

Spirit Express



UNITY CENTER OF PEACE CHURCH

8800 Seawell School Road, Chapel Hill, NC 27516 ♦ Phone (919) 968-1854
www.unitychapelhill.org

Volume 11, Number 4

April 2005

From the Heart

Spring has sprung and not a moment too soon! April brings two special events for our church community. April 12th marks the fortieth year of my birth. To celebrate, we will have a concert/party extravaganza on Saturday night, April 9th at 7:30 PM. The party will have a Middle Eastern theme complete with exotic foods, décor, and of course, belly dancing by yours truly! Needless to say, this is one event you will not want to miss!

The second special event in April is our First Annual Peace Day on Saturday, April 23rd. This large-scale and ambitious project is the brainchild of Julie Cusatis, who has assembled a talented team of organizers. We are stewards for peace, and this day will be our coming out event to the broader Chapel Hill, Carrboro, Durham and Hillsborough community as the Interfaith Peace Center that we are.

Since this will be our largest outreach project of the year, I request that everyone get involved. At the very least, help get the word

out to the broader community and bring your friends and family. Working together, we can create peace through our prayers, thoughts, words and actions. This is our collective mission. Jump on board the peace train, my brothers and sisters!

Love in Christ,

Mark

BOARD BULLETIN

Greetings to everyone from your new and newly configured Board of Trustees. I am sincerely grateful for the fine efforts of our previous Board, and especially for the leadership of John Thomas, Claus Sievers, and Joanne Dahill. Thank you three for jobs well done over your past 2 years of service!

We do have much to look forward to at UCPC. This spring marks yet another new chapter for us, beginning with a newly configured Board of Trustees. Due to receiving an equal number of votes for President, Claudia Kaplan and I shall serve together as Co-Presidents. This was a unanimous decision of the full Board, and one made with great excitement at all the possibilities. We see this as an opportunity to serve in partnership and

to bring this energy into everything we do as a Board. Thus, partnership can permeate all we do as community.

We are grateful to be of service to the Divine within and to UCPC. We are your Board of Trustees: Claudia Kaplan & Barbs Burman (Co-Presidents), Julie Cusatis (VP), Nancy Smith-Krauss (Treasurer), Shawna Donaldson (Corresponding Secretary), Richard Taylor, Lorraine Lewis, David Richter. Namaste.

Respectfully,
Barbs Burman, Co-President

(And on a personal note, I lovingly thank each of you for your prayers of support over the past month for my family and me as we grieve and bless my dad's passing.)

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WHAT ARE YOU CALLED TO DO?

Nameless

All spiritual traditions (and religions) require something of their adherents. There is some practice or action that is a consequence of following a certain pathway.

You know: atheists write letters to Congress decrying "in God we trust" on coins, Presbyterians pre-meditate, alms to the poor is a common response, certain sects take up snakes to indicate degree of faith, etc. etc.

So, the question arises, "What does Unity Center of Peace Church" call us to *do*? There is no creed to tie action to, there are no sets of beliefs to believe about, there are no lists of sins to shalt not, nor any confusing messages from ancient texts to confront." Well," one UCP disciple answered, "they do ask us to be quiet in the kitchen during Sunday morning meditation...."

one answer: One by one, we are the ones who out-picture the condition of the condition of our souls. As our consciousness awakens and we come to realize our oneness and personal divinity, there are indeed consequences. We arise to the occasion (s) and live out of our individual practice of being human with a sacred responsibility to share, heal and reveal who we are. Goodness and kindness are results of spiritual growth and well being. We produce tangible community as our spirit expresses.

Spirit Express has reserved this space for a contributor each issue to write about their experience at UCP. Send your articles to editors: Marilyn Grubbs mgrubbs@nc.rr.com or

"The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

George Bernard Shaw
 Irish journalist, playwright
 and Nobel Prize winner, born in Dublin

She who reconciles the ill-matched threads
 of her life, and weaves them gratefully
 into a single cloth --
 it's she who drives the loudmouths from the hall
 and clears it for a different celebration
 where the one guest is you.
 In the softness of evening
 it's you she receives.

You are the partner of her loneliness,
 the unspeaking center of her monologues.
 With each disclosure you encompass more
 and she stretches beyond what limits her,
 to hold you.

