



## From the Heart ♥

What is in the Name of God?

These questions have been swirling in my consciousness as I delve deeper into a personal connection with the Holy One. What do I call God? What name of God do I use? How can I have a more tangible, meaningful connection with God? Several times in the past few months these questions have been tapping upon my thoughts as I turn within to my "secret closet". I am eager to deepen and further awaken my connection with Spirit. Even in the times that I do not "feel" a connection, I know one is there. So I call upon the God of my being. I ask Spirit to awaken in me Its sweet yet all powerful Presence in loving Ways.

With all the various names we call God, does it really matter which name we use? What is in a Name? A name in scripture represents a facet of ones consciousness. Elohim, Jehovah, Lord, El Shaddia, Brahma, Creator, First Cause, Lord God, Source, Divine Presence, Father, Mother, Spirit, Light, Word, Cosmic Consciousness, - all these name and so many more represent to the Divine in and beyond the human five sense experience.

What makes the most sense to me at this time is that a so-called ordinary awareness is not my objective in life. A more intimate revelation of God is my heart's desire. This is the human quest to deepen a divine spiritual connection. For me, It is one of seeking, delving, yearning and ultimately experiencing Oneness with Loving Creative Source. What is revealing Itself to me is that while we are seeking God, behold, behold we discover that it is really God yearning to be realized more fully through each of us.

Dr. Emily Cady also shares this idea in *LESSONS IN TRUTH*, "*Our OWN YEARNING IS God seeking to express more through us. Our yearning is to be fully conscious of our true connection with the All Knowing, Loving God....*"

This is so satisfying to my heart and soul - God as Love, Light and Grace yearning to experience ITSELF through me and my relationship with all of life and creation. This means my direct connection with all who cross my path.

The very heart-connection I so deeply desire with God is also awakened through my experiences with others in my day-to day activities. The Master Teacher Jesus taught that if one truly wished to enter into the inner Sanctuary and be alone with God, then it was essential to first be reconciled with all human relationships. For when we are in harmony with each another, then a deep experience of Universal Harmony is inevitable.

The name that I recognize as the Divine is your name, my name, the clerk's in the store who serves name, the banker's name, the co-worker's name. All of these are the Divine Name of God. As I am cognizant to your holy nature, I am also awakening to mine. Does it matter which happens first? Not to me. What matters to me is that I see in your face the face of God. What matters is that I am also willing to see the Countenance of the Divine within myself.

The Spirit of *Namaste in the world* is alive as we see in each other the Holy Self peeking and peering back at us and upon the world. The essence of Namaste is our willingness to perceive the Infinite reflected in each other - to relish It, appreciate It, honor It and be willing to receive It back in full. I am willing to be seen as God's Holy One in the human body awakening to a Divine Experience. I am willing to see you as God's Holy One in a human body awakening to a Divine Experience.

May we all come from the sweet place of Spiritual Connection with Divine Love and Wisdom. There obviously is no one right name for God. The sweet blissful connection coming from the Love and Wisdom within certainly gives rise to One who names Itself through you and me. By whatever name you call God you will be heard and answered right where you are in that very instant - Just call upon this NAME.

*Much Love and Blessings,  
Reverend Elizabeth*

## *Board Bulletin August 2007*

During our April community healing process, a new mission statement began its birthing. This ever-evolving updated Mission statement has been visited by members of the congregation and the trustees, over a period of over 20 hours of processing. This latest draft is a refining by the Board of the earlier versions and is going to be brought for discussion at the September community meeting. Our choices of words might not be what some of us would use, but we chose carefully, using the value statements of 2002, the key words and phrases of the April group, and concepts of a vision we are holding for the next 5 years of our life together as a community.

*"Our mission at Unity Center of Peace Church is to:*

- **Empower** each individual to fully manifest his/her divine potential.
- **Teach** the Unity tools of transformation.
- **Serve** the surrounding community individually and collectively.
- **Celebrate** the Christ within all humanity."

It is the trustees' hope that all members of this community will bring this statement into their meditation and prayer and seek to understand the desired meaning and impact of the words. Then bring your thoughts to the September Community Meeting.

