Meeting on Sunday, February 01, 2026.



## Maria Coward

Maria has been actively involved with the community for over a year and joined as a member in early 2025. Her volunteer contributions include coordinating and facilitating SpiritGroups, welcoming new guests, supporting the Body Mind & Spirit Fest, and assisting with general events—all of which have deepened her resonance and commitment to the community and its mission.

She brings a background in project management, communications, and strategic planning, alongside a strong capacity for collaborative leadership, curious listening, and emotional attunement. Maria's vision for Board service is to bring openness

and curiosity to her role, reflecting the community's evolving aspirations while fostering vibrancy, growth, and meaningful connection within and beyond COU. For Center of Unity, she envisions a vibrant, visible presence in the wider community—rooted in Unity principles and expressed through joyful, grounded service.

If elected, Maria is committed to supporting our beloved community in maintaining a healthy rhythm and clear focus we evolve and grow—strengthening relationships, staying focused on priorities, and encouraging shared ownership throughout the congregation. She attends with devotion and tithes faithfully. To her, Unity is not a doctrine but a living invitation to wholeness, one that respects both humanity and divinity, and a willingness to evolve with grace and an open heart.



## Ben Cox

Ben's journey with Center of Unity began two years ago, and in that time, he has grown not only in participation but in spirit. What has touched him most deeply are the moments of service where he could look directly into the eyes of those we support—whether through SHINE, PBNJ, Sunday School, or the Safety Team—and feel the joy, relief, and connection that arise when love is expressed in action. He speaks often about how these experiences opened his heart and

strengthened his sense of purpose, reminding him that service is one of the purest forms of spiritual practice.

He sees Center of Unity as a sanctuary where people are welcomed without judgment, encouraged to explore their spiritual path, and inspired to express their gifts with authenticity and courage. Unity has helped him shape an empowered worldview—one rooted in creativity, compassion, and responsibility—and he feels a deep gratitude for the ways this community has supported his own growth. It is from this place of gratitude that he seeks to serve.

If elected to the Board, Ben hopes to bring an open heart, a listening spirit, and a genuine desire to nurture the collective

wisdom of our community. He is committed to honoring COU's roots while helping cultivate new possibilities for outreach, growth, and deeper connection. He is passionate about exploring how we evolve as a spiritual family, how we expand our presence through service, and how we continue to uplift one another in meaningful ways. He also advocates for maintaining an online attendance option as an act of inclusivity—recognizing the real needs of those balancing family life, work, or distance.

Supporting these heartfelt intentions are Ben's professional strengths. He brings a mature business perspective, experience in leadership and strategic thinking, and a strong understanding of emerging technologies, including AI. He sees these skills not as the center of his candidacy, but as tools the Board can draw upon to help COU thrive in a changing world. He is committed to continuing his growth—whether in public speaking, spiritual embodiment, or collaborative leadership—always seeking to more fully live the principles Unity teaches.

Ben faithfully tithes, participates actively in services and community life, and embraces Unity as a lived recognition of our shared divinity and interconnectedness. To him, serving on the Board would be a sacred responsibility and an honor—an opportunity to help guide Center of Unity forward with love, clarity, and a spirit of joyful co-creation.



## Amy Hairston

**Amy Hairston** has been connected to Center of Unity since 2017, returning in 2021 and becoming a member in 2022. Her service to the church reflects both commitment and versatility. She has served as a church ambassador—her most rewarding role—welcoming visitors, giving tours, and sharing information with new attendees. She has also taught youth education classes, participated in spirit groups and their service projects, and contributed to practical needs such as decorating, painting, and landscaping.

Professionally and personally, Amy brings strengths in critical thinking, communication, collaboration, and ethical leadership. She emphasizes transparency, accountability, and

thoughtful decision-making, and she values listening, asking good questions, and building consensus. Her vision for the Board centers on responsible stewardship, spiritual vitality, and fostering a welcoming, inclusive church culture. She believes the Board should model leadership, ensure wise use of resources, and support events and programs that deepen spirituality and draw new people into the community.

