

Spirit Express



UNITY CENTER OF PEACE CHURCH

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From the Heart ♥

How do we know that we are in the flow? There are several ways the world feeds back to us that we are spiritually plugged in.

First, we begin to experience delightful and inexplicable synchronicities. Prayers are answered. We bump into people with whom we need to be interacting. Songs appear on the radio that depict current life circumstances. The world around us clearly reflects the thoughts that are swirling around in our minds. Our hunches lead us to the places and people that support our needs and desires.

Second, we begin to feel a sense of quickening within. When we are spiritually plugged in, we are in touch with our passion and we start to vibrate faster. Every cell in our body sings its song of Light and we radiate joy from within.

When we are centered upon Source, and are able to freely express our essential nature, we feel excited by life. We are enthusiastic; we are filled with the joy of Christ Consciousness.

My wish for you, my sweet brothers and sisters, this holiday season, is that you feel plugged into Spirit as Christ is reborn within you. May you awaken to the incredible Divine potential inside and live from that place of passion, joy, and truth. Let us join each other there as we dance our way into 2006!

With Love, **Mark**

BOARD BULLETIN: Board Focus #5: Public Relations & Outreach

For the sake of clarity, Public Relations (PR) is an umbrella term used to identify activities that are developed to create understanding and good will between an organization and the public at large. Components of PR include outreach, publicity, and paid advertising.

OUTREACH – is about being - sharing our ministry with the community. Each of us has a personal mission. Although causes vary (ie. children, the environment, peace, love, forgiveness, spiritual practice, justice, etc.), a calling is a desire to share one's ministry. To be of service. To share skills and talents. To allow Spirit to flow through us. To benefit others.

Here at UCPC our outreach programs include much of what we do: Sunday Service, Interfaith Service, Educational Programming, Peace Day, Friday Night Live, Peace Crane Initiative, Community Service, Social Action, etc. These initiatives are designed to share our mission and impact the lives of others; to attract public attention and support. It is through these initiatives that we share Unity principles, that we walk our talk, and we “be the change we want to see in the world”. As our members become clear about their callings and personal ministries, the opportunities for UCPC sponsored outreach programs will grow. If you are being called to create or initiate something, we invite you to step forward and make it happen. We are a congregation that impacts the world through our personal and collective ministries.

PUBLICITY – is about doing – getting the word out. In order for UCPC's Outreach programs to gain exposure and reach the public, publicity and marketing is necessary. Promotional materials need to be created and disseminated - posters, flyers, press releases, calendar listings, web site updates, etc. At a recent PR/Outreach Group gathering, we began to identify internal and external marketing avenues, develop a media and distribution list, and standardize some procedures that will ensure that information and other promotional materials is being disseminated appropriately. If you have some graphic design, publicity, marketing or media relations experience, we can use your help!

Remember that each of us is the steward of our mission. Our congregation relies on our collective commitment to bring forth our individual skills, talents and ability in order to create the world we desire – a world of peace, joy, unity and prosperity. If you feel called to join in this work, please contact Julie Cusatis at (919) 402-0878 or jcusatis@earthlink.net

Julie Cusatis, Board Liaison to PR & Outreach

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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.

November Community Meeting

Our November 6 Community Meeting focused on Peace Day 2006. We discussed the intention of having it be a single main venue with an interfaith focus. We intend to have speakers, musicians, poets, and dancers address the notion of "peace through interfaith understanding." Mark Malachi stepped forward to hold the vision and be the point person. Barbs Burman will organize a peace vigil the night before the event. Pat Veenema will act as treasurer for the event. Helen Dannatt will coordinate the PR. Machai St. Rain will work with Mark on the music programming. There are still many opportunities for congregants to plug in. The main step forward we made was to get clear that the event, which we envision to take place in the Fall of 2006, will be more of a single-venue presentation than a "carnival," as it was in 2005.