Joyfully, *Pat Veenema*

## **Guided Meditation**

Imagine yourself standing on top of a mountain. Oddly enough, you do not feel tired from the climb. Instead, a kind of exhilaration lifts your lungs and expands them, to breathe in the cool, clear air, which is actually low in humidity and oxygen. These do not detract from the experience. You feel victorious, like a conqueror. Cortez perhaps, or one of the other early Spanish explorers to the west coast.

You are at the very top of the mountain. You cannot go any higher. You spread out your arms and breathe deeply, as you turn around in a small circle to claim all the land and lesser mountains that you can see in any direction below you.

Now that you have arrived here safely, the excitement slowly begins to diminish, and you become aware of a painful blister on your left ankle. You wonder what could have caused it, because your hiking boots are comfortable and well broken in. When you remove the boot, the blister bleeds a little and really stings as you rub your hand over it.

At this point, your cynical side kicks in, and you exclaim, "Hell! That just tears it! Now I have to limp all the way down the mountain. Plus, it'll probably get infected and spoil the rest of my trip."

Just as you are about to get carried away on this cloud of doom, a thought occurs to you. "Here I am on top of the world, so close to the sun I could almost fly up to it, and I'm letting a little blister almost spoil the view. I have no more food and no water. The blister is another little reminder of my mortality. I will accept it, even as I begin the descent into the world of valleys. I can almost see the green grasses and wildflowers growing there along the streams and creeks."

Once you have reached this level of understanding, you find yourself able to leap down, taking huge giant leaps, sure-footed as a mountain lion, as you land safely around outcroppings, rocks, and loose shale.

Finally, at last you have returned to earth and you make your way to a creek, and allow the cool water, moving over pale, smooth pebbles, to restore your sore foot. Amazingly, the rapid descent has not aggravated the blister. It looks the same as it did at the top of the mountain.

You think you are kind of funny in a ridiculous way. For expecting everything to be perfect. A world without blisters. Without mosquitoes. Without rude drivers on the highway. Without injustice. Without war. Without starvation and other obscenities. Oh, yes! When put in perspective, you can almost *bless* your blister for reminding yourself that you are not *quite* ready for heaven, yet.

*Arlene Arlt Smart*

Space Meisters  
Looking for Volunteers

We're getting started on the plan as reported out at the  
June Community Meeting.

We'd love your help!

Foyer/Kitchen/Bathrooms, Debbie,  
([Debbie.Hall@bcbsnc.com](mailto:Debbie.Hall@bcbsnc.com),

932-5813)

Sanctuary, Maryphyllis, ([Maryphyllis1@aol.com](mailto:Maryphyllis1@aol.com), 542-0260)  
Upstairs/Chapel, Diana, ([dcgildea@hotmail.com](mailto:dcgildea@hotmail.com), 967-1385)

A Friendly Reminder . . .

*Time & Talent Survey*

If you haven't yet, please get one  
from the lobby and share your  
specialties!

## Didgeridoo Workshop

Sunday, August 12, 2007, 1:30 – 4pm  
Suggested Love Offering \$20

Visiting Australian lecturer and recording artist Phil Jones will present an interactive workshop **teaching meditation and simple breathing techniques with the Australian didgeridoo**. The didgeridoo is an ancient mesmerizing drone instrument made from a eucalyptus tree and traditionally played in ceremony and healing by the Aboriginal clans of Australia. Playing the didgeridoo creates soothing and resonant emotional harmonics that easily erase the "monkey chatter" in the mind – enhancing mental clarity and creating a state of relaxation, relaxes the heart, improves digestion, and significantly reduces sleep apnea and snoring.

**No music experience is necessary. All participants will be provided an authentic Australian didgeridoo to play during the workshop.** Didgeridoos & CDs will be available to purchase after the workshop.

