

# Spirit Express



UNITY CENTER OF PEACE CHURCH

Volume 12, Number 12

December 2006

## From the Heart ♥

What an exciting time for UCPC! There are so many wonderful things all happening at the same time.

The New Minister Search Team is bringing us new candidates with which to interact and observe during the first two weekends of December. It is a real possibility that we may offer the Minister position to someone very soon.

New people are coming through the doors every weekend and from what I have heard, they are impressed with the loving resonance present in our sanctuary on Sunday mornings. You are to be commended for bringing your overflowing cups of life and love to Sunday celebration. You really are embodying "the Christ within you."

And Holiday time is upon us. God bless us all, everyone.

*Michael*

## Board Bulletin: *The Spirit of Giving*

I love this time of year. Despite the growing darkness as the Sun journeys further and further from our little planet, the advent of Christmas seems to illuminate the best in people. We are reminded that although darkness abounds, Light is born unto us . . . Light is born into us. What an exquisite cause for celebration!

This season of hope provides an amazing opportunity for us to bear the Christ Light within and allow it to radiate effusively from our body, mind and spirit. Quench the craving and allow your Light to shine unencumbered. Be the change you want to see in the world. Make your family, work, community, life better by giving of yourself. Share your time, talents and treasures with enthusiastic abandon and be assured that all that you reap so to will you sow.

I am grateful to the many flames within our community who stoke the fires of possibility and keep things ablaze at UCPC. Your physical and financial contributions are greatly appreciated. Thank you! My New Year's wish . . . may we all be a Light unto the world and shine, Shine, SHINE!

Treasurer's Report November 2006				
	Attendance	Tithes	Goal	Ave./ person
5-Nov	100	\$1,694.67	\$1,375	\$16.95
12-Nov	51	1,190.10	1,375	23.34
19-Nov	64	1,330.00	1,375	20.78
26-Nov			1,375	
Totals			<b>\$5,500</b>	

*Julie Cusatis*, Vice 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](mailto:unitychapelhill@mindspring.com), Website: [unitychapelhill.org](http://unitychapelhill.org)**

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

**Administration**

Interim Minister	<b>Michael McCluskey</b>	968-1854 or 593-5939	mjmcc1@aol.com
Office Manager	<b>Mariah Wheeler</b>	968-1854 or 942-7477	unitychapelhill@mindspring.com
Music Director	<b>David Richter</b>	932-7979	davidrichter@hotmail.com
Youth Ed	<b>Machai St. Rain</b>	636-2237	machaisaintrain@yahoo.com

**Board of Trustees**

President	<b>Barbs Burman</b>	(919) 663-3301	barbsieb@yahoo.com
Vice President	<b>Julie Cusatis</b>	732-1784	jcusatis@earthlink.net
Treasurer	<b>Chris Egle</b>	932-5813	chris@Transformspirit.com
Secretary	<b>Claudia Kaplan</b>	932-9635	cskaplan@netzero.net
Trustee	<b>Pat Veenema</b>	308-5653	pjov54@hotmail.com
Trustee	<b>Caroline Demoise</b>	493-7676	taichi5@verizon.net
Member	<b>Michael McCluskey</b>	968-1854 or 593-5939	mjmcc1@aol.com

**Organizational Spheres**

**Worship** - Intention to express our spirituality  
**Education** - Intention to teach & learn  
**Inreach** - Intention to connect with each other  
**Outreach** - Intention to connect with the community  
**Development** - Intention to grow  
**Administration** - Intention to steward what we have

**Board Steward: Pat Veenema**  
**Board Steward:**  
**Board Steward:**  
**Board Steward:**  
**Board Stewards: Julie Cusatis**  
**Board Steward: Barbs Burman**

