

Spirit Express



UNITY CENTER OF PEACE CHURCH
Volume 12, Number 4

April 2006

From the Heart ♥ (from March 2005)

The path to wholeness! The cycle of the year spins onward and we find ourselves in the six week period of Lent. Lent is a time of self-reflection and prayer, a preparation for the rebirth of spring and the resurrection of Easter. The word "Lent" comes from the Anglo-Saxon word for "spring" and is related to the word "lengthen." As the days grow longer, we expand our awareness of our christed nature as taught by Jesus.

One of the themes of Lent is transforming negativity into positivity. We can view Lent as the acronym "Let's Eliminate Negative Thinking." We know that Unity teaches that "thoughts in mind reproduce in kind." By eliminating and transforming negative thinking, we allow for the highest possibility that our Good will flow abundantly in our lives. If you are going to give up a destructive habit for Lent, why not cease all negative thinking and see how that affects all areas of your life.

Charles Fillmore in Keep a True Lent (p.140) writes: As day after day we steadily adhere to our firm resolve to follow the steps outlined for the Lenten Season, we discover that we are building on a firm foundation, and are mounting into a higher consciousness." These steps to a higher consciousness include systematically turning away from all self-destructive behaviors and thoughts and embracing our Christed nature, the "I Am God" consciousness, as exemplified by Jesus.

I hold for each of you, dear friends, your Highest Good, as you embrace God/Goddess/All That Is within you, and prepare to be reborn this Lenten Season. New Life is just around the corner!

With Love, *Mark*

Board Bulletin: UCPC New Organizational Structure: "Spheres of Intention"

As declared in our "Statement of Intent" found in our hearts, and displayed beautifully in our foyer, we are centered on the Christ within and our intention is to be Sanctuary, a safe haven, a peaceful place to rest in the freedom to be our authentic selves. This is also demonstrated by our spherical organizational structure (also displayed in the foyer). At the center is God/All That Is/Source Energy/The Center of Being. This illustrates our central purpose: to honor the I AM Presence.

Each "sphere" surrounding this Center has clear intention or purpose. We Trustees have declared and accepted our role of responsibility to you, our community, as Stewards of these spheres.

The underpinning or structural support of all these spheres is Administration: Our intention to steward what we have. It is our clear and devoted intention to be good stewards of that with which we have been entrusted. As Trustee Steward of the Administration sphere, it is my responsibility to "hold the space" and consciousness of responsible, ethical, legal, professional action regarding our staffing, office management, leases and contracts, rentals, our various modes of communication, and Building & Grounds. As I connect with the Spirit of True Stewardship and allow it to emanate from me, this consciousness permeates through my relationships with the people involved in these tasks. Then together we truly "steward what we have."

Barbs Burman, President, UCPC Board of Trustees

Unity Center of Peace Church
8800 Seawell School Rd., Chapel Hill, NC 27516 (919) 968-1854
Email: unitychapelhill@mindspring.com, Website: unitychapelhill.org

Regular Business & Bookstore Hours:
Mon., Wed. Fri. 9am – 2pm, Tues. & Thurs. 11:00 am – 4:00pm
Sunday Bookstore Hours: 10:30 - 11:00am & 12:30 – 1:00pm

Administration

Spiritual Teacher	Mark Malachi	968-1854 or 932-5282	unitychapelhill@mindspring.com
Office Manager	Mariah Wheeler	968-1854 or 942-7477	unitychapelhill@mindspring.com
Music Director	Mark Malachi	968-1854 or 932-5282	unitychapelhill@mindspring.com

Board of Trustees

President:	Barbs Burman	663-3301	barbsieb@yahoo.com
Vice-President:	Julie Cusatis	402-0878	jcusatis@earthlink.net
Treasurer:	Pat Veenema	308-5653	pjov54@hotmail.com
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Trustee:	Hilton Lee	732-8585	hiltonlee@earthlink.net
Trustee:	David Richter	929-5969	davidrichter@hotmail.com
Trustee:	Sofianna Solem	932-5273	beauxzoe1@gmail.com
Member:	Mark Malachi	932-5282	unitychapelhill@mindspring.com

Organizational Spheres

Worship - Intention to express our spirituality	Board Steward: Helen Dannatt
Education – Intention to teach & learn	Board Steward: David Richter
Inreach – Intention to connect with each other	Board Steward: Hilton Lee
Outreach – Intention to connect with the community	Board Steward: Sofianna Solem
Development – Intention to grow	Board Steward: Julie Cusatis/ Pat Veenema
Administration – Intention to steward what we have	Board Steward: Barbs Burman