The possibility of creating an outdoor sanctuary with the proceeds from last year was discussed. This would be a place where we could hold outdoor worship services, meditate in nature, and hold full moon circles. We envision the space to have seating for at least 100 people and be in the round.

We also discussed the upcoming silent auction and how important it is that we get folks from outside the community to donate goods and services, as well as attend the event.

We concluded by discussing the possibility of holding family services more often since people felt that it sure was fun to watch Mark fling himself around the room!

Mark

Helen's Musings

These are the personal opinions of Helen Dannatt. I am not a sage, nor do I portray one on TV.

I am a hard-working professional, European-American, circumferentially challenged woman originally from New York City. I love council, quilting and food. I'm also particularly fond of movies, beads, knitting (preferably on 00 circular bamboo needles), the ocean and Spirit Houses (personal shrines), although it's hard for me to make time for hobbies. I have a son, Len Dannatt, daughter-in-law Annasidonia (Sid) and the most beautiful granddaughter in the world, Chloe, who live up north. In Feb 2000 IBM transferred me from New Jersey. I do systems analysis for an internal account in RTP. Setting out to find the Unity Church in Chapel Hill, I left the house late and got lost, so it was 1:00pm when I arrived. My expectation was that there would be no one there. No problem, at least I would know where to go next week. Instead, the parking lot was full! Turns out it was the first Sunday of the month, potluck, and Barnsley was giving a Reiki seminar in the afternoon, which I attended. I was here through "The Troubles" and could not be more delighted with our current level of energy and well-being. My favorite is the Interfaith Service on the second Thursday of each month. Michael McCluskey is helping me meditate on Sunday mornings at 9:30. I am in the Lay Ministry program, which has exceeded expectations, and I co-chair the Social Action Committee with Barbara Janeway. If you would like me to pray with you or just listen, give me a ring or catch me after the Sunday service.

Unity represented new thought. UCPC represents new levels of awareness.

Where Unity was rooted in Christianity, UCPC places Christ Consciousness in an interfaith context.

Where Unity was designed for adults, UCPC speaks to the inner child as well.

Where Unity focused on thinking, UCPC embraces all paths to enlightenment. Our interest in The Silence (not thinking) is a good example.

Where Unity relied on the mind, UCPC also listens with the heart. Our interest in Council is a good example.

Where Unity shied away from looking at the dark side, UCPC understands that there are valuable gifts there.

Where Unity promoted healing prayer, UCPC supports prayer and various other healing modalities.

Where Unity followed the model of a strong minister, UCPC practices democracy and empowers all members to be leaders and teachers.

Where Unity is satisfied to serve it's members, UCPC explores partnerships with other organizations and supports community outreach.

To me, UCPC is holistic Unity.

Namasté, **Helen Dannatt**

Phone: 919.486-2481 or hdannatt@us.ibm.com (business hours), Cell: 919.824-3861

Full Moon Fire Ceremony With Grace Leigh Marshall

December 15th 7:30pm

Celebrate the Divine Feminine and Honor the Four Corners of the Earth! Please bring a simple gift to exchange to celebrate the balance of giving and receiving. This month we shall open our minds and hearts to manifesting our Dreams using our divine words "I Am" and visioning. Please bring an instrument and be prepared to clear our chakras through breath, chant and dance by the fire! (Ceremony will be inside if extreme cold or rain). The Full Moon Circle is open to both men and women. Love offering. **For more info contact Grace Leigh at (919) 929-1355.**

Upcoming Full Moon Dates: 7:30 pm January 14 & February 12, 2006.

Going Within

Inspiration that lifts is available every moment. Just turn your attention inward to that place inside where the silence originates. Hold your attention to that place and don't be distracted by thoughts which try to interrupt. With your Will, dismiss the thought based interruptions. Bask in the experience that unfolds within that quiet place. Christ is not a void empty cave. On the contrary, Christ within is a magical unfolding effervescent experience that satisfies every longing. Christ exists within us as the gateway to our sustaining life force energy. Not reliant on any external conditions, Christ empowers every facet of our pursuit of the experience of our existence and all existence.

