

Spirit Express



UNITY CENTER OF PEACE CHURCH

8800 Seawell School Road, Chapel Hill, NC 27516 ♦ Phone (919) 968-1854
www.unitychapelhill.org

Volume 11, Number 2

February 2005

From the Heart

The year is off to a good start with all sorts of wonderful ways to deepen our involvement with Spirit and with each other.

Our Annual Meeting will be held on Sunday, February 6 at 1:15 PM. We will elect new board members and vote on proposed by-law changes. Meetings such as these give us the opportunity to put our principles into action and create an organization based on the Unity principles of love and mutual respect!

I will begin a new class on February 1st that will run every Tuesday at 7:00 PM for six weeks. This class entitled: "Reaching for Oneness: A Metaphysical Exploration of the Hebrew

Scriptures," will give us the opportunity to discuss Biblical passages in depth to capture the many layers of meaning, in order to see their relevance to our spiritual development.

We will also have the chance to enjoy a varied Valentine's concert on Saturday, February 12th, produced by Helen Spielman, who always does a masterful job. This is the month of love and we will be treated to a smattering of love songs.

Although it seems like Christmas has just ended, I am busy preparing for Easter. Lent begins on Wednesday, February 9th and Easter is early this year, on Sunday, March 27th. I will be giving a

Metaphysical interpretation of Lent on Sunday, February 20th. It is my goal to re-enliven some meaningful Christian rituals so that we are honoring Christianity as much as we honor all other faith traditions!

Our spiritual life here at Unity is rich indeed. What a joy to be able to share another magical year with my soul brothers and sisters!

Blessings and Namaste,

Mark

BOARD BULLETIN

Our Story

Krispy Kreme Donuts, Inc. has hired a former Duke theologian as their full-time "Storyteller-in-Residence". This gentleman asserts that all organizations, whether businesses, schools, or churches, have a story that guides them, runs them, and sustains them. Each member/participant in the group's story benefits from knowing the story and their place in it. By knowing the story, one moves out of *thinking* into *feeling* their participation in the story.

Unity Center of Peace Church also has a story. A story that is constantly in progress.

What IS the story of Unity Center of Peace Church? Many here have a longer history than I, and each perspective is different, so obviously, the story is not an absolute; rather it is alive and dynamic. Yet, I suspect there are several common elements or themes that thread their way through our story, such as:

- Truth-seekers coming together to deepen their meaning and purpose in this life, as well as to find support for that.
- Teachings of the Filmores and Unity rang true to them.
- This group wanted to be Christian, yet not exclude other valid teachings or expressions of Truth. . . .And so forth.

So, what is our story? We are writing the next chapter right now. Will it be the chapter we want it to be? Should we know our story, and where we are in it now? Submit your version of our story to the newsletter editors. Recording our story would be an awesome project for us.

The Storyteller-in-Residence says he writes his stories in parable in which the characters can see themselves reflected. We are a great story getting more magnificent. Keep writing!

John Thomas, Board President

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Visualizing