Amy envisions Center of Unity as a spiritually vibrant church known for meaningful education, inspiring speakers, and compassionate outreach. If elected to the Board, she would contribute steady, thoughtful leadership, a passion for spiritual growth, and a commitment to service. Her areas of interest include spiritual education and community outreach, which she sees as essential to the church's mission. She is fully able to commit to Board responsibilities, is a consistent giver, and describes Unity as an inclusive, open-minded spiritual path rooted in compassion and love.



## Susan Spradlin

Susan is deeply committed to the mission and vision of the Center of Unity and has felt called to serve in a greater capacity as a Board member. She has attended the COU for 16 years nearly every Sunday since June 2009. She became an official member in January 2010.

Over the years, she has served in many volunteer roles. These include greeter, usher, visitor guide, and volunteer coordinator. In addition, she participated on the Women of Wisdom Leadership Team and the Corked Planning Committee. In 2024, she recruited a team to plan, coordinate, and implement one of the largest Corked events to celebrate the Winter Solstice. On Sunday mornings, Susan enjoys greeting people by name as they arrive because it fosters connection and warmth with Unity. Recently, she was invited to join the Evolutionary Council and looks forward to contributing more after her retirement in February 2026.

Susan is capable of being a contributing member of the COU Board. Her professional history includes decades of experience in project management, event planning, budget oversight, and communication, which she believes will benefit the Board. Her vision is for the Board to lead by example, guided by Unity principles and prayer, and for the Center of Unity to be a diverse, inclusive spiritual community rooted in love and oneness with God. She is committed to supporting Unity's mission through faithful attendance, active involvement, and consistent tithing.

Unity has transformed her life, replacing self-centeredness with joy and service. Susan feels it would be an honor to bring her skills, passion, and dedication to the Board, working collaboratively to ensure the Center of Unity continues to thrive and touch lives through love, inclusivity, and spiritual growth.

# ANNUAL MEETING



**SUNDAY, FEBRUARY 01  
12:00 PM**

Our Annual Membership Meeting will be on Sunday, February 01, 2026, at 12:00 PM in the sanctuary. Swing by Fellowship Hall right after service to grab a bite to eat before the meeting begins.

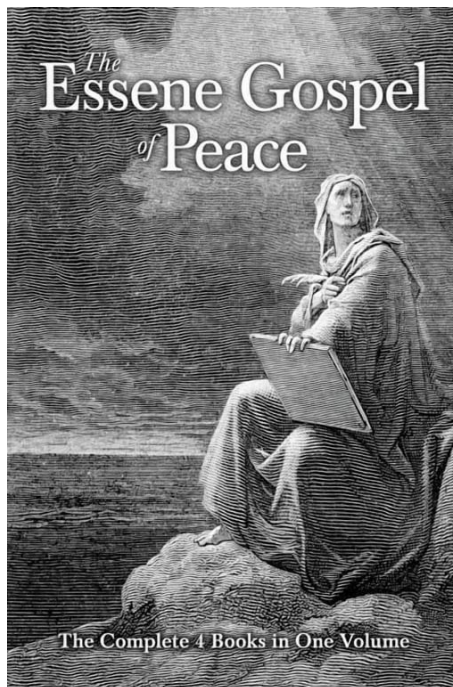
A portion of the meeting will be dedicated to the election of new Board Members, whose profiles are above.

Each voting member and past, or non-voting, should have received a membership re-verification card in the mail. The completed cards were due by January 25th to be eligible to vote on Sunday, February 1st, 2026.



