

Spirit Express



UNITY CENTER OF PEACE CHURCH

A force for peace in the world.

Volume 11, Number 8

August 2005

From the Heart: Traveling with Mark

As I write this I am preparing for my much-needed time away from UCPC. I am taking a week to go out west to my old stompin' grounds in New Mexico and other points west. I will also take a week to study at Unity Village.

Traveling is very rejuvenating for me. It gives me a chance to think about my life, set new goals, and re-evaluate other ones. I will be visiting with old friends, taking familiar hikes up familiar mountains and enjoying the vast expansiveness of the west. I can't wait!

Summer is always a creative time for me. I am in the process of completing a new CD entitled "Opti-Mystic." The rays of the sun seem to stimulate my creative juices and I am joyful about having a little more time to focus on my music.

While I am out west, I will be giving several performances and one workshop. (You can take the man out of the church, but you can't take the church out of the man!) I look forward to sharing my musical and spiritual gifts with others across the country on my journey.

I wish you all a restful and creative summer. I look forward to bringing back with me new inspiration, new ideas, and new music to share with my spiritual family.

With Love,

Mark

BOARD BULLETIN:

Community Building: Creating Community With Each Other At UCPC

Greetings! * *The UCPC Board of Trustees* is maintaining our 5 areas of focus for this term: PR/Outreach, Youth Education, Vision/Strategic Planning, Social Action/Community Service, and Community Building. In these next issues of the *Spirit Express* Newsletter, we will describe our experiences with each of these areas. This issue: Community Building, or how we create community with each other at UCPC.

We are engaged in several community building activities, including the Community Connections Network (C2N), the Heart Circle & Council, addressing and defining Sanctuary, and pursuing active Peacemaking. For more on the C2N, see last month's newsletter. For more about the Heart Circle & Council, attend any of the bi-monthly meetings on Thursday nights (see the calendar for specific dates).

It has been my experience with addressing Sanctuary & being engaged in active Peacemaking

that these are different facets of the same energy. We hold the intention that UCPC is a place of sanctuary, of peace, safety, and renewal. When the need arises, those in our community who are called to Spiritual Peacemaking serve to help others resolve conflict here. We are saying, as community, that we hold Sanctuary sacred, and we will address our own "stuff" in order to keep Sanctuary. Sanctuary and Peacemaking are two very strong underpinnings to this, our Center of Peace Church.

Namaste,

Barbs Burman, co-president

Spiritual Teacher: Mark Malachi 932-5282 mmal27@aol.com
Office Manager: Eileen Helton 968-1854 ehelton@jhu.edu

Board of Trustees

Co-President: Barbs Burman 542-2774 barbsieb@yahoo.com
Co-President: Claudia Kaplan 932-9635 cskaplan@netzero.com
Vice President: Julie Cusatis 402-0878 jcusatis@earthlink.net
Treasurer: Nancy SmithKrauss 932-1227 nsmithcns@cs.com
Secretary: Shawna Donaldson 942-7266 shawnalynn@netscape.net
Spiritual Teacher: Mark Malachi 932-5282 mmal27@aol.com
Trustee: Lorraine Lewis 967-2215 lorrainelewis@earthlink.net
Trustee: David Richter 929-8352 davidrichter@hotmail.com
Trustee: Richard Taylor 933-4452 rstaylor@mindspring.com

Departments

Bookstore Manager: Karen Wagner 968-4034 khopewagner@hotmail.com
Building & Grounds Richard Taylor 933-4452 rstaylor@mindspring.com
Education: David Richter 929-8352 davidrichter@hotmail.com
Floral Coordinator Helen Spielman 929-4520 hbs@email.unc.edu
Music Director Mark Malachi 932-5282 mman27@aol.com
Prayer & Care: Lorraine Lewis 967-2215 lorrainelewis@earthlink.net
P/R & Outreach Open
Spirit Express Marilyn Grubbs 960-2604 mgrubbs@nc.rr.com
Co-Editors: Gaines Steer 968-8440 info@thelastunicorn.com
 Carol Wills 381-1502 wills006@mc.duke.edu
Usher Coordinator Simon Kaplan 932-9635 cskaplan@netzero.com
Worship Committee George Sharp 402-4226 none
Youth Education: Susan O'Neil 932-4398 none
Y.O.U. Sponsors: Cathy Teasley 682-3627 cteasley@cs.com
 Tasha Teasley 682-3627 buddahfuljuan@cs.com

A Further Search For Peace

When a friend told me that a retreat house called Bethany Springs near Bardstown was sponsoring a 3 ½ day retreat titled “Breakthrough with Thomas Merton,” I decided to go.