Remember. We can turn to our Christ within anytime; not just when we are looking for answers or to pray for a desired condition or circumstance. We can just turn, go in and commune with the most wonderful experience available, that surpasses all other experiences, the experience of Christ within us in this moment.

Michael McCluskey

THE PATH

Walking along a garden path on smoothen stones in circles.

Walking around and around like, a lazy disoriented bug, not knowing where to go or what to do.

Time stands still, the sun has not moved and still I'm walking in those same circles.

When will this end ?

Where will I end up ?

And finally, will I be strong enough to face the changes in my life ?

Kimberly Raulli

Silent Auction Update: Now is the time to donate your gently used but still valuable merchandise for the **December 11th Love-In Auction.** Donation forms are inserted into your Sunday bulletins. Tax forms are available inside lobby. Please donate at least 3 items or services and obtain high dollar donations from your business contacts. Our goal this year is \$4000. Only YOU can make that happen!

Farrunnissa on Christmas Day at UCPC

Sunday morning:

"Cosmic Christ: the Sound and Feeling of Jesus' Words" An exploration of the Lord's Prayer through a revolutionary revisioning of the original Aramaic words and phrases, including shared sound practices, body prayer, and meditation. Presented by Farrunnissa Lila Rosa, long-time student of Dr. Neil Douglas-Klotz, author of Prayers of the Cosmos.

Sunday evening:

"The Aramaic Prayer Cycle" An in-depth experiential sharing of each line of the Prayer of Jesus in Aramaic, with music, movement, meditation, and a joyful communion ceremony. No experience needed. Accessible for all experience and skill levels. Led by Farrunnissa Lila Rosa, with live music provided by wonderful musicians. 7:30 - 9:30 PM. Suggested donation \$5. Due to the nature of this gathering, please plan to arrive on time.

Love, Farrunnissa

UPCOMING EVENTS NOT TO MISS

Friday Night Live ! An exciting monthly teen arts night **December 2, 7:30 – 10pm**

Potluck & Community Meeting December 4
after church

Love-in-Auction December 11, 12:30 – 2pm

Christmas Eve

5:30pm (Family Service) and 7:30pm Service
Mark Malachi "Let Christ Be Born Today"

Christmas Day

Sunday Service 11:00am – 12:30pm
Farrunnissa Lila Rosa "The Aramaic Lord's Prayer"

and coming in January

New Year's Day

Sunday Service: Caroline Wood
"Burning Bowl"



Main Office Hours:

Monday – Friday 11am – 4pm
Mariah Wheeler, Office Manager
968-1854 unitychapelhill@mindspring.com

Spiritual Teacher's Hours:

Tuesday & Thursday 11am-5pm
Wednesday & Friday On-Call
Mark Malachi, Spiritual Teacher
Home Phone: 932-5282 Cell Phone 270-3983
email Mmal27@aol.com

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)

Email newsletter submissions to editors:

Marilyn Grubbs at mgrubbs@nc.rr.com, or

Michael McCluskey at mjmcc1@aol.com by the 10th of each month.

UNITY CENTER OF PEACE CHURCH

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To remove your name from our mailing list, call 968-1854
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www.unitychapelhill.org