## August Activities

### Monday:

Healing Circle, 6:30 – 7:30pm, Sanctuary

Aug. 6 & 13 Lessons in Truth  
7 - 8:30pm, Sanctuary

### Tuesday:

Aug. 14 – Family Game Night  
6 – 7pm food, games 7 – 8:30pm

Noon Prayer - Silent Unity, Sanctuary

### Wednesday:

A Course in Miracles, 7 - 8:30, Chapel

### Thursday:

Aug. 9 & 30 Choir Rehearsal, 6:30 - 8pm,  
Sanctuary

Aug. 16 Interfaith Chanting led by Mark  
Smith & Mark Malachi, July 12, 7:30pm,  
Sanctuary

### Friday:

Aug. 31 Jewish Erev Shabbat Worship  
Service, 7:30pm, Sanctuary

### Saturday:

Aug. 11 Drawing Out Your Soul,  
10am – 1pm, Sanctuary

### Sunday:

Aug. 12 Phil Jones – Didgeridoo  
Workshop, 1:30 – 3pm, Sanctuary

Board Meeting Aug. 19, 1 - 3pm, Chapel

Family Picnic, 1- 4pm, Outside/Inside

Youth Education, ongoing, Sundays  
11am - 12:30pm, Chapel

Adult Forum, ongoing, Sundays,  
9:45 - 10:45am, Chapel

A Course in Miracles, ongoing,  
Sundays, 7:30pm, Chapel

## For Families & Kids!

### Family Game Night

Tuesday, August 14  
6pm food, 7 – 8:30 games!

### FAMILY PICNIC

Sunday, August 26  
1 – 4pm

## Drawing Out Your Soul

We will use music, meditation, and journaling, in conjunction with the unique power of Touch Drawing, to deepen awareness of whatever is ready to manifest, transform, or release in your life. Touch Drawing is a simple yet profound process. Please bring a journal, a meditation cushion and/or yoga mat, and a smock or old shirt to cover your clothes. Facilitated by Marilyn Grubbs, MA.

Saturday, August 11, 2007  
10am - 1pm, \$30 (due by August 4)

For more info. contact Marilyn Grubbs: 960-2604.

## Lawn Care Angels Wanted!

Sign Up Sheet is in the Lobby.

Note: if you have a “buddy,” you can sign up together. That way the lawn will get mowed quicker, more easily and with fellowship!

## Lessons in Truth

Continues Mondays thru August 13  
7:30 – 8:30pm, Suggested Love Offering \$10/class

Led by Rev. Elizabeth. Develop a better understanding of your spiritual nature through the study of metaphysical Truth principles—the fundamental and ultimate reality of all things. The course is based on H. Emilie Cady's book *Lessons in Truth*.

Drop ins are welcome.

Watch for this in September!

Rev. Elizabeth Thompson will be offering the powerful “**Keys to the Kingdom**” class.