Bookstore	<b>Debbie Hall</b>	(336) 376-2131	pause4health@yahoo.com
Bldg. & Grounds	<b>Michael McCluskey</b>	932-3892	mjmcc1@aol.com
Floral Coordinator	<b>Helen Spielman</b>	929-4520	hbs@email.unc.edu
Finance	<b>Chris Egle</b>	932-5813	chris@Transformspirit.com
Prayer & Care	<b>Lorraine Lewis</b>	967-2215	lorrainelewis@earthlink.net
Earth Partners	<b>Barbara Janeway</b>	932-4469	barbj@yahoo.com
Outdoor Sanctuary	<b>Betty Lou Chaika</b>	549-6690	blchaika@earthlink.net
Spirit Express Eds.	<b>Debbie Hall</b>	(336) 376-2131	pause4health@yahoo.com
	<b>Michael McCluskey</b>	932-3892	mjmcc1@aol.com
Usher Coordinator	<b>Bobbie Hayes</b>	929-3467	
Worship	<b>George Sharp</b>	402-4226	

**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.

**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.

## Search Committee Report

The Search Committee would like to report on the exciting progress it is making in its search for a temporary minister (with the possibility of becoming permanent) for Unity Center of Peace Church. The Committee, which is composed of: Lorraine Lewis, A.C. Bushnell, Caroline Demoise, Barbs Burman, Joanne Dahill, Shawna Donaldson, and David Richter, is hoping to fill the ministerial position by February, 2007.

At present, the search has been narrowed down, from a larger pool of submissions, to two candidates:

Erin McCabe

Diadra Price/Carolyn Craft (Team)

These candidates were selected after Phase 2 of the process, which involved engaging the applicants in conference call interviews with Committee members.

The two candidates, which emerged as best qualified for UCPC, have been moved to the next phase of the process. For Phase 3 these candidates have been invited to spend two weekends with our community: leading the worship service, conducting a workshop for congregants, meeting with the UCPC Community and Board of Trustees, individual counseling, etc.

**Rev. Erin McCabe**

December 1<sup>st</sup> - Participates in the Namaste Holiday Concert

December 3<sup>rd</sup> - Conducts the Sunday Church Service and meets with congregants afterwards for potluck and question & answer exchange.

December 3<sup>rd</sup> - Conducts workshop "Which Love Language Will Change Your Life?: Getting the Love You Want and Wanting the Love You Get" for congregation 2 - 3:30 pm

## Rev. Diadra Price/Rev. Carolyn Craft

December 10<sup>th</sup> - Offer workshop Sunday morning 9 - 10:30 am before service.

- Conduct the Sunday Church Service, each speaking on previously submitted by the congregation "Questions from the Heart" - Meet with congregants afterwards for potluck and question & answer exchange.

PLEASE ATTEND THESE SUNDAYS !!!

THERE WILL BE SURVEYS SUPPLIED FOR ALL MEMBERS TO PARTICIPATE IN SHARING THEIR PERSONAL IMPRESSIONS/INPUT REGARDING THE MINISTERIAL CANDIDATES

*The criteria/qualifications established as the basis for reviewing of the applicants' submissions were/are the following:*

### **Unity Center of Peace Minister Qualifications**

*Responsibilities include providing spiritual leadership through teaching and counseling, manages day to day operations, supervises employees and practices fiscal soundness, working in collaboration with the Board of Trustees.*

*Requirements:*

- *Licensed ordained minister (Unity ordained or willing to pursue Unity ordination)*
- *Experienced counselor*
- *Dynamic speaker and educator*
- *Practices a collaborative leadership style and supports a community consensus model*

*Honors interfaith practices and integrates these with Unity Principles*

The Search Committee endeavors to keep this process visible and available to all in the community at Unity Center of Peace Church. We welcome input and suggestions and we will continue to keep the community informed as to the progress and status of the search process.

Blessings, *David Richter*, Chair

## Musical Musings **A Mini-History of Carols**

The word carol stems from the French *carole*, and in fact, French carols, or *Noels*, are among the oldest. A document from the early 1500's describes a carol as a "song of joyful character, associated with good cheer as an element in Christmas and other seasonal observations." Carols were mostly composed anonymously during the Middle Ages. They soon traveled to England and other parts of Europe, where they were popularized by wandering minstrels, pageanters, and church festivals.

St. Francis of Assisi is credited with bringing carols into formal church worship. On Christmas Eve, 1223, he re-created the first Christmas Eve using farm animals, a statue of the Christ child, and carol-like songs he had composed.

The oldest printed source of carols is in a book written by a London grocer between 1500 and 1536. But most carols were handed down orally before they were finally recorded by folk-song collectors.