~ Rainer Maria Rilke ~

4-T CLASS

Mark your calendars now for the upcoming *4T Prosperity Program Class* beginning on Tuesday, APRIL 19TH, at 7:00 P.M. Co-facilitated by Mark Malachi and Lorraine Lewis, this 12-week class pulls together all the Unity principles. It will run Tuesdays from 7:00 - 9:00 PM.

"A consciousness of abundant prosperity in all areas of your life" is the goal of this class. "That consciousness will bring forth to you all of that which is truly meaningful."

TITHING of TIME, TALENT, and TREASURE for Prosperity and the Fullness of Life is the central focus of this class. You'll be training yourself to think GOD FIRST - to have that sense of God's presence in your awareness as you go about the daily business of living life to its fullest.

Please sign up prior to class. Workbooks & tapes must be ordered.

UCPC PEACE DAY 2005!

Yes, there is peace on earth, and yes, it begins with us!

UCPC's first annual Peace Day (yes, we are optimistic about continuing it!) will be on April 23, 2005. Participants of all ages are invited to come together to enjoy live music, interactive arts, collaborative play, food, and fellowship. The event will also be a vehicle to teach peace practices such as chanting, prayer, meditation, medicine wheel, and healing arts, as well as to foster collaborative partnerships with other peace-centered community resources. One long-term goal is to build permanent resources for peace practices on our grounds, such as a peace garden, meditation path, or labyrinth.

The Peace Day planning committee has been meeting after church and now needs people to volunteer on the day of the event. See sign-up sheets in UCPC kitchen. For more information and to get on our email list, go to www.Peacels.org, or contact Julie Cusatis at (919) 402-0878 or jcusatis@earthlink.net.

Community Meeting Notes

The March 6 community meeting allowed us to experience sharing with each other in the form of Council, the format being used by Helen Dannatt and Deborah Dorland Bradley for their Thursday night Heartsong Circles. The rules of Council are as follows:

Speak from the heart (I speak from the most authentic place inside myself - I allow myself to be vulnerable - I refrain from giving advice to others - I pay attention to my words - I invite myself to avoid ones like "you" and "should", "always" and "never")

Listen with the heart (I listen "devoutly", with full attention and respect, without judgment - I listen to what is said and what is unsaid - I listen for the voice of the group - I listen for what I need to hear)

Be of "lean expression" (I speak fully while being mindful of time constraints and the need of others to share also, seeking ever to "keep close to the root" and "get to the heart of the matter")

Be spontaneous (I refrain from "rehearsing" in my mind what I intend to say next - I trust that when it is my turn to speak, the right words will be there)

Respect confidentiality (I may speak about my own experience as long as I protect the anonymity of other people -- Outside the circle, I first obtain permission to pursue topics which were raised in council, even with those who were there.)

As we used the Council format to express our views on the degree of Christianity versus interfaith focus in our services and our feelings about the cross/window at the front of the church, I gained a deeper respect for the differing opinions of members of our community, as well as noticing my desire to respond, agree, and disagree with particular statements.

APPLIANCES

Speak kindly to your refrigerator.
Say hello to your stove.
Listen to the complaints of your water conditioner.
Tell your iron you love its heat.

Appliances get lonely.
In your absence, they sometimes feel like yanking their cords. Thankless, that's how they see their work.

Tell them you appreciate them.
Give thanks that you yourself are cordless.
Every day, you run to meet the needs of your fellows.




Every night, you go to bed to re-charge.
Thank yourself for being reliable.
Thank your Source for the energy to run.
Maybe you are God's furnace.

Maybe your heart is the only fire
She knows. Maybe God warms Herself
By you. Don't fail Her.
Watch your thermostat.

Today, love your friends at home:
the washer, the dryer, who purify you
and send you back out into the world
spotless. Wrinkled, maybe, but happy.

