

Greetings from the Minister's Desk

Dear Beloved Community,

March is the season of new beginnings. As the earth begins to soften and signs of spring quietly emerge, we are reminded that life is always ready to begin again. In Unity, we recognize that this renewal is not only happening in nature—it is unfolding within us.

Lent is our sacred season of preparation. It is not about sacrifice for its own sake; it is about spiritual alignment. It is a time to consciously release and let go of the thoughts, beliefs, and patterns that keep us stuck. Anything rooted in fear, limitation, resentment, or doubt no longer serves the Christ awakening within us.

Lent prepares us for the coming—the revealing—of the Christ within.

We understand that the resurrection we celebrate at Easter is more than a historical remembrance. It is a living spiritual principle. Resurrection follows release. New life follows surrender. When we are willing to loosen our grip on old stories about ourselves and the world, we create space for higher truth to rise.

This is courageous work. It requires honesty, compassion for ourselves, and a willingness to see beyond appearances. Yet we do not take this journey alone.

Here at Unity of Ann Arbor, we walk this path together. We support one another in prayer. We hold one another in our highest and greatest good. We encourage one another to step into our fullest expression of love, wisdom, strength, and faith. As each of us rises, our entire community rises.

March invites us to ask:

What am I ready to release?

What belief is asking to be transformed?

What higher expression of myself is waiting to emerge?

As we move through this Lenten season, may we do so with intention and hope. Let us trust that something beautiful is unfolding within us. Let us remember that every act of letting go is making room for greater light.

Together, we affirm: **“I release what keeps me limited. I welcome new beginnings. The Christ within me rises into its highest expression.”**

With faith in our shared journey and gratitude for each of you,

Rev. Thomas Frederick

Senior Minister



Upcoming Events at Unity of Ann Arbor



Shannon Smith presents:
**Briding Brigid:
A Goddess turned
Saint**

March 14th
10:30 a.m. - 12:00 p.m.



Suggested love offering:
\$20.00

Unity Church of Ann Arbor



Skills for Disagreeing Better

Presented by Braver Angels Alliance of Washtenaw County
The Skills for Disagreeing Better workshop helps participants understand the values and concerns of those who differ from them politically and teaches essential skills for communicating across differences and finding common ground. More information in the flyer accompanying this newsletter.

March 22, 2026 11:30 AM to 1:00 PM at Unity of Ann Arbor
4750 Venture Drive, Suite 350, Ann Arbor, MI 48108

UNITY OF ANN ARBOR

NEW! Fillmore Correspondence Study Program

“The Great Demonstration”

Completion of Series 1 - Lesson 6



Facilitator , Dara Bermick, LUT

Register

Unitycafe8@gmail.com

Date: Tuesdays, starting January 6, 2026

Time : 7-8:00 PMEST

Location : Zoom class

Our most heartfelt gratitude this month goes to our continuing learning leaders Dara Bermick, LUT, for her online class “The Great Demonstation,” and Joy Kauer, leader of the Spiritual Empowerment Community.

THANK YOU



Sunday Services at 10:00 am
4750 Venture Dr. Suite 350, Ann Arbor, MI 48108
www.unitya2.org
P.O. Box 6010, Ann Arbor, MI 48106 **734-434-8545**

Love offerings gratefully accepted at the above P.O. box,
via Zelle to admin@unitya2.org,
or via PayPal/credit card on our [website](http://www.unitya2.org).

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