

Welcome!

Friends of Unity is an open-hearted, inclusive, supportive, joy-filled spiritual community committed to inspiring and awakening each other to spiritual transformation. Founded in 2010, we are affiliated with Unity Worldwide Ministries and all are welcome here.

Unity is a way of life that invites us to understand our spiritual nature and our true relationship with that which is called God. Unity principles, Bible metaphysics, along with the study of the spiritual teachings that represent a common spiritual thread found in the world's religions, are the foundation for our learning and growing. We offer a simple, affirmative approach to life that is both practical and enriching, offering spiritual tools rather than rules.

Our services and activities incorporate opportunities for prayer, meditation, and exploration of spiritual ideas, supported by uplifting "Positive" music. Our services are every Sunday at 10:00 a.m. at the Plymouth Community Arts Council. For more information, you may contact us through the [Contact Us](#) page.

We warmly invite you to join us.