Carol Wills

APRIL 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNITY CARES We pray with these people during the month of April: Heather Barnes; Julie Cusatis; Helen Dannatt; Eric and Shawna Donaldson; Rainbow Teasley; Elaine Monbureau; Paula Shile; Helen Spielman; Caroline Wood; Richard and Pat Yell					1 7:30-9:30 "Healing & Vision with Deena Metzger" <i>Sanctuary</i>	2 
3 <i>Daylight Savings Begins</i> POTLUCK & COMMUNITY MEETING Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi "Prosperity Consciousness" Music: Joyful Noise Choir 7:30 PM A Course In Miracles <i>Mark's Office</i>	4 RIF A'I MARUFI (SUFU) 8:00 – 11:00 PM <i>Sanctuary + Kitchen</i>	5 Damanhurians 6:30-9:30 <i>Sanctuary</i>	6 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 PM <i>Sanctuary + Kitchen</i>	7 RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> ♡ Circle 7:15 PM <i>upstairs classroom</i>	8 CLOCKS FORWARD  ♡ Kitchen call Simon Kaplan 932-8858 to register	
10 Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi "What is Kabbalah?" Music: Transzenders 7:30 PM A Course In Miracles <i>Mark's Office</i>	11 RIF A'I MARUFI (SUFU) 8:00 – 11:00 PM <i>Sanctuary + Kitchen</i>	12 Member Directory Pictures 3:00-9:00 PM <i>Sanctuary, Mark's Office & Healing Room</i>	13 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 PM <i>Sanctuary + Kitchen</i> Board Meeting 6:00PM-9:00PM <i>Mark's Office</i>	14 Interfaith Worship 7:30 PM <i>Sanctuary</i> RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	15	16 DANCES OF UNIVERSAL PEACE 7:30-9:30 PM <i>Sanctuary</i>
17 Adult Forum: 9:45 am 11:00 Service Speaker: Julie Cusatis "Reflections on Peace " Music: TBA PEACE DAY TEAM MEETING <i>After Service</i> 7:30 PM A Course In Miracles <i>Mark's Office</i>	18 RIF A'I MARUFI (SUFU) 8:00 – 11:00 PM <i>Sanctuary + Kitchen</i>	19  4T Prosperity Class 7:00-9:00 PM <i>Mark's Office</i>	20 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 PM <i>Sanctuary + Kitchen</i>	21 RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> ♡ Circle 7:15 PM <i>upstairs classroom</i> CHOIR Rehearsal 7:30 PM	22 Don't Miss 23 This Event! Passover PEACE DAY VIGIL 4:30 – 9:00 PM <i>Sanctuary</i> PEACE DAY ALL DAY <i>Whole Building & grounds</i>	
24 PASSOVER Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi "Being Peace" Music: Sandy Hemenway 7:30 PM A Course In Miracles <i>Mark's Office</i> Full Moon Circle 7:00 PM <i>Healing Room</i>	25 RIF A'I MARUFI (SUFU) 8:00 – 11:00 PM <i>Sanctuary + Kitchen</i>	26 4T Prosperity Class 7:00-9:00 PM <i>Mark's Office</i>	27 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 PM <i>Sanctuary + Kitchen</i>	28 RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> CHOIR Rehearsal 7:30 PM	29 Mystical Jewish Worship Service 7:30 PM <i>Sanctuary</i>	30 Rental "Power Paradigms" 9:00am-5:00pm <i>Sanctuary</i> Rental-Private Party 6:00 – 10:00 PM <i>Sanctuary</i>

🎂 BIRTHDAY CORNER 🎂

Happy Birthday to April's celebrants *ring a ding, cha, cha, cha!*

Pat Abernathy, Vicki Blatt, Barnsley Brown, Maribele Bruno, Shawna Donaldson, Elia Essen, Julia Ganzi,
 Mark Malachi, Pamela Pane, Mark Smith, Helen Spielman, Sheila Wells and Carol Wills

UPCOMING EVENTS NOT TO MISS!

Mark's 40th Birthday Concert/Party – April 9
4T Prosperity Class begins Tuesday April 19
Peace Day – April 23

PLACES TO VISIT

Visit www.loosleafhollow.com for information on retreats and meditation. *"When we are young, we don't realize the importance of retreat; when we are middle-aged we think we are too busy; and when we are old, it's too late". –Wisdom from the Kagyu Lineage*

Bouldercourse.com and click on "tell you more" for updates on Amy Gillespie's escapades on the "dark continent".

UCPC PARTNERS

The Unity Holistic Healing Center

Open Monday-Saturday at the Unity Center of Peace Church. Treat yourself and visit. *Call individual practitioners for appointment(s).* **Mary Keaty** - 386-0123, **Grace Marshall** – 929-1355, **Susanne Kaiser** – 403-9771, **Lorraine Lewis** – 967-2215 or **Martha Isleib** – 929-7536.



