



1:1 Prayer with a Prayer Chaplains

Every Sunday via Zoom and In-Person at 12:15pm

**SCAN
THE
QR CODE**



or visit unitytriangle.org/events
to learn more about our ongoing
Spiritual Education classes,
social events, and more.

JANUARY EVENTS

Sunday, January 7th

11:00am	Service - Neusom's talk "Setting Your Intentions for 2024"
12:00 - 3:00pm	Prayer Chaplain Informational Session

Monday, January 8th



10:30 - 11:15am	Carolina Dance Collaborative free lesson. 8 Week Class starts January 22nd at same time.
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Saturday, January 13th



9:30am - 12:30pm	Braver Angels "Depolarizing Within" Workshop
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Sunday, January 14th

12:00 - 3:00pm	Prayer Chaplain Informational Session
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Sunday, January 21st

12:00 - 3:00pm	Prayer Chaplain Informational Session
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Friday, January 26th

6:30pm	Paint & Sip Wine & Paint Night
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Sunday, January 28th

After Service	Congressional Meeting Sanctuary
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WEEKLY EVENTS

Sundays

10:30 - 10:50am	Sunday Morning Meditation led by Rev. Neusom
11:00am - 12:00pm	In-Person Sunday Service
12:15 - 12:30pm	1 on 1 Prayer with a Prayer Chaplain In-Person and on Zoom

Wednesdays

7:00 - 8:00pm	Wednesday Evening Guided Meditation with Rev. Neusom Sanctuary
7:00 - 9:00pm	Adult Choir Practice In-Person and Online

Thursdays

11:30am - 1:30pm	Spiritual Dialogue w/ Rev. Neusom Fellowship Hall
11:55am - 12:15pm	Sacred Prayer Circle Guided Prayer & Meditation with Rev. Meemie (by telephone)



MONTHLY EVENTS

Sunday, January 7

10:15am	High Milers Group 1st Sundays Meditation Room
1:00pm-3:00pm	Your Life, Your Legacy: Downsizing Fellowship Hall

Sunday, January 14

9:30am - 10:25am	"Path to God" Breathing & Meditation led by Rev. Neusom Holmes 2nd Sunday Meditation Room
1:30pm	Unity Woman of Color meeting 2nd Sunday Green Room

Wednesday, January



Sunday, January 28

9:45 - 10:45am	Awareness Explorers 4th Sundays Meditation Room
12:30 - 1:30pm	Millennials Group 2nd & 4th Sundays Meditation Room



YOUTH AND FAMILY

First Sunday of the Month: Sanctuary Sundays
Where our youth is present during our Sunday service. All students except for pre-school and nursery will be in the sanctuary. Remember to have your students sign in so their name goes in the monthly Pizza drawing and also to pick up

a "Learning Prompt Page" to fill out for extra tickets in our monthly drawing!

Sunday School: During the 11 am service, children and teens gather in their respective meeting rooms for Unity lessons that include prayer and meditation as ways to discover and connect with the Divine. The teens take an active role in designing their classes; Y.O.U. (high school) classes are completely youth-led.

As our Youth program continues to expand and grow, we are in need of your talent, time, wisdom, gifts and most of all your loving support for all our young people.



Scan the QR Code or visit
unitytriangle.org/youth-ministry/
to learn more about our ministry



@unitytriangleyouth
@Unity of the Triangle Youth Family Ministry

Join A Volunteer Team AT UNITY OF THE TRIANGLE

If you want to learn more about our volunteer opportunities, visit unitytriangle.org/volunteer/ or contact us at info@unitytriangle.org



Second Service
Volunteer Your Time!