December 2005



UCPC is a Member of the Association of Unity Churches

December 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNITY CARES We pray with these people during the month of: December Harry & Sylvia Ginsberg, Michelle & Dave Wilson, Deborah Dorland & Rex Bradley, John Orr, Pamela Collins, Julie Harris, Moksha & Marc Kolman, Christina Tarataglia				1 Choir Rehearsal 7:30pm RIF A'I MARUFI (SUF) 9:00 - 12:00 midnight <i>Sanctuary + Kitchen</i>	2 Friday Night Live 7:30 - 10pm <i>Sanctuary</i>	3
4 Meditation 9:30am Adult Forum: 9:45am 11am Family Service Speaker: Mark Malachi "Be the Change" Music: Joyful Noise Choir POTLUCK & Community Meeting after church 2nd Sunday of Advent 7:30pm A Course In Miracles	5 RIF A'I MARUFI (SUF) 8-11pm <i>Sanctuary + Kitchen</i>	6 Prayer Team 2pm <i>Mark's Office</i> Lay Ministry 7 - 9pm <i>Sanctuary</i>	7 12:00 Noon Prayer Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i> Auction Meeting 7:30pm at <i>Fosters</i>	8 Interfaith Worship 7:30pm <i>Sanctuary</i> RIF A'I MARUFI (SUF) 8-11pm <i>Sanctuary + Kitchen</i>	9	10 Auction Setup 3pm IFC Kitchen call Simon Kaplan 932-8858 to register 5pm meet to carpool for 6pm Christmas Party at Unity in Greensboro
11 Meditation 9:30am Adult Forum: 9:45am Invite a Friend Day 11am Service Speaker: Mark Malachi "Mercy and the Divine Mother" Music: The Spielman Flute Quartet 3rd Sunday of Advent Love-in-Auction 12:30 - 2pm Youth Ed Meeting 1:30pm 7:30 pm A Course In Miracles	12 RIF A'I MARUFI (SUF) 8-11pm <i>Sanctuary + Kitchen</i>	13 Prayer Team 2pm <i>Mark's Office</i> Lay Ministry 7 - 9pm <i>Sanctuary</i>	14 12:00 Noon Prayer Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i> Community Connections Network meeting 7:30pm K&W Cafe	15 RIF A'I MARUFI (SUF) 8-11pm <i>Sanctuary + Kitchen</i> Full Moon Ceremony 7:30pm Choir Rehearsal 7:30pm	16	17 Dances of Universal Peace 7:30 - 9:30pm <i>Sanctuary</i>
18 Meditation 9:30am Adult Forum: 9:45am 11am Service Lay Ministry Graduation Special Kidz Music Communion Service Music: Jewelsong 4th Sunday of Advent: Love Board Meeting 1-3:30pm 7:30 pm A Course In Miracles <i>Mark's Office</i>	19 RIF A'I MARUFI (SUF) 8-11pm <i>Sanctuary + Kitchen</i>	20 Prayer Team 2pm <i>Mark's Office</i> Outdoor Sanctuary Team 7pm <i>Mark's Office</i>	21 12:00 Noon Prayer Strategic Planning meeting 7pm <i>Mark's Office</i> Winter Solstice Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i>	22 RIF A'I MARUFI (SUF) 8-11pm <i>Sanctuary + Kitchen</i> Choir Rehearsal 7:30pm	23	24  Christmas Eve Speaker: Mark Malachi "Let Christ Be Born Today" 5:30pm Family Service 7:30pm Service
25 Meditation 9:30am Adult Forum: 9:45am 11am Service Speaker: Farrunnissa Lila Rosa "The Aramaic Lord's Prayer" Music: Machai St. Rain Christmas 7:30 Aramaic Prayer Circle <i>Sanctuary</i> 7:30pm A Course In Miracles <i>Mark's Office</i>	26 RIF A'I MARUFI (SUF) 8-11pm <i>Sanctuary + Kitchen</i> Office Closed ▶ Mark Away ▶	27	28 12:00 Noon Prayer Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i>	29 RIF A'I MARUFI (SUF) 8-11pm <i>Sanctuary + Kitchen</i>	30	31

🎂 BIRTHDAY CORNER 🎂

Happy Birthday to this month's honorees: **Melissa Johnston, Eileen Helton, Marilyn Grubbs, Robert Keller, Tom Bogan, Sarah Pratt, Evy Green, John Benziger, Toby Askew, Simon Kaplan, Robert Masto, Judy VanGelder, Pat Callair, Nancy Shepherd.**