The word "carol" is derived from the old French word *caroller*, which means dancing around in a circle. That was derived from the Latin *choraula*, which in turn was derived from the Greek *choraules*.

The upcoming holy season of Christmas, Hannukah, Kwanzaa, the Solstice, and winter festivals of other religions are enhanced and deepened by the singing of beautiful songs. Let us all listen, and sing deeply, and give thanks for the stories, gifts, and emotions that they help us express.

Happy Holidays, everyone! *Helen Spielman*

### **Angel Light Activation** **Saturday, December 16, 3 - 5:30 pm** *An Amazing Gift From Spirit....*

"Bring in the Christmas season with a gift of Angel Light Healing to yourself - enjoy a time of peaceful relaxation as you are activated into the beautiful, radiant Angel Light Healing - during this time you will both receive and give a session with relaxing music in the background. Everyone is welcome!

This event will be facilitated by Lorraine Lewis. For more information, please contact Lorraine. RSVP-Phone: 967-2215 or sign up in the lobby at Unity Center of Peace Church. E-mail: [lorrainelewis@earthlink.net](mailto:lorrainelewis@earthlink.net). Visit: [www.lahochicenter.com](http://www.lahochicenter.com) to learn more about spiritual energy healing and training. Space is limited, so please contact Lorraine to hold your space. Love offering accepted (given in support of Unity Center of Peace Church). Bring 2 pillows, a water bottle, a blanket and wear white clothes. If you don't have white clothes, bring a white sheet.

## Spiritual Connection through Tai Chi

Tai Chi is being offered at Unity Center for Peace because it is an effective way for humans to connect with their essence, the awareness within that experiences direct connection to the spiritual world. Sitting down to meditate is challenging for people, at least it was for me for many years. When I discovered tai chi, I noticed that it was easier for me to relax, become centered and quiet my mind as we flowed through the beautiful slow movements of tai chi. Mind, body and spirit are connected so when we move the body slowly, mindfully and with the intention of awareness rather than thinking, we are bringing both body and mind into closer alignment with spirit. The slow movements of tai chi are calling us home, inviting us to experience our essence, our spiritual nature and the peace within.

The transformation that happens on the spiritual level develops gradually over time as a subtle softening of the hard edges of judgment, needing to be right or reacting in anger. We notice a growing ability to be aware of ourselves and others from a place of neutrality, an increase in compassion, and an easier acceptance of differing points of view. Life is change. The only thing we can

control is our response to the situation. When we are consciously involved with change by participating in activities that awaken our spiritual nature and cultivate the qualities we would like to express, we are living from a more empowered position.

The beauty of tai chi is that it transforms us on all levels and unifies mind, body and spirit. There are many health benefits that result from incorporating tai chi into your life. In addition to improving stamina, muscle strength, heart and lung function, balance and coordination, tai chi is an effective stress reduction technique in this hectic world. The Chinese call this art the supreme ultimate exercise because of its ability to unify mind, body and spirit. As we approach the holiday season, what better gift could you give yourself than the nourishment of your body and soul by learning tai chi. Participation in the Wednesday evening class from 6:45pm to 7:45pm financially supports the church, offers you fellowship with your spiritual family and helps you walk the "inner path" of connection to essence, teaching you to resonate with spirit as you live in the outer world of form.

Namaste, *Caroline Demois*

### 12 Signs of Inner Peace

I saw this list posted at a recent spiritual gathering and thought it contains reminders for all of us.

1. Thinking and acting spontaneously rather than from fear based on past experience.
2. Enjoying the present moment.
3. Losing interest in judging others.
4. Losing interest in judging oneself.
5. Releasing interest in interpreting the actions of others.
6. Losing interest in conflict.
7. Losing the ability to worry.
8. Welling up with feelings of appreciation.
9. Enjoying feelings of connection to people and nature.
10. Smiling from the heart through the eyes.
11. Letting things happen instead of making them happen.
12. Feeling the urge to extend and receive love.