Regular Office Hours: Main Office: 9:00 -2:00 Monday-Friday. Office will also be open on days that Mark is scheduled, as follows:

Monday - Off (*call only for emergencies*)
Tuesday - 11:00 - 5:00; Wednesday - On-Call;
Thursday - 11:00 - 5:00; Friday - On-Call
Home Phone: 932-5282 Cell Phone: 270-3983
e-mail: Mmal27@aol.com

Y.O.U. Prayer Line
24-Hour Prayer Line **968-1854**
neverprayalone@cs.com

Prayer Box (Front Foyer)

Silent Unity
Unity Village, Missouri
(816) 969-2000 (in English)
(816) 969-2020 (in Spanish)
Or

(800) 669-7729
(If you can't pay for the call)

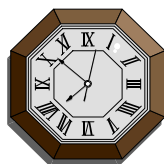
Co-editors Marilyn Grubbs and Gaines Steer invite you to submit articles for this newsletter. You can e-mail them to Marilyn at: mgrubbs@nc.rr.com or Gaines at: info@thelastunicorn.com by the 10th of each month. You may also drop off submissions in the box provided in the church foyer.

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8800 Seawell School Road, Chapel Hill, NC 27516

To remove your name from our mailing list, call 968-1854 or e-mail us at unitychapelhill@mindspring.com

Visit our web site www.unitychapelhill.org
April 2005



*"Spring" forward Saturday,
April 2nd.*



Affiliated with Unity School of Religious Studies, Unity Village, Missouri, publishers of the *Daily Word*.

Member of the Association of Unity Churches

Lordy, lordy,
look who's turning 40!

MARK YOUR CALENDARS!
40TH BIRTHDAY BASH!
SATURDAY, APRIL 9TH 7:30PM!

IT'S OUR EVER-YOUTHFUL, VIBRANTLY
HEALTHY MARK MALACHI!

Our very own Mark Malachi is turning 40 on April 12th! To celebrate Mark's officially entering middle age, he is having a super fun concert/party. Jewelsong will perform along with other special guests. The evening will have a Middle Eastern theme complete with yummy food and exotic décor. And yes, Mark will be belly dancing! All proceeds from the concert will benefit UCPC. This is a must-attend extravaganza that you won't want to miss!

Love offerings gratefully accepted!

Dancing With God

A. Nonny Mouse

When I meditated on the word GUIDANCE, I kept seeing "dance" at the end of the word. I remember reading that doing God's will is a lot like dancing.

When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky. When one person realizes that, and lets the other lead, both bodies begin to flow with the music.

One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another. It's as if two become one body, moving beautifully. The dance takes surrender, willingness, and attentiveness from one person and gentle guidance and skill from the other.

My eyes drew back to the word GUIDANCE. When I saw "G," I thought of God, followed by "u" and "i." "God, "u" and "i" dance."

God, you, and I dance. As I lowered my head, I became willing to trust that I would get guidance about my life. Once again, I became willing to let God lead.

My prayer for you today is that God's blessings and mercies be upon you on this day and everyday. May you abide in God as God abides in you.

Dance together with God, trusting God to lead and to guide you through each season of your life.

If God has done anything for you in your life, please share this message with someone else, for prayer is one of the best gifts we can receive.

There is no cost but a lot of rewards; so let's continue to pray for one another.

AND I HOPE YOU DANCE!!!!

FLOWER POWER

By Helen Spielman

I was delighted when Mark asked me to become Floral Coordinator for our community. God is in everything, of course, but somehow it's just that much easier to see Him/Her in flowers. Flowers are universally loved and their beauty speaks to everyone in the same way music does, because language, religion, and cultural differences are transcended.

I took my first flower arranging class a few years ago, and found a new passion in life. I keep learning more and practicing this skill, and am gratified to extend this gift to UCP, which gives so much to me. I'm seeking a few individuals who, along with Mary Thomas (who often contributes beautiful flowers), would like to occasionally bring flowers for our Sunday morning services. You don't have to spend much money - a small bouquet at a grocery costs little, and simply placing them in a vase just as they are brightens up our sanctuary. Even a single flower with some greenery is lovely. If you save your receipt, you can count it as a tax deduction for the IRS. With springtime here, you could pick flowers from your yard or the side of the road (my flower teacher calls it "roadasia"). As long as you're not on private property, you won't hurt the plant or the environment.

Feel free to talk to me at any Sunday service, or email me at <hbs@email.unc.edu> or call me at 919-4520. I'd appreciate your occasional help and service.

¹ Reprinted from March Newsletter because of missing information