This past month, I drove to this turn-of-the-century dwelling with a shady wrap-around porch in a beautiful rural section of central Kentucky.

Up the road about a mile from Bethany Springs was the Abbey of Gethsemani, where Thomas Merton, the Trappist monk also known as Father Louis, lived and is now buried. The retreat leader, Joe

“Imagine: no TV, no phones, no rushing around in the car, no Internet and no one bugging anyone else about anything.”

Zarantonello, who is also a poet, planned and led eight of us (with my being the only non-Catholic) through long days filled with silent meditation, walking meditation and writing in our journals. In between meetings, we were free to walk, nap, read or do whatever we wanted to – as long as we didn’t

make any noise. In fact, we observed “the great silence” all day except for during the evening meal or on a couple of trips to the Abbey.

Imagine: no TV, no phones, no rushing around in the car, no Internet and no one bugging anyone else about *anything*. When we met in the kitchen, in the course of

preparing our own breakfast or lunch, we smiled at each other. But except for exchanging essential information, we didn’t talk. In spite of this, just being together in the meditation sessions and living together in the house bonded us with loving ties.

Did we learn about Thomas Merton? Well, some. I went up to the Abbey to pay my respects at his grave, and I bought a book called *The Intimate Thomas Merton*, which comprises excerpts from his voluminous journals. However, most of the poetry Joe read to us was from Rumi or Hafiz. We were not “learning about,” we were “going within.”

What I experienced most deeply was what I already knew from Unity: that the “inner chambers of the Most High” are located within our own hearts. Whatever is happening, wherever we are, we can go there and find peace and silence in the presence of God.

Am I changed? Well, yes. I’ll probably never be a great meditator, but I have pretty much given up mindless TV watching, compulsive snacking and shopping for entertainment. I’m looking for more quiet time alone. I can’t help thinking Thomas Merton would say, “Well done!”

By Carol Wills

Community Meeting Notes: "Sanctuary" Defined

At the July community meeting we discussed Mark & Barbs' concept of *Sanctuary*, summarized by this "Statement of Being".

This church is a Sanctuary – a safe haven, a peaceful place of rest, a place of renewal where we are centered on the Christ within.

1. We are a "community-centered church." We are dedicated to building community through openness, honesty, intimacy, mutual respect, emotional safety, and personal responsibility.
2. We actively embrace diversity of gender, religious affiliation, race, national origin, sexual orientation and physical ability.
3. We support each other in living, acting and responding from the highest place within, which is the Christ.
4. We seek to understand each other's needs, perspectives, thoughts and feelings as much as possible by actively listening to each other.
5. We release victim consciousness and the persecution of self & others, seeking instead to live as expressions of the Christ within.
6. We take personal responsibility for our feelings, thoughts and actions and endeavor to express these thoughts and feelings with "I Statements".
7. We assist each other in meeting our individual needs; we do so in ways that empower each of us to take responsibility for our own lives. We acknowledge the power of the mind to create our life circumstances.

New York Times music critic comes to UCPC

By Helen Spielman

I have quite an active fantasy life. This morning in church, I pretended to be the music critic from *The New York Times*.

"The Joyful Noise Choir at Unity Center of Peace in Chapel Hill, NC is not as large or sophisticated as some cathedral choruses that have hundreds of members decked out in matching velvet robes. Joyful Noise has a unique sound and spirit, however, that captivates and uplifts its congregation and brings God to each person's heart through music.

"On the day I visited, for example, several choir members' eyes were closed in devotion and delight during a musical rendition of 'The Prayer of St. Francis.' Mark Malachi's rich and resonant voice was heard as soloist, while he also accompanied the ensemble on piano. *The Times* pays me to notice details, so since the above-mentioned velvet robes were missing, I took note of the women's jewelry. I saw no diamonds or sapphires like I do at other churches. What I did see were power signs pouring forth from each and every female member: a UCPC Peace Day button, necklaces of crystal and turquoise, a heart pin, and on the teenage member, a T-shirt that said La La La. Since this Unity says it's a church of positivity, I'll refrain from commenting on the wardrobes of the male choir members. 😊

"The choir's next piece was a lovely, meditative Hebrew song called Havah Nahirah, the lyrics meaning 'Let us sing a song of praise,' and the

melody adapted from the classical composer Haydn. The people in the choir looked around and smiled at various people in the audience, and some even looked into my eyes and smiled at me. I felt loved and special. No one in a robe and decked in diamonds had ever done that for me in all my world travels for this job.