*Laurie Brill*

# December 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>UNITY CARES</b> <i>We pray with these people during the month of:</i> <b>Carol dePoix, Kathleen &amp; Jim Gleiter, Barbara Janeway, Greg Louie, Dorothy McGee, Emile McLaughlin, David &amp; Marcia Thuermer, Caroline Demoise &amp; John Upfield, Hazel Werler</b>					<b>1</b> <div style="background-color: #00FF00; padding: 5px; text-align: center;"> <b>Namaste Holiday Concert</b>            8 - 10:30 pm         </div>	<b>2</b>
<b>3</b> Adult Forum: 9:45 - 10:45 am Service 11 am - 12:30 pm Speaker: <b>Rev. Erin McCabe</b> <u>Ministerial Candidate</u> <b>"Spiritual Prophecy"</b> Ministerial Candidate Music: Erin McCabe  <b>Rev. Erin McCabe</b> 12:30 - 2 pm <b>potluck, Q &amp; A Exchange</b> 2 - 4pm <b>workshop: "Which Love Language Will Change Your Life?"</b>  A Course In Miracles 7:30 pm <i>Minister's Office</i>	<b>4</b> <b>Healing Circle</b> 7 - 8 pm Sanctuary  RIF A'I MARUFI (SUFU) 8 - 11 pm Sanctuary + Kitchen	<b>5</b> <b>Minister's Workshop</b> 7 - 9pm <i>Minister's Office</i>  Inspirational Journeys & Divine Archetypes 7 - 9:15pm <i>Chapel</i>	<b>6</b> Noon Prayer Tai Chi 6:45 - 7:45 pm <i>Sanctuary</i>  A Course in Miracles 7 - 8:30 pm Chapel  Wild Bunch 8 - 9:30 pm <i>Sanctuary</i>	<b>7</b> <b>Choir Rehearsal</b> 7:30 - 9 pm <i>Sanctuary</i>  RIF A'I MARUFI (SUFU) 9 pm - 12 am Sanctuary + Kitchen	<b>8</b> <b>Friday Night Live!</b> Teen night 7 - 10 pm <i>Sanctuary</i>	<b>9</b> <b>IFC Kitchen</b> call Simon Kaplan 932-8858 to register  <b>Catherine King</b> event 4 pm - midnight <i>Sanctuary &amp; Kitchen</i>
<b>10</b> <b>Diadra Price &amp; Carolyn Craft workshop:</b> 9 - 10:30 am  Service 11 am - 12:30 pm Speakers: <b>Diadra Price &amp; Carolyn Craft</b> <u>Ministerial Candidate Team</u> Music: Joyful Noise Choir 12:30 - 2 pm <b>potluck, Q &amp; A Exchange</b> with <b>Rev. Price &amp; Rev. Craft</b>  A Course In Miracles 7:30 pm <i>Minister's Office</i>	<b>11</b> <b>Healing Circle</b> 7 - 8 pm Sanctuary  RIF A'I MARUFI (SUFU) 8 - 11 pm Sanctuary + Kitchen	<b>12</b> <b>Minister's Workshop</b> 7 - 9pm <i>Minister's Office</i>	<b>13</b> Noon Prayer <b>Board Meeting</b> 5 - 6:30 pm  Tai Chi 6:45 - 7:45 pm <i>Sanctuary</i>  A Course in Miracles 7 - 8:30 pm Chapel  Wild Bunch 8 - 9:30 pm	<b>14</b> <b>Interfaith Worship</b> 7:30 pm <i>Sanctuary</i>  RIF A'I MARUFI (SUFU) 9 pm - 12 am Sanctuary + Kitchen	<b>15</b>	<b>16</b> <b>Angel Light Activation</b> 3 - 5:30 pm <i>Sanctuary</i>  <b>Dances of Universal Peace</b> 7:30 - 10 pm <i>Sanctuary</i>
<b>17</b> Adult Forum: 9:45 - 10:45 am Service 11 am - 12:30 pm Speaker: Laurie Brill Music: Helen Spielman  <b>Potluck &amp; Community Meeting</b> 12:30- 1:15 potluck, meeting 1:15 -2:45  A Course In Miracles 7:30 pm	<b>18</b> <b>Healing Circle</b> 7 - 8 pm Sanctuary  RIF A'I MARUFI (SUFU) 8 - 11 pm Sanctuary + Kitchen	<b>19</b> <b>Minister's Workshop</b> 7 - 9pm <i>Minister's Office</i>	<b>20</b> Noon Prayer Tai Chi 6:45 - 7:45 pm <i>Sanctuary</i>  A Course in Miracles 7 - 8:30 pm Chapel  Wild Bunch 8 - 9:30 pm	<b>21</b>  RIF A'I MARUFI (SUFU) 9 pm - 12 am Sanctuary + Kitchen	<b>22</b>	<b>23</b>
<b>24</b> Adult Forum: 9:45 - 10:45 am Service 11 am - 12:30 pm Speaker: Michael McCluskey Music:  A Course In Miracles 7:30 pm  <div style="background-color: #FF0000; color: white; padding: 5px; text-align: center;"> <b>Christmas Eve Service</b>            7:30 - 9pm         </div>	<b>25</b> <b>Healing Circle</b> 7 - 8 pm Sanctuary  <b>CHRISTMAS</b>  RIF A'I MARUFI (SUFU) 8 - 11 pm Sanctuary + Kitchen	<b>26</b> <b>Minister's Workshop</b> 7 - 9pm <i>Minister's Office</i>	<b>27</b> Noon Prayer  A Course in Miracles 7 - 8:30 pm Chapel  Wild Bunch 8 - 9:30 pm	<b>28</b> <b>CHOIR Rehearsal</b> 7:30 pm  RIF A'I MARUFI (SUFU) 9 pm - 12 am Sanctuary + Kitchen	<b>29</b>	<b>30</b>
		 Happy Birthday to this month's celebrants ( <i>ring a ding, cha, cha, cha!</i> ): <b>Melissa Johnston, Marilyn Grubbs, Tom Bogan, Simon Kaplan, Sue-Anne Solem, Nancy Shepherd, Pat Callair</b>				