**Unity Center of Peace Church**

# August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><b>UNITY CARES</b></p> <p><i>We pray with these people during the month of August:</i>  <b>Betsy Bickel, Melanie Brethauer, Courtney &amp; Aubrey Dagenhart, Dianne Evans, Sharon Goldbloom, Barbara Janeway, Nancy Jeannechild, Monica Pagano, Jean Parker, Helen &amp; Fred Spielman</b></p>			<p align="center"><b>1</b></p> <p>12 - 12:30pm Noon Prayer</p> <p>A Course in Miracles 7 - 8:30pm <i>Chapel</i></p> <p>WildBunch 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center"><b>2</b></p>	<p align="center"><b>3</b></p>	<p align="center"><b>4</b></p>
<p align="center"><b>5</b></p> <p>Adult Forum: 9:45 am</p> <p>11am - 12:30pm Service Speaker: Rev. Elizabeth Thompson</p> <p>7:30pm A Course In Miracles <i>Chapel</i></p>	<p align="center"><b>6</b></p> <p>Healing Circle 6:30 - 7:30p <i>Sanctuary</i></p>	<p align="center"><b>7</b></p>	<p align="center"><b>8</b></p> <p>12 - 12:30pm Noon Prayer</p> <p>A Course in Miracles 7 - 8:30pm <i>Chapel</i></p> <p>WildBunch 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center"><b>9</b></p> <p>Choir Rehearsal 6:30 - 8pm <i>Sanctuary</i></p>	<p align="center"><b>10</b></p>	<p align="center"><b>11</b></p> <p>IFC Kitchen call Simon Kaplan 490-5949 to register</p> <p align="center">Drawing Out Your Soul 10am - 1pm, <i>Sanctuary</i></p>
<p align="center"><b>12</b></p> <p>Adult Forum: 9:45 am</p> <p>11am - 12:30pm Service Speaker: Sheila Dempsey Music: Phil Jones</p> <p>Didgeridoo Wokshop 1:30 - 4pm, <i>Sanctuary</i></p> <p>7:30pm A Course In Miracles <i>Chapel</i></p>	<p align="center"><b>13</b></p> <p>Healing Circle 6:30 - 7:30p <i>Sanctuary</i></p>	<p align="center"><b>14</b></p> <p>Family Game Night 6pm food, games 7 - 8:30pm, <i>Sanctuary</i></p>	<p align="center"><b>15</b></p> <p>12 - 12:30pm Noon Prayer</p> <p>A Course in Miracles 7 - 8:30pm <i>Chapel</i></p> <p>WildBunch 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center"><b>16</b></p> <p>Interfaith Chanting 7:30 pm <i>Sanctuary</i></p>	<p align="center"><b>17</b></p>	<p align="center"><b>18</b></p>
<p align="center"><b>19</b></p> <p>Adult Forum: 9:45 am</p> <p>11am - 12:30pm Service Speaker: Rev. Elizabeth Thompson Music: Mark Malachi</p> <p>Board Meeting 1 - 3:30pm</p> <p>7:30pm A Course In Miracles <i>Chapel</i></p>	<p align="center"><b>20</b></p> <p>Healing Circle 6:30 - 7:30p <i>Sanctuary</i></p>	<p align="center"><b>21</b></p>	<p align="center"><b>22</b></p> <p>12 - 12:30pm Noon Prayer</p> <p>A Course in Miracles 7 - 8:30pm <i>Chapel</i></p> <p>WildBunch 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center"><b>23</b></p>	<p align="center"><b>24</b></p>	<p align="center"><b>25</b></p>
<p align="center"><b>26</b></p> <p>Adult Forum: 9:45 am</p> <p>11am - 12:30pm Service Speaker: Rev. Elizabeth Thompson FAMILY SERVICE</p> <p>FAMILY PICNIC 1 - 4pm</p> <p>7:30pm A Course In Miracles <i>Chapel</i></p>	<p align="center"><b>27</b></p> <p>Healing Circle 6:30 - 7:30p <i>Sanctuary</i></p>	<p align="center"><b>28</b></p>	<p align="center"><b>29</b></p> <p>12 - 12:30pm Noon Prayer</p> <p>A Course in Miracles 7 - 8:30pm <i>Chapel</i></p> <p>WildBunch 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center"><b>30</b></p> <p>Choir Rehearsal 6:30 - 8pm <i>Sanctuary</i></p>	<p align="center"><b>31</b></p> <p>Jewish Erev Shabbat Worship 7:30 - 9pm <i>Sanctuary</i></p>	
<p align="center">Come to <b>Adult Forum</b> for stimulating discussion with fascinating people! Sundays, 9:45 - 10:45am</p> <p><b>8/5 - Maryphyllis Horn leads "Manifestation Methods with Huna that are compatible with Unity."</b></p> <p align="center">Other Sunday topics and facilitators are to be announced.</p>						

**Please check our website  
updates and articles**

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

**Regular Business Hours:**

**Mon. & Tues. 8:30am – 4:30pm, Wed. 11am – 4pm, Thurs. 8:30 - 12:30, closed Friday**

**Bookstore Hours: Mon. - Thurs. 11am -12pm, Sun. 10:30 - 11am & 12:30 - 1pm**

**UCPC Prayer & Care:**

24-hour Prayer Line 968-1854, Prayer Box (Front Foyer), Silent Unity (800) 669-7729 [www.silentunity.org](http://www.silentunity.org)

## Didgeridoo Workshop

**Sunday, August 12, 2007, 1:30 – 4pm**  
**Suggested Love Offering \$20**

An interactive workshop with recording artist and sound therapist, Phil Jones, who travels from Australia to visit with us! Learn to play the didgeridoo.

*Let's get together....*

**FAMILY PICNIC**  
Sunday August 26, 1 – 4pm

**UNITY CENTER OF PEACE CHURCH**

8800 Seawell School Road, Chapel Hill, NC 27516

[www.unitychapelhill.org](http://www.unitychapelhill.org)

August 2007



UCPC is a Member of the Association of Unity Churches