Bookstore	Judy Bosniadis	260-0824	bosniadisj@hpw.com
Bldg. & Grounds	Richard Taylor	933-4452	rstaylor@mindspring.com
	Machai St. Rain	732-4363	machaisaintrain@yahoo.com
Floral Coordinator	Helen Spielman	929-4520	hbs@email.unc.edu
Finance	Nancy Smith Krauss	932-1227	nsmithcns@cs.com
Prayer & Care	Lorraine Lewis	967-2215	lorrainelewis@earthlink.net
Social Action	Barbara Janeway	932-4469	
	Helen Dannatt	824-3861	hdannatt@us.ibm.com
Spirit Express Ed.	Marilyn Grubbs	960-2604	mgrubbs@nc.rr.com
	Michael McCluskey	932-3892	mjmcc1@aol.com
Usher Coordinator	Simon Kaplan	932-9635	cskaplan@netzero.com
Worship	George Sharp	402-4226	
Youth Ed	Machai St. Rain	732-4363	machaisaintrain@yahoo.com

OUR MISSION

The Mission of Unity Center of Peace Church is to be a safe space and community for all of us to honor our likenesses and differences as expressions of Divine Love. We express this love by creating a balance between inner being and outer actions.

OUR VISION

Unity Center of Peace Church is a community that acknowledges the sacredness in all creation manifested through the Christ Consciousness within each of us. We live in honesty and integrity. We are a self-creating community that constantly evolves as the individual members grow and change.

Yes, There Are Angels!

I was standing at the counter at the UPS Store, faxing and over-nighting my retirement papers. An elderly woman next to me said, "Oh, you're retired. How are you spending your time?"

I told her I was busy with a few projects, one of which was a fundraiser for my minister, who recently had a heart attack and needed a lot of support.

"Oh, is he the poor young man I read about in the paper? The minister of Unity Church?"

"Yes," I said. "We're having a benefit concert for him on ---"

"Here," she said, handing me \$100. "I feel so sorry for him."

"Oh, my goodness!" I said. "This is incredible! Please tell me who you are and...."

"No, no. I don't need the recognition. I know you need the money."

"But please, at least tell me your name."

Her name was all she would tell me, and she talked about how upset she was about our healthcare system. But as she talked, all I could see was a beautiful angel in front of me, teaching me about giving freely and willingly when the heart is touched.

Sofianna

Today's Truth

My wife and my cavalier attitude toward our recent introduction to Level 1 Reiki (a New Age healing modality) turned extremely serious when 3 weeks into my recovery from 10 hours of brain surgery in a prominent Boston hospital, I began leaking brain fluid out of my nose. At the end of a hastily scheduled Friday examination and evaluation, my alarmed physicians immediately scheduled another major invasive surgical procedure for the following Wednesday morning.

I was devastated by the prospect of another bout in the operating room. My scrambling mind frantically searched for alternatives. An hour into the "overwhelmed and unable to speak" ride home; I finally mustered the words to suggest to my wife that we try to use the recently learned Reiki teachings and techniques to heal my condition.

I will never forget her loving and enthusiastic response. As if in song, her words lifted me out of the darkness, "Well of course. We must try... let's begin as soon as we get home."

And we did get started right away; that afternoon, we began channeling healing energy as we mustered all the intent we could, resolved to make a difference... we placed our hands on the afflicted area... we visualized entering that area within my skull that needed help... using imagination and visualization, we altered the matter at the cellular level... showering the organic mixture with loving healing intent... we focused and we surrendered... knowing our wishes for the highest and best were in line with the fundamental principles... trusting that our intent was more dominant than the seeming.

And we rejoiced as the leaking fluids from my nose disappeared within 36 hours and never returned... and of course the surgery was cancelled by the doctors with the raised eyebrows.

This first lesson in the power of intent deeply affected our approach to health issues.

Michael McCluskey

A Heartfelt Thanks

I would like to extend my heartfelt thanks to the prayer team at Unity and to Laurie Brill! Last year was a rough year for my health and just knowing that I was being supported with prayerful thoughts and wishes helped me get through.

At Christmas, during school break, I asked God to show me the way to get better. I have some connections with folks who talk about health online and joined a list serve of a man who is trying to save his daughter from the effects of Lyme disease via alternative channels. Then, one thing led to another and I joined with others who were experiencing similar symptoms. Together, online, the universe guided me to the right people. I tried many herbs and home remedies and got into a little trouble with some excess and then God even saved me from that by sending help. I have learned many things about health and want to tell folks that there is scientifically proven cures for illnesses being revealed online and in our community.