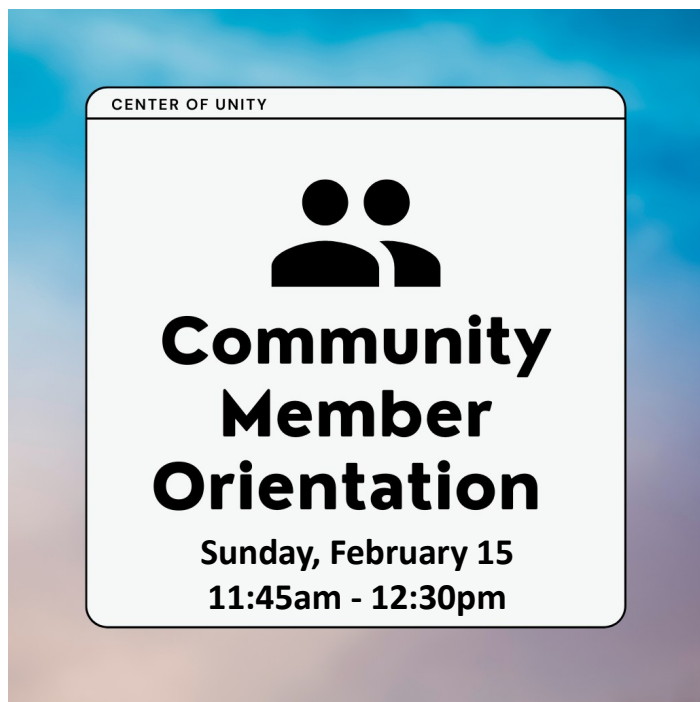


1: "Who are the Essenes?"  
8: "The Gospel of Peace"  
15: "Unknown Books of the Essenes"  
22: "Lost Scrolls"



**February Series:**  
**The Essene Gospel of Peace based on the book translated by Robert Kingwell, Ph.D.**

For generations, these hidden scriptures have carried the voice of Jesus as Teacher of the Brotherhood of Light, revealing a vision of harmony between humanity, nature, and the divine. Whether you approach as seeker, student, or scholar, this information offers an invitation into the timeless teaching of unity between heaven and earth.



**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**



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.



*You're Invited*



**SATURDAY, MARCH 21  
10AM - 5PM**



**AT CENTER OF UNITY  
1650 HUGHES ROAD  
GRAPEVINE, TX 76051**



*A Holistic Journey to Wellness*

spiritual readers/healers, crystals, reiki, jewelry,  
intuitive/psychics, lectures, health/wellness and more

**[centerofunity.org/bodymindspiritfest](http://centerofunity.org/bodymindspiritfest)**

## LECTURE SERIES

11:00



**"How Tea & Other  
Natural Herbs Can  
Change Your Life"**

Steven Yates

12:15



**"Is This Even Mine?"**

How to Release  
Emotional Energy That  
Doesn't Belong to You  
Dr. Divya

1:15



**"Messages  
from the Spirit  
World"**

Jennifer Farmer

2:15



**"Vitality Living  
with Eastern  
Medicine"**

Dr. Mark Tryling

## YOU'RE INVITED!

**BRING YOUR FAMILY & FRIENDS!**

Step into a world of holistic healing and personal transformation at the Body Mind Spirit Fest on Saturday, March 21st, from 10:00 AM to 5:00 PM.

This one-day festival is designed to support your overall well-being by offering a variety of resources and experiences for your body, mind, and spirit. Whether you are seeking to reduce stress, boost your energy, find emotional healing, or explore new practices for personal growth, this event has something for everyone.

**WE'LL NEED LOTS OF VOLUNTEERS,  
SO SAVE THE DATE NOT ONLY TO VOLUN-  
TEER, BUT TO ATTEND!**

✨ Early Bird Special:

**Buy One, Get One FREE**

tickets available online through February 15.



Scan the QR code  
to learn more.

**VOLUNTEER**



# CORKED

Contact

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

**Join our  
Social  
Group for  
fun outings  
each  
month.**



## **LUNCHEON THAILICIOUS CUISINE AND BAR**

**2704 E Southlake Blvd #104**

**Sunday, February 22**

**12:00 pm**

Join Corked after service at **Thailicious Cuisine & Bar** in Southlake for a relaxed and flavorful lunch!

Thailicious offers familiar Thai favorites with a creative twist in a warm, inviting atmosphere. From vibrant curries and noodle dishes to fresh herbs and bold spices, there's something on the menu for every taste.

DISCOVER NEW HORIZONS



## **Unity Intelligence**

UNITY & AI

## **Exploring AI with Heart & Wisdom Workshop**

**Sunday, February 08**

**12:00 PM – 2:00 PM**

**Facilitated by: Ben Cox**

Join us for a thought-provoking workshop with Ben Cox on Sunday, February 8th, from Noon–2:00 pm. This interactive session offers a heart-centered approach to understanding and engaging with today's emerging AI tools—grounded in wisdom, intention, and spiritual awareness.

