



Lent 2025

Lent is a season of preparation for Easter and the celebration of new life. It is an opportunity to consider how we are living and where we direct our energy. We will be distributing Unity's 2025 Lenten booklet "In the Garden: Lent 2025" on Sunday, March 2nd. These booklets will be available in the lobby and are free of charge while supplies last.

This year Lent begins on March 5th. Please join Rev Cindy for a special

Ash Wednesday Service March 5th, 7:00 PM in our sanctuary

In keeping with tradition, Unity of Livonia will hold a

Canned Food Drive

Help fill the shelves of the St Christine Christian Services food pantry by participating. There will be a collection bin in the lobby for the food goods through Sunday, April 13th. Monetary donations will also be accepted. Please use a special envelope marked "Food Drive" which can be found in the lobby by the collection bin. Envelopes may be deposited in the box found inside the bookstore. Make your checks out to "Unity of Livonia" specifying "Food Drive" in the memo line.

Daylight Savings Time



begins on Sunday, March 9, 2025. Remember to "Spring Forward" an hour before you go to bed!

Annual Business Meeting on March 23rd 12:00 pm in the sanctuary

At this meeting we will be electing new board members, receiving an update on Unity of Livonia's financial position and amending by laws. If you are a voting member you will be receiving an email on March 3rd with the proposed by law changes and biographies of the candidates running for the Board.

Bagels and coffee will be available in Friendship Hall after service and before our annual business meeting.

Unity of Livonia Annual Retreat 2025

A Spiritual Sampler: An Introduction to Three Transformational Practices

**Friday, June 20, 2025. Check in at 4:30 - 5:30 pm
thru Saturday, June 21, 2025. Ending at 4:00 pm.**

Location: St Paul of the Cross Passionist Retreat Center
23333 Schoolcraft Road, Detroit, MI 48223

Cost: Single Occupancy Room - \$210 per person
Double Occupancy Room (dbl bed) - \$370 per couple

Includes workshops, overnight accommodations, 3 meals per person

Commuter - \$138 per person

Registration begins Sunday, March 16, 2025

To reserve your spot, stop by the lobby after service to complete a registration form and leave a 50% deposit. Or call the church office Monday thru Wednesday, 10:00 am – 4:00 pm. Final payments are due May 11th.

Our 2025 Presenters...

“Intro to Somatic Therapy” with Rachel White of Reset Brain and Body, Northville MI

Discover “Somatic Therapy”, a holistic modality using gentle movement, breath work, mindfulness practices and body awareness techniques to help one access and process emotions, trauma, and stress thus facilitating healing and self discovery at the physical, emotional and spiritual levels.



“Expand & Contract” with Jodee Gibson

Explore the concept of “Expand and Contract” and its connection to human behavior. Learn how to maximize your potential, become more grounded and empowered even during times of mental struggles.



“Power of Breathwork” with Patricia Lawson

Learn to relax and center oneself using breathwork techniques you can easily incorporate into your daily life. Then we will dive deeper to release stagnant or outdated energies paving the way for clarity, creativity and new possibilities.



Community Movie



Night

Friday, March 14th,
6:00 PM

Featuring Disney's

FROZEN II

Free Admission and popcorn.
Other concessions available for purchase.

Bring a friend and meet your neighbors.

CHURCH CLOSURES

On rare occasions Unity of Livonia may need to close due to inclement weather. Please note that if Sunday services should need to be cancelled, Facebook and our Website will be updated by 7:30 AM when possible.



www.unityoflivonia.org

Unity of Livonia
Drum Circle



Did you know Unity of Livonia hosts a drop in drum circle on the first and third Saturdays of every month? Please join us as we beat out rhythms and enjoy the fellowship of fellow drummers.

March 1st and March 15th

7:00 - 9:00 PM

Bring a percussion instrument if you have one. If not, there will be extra drums for you to use. Love Offering Basis.

**Strengthen Your
Spirituality**



Men's Group Meetings

March 1st and 15th

9:00 - 11:00 AM

Unity of Livonia is pleased to host men from area Unity churches on the first and third Saturdays of the month for breakfast and conversation in Friendship Hall.

All are welcome!



The Seekers

In pursuit of living our

best lives

Meeting...

**March 7th and 14th
11:00 am - 12:30 pm**

Join us as we explore and learn from one another through interactive activities empowering ourselves to celebrate and honor the truth and wholeness of who we are.

First and second Fridays of each month, from
11-12:30 in Friendship Hall.

Facilitated by Annette Mullett, Patricia Askew, and Judy Cole.

We hope to see you there !

Prayer for Our Neighbors

The light of God surrounds our neighbors in the peace and
harmony of oneness,

The love of God enfolds our neighbors with kindness,
compassion and love,

The power of God protects our neighbors as they take their next
brave steps in life,

The presence of God is within our neighborhood, always & in
all ways.

And so it is... Mashallah, Shalom, Amen, Namaste

Conversation, Coffee, and Cookies...

A Drop-in Circle of Sharing

**Thursday, March 20th
from 11:00 am - 12:30 pm**



in Friendship Hall

We know that our world has become more disconnected as we interact more often through devices. Our goal is to provide a space and time to meet in person and get to know each other as we discuss topics of interest to everyone.

All are welcome and no commitment is required.



Support Unity of Livonia by joining us for bowl (or two) of hot soup on the last Sunday of the month:

March 30, 2025

Your \$5 love offering will be used to benefit Unity of Livonia. Soup will be served with bread, rolls, or crackers. If you'd like to volunteer to make a pot of soup or assist with set up or clean up, please see Cheryl Graunstadt.

This event is scheduled to run during regular Sunday Fellowship immediately following Sunday service.