I am not a fanatic about this stuff, it is just true. It is also very real. Like Mark says, "God is the originator of all good things" It's exciting!

Susan O'Neill

Life at the Women's Homeless Shelter

Feelin' kinda shaky at the moment after watching one of the "guests" get thrown out of the shelter this morning. At around 7:30am I hear the two women in the room next door arguing. One of them calls the manager on duty and she comes barreling down the hall only to make matters worse. The poor half deaf woman uses her disability to ignore the manager and the roommate over the question of all the stuff she has scattered on one of the beds. She's also the one who claims that chemotherapy for breast cancer caused her to have brain damage. She clearly has a problem in that department but whether it was from chemo who knows...

So things rapidly escalated into the first real bit of shouting I've heard at this place. But rather than difuse the situation the manager, a big Brunhilda type, was taking no prisoners and told this woman to get out. She even called in the big guns (aka policia) to back her up. Last I saw the evicted, now ex-guest, she was dragging her stuff up the hill towards the social services building next door. She was looking distraught.

I've heard of people who "don't do mornings" but this was waaaay over the top. And it makes me nervous to think that these "manager" types have that kind of power in a situation where they are supposed to be part of a program to help homeless people. Can we say, "abuse of power"?

And guess who is supposed to be taking a bed in that room....? I was told by the overall manager last night that I'd be moved today because a woman with a baby was arriving and they want to put her in the room I've been in with the Kenyan mother and her 2 year old. The last person to sleep in what will be my bed left after only a couple of days. Prior to that the woman who was in that bed left one morning for her pre-dawn job at Paneras and just never came back...left all her stuff and disappeared. It's also the bed where the most recent eviction just took place.

Sounds like a case for Sherlock Holmes.

Meanwhile, it's a beautiful but cold day. If it would warm up another 10 degrees or so I'd be out there on my park bench playing music and passing the hat. This being the age of cell-phones and iPods though, all too many people walk by without noticing the live musician in their midst...Guess I need to make a new sign that says, "Support Live Music".

Shaky (aka, Janet Bratter)

Reflections at New Hope Creek, Triangle Land Conservancy

We care about what abides. Here atop the beech wood knoll I survey the winter forest floor below me. The sun's warmth makes up for the cold air that blows past my face. What abides are these maturing beeches, tulip poplars and oaks; this study in brown and gray against a bright blue sky. How many eyes, over how many centuries, have glanced upon this same sight: a forest in winter?

It is only what abides that we can really care about: the ancient forests, the family heirlooms, our longstanding relationships. How can we care about a McDonald's, a Radio Shack, a Hooters?

When I see raw red earth and torn limbs heaped up by bulldozers there is a deep pang in my heart. What could we possibly construct over clear-cut land that could give us the beauty and sustenance of a natural forest?

I give thanks to those who worked to provide me with this stunning view, this quiet spot in the sun, this lovely bench to sit on and reflect. Though the sounds of the highway are ever present, I can focus on the rustle of beech leaves in the wind and the mating calls of woodpeckers.

I am grateful for what abides: that which provides me with a sense of rooted-ness to a place, knowledge of the beneficence and continuity of nature, and peaceful sanctuary in a busy world.\

Sofianna Solem

Food Lovers

What is your passion? Music? Art? Is it food?

If it is the latter, please perk up your ears....and answer this question. Is food a)science? Is it b)art? Is it c)health or d)all three?

Well, if you chose letter D, you would have the correct answer.

Now answer this question. What is the best way to get the freshest most flavorful food?

a)Grocery Store or Co-Op. b)Your own garden. c)Ordering food from a grower.

Letter B is the correct answer. But, if you don't have the time or you don't have the space to grow field crops or graze animals, then your choice would be letter C. Choosing locally grown food is the best choice for the environment and for flavor but the next best choice is to order direct from an appropriate grower.

How about a Unity Food Buying Group? For yourself, for the planet and for the local economy. Just to buy food. Fix it anyway you like. Non-Vegetarian/Vegetarian.

Contact: Susan O'Neil 919-932-4398 susone@gmail.com, if you are interested. Peace!

SNIP SIX PACK RINGS

During a beach cleanup along 300 miles of Texas shoreline in 1988, 15,600 plastic six-pack rings were found in 3 hours.

SIMPLE THINGS TO DO:

- Before you toss six-pack holders into the garbage, snip each circle with scissors.
- When you're on the beach, pick up any six-pack rings you find and take them with you. Snip (or snap) them before you throw them away.