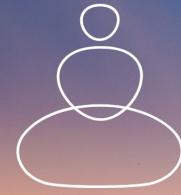
**SIGN UP**

Together, we'll explore the **Three Expressions of Intelligence**:

- **Divine Intelligence** → The source of wisdom
- **Human Intelligence** → The interpreter, creator, and heart
- **Artificial Intelligence** → The amplifier of intention

This workshop is designed to empower you with a courageous, integrated outlook on AI, one that honors spiritual principles while embracing innovation.

Whether you're curious, cautious, or excited about AI, this workshop offers a welcoming space to learn, reflect, and expand your understanding.



## **CENTERING PRAYER**

**1st Sundays  
6:00 pm - 7:30 pm**

## **Sunday, February 1st**

Join Mark and Dawn Morris in the Prayer Room for Centering Prayer, a type of Christian meditation. We will do two 20 minute sits, then spend a few minutes in Lectio Divina, a meditative scripture reading.

Visit [contemplativeoutreach.org](http://contemplativeoutreach.org) for more info.



## **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 from 11:45 am - 12:00 pm in the choir room. All voice parts and experience levels are welcome!

Come be a part of something meaningful. Come sing with us. **We'd love to welcome you to the choir family!**





If someone asks "What is going on with the Center of Unity Board?" I would have to say "Lots of things!" It's exciting and rewarding to see that our church is existing in a state of abundance, financially and otherwise. We are able to meet the needs of our church by having money in the General Fund and the Reserve fund, enough to pay the bills and to set aside money for the property insurance coming in a few months. And, of course, we tithe to other worthy organizations also. Thank you God for this abundance!

In addition, we are fortunate that funds have been pledged to update the front landscaping of the church property. Diane and Rory Divin have shared their beautiful vision for a much needed facelift to the front of our church property, with a variety of vegetation, seating areas, and walkways. They are envisioning beautiful and hardy plants of various types which are appropriate for our climate, with the watering system to keep it functioning all year round. It will be a spectacular thing for passers-by to gaze at and say, "If this is the outside, I would like to find out what awesome things are happening inside!"

By now, I hope you all have returned your reverification cards to keep your membership active and have voted in the election of the new Board members. We are incredibly blessed to have four awesome people running for Board this year, and we have the difficult job of voting and making a choice between them. But I trust that the runners-up will continue to be active in the leadership of our church! We are so blessed. Thank you God!

Have a wonderful February and Happy Valentine's Day! I leave you with a quote on love, from the Daily Word, "I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another." —John 13:34

Respectfully, Your friend and Unity Board member,  
**June Brookshire**



## SAVE THE DATE



Armand and Angelina, international inspirational speakers and performing artists, will be offering a Sunday morning of Music, Message and Mirth to create a once in a lifetime experience of love, laughter and music.

Gifted with an angelic and heart-opening voice, Angelina draws from many languages while Armand's brilliant talks and compositions, powerful vocals and engaging presence inspires us to love life passionately.

Come and hear them speak and sing inspiring words and music from their personal journey of love and transformation.

### **Saturday, March 7th**

Musical Comedy Concert: 4:00pm

### **Sunday, March 8th**

Musical Service: 10:30am

Native Flute Playshop: 12:15pm (following a potluck lunch)

