

## Greetings from the Minister's Desk

Dear Beloved Community,

Life moves quickly. And yet, within each moment is something sacred—an opening, a possibility, a presence. Every moment is filled with potential. Every moment is filled with Love. The life we have been given already contains everything we need. God is our Source and our supply. Nothing is withheld. Nothing is kept from us. God's will is always for our highest and greatest good.



In Unity, we call the way we live this Truth *practical Christianity*. Our co-founders, Myrtle and Charles Fillmore, showed us that spirituality is not separate from daily life—it is lived, embodied, and expressed in every thought, word, and action. Following the teachings of Jesus Christ, they reminded us that the divine presence is not distant. It is here, now—alive within us. Jesus taught and demonstrated that each of us has the capacity to live a life rooted in love, compassion, understanding, and true prosperity. The pathway to that life begins with something both simple and profound: **self-acceptance**.

We understand that thoughts held in mind produce their kind. Those thoughts arise from what we hold in our hearts. When we trust in God, we become fully present to this moment—and in this moment, we discover something powerful: we are already whole.

Right now, we are enough.  
Right now, we are complete.  
Right now, we are held in Love.

This is the foundation of transformation. This is where peace begins. In this season of new birth and blossoming, we are invited to embrace the beauty and joy already within us. Myrtle Fillmore, through her deep prayer work and affirmations, came to a place of profound self-acceptance. From that place, she was able to give thanks for every part of her being. In doing so, she aligned herself with what God had already prepared for her life. So it is with us.

As we come together as a spiritual community, we do so grounded in the full acceptance of God's love—within us and expressed through us. We stand together committed to lifting one another up, walking hand in hand in Spirit, and seeing the highest and best in each person. No matter what may be unfolding within us or in the world around us, we rest in this Truth: **God has us**. We are held in divine love, guided by divine wisdom, and sustained by divine life.

Thank you for being a part of this community. Thank you for the love you bring, the light you share, and the world we are creating together—a world flowing with peace, love, and joy from within. Together, we affirm:

**“I accept myself as I am. I am whole, I am loved, and I live in the fullness of God's presence.”**

With love and gratitude,  
**Rev. Thomas Frederick**  
Minister

# From Our Leadership Team



## Celebrating Sue Stribley — A True Gift to Our Community

Some people walk into a community and simply make it better. Sue Stribley is one of those people.

Sue has been a cornerstone of Unity of Ann Arbor, bringing her heart, her wisdom, and her unwavering dedication to her service on our board. Her contributions have helped shape the fabric of this community in ways that will be felt for years to come. Whether in moments of vision and leadership or in the quiet, steady presence she offered to so many of us, Sue has been a true blessing.

We are now bidding her a joyful — if bittersweet — farewell, as she begins a wonderful new journey in Canada. It is a testament to who she is that even as we celebrate this exciting new chapter for her, we find ourselves already missing her presence among us.

Sue, you leave behind a community that loves you deeply, a board legacy we are proud to carry forward, and countless memories we will treasure always. You are Unity of Ann Arbor — and Unity of Ann Arbor will always be a part of you.

We will miss you dearly. Go well, go joyfully, and know that you are forever in our hearts.

With love and gratitude,  
The Unity of Ann Arbor Community

# OPEN HOUSE

MAY  
17  
2026

10 AM  
-  
2PM



4750 Venture Dr.  
Suite 350,  
Ann Arbor, MI 48108  
[www.unitya2.org](http://www.unitya2.org)

THIS DAY IS A CELEBRATION OF OUR NEW CHURCH HOME AND THE BEAUTIFUL COMMUNITY THAT CONTINUES TO GROW WITHIN IT – HONORING THOSE WHO HAVE BEEN PART OF OUR JOURNEY OVER THE YEARS, AND WELCOMING THOSE WHO ARE YET TO COME.

WE WILL ALSO TAKE TIME TO CELEBRATE SOMEONE VERY DEAR TO US – SUE STRIBLEY – WHO HAS BEEN A DEVOTED AND CHERISHED MEMBER OF OUR COMMUNITY FOR MANY YEARS. AS SHE PREPARES TO SPREAD HER WINGS AND BEGIN A NEW CHAPTER IN CANADA, WE GATHER IN GRATITUDE AND LOVE TO HONOR HER PRESENCE AND HER CONTRIBUTIONS.

