



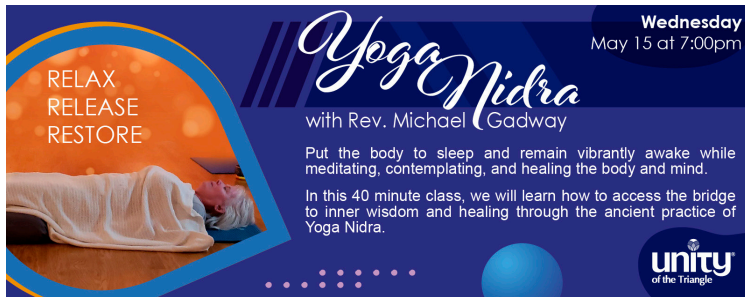
**1:1 Prayer with a Prayer Chaplains**  
Every Sunday via Zoom and In-Person at 12:15pm

**SCAN THE  
QR CODE**



or visit [unitytriangle.org/events](https://unitytriangle.org/events)  
to learn more about our ongoing  
Spiritual Education classes,  
social events, and more.

# MAY EVENTS



**RELAX  
RELEASE  
RESTORE**

## Yoga Nidra

with Rev. Michael Gadway

Put the body to sleep and remain vibrantly awake while meditating, contemplating, and healing the body and mind.

In this 40 minute class, we will learn how to access the bridge to inner wisdom and healing through the ancient practice of Yoga Nidra.

Wednesday  
May 15 at 7:00pm

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2024

## Art Exhibit

Our THEME for the next year will be about feelings. Any medium and expression of these positive feelings will be accepted if properly framed and wired for hanging.

May: *Feelings of Serenity. What makes you feel serene*

Take down Grateful show bring in new pieces. SUNDAY May 19 after service.  
Wednesday, May 22nd: 12-3pm, Deliver new work  
Hang Serenity Show. Friday, May 24th.  
Opening of the Serenity Show, Sunday, May 26th

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## Sound Healing


Wednesday, May 22nd  
7:00pm | Sanctuary

Bathe in the vibratory healing of singing bowls. Lisa Dumas will play her spirit-led singing bowls, chimes, flutes and drums.

This session replaces Rev. Neusom's meditation for May 22nd.

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## YOUTH AND FAMILY



**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/](http://unitytriangle.org/youth-ministry/) to learn more about our ministry

@unitytriangle youth  
@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/](http://unitytriangle.org/volunteer/) or contact us at [info@unitytriangle.org](mailto:info@unitytriangle.org)



Sacred Service  
Volunteer Your Time!

# 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

## Tuesdays

- 7:00 - 8:00pm Spiritual Dialogue PM with Quincy Garbutt - Online Class. Contact Quincy N. Garbutt at [quincy.garbutt@gmail.com](mailto:quincy.garbutt@gmail.com) for more specific details about weekly meetings

## Wednesdays

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

## Thursday, May 2nd



Unity of the Triangle's  
**OPEN MIC NIGHT**  
Every first Thursday of the month at 7pm

## Sunday, May 5th

- 10:15am High Milers Group  
1st Sundays | Meditation Room

## Sunday, May 12th

- 12:30 - 1:30pm Unity Woman of Color meeting  
2nd Sunday | Green Room

## Sunday, May 26th

- 12:30 - 1:30pm Millennials Group  
2nd & 4th Sunday | Meditation Room



## Women's Garden ParTea

All Unity Women are Invited  
Saturday, May 11  
2-4pm  
Fellowship Hall

Ice Tea, Tiny Sandwiches & Elegant Desserts

Wear Whatever You Like

Sponsored Jointly by  
Spirit Sisters &  
Unity Women of Color