## GRAPEVINE LAKE FULL MOON DRUM CIRCLE

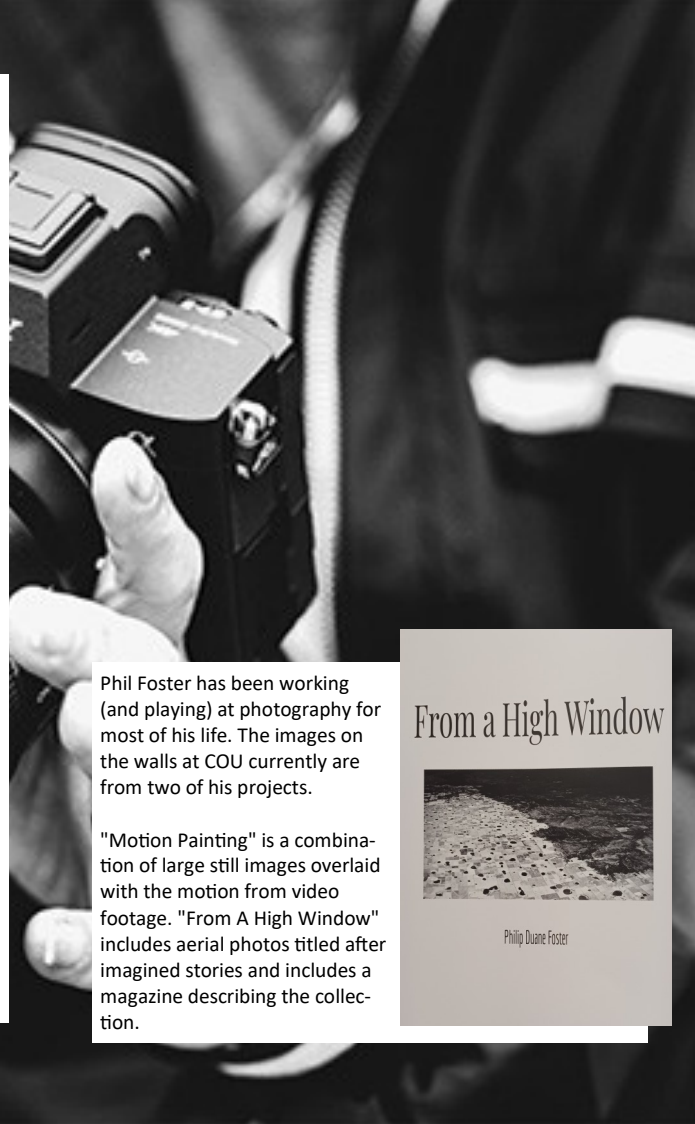
### Calling All Drummers!

"Harmony," a full moon drum circle is forming now. Meet at sunset at Grapevine Lake for dramatic sunsets & moonrises. Feb-May, free, BYO-drum, for details and directions, email Scott Schoen at [BamBamAtTheDam@gmail.com](mailto:BamBamAtTheDam@gmail.com)



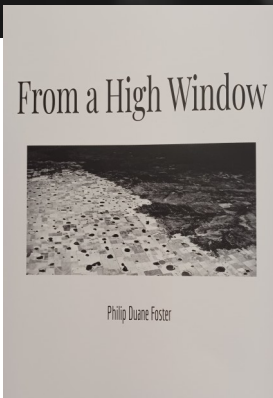
In case you haven't noticed, we are also blessed to have a new artist showing his work in the hallway leading to the sanctuary. Philip Foster has displayed a number of his photographs which are quite fascinating and uplifting to view. I especially like the one which is a time-lapse photography technique. The subject is a beautiful domed building in San Francisco, showing the "light trail" of brides and grooms descending the stairway of this classic building. Please be aware also of his photographs on the opposite wall which are displayed under the title "From a High Window." The companion magazine to this part of the exhibit shows smaller versions of these photographs and the descriptions are written (in my opinion) like thoughtful poetry.

The Church benefits when you purchase something as the artist is donating 20% of the proceeds to Center of Unity.



Phil Foster has been working (and playing) at photography for most of his life. The images on the walls at COU currently are from two of his projects.

"Motion Painting" is a combination of large still images overlaid with the motion from video footage. "From A High Window" includes aerial photos titled after imagined stories and includes a magazine describing the collection.



## It's 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 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.





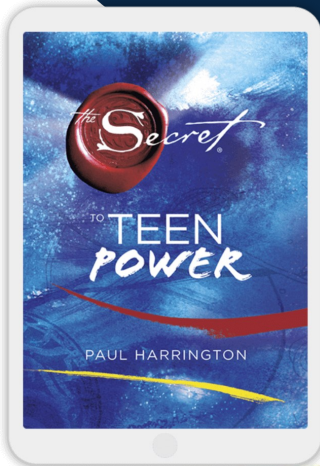


## Sundays in Youth Ed

Our youngest learners will resume learning that **God is Everywhere** through **What a Wonderful World**, our grade schoolers will continue exploring **Uniqueness** through **Celebrating My God Self**.

Our older youth have been exploring **The Secret to Teen Power**, inspired by Rhonda Byrne's **The Secret**.

This study helps teens discover that their greatest strength comes from within as they learn how positive thinking, prayer, and spiritual awareness support confident choices and meeting life's challenges with peace and purpose.



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!