THE DAY WILL BEGIN WITH A SPECIAL SUNDAY SERVICE, FOLLOWED BY OUR OPEN HOUSE FROM 10:00 A.M. TO 2:00 P.M.

YOU ARE INVITED TO TOUR OUR NEW SPACE, CONNECT WITH ONE ANOTHER, AND SHARE IN THE JOY OF THIS NEW BEGINNING.

ALL ARE WELCOME.

COME CELEBRATE, CONNECT, AND BE PART OF THIS SACRED MOMENT IN OUR COMMUNITY'S UNFOLDING.

WITH LOVE AND BLESSINGS,  
REV. THOMAS FREDERICK  
UNITY OF ANN ARBOR


# Upcoming Events at Unity of Ann Arbor



**Spiritual Empowerment Community**  
**Saturday, May 9 at 10:30am at Unity of Ann Arbor**  
**“Every emotion we have is not only felt in our hearts and minds, but is also held in our bodies. Let’s get rid of that body memory, and move forward with ease with meditation and energy therapy.”**

*THE  
CHARACTER OF  
GOD*

*Dara Bermick, LUT*



**Unity of Ann Arbor invites you to**

- Join us on Tuesdays, April 21<sup>st</sup> at 7-8 PM EST (10 weeks)
- **THIS CLASS IS THE NEW SERIES 2 IN THE FILLMORE STUDY PROGRAM**

To register: [dbermick@gmail.com](mailto:dbermick@gmail.com)

- Move beyond the images and beliefs of the past, and open yourself to a new understanding of the Universal Creative Source.
- This Source is invisible, yet it is the underlying Cause of all things. It is the origin of every idea formed in the mind and every expression that appears in the outer physical world.

Join in anytime to observe

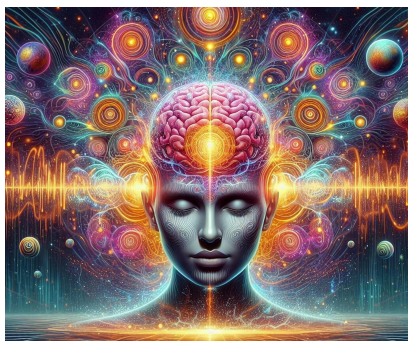
# Neuroscience and Spirituality: Diving Deep into the Science of Spiritual Living.

An Interactive Masterclass led by Dr. Adriana Medina, MD, Ph.D.

In person only, presented by Unity Of Ann Arbor.

4750 Venture Dr. Suite 350, Ann Arbor, MI 48108

Saturdays May 23, June 27, July 25, 2026 10:30 AM to 1 PM



May 23: Follow your heart: the cardiac nervous system and its influence in your life.

June 27: Listen to your gut: the enteric nervous system and the good (microscopic) neighbors that live in your gut.

July 25: Roll with it: the Vagus nerve function and how to turn it into an ally.

Investment: 150 dollars (50 dollars per session).

Register by sending your payment via PayPal or Zelle, then emailing your information to [admin@unitya2.org](mailto:admin@unitya2.org)

- Paypal: Unity Church of Ann Arbor
- Zelle [admin@unitya2.org](mailto:admin@unitya2.org)
- Cash: In person the first day of the event or pay per session as you attend.

**Unity of Livonia Presents:**

**“Know Yourself – Love Yourself – Be Yourself”**



*A deep, restorative weekend to  
Awaken, Embrace, and Truly LOVE the Allness of you.*

*Led By Rev Cindy Yamamoto*

**Friday and Saturday, May 29 and 30, 2026  
At St. Paul of the Cross Passionist Retreat Center  
23333 Schoolcraft Rd., Detroit, MI 48223  
For more information call 734-421-1760.**



Sunday Services at 10:00 am  
4750 Venture Dr. Suite 350, Ann Arbor, MI 48108  
[www.unitya2.org](http://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](mailto:admin@unitya2.org),  
or via PayPal/credit card on our [website](http://www.unitya2.org).  
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