CLASSIC MOVIE MATINEE

Free Admission

"October Sky"

**Sometimes one dream is
enough to light up the whole**

OCTOBER SKY



sky.

Sunday, March 30th

Join us in the Youth Room after Souper Sunday.

Popcorn and water provided.

Other concessions available for purchase.

2024 Year End Financial Statements

The business office at Unity of Livonia has mailed your 2024 financial statements to you during the last week of January. If you have not received yours, please check your Spam folder, or contact the office at unityoflivoniaops@gmail.com or (734) 421-1760.

You will only receive a statement if your donations have exceeded \$50 in 2024.

Congratulations ***to our Volunteer of the Month, February 2025*** ***Bebe Mee***

This individual volunteers at least one full day every week, rain or shine. She's behind the scenes in the business office writing checks, reconciling deposits, completing voucher entries, and ensuring your donations end up in the right accounts. While originally hired to be a member of the staff, she now completes her tasks as a volunteer, saving Unity of Livonia substantially. She exudes warmth and has a welcoming smile. Please join me in congratulating our February 2025 volunteer of the month, Bebe Mee.

"Bebe, we love. We bless you. We truly appreciate you. And we behold the Christ in you."

Did you know that Kroger will donate a percentage of your purchase to Unity of Livonia? All you need to do is specify Unity of

Livonia as your rewards partner

Visit [Kroger Community Rewards](#) today



Spiritual Power of the Month



March - Strength

Disciple: Andrew
Color: light green

Strength is the ability to endure, stay the course, persevere.

Strength is not simply a physical quality. As with all the 12 powers, it expresses itself on three levels.

- In the physical realm, strength is vitality, endurance, the ability to persist.
- In the mental area of expression, strength is that quality of mind which enables one to lead, to accomplish, to follow through on decisions, to establish purposes in life, and to hold firm to spiritual principles in daily living. Mentally strength expresses itself as stability of character.
- The spiritual realization of this quality is closely allied with faith. Strength is a quality that we can and must develop if we are to bring forth our God-given potential. It is to be brought forth along with the other 11 powers.

Remember that strength is to be developed easily, not with tension and strain, but with a relaxed, trusting attitude.

**"I grow stronger with every experience of life.
I am bolstered by my inner strength."**

Morning Reflections & "Live at Five"



Morning Reflections meets on weekday mornings from 10:00 -

10:30 AM. All are welcome to join us via Zoom to connect and reflect. Throughout March we will be using the Lenten Unity booklet "[In the Garden: Lent 2025](#)". These Lenten booklets will be available in the lobby beginning on March 2nd while supplies last. Additionally, booklets can be ordered online by clicking on the link above.

During Morning Reflections we begin by reading a brief passage from our booklet, followed by an open discussion where we share our thoughts, feelings, ideas, and prayers. Join us any day or every day. While a booklet is not required, one can be downloaded using the link provided above.

If you are not available to join us at 10:00 AM, you will have a second chance to join me "Live at Five" on Facebook at approximately 5:00 PM most weekdays. I will share an inspiration from the same booklet and a synopsis of what was discussed at 10:00 AM. It's a great two to three minute recharge!

In Peace, Joy, and Love,

Reverend Cindy

Join Zoom Meeting
[Morning Reflections](#)

Meeting ID: 830 2454 8261
Passcode: reflection

Dial in number: (646) 558-8656
Meeting ID: 830 2454 8261
Passcode: 9728310109
*6 to Mute or Unmute



Unity of Livonia

A Course in Miracles Study Group

with Rev Jim White

Tuesday Evenings, 7:00 - 8:30 pm (ET)

Join us each week on Zoom for a complete, ongoing study of A Course in Miracles (ACIM).

Join at any time!

For more information, send your email to info@lovecomm.org.
Or call 1.734.306.7899.

Meditation at your Fingertips

Did you know there are a wonderful collection of audio meditations from the Unity Prayer Ministry available online to support you?

New two to five minute meditations are released monthly and others are archived. There are many to choose from and they are arranged by topic at this

website: <https://www.unity.org/collection/monthly-audio-meditations-unity>

Unity also has a YouTube channel that provides online meditations for your spiritual enrichment: <https://www.youtube.com/@UnityOnlineOrg>



Unity... where your heart is at "ohm"



Online Giving

donations can be scheduled.

Did you know you can make a donation to Unity of Livonia online by supplying your credit card or bank account information? Both one-time and recurring

Recent changes to our website allow you to designate a program or group (e.g., Morning Reflections, Outreach) for your donation. For a complete list of the programs or groups available, visit our website at:

www.unityoflivonia.org/donate

SILENT UNITY IS HERE FOR YOU
24 hours a day, 7 days a week

Do you have a prayer request? There are several ways to contact Silent Unity, the 24/7-prayer ministry:

Download the **uPray** mobile prayer app on your mobile device

Or use our [online prayer request form](#).

Call: 1-816-969-2000

Write: Silent Unity, 1901 NW Blue Parkway, Unity Village, MO 64065-0001



Compassionate. Convenient. Confidential.

One God, Many Paths

The enlightenment of the Buddha shines within us.

The compassion of the Christ shines through us.

The power of Jehovah strengthens and guards us.

The presence of Allah surrounds and guides us.

Wherever we are, the Tao is.

And all is God.

Did you like what you read? If so, please consider making a donation to Unity of Livonia's general fund or the capital fund which is reserved for infrastructure improvements. [CLICK HERE](#)

Sunday Worship Service 10 AM - Available live and on YouTube at

youtube.com/user/unityoflivonia

Office Hours, Monday thru Wednesday 10AM - 4PM

Unity of Livonia | 28660 Five Mile Rd. | Livonia, MI 48154 US

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