## UPCOMING EVENTS NOT TO MISS

**Namaste Holiday Concert**  
**Fri., Dec. 1, 8 - 10:30 pm**

### Ministerial Candidate Visits

Rev. Erin McCabe:

- \* Fri. Dec. 1 singing at Namaste Holiday Concert
- \* Dec. 3 Sunday Service speaker & musician  
+ potluck and Q & A Exchange after church
- + workshop: "Which Love Language Will Change Your Life?" 2 - 3:30 pm

Rev. Diadra Price & Rev. Carolyn Craft  
(ministerial team candidates)

- \* Sunday Dec. 10 workshop for congregation  
before church, 9 - 10:30 am  
Sunday Service speaking & music
- + potluck and Q & A Exchange after church

**Potluck & Community Meeting**  
**Sun., Dec. 17, 12:30 - 2:45 pm**

## ★ Namaste Holiday CONCERT ★

**FRIDAY, DECEMBER 1, 2006**  
**8:00 P.M. – 10:30 P.M.**

**Starring: UCPC Youth + Many Talented Musicians. Coffee bar & refreshments.**  
**Bring friends, family, neighbors!**

**Interim Minister: Michael McCluskey**

**Office Hours: Mon. & Fri. On Call,**

Tues. & Thurs. 11am - 4 pm, Wed. 10 am - 2 pm

Home Phone: 932-3892 Cell Phone: (919) 593-5939

email: [mjmcc1@aol.com](mailto:mjmcc1@aol.com)

**Main Office Hours:**

Mon., Wed. & Fri. 9am – 2pm, Tues. & Thurs. 11am – 4pm

Mariah Wheeler, Office Manager

968-1854, email: [unitychapelhill@mindspring.com](mailto:unitychapelhill@mindspring.com)

website: [www.unitychapelhill.com](http://www.unitychapelhill.com)

**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)

Email newsletter submissions to editors:

Debbie Hall, [pause4health@yahoo.com](mailto:pause4health@yahoo.com), and

Michael McCluskey, [mjmcc1@aol.com](mailto:mjmcc1@aol.com) by the 10<sup>th</sup> of month.

### UNITY CENTER OF PEACE CHURCH

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To remove your name from our mailing list, call 968-1854  
or email us at [unitychapelhill@mindspring.com](mailto:unitychapelhill@mindspring.com)

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

December 2006

UCPC is a Member of the Association of Unity Churches