BACKGROUND: Plastic six-pack holders - the rings used for canned beer, soft drinks, oil, etc. - have become an ocean hazard to birds and other marine life. How do they get into the water? They're left on the beach by careless sun lovers and wash into the oceans; or they're dumped into our waterways along with tons of other garbage, and gradually make their way into the oceans; or they're dumped into seaside landfills and erosion or wind propels them into the water. Once they're floating in the sea, they're hazards to marine life.

DID YOU KNOW:

- Six-pack holders are virtually invisible underwater, so marine animals can't avoid them
- Gulls and terns - birds that frequent recreational areas and dumps near the ocean - sometimes catch one loop around their necks while fishing. They snag another loop on a stationary object. Result: they drown or strangle themselves.
- Pelicans catch fish by plunging into the water. Occasionally, one will dive straight into a six-pack ring. Result: the bird ends up with the ring stuck around its bill; unable to open its mouth, it starves to death.
- Young seals and sea lions get the rings caught around their necks. As they grow, the rings get tighter, and, the animals suffocate. Some states now require six-pack rings to be photo degradable - which means they break down in sunlight after 30 days - but that doesn't deal with the short-term problems.

Footnote: The average U.S. Home uses the energy equivalent of 1,253 gallons of oil each year.

**UNITY CENTER OF PEACE CHURCH - SOCIAL ACTION COMMITTEE
& "50 Simple Things You Can Do To Save The Earth" from The Earth Works Group**

UPCOMING EVENTS NOT TO MISS

Potluck & Community Meeting April 2
after the service

Healing Circle Mondays 7 - 8pm

- * Friday Night Live! teen night 7:30 - 10pm Mar. 7
- * Interfaith Worship Service Thurs. Apr. 13, 7:30pm
- * Voluntary Simplicity Study Group begins
Fri. April 1, 7-9pm with Helen Dannatt
- * Healing Through Unity Principles & Practices

UCPC Fundraiser Party!

Mark your calendars and prepare to celebrate! Join us for UCPC's Birthday Concert - this annual fundraiser is scheduled for Saturday, June 3rd. Bound to be an affair to remember, this celebration is under construction by an extraordinary team. More information will follow. If you are interested in joining our group of inspired individuals and creating an incredibly awesome event, please contact Julie Cusatis at jcusatis@earthlink.net or 402-0878 or Helen Spielman at hbs@email.unc.edu or 929-4520.

Benefits for Mark Malachi

- * Rummage Sale, Sat. April 15
at UCPC, 8am - 1pm
- * Bake Sale at EarthAction Fest, Sun., April 30,
Carrboro Town Commons, 2:30 - 6pm

Happy Easter!

Main Office Hours:

Mon., Wed. & Fri. 9am – 2pm
Tues. & Thurs. 11am – 4pm
Mariah Wheeler, Office Manager
968-1854, email: unitychapelhill@mindspring.com
website: www.unitychapelhill.com

Lay Minister Pastoral Counseling Hours:

Ferris Buhler: Mon., 5:30 - 7pm; Laurie Brill: Tues., 12 - 2pm; Lorriane Lewis: Tues. 2 - 4pm; Pat Veenema: Tues. 4 - 6pm; Shawna Donaldson: Wed. 10am - noon; Michael McCluskey: Thurs., 12 - 2pm; Machai St. Rain: Thurs. 4 - 6pm; Barbs Burman: Fri. 10am - 2pm; and Judy Bosniadis on call 260-0824

UCPC Prayer & Care:

24-hour Prayer Line 968-1854
Prayer Box (Front Foyer)

Silent Unity (800) 669-7729 www.silentunity.org
(816) 969-2000 (in English)
(816) 969-2020 (in Spanish)

UNITY CENTER OF PEACE CHURCH

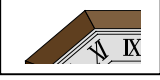
8800 Seawell School Road, Chapel Hill, NC 27516

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

www.unitychapelhill.org
April 2006

UCPC is a Member of the Association of Unity Churches

April 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNITY CARES <i>We pray with these people during the month of April:</i> Boyd Dodson, Genevieve Ellis, Bett Wilson Essen, Bryan Flores, Maggie & Jerry Gaudet, Harry & Sylvia Ginsberg Emily McCulley, Claus Sievers, Sara Sally Smith, & Dave Walser						1 Daylight Savings Time begins 
2	3	4	5	6	7	8
POTLUCK & ANNUAL MEETING after service Meditation: 9:30am Adult Forum: 9:45am 11am – 12:30pm Service Speaker: Shawna Donaldson "What Does it Mean to be a Christian" Music: Joyful Noise Choir 7:30pm A Course In Miracles	Healing Circle 7 - 8pm Sanctuary RIF A'1 MARUFI (SUF) 8 - 11pm Sanctuary + Kitchen	Prayer Team 1pm Keeping a True Lent 7-9pm upstairs	12:00 Noon Prayer Lay Ministers meeting 7:00pm Wild Bunch AA 8-9:30pm Sanctuary + Kitchen	RIF A'1 MARUFI (SUF) 9pm - midnight Sanctuary + Kitchen	Friday Night Live! 7:00 - 10pm	IFC Kitchen call Simon Kaplan 932-8858 to register Writer's Group 10am - noon Chapel
9	10	11	12	13	14	15
Meditation: 9:30am Adult Forum: 9:45am 11am – 12:30pm Service Speaker: Barbs Burman Palm Sunday: "The Victory of Surrender" Music: Marilyn Grubbs Youth Ed meeting 12:30 7:30pm A Course In Miracles	Healing Circle 7 - 8pm Sanctuary RIF A'1 MARUFI (SUF) 8 - 11pm Sanctuary + Kitchen	Prayer Team 1pm Keeping a True Lent 7-9pm upstairs	12:00 Noon Prayer Mark's B'day Wild Bunch AA 8-9:30pm Sanctuary + Kitchen	Interfaith Worship 7:30pm Sanctuary RIF A'1 MARUFI 9pm - midnight Sanctuary + Kitchen	Voluntary Simplicity 7 - 9pm upstairs	Benefit for Mark Rummage Sale 8am - 1pm at UCPC
16	17	18	19	20	21	22
Meditation: 9:30am Adult Forum: 9:45am 11am – 12:30pm Service Speaker: Rev. Donna Spring Gulick EASTER: "Tools for Rebirth" Music: Helen Spielman 7:30pm A Course In Miracles Mark's Office	Healing Circle 7 - 8pm Sanctuary RIF A'1 MARUFI (SUF) 8 - 11pm Sanctuary + Kitchen	Prayer Team 1pm Board Meeting 6:30-9:30pm Healing Through Unity Principles & Practices 7 - 9pm upstairs	12:00 Noon Prayer Lay Ministers meeting 7:30pm Wild Bunch AA 8-9:30pm Sanctuary + Kitchen	RIF A'1 MARUFI (SUF) 9pm - midnight Sanctuary + Kitchen	Voluntary Simplicity 7 - 9pm upstairs	Writer's Group 10am - noon Chapel
23	24	25	26	27	28	29
Meditation: 9:30am Adult Forum: 9:45am 11am – 12:30pm Service Speaker: Revs. Margaret & David Hiller "Dare to Dream" Music: Machai St. Rain Hiller's Workshop 1:30-3:30pm Women's Vision Circle 5:30 potluck, 6:15 - 8pm meeting 7:30pm A Course In Miracles Mark's Office	Hillers Counseling sessions 9am - noon Healing Circle 7 - 8pm Sanctuary RIF A'1 MARUFI (SUF) 8 - 11pm Sanctuary + Kitchen	Prayer Team 1pm Healing Through Unity Principles & Practices 7 - 9pm upstairs	12:00 Noon Prayer Wild Bunch AA 8-9:30pm Sanctuary + Kitchen	RIF A'1 MARUFI (SUF) 9pm - midnight Sanctuary + Kitchen Choir Rehearsal 7:30pm	Voluntary Simplicity 7 - 9pm upstairs Mystical Jewish Worship 7:30pm sanctuary	
30	31	SUNDAY POTLUCK		BIRTHDAY CORNER		
Meditation: 9:30am Adult Forum: 9:45am 11am – 12:30pm Service Speaker: Michael McCluskey "Footprints" Music: Julio Carrasco Keys of Enoch workshop2 -5pm <u>Bake Sale at EarthAction Fest</u> <u>Benefit for Mark</u> 2 - 6:30pm at Carrboro Commons 7:30pm A Course In Miracles	Healing Circle 7 - 8pm Sanctuary RIF A'1 MARUFI (SUF) 8 - 11pm Sanctuary + Kitchen	Remember, the first Sunday of each month after service is Potluck Sunday. Bring a covered dish and join the fun of getting to know your Unity family.		Happy Birthday to our April babies: Barnsley Brown, Helen Spielman, Carol Wills, Mark Malachi, Julia Ganzi, Machai St. Rain, Mark Smith, Maribel Alvarez, Elia Essen, Pat Abernathy		