"At the end of the service, we were treated to 'The Power of Community,' an upbeat song that brought us all together. The choir members looked at each other with love and affection shining in their eyes. We were told that Mark and the choir had just recorded this song. Wow, I'll have to tell our NY Times CD reviewer to write this up when it comes out.


"These folks sang songs of amazing diversity, spirit, love, energy, and beauty. Their leader, Mark Malachi, ought to be commended for the many skills it takes to lead a group like this - music selection, leading rehearsals, teaching ensemble singing, conducting, and much, much more. The choir members deserve recognition for spending time in rehearsal and practicing their music in service to their church and their God.

"In my prestigious job I review many ensembles, and I say Joyful Noise is as fine a group as I've had the pleasure to hear."

And you all think I sit quietly focused and prayerful in church, eh? 😊

AUGUST 2005

Have a Great Summer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNITY CARES We pray with these people during the month of August: Gloria Beissinger; Glenn Boyd, A.C. Bushnell, Brian Collins and Tiare, Mame Cotter; Alice Ehrsam, Annie Marra, Nancy Peacock, Mitchell Price, Susanya Schuett and Linda Smith	1 RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	2	3 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	4 ♥ Circle 7:15 pm <i>upstairs classroom</i> RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>		
7 POTLUCK & COMMUNITY MEETING Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi: "Praying in the First Person" Music: Joyful Noise Choir 7:30 pm A Course In Miracles <i>Mark's Office</i>	8 RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	9	10 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	11 Interfaith Worship 7:30 pm <i>Sanctuary</i> RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	12	13 IFC Kitchen call Simon Kaplan 932-8858 to register
14 Adult Forum: 9:45 am 11:00 Service Speaker: Laurie Brill: "I Am Wondrously Made" Music: Mark Smith & Bobbie Hayes 7:30 pm A Course In Miracles <i>Mark's Office</i>	15 KINDERMUSIC 9:00 AM- 2:00 PM RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	16 KINDERMUSIC 9:00 AM- 2:00 PM	17 KINDERMUSIC 9:00 AM- 2:00 PM 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	18 KINDERMUSIC 9:00 AM- 2:00 PM ♥ Circle 7:15 pm <i>upstairs classroom</i> RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	19 KINDERMUSIC 9:00 AM- 2:00 PM Full Moon Ceremony 7:00 PM Special Guest: Mark Malachi <i>Outside</i>	20 Dances of Universal Peace 7:30–9:30 PM <i>Sanctuary & Kitchen</i>
21 Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi: "Jesus and the Christ" Music: TBA 7:30 pm A Course In Miracles <i>Mark's Office</i>	22 KINDERMUSIC 9:00 AM- 2:00 PM RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i> OPEN HOUSE HEALING ROOM 7:00-900 PM	23 KINDERMUSIC 9:00 AM- 2:00 PM	24 KINDERMUSIC 9:00 AM- 2:00 PM 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	25 KINDERMUSIC 9:00 AM- 2:00 PM RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> CHOIR Rehearsal 7:30 pm	26 KINDERMUSIC 9:00 AM- 2:00 PM Little Teddies Graduation 6:00 PM <i>sanctuary & kitchen</i> Mystical Jewish Worship Service 7:30 PM <i>Sanctuary</i>	27
8 Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi: "Divine Order: A Comparison of Jewish & Unity Theology" Music: Mark Malachi 7:30 pm A Course In Miracles <i>Mark's Office</i>	29 KINDERMUSIC 9:00 AM- 2:00 PM RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	30 KINDERMUSIC 9:00 AM- 2:00 PM	31 KINDERMUSIC 9:00 AM- 2:00 PM 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	🎂🎂 BIRTHDAY CORNER 🎂🎂 Happy Birthday to this month's chickadees: Max Cusatis, Debbie Hilker, Ginger Massey, Ray Marshall, Barbara Riggs, Donna Shannon, Claus Sievers, Rainbow Teasley, John Thomas and Mary Thomas		