## #COUKids

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



Thank you for your continued support of our youth and their spiritual journeys! Our teens had a wonderful experience at the Winter Lally (Winter Retreat) in New Braunfels. They reconnected with familiar faces, forged new friendships, and explored the inspiring concept that *they are an essential piece of our world family*. We are grateful for their enthusiasm, growth, and the loving community that uplifts them.

## WE ♥ VOLUNTEERS!



We're looking for two more loving volunteers to support our 4-year-old to Kindergarten class on the third and fourth Sundays of each month.



These little ones are full of energy, curiosity, and wonder! No lesson prep required—everything is already ready for you to dive in. All you need to bring is your smile, a heart full of love, and a spirit of encouragement.

If you feel called to help nurture our youngest learners, please reach out to Debie for more details about joining this joyful team.

**EMAIL DEBIE**



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 graphic, the text "in person or online" is 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**

## HAPPY BIRTHDAY

Carolyn Wieland	05
Lori Elhardt	14
Mara Selch	10
Eric Lantis	12
Thayne Rooney	15
Daniel Folmer	19
April Bell	24
Nicholle Sweat	24

## HAPPY ANNIVERSARY

Ed & Carolyn Wieland	15
Greg & Lynn Will	26

## HAPPY BIRTHDAY KIDS

Viviana Cortez	09
Angel Cortez	16

## 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.

**01  
A-G**

**08  
H-M**

**15  
N-S**

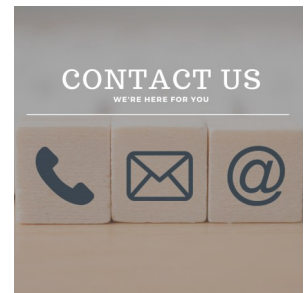
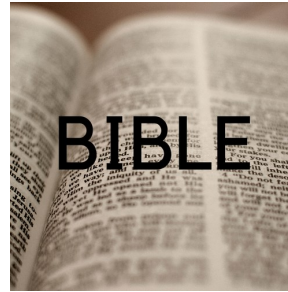
**22  
T-Z**





# 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](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!

### November General Fund

Income: \$22,254

Expenses: (\$14,405)

Net: \$7,849

### YTD General Fund

Income: \$267,923

Expenses: (\$267,630)

Net: \$292



# hello February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1 Fellowship Snacks: A –G</b>  <b>9:30 am: Adult Sunday School</b> <b>10:30 am: “Who are the Essenes?”</b> <b>11:45 am: 1st Sunday Lunch</b> <b>12:00 pm: Annual Membership Meeting</b>  <b>6:30 pm: Centering Prayer</b>	2	<b>3</b>  <b>11:30 am</b> <b>Metaphysical Bible Study</b>	4	5	<b>6</b> <b>Office Closed</b>	7
<b>8 Fellowship Snacks: H -M</b>  <b>9:30 am: Adult Sunday School</b> <b>10:30 am: “The Gospel of Peace”</b> <b>11:45 am: Choir Practice</b>  <b>12:00 pm - 2:00 pm</b> <b>Exploring AI with Heart &amp; Wisdom Workshop</b>	9	<b>10</b>  <b>11:30 am</b> <b>Metaphysical Bible Study</b>	11	12	<b>13</b> <b>Office Closed</b>	<b>14</b>  <b>HAPPY VALENTINE’S DAY—You’re Loved!!</b>
<b>15 Fellowship Snacks: N - S</b>  <b>9:30 am: Adult Sunday School</b> <b>10:30 am: “Unknown Books of the Essenes”</b> <b>11:45 am: Choir Practice</b>  <b>11:45 am - 12:30 pm: Community Member Orientation</b>  <b>Last Day to get Body Mind Spirit Fest Early Bird Tickets</b>	16	<b>17</b>  <b>11:30 am</b> <b>Metaphysical Bible Study</b>	18	19	<b>20</b> <b>Office Closed</b>	21
<b>22 Fellowship Snacks: T - Z</b> <b>Membership Reverification Due</b>  <b>9:30 am: Adult Sunday School</b> <b>10:30 am: “Lost Scrolls”</b> <b>11:45 am: Choir Practice</b>  <b>12:00 pm: Corked Luncheon</b>	23	<b>24</b>  <b>11:30 am</b> <b>Metaphysical Bible Study</b>	25	26	<b>27</b> <b>Office Closed</b>	28