UPCOMING EVENTS NOT TO MISS

Magnets & Mirrors Class: through August 31
Mark's Dance Classes starting: August 16
Unity World Day of Prayer: September 8
Rumi Festival: Sept 30 & Oct 1

PLACES TO VISIT

Take a peek at:

http://www.panhala.net/Archive/Ten_Years_Later.html for an enchanting poem and quiet music. Visit www.looseleafhollow.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
Check up on 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).*
Deborah Ackerman-Gross - 942-0052,
Barbs Burman-542-2774, **Susanne Kaiser** - 403-9771,
Lorraine Lewis - 967-2215, **Michael McCluskey** - 929-7536. or **Grace Marshall** - 929-1355



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**
neverpryalone@cs.com

Prayer Box (Front Foyer)
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, Gaines Steer and Carol Wills invite you to submit articles for this newsletter. You can e-mail them to Marilyn at: mgrubbs@nc.rr.com, Gaines at: info@thelastunicorn.com or Carol at: wills006@mc.duke.edu, by the 10th of each month. You may also drop off submissions in the box provided in the church foyer.

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 e-mail us at unitychapelhill@mindspring.com

www.unitychapelhill.org
August 2005



Have a Great
Summer!

Global Climate Stewardship: NC Churches Speak Out

You hear about it more and more: Our global climate is becoming warmer due to humankind's interference. And churches are now beginning to deal with the issue as congregants tune in to Mother Earth, and hear from scientists who have the hardcore data.

I feel that spiritual communities need to be leaders in turning human activities in a new direction for the well being of our planet.

A new organization, **The North Carolina Interfaith Global Climate Change Campaign** has church congregations from Ba'hai, Baptist, Buddhist, Disciples of Christ, Episcopalian, Jewish, Lutheran, Muslim, Presbyterian, Quaker, Roman Catholic, United Church of Christ, United Methodist, and Unitarian-Universalist faiths, all as members concerned with stewarding the planet in ways to sustain, not continue to destroy, life. I feel that we, as Unity Church, could only enhance the cause by also joining this Campaign. Here are some of the ways this NC Campaign can work to help us raise awareness:

- Educate our congregation
- Get an energy audit of our church, and follow its recommendations.
- Educate our youth groups about energy stewardship and climate change.
- Urge our state and national leaders to directly address climate change in our policies.
- The NC Global Climate Change Campaign will send a member to our church to give a presentation on climate science, energy conservation, and religious faith at either a service, or a workshop (a letter writing session could follow).
- Conduct a fund-raising/energy saving Compact Florescent Light Project for our youth.

The Independent Weekly of the Triangle carried a full article in their May 11th issue, on the effects that will soon be felt in North Carolina's Outer Banks area. Those changes are already underway and probably cannot be stopped. Many of the climate changes have been underway for decades, with the results only now about to manifest.

One of the more profound effects of our runaway civilization is the already changing ratio of fresh to seawater in the Gulf Stream. Glaciers are

melting at a much faster rate than is normal, so more fresh water is pouring into the northern part of the Gulf Stream. This fresh water is much colder, and sits on top of the warmer water causing a cold mass to move over to Britain and Europe. This may ultimately result in a "Little Ice Age" across Europe, the like of which happened already (*approximately 400 years ago*).

Tim Barnett, a marine physicist at Scripps, reported that a strong warming signal has penetrated the world's oceans over the last 40 years that cannot be explained by natural climate variability or by solar or volcanic eruptions -- but is consistent with human causes.

Strange climate events have been occurring, we all know them by now: a heat wave in Europe in the summer of 2003 (*another worrisome heat wave there now*),

increased ferocity and frequency of hurricanes. As Mother Earth tries to balance the effects of our human activity, other disturbing events are now sure to occur.

Addressing these changes and the ways they affect us is best undertaken in a thoughtful, reflective, committed group setting. I proposed to Mark Malachi that our church take up this issue, and he and I agreed that I would head a committee, in which we would consider how to best serve our congregation in dealing with this issue. Please call me or speak with me in church if you want to join in the investigation, or if you have a concern that you would like this committee to address.

Yours in commitment to wisely steward the Earth,

Barbara Janeway

Eds note: Barbara is a member of UCPC and is chairing this new committee. Please contact her if you are interested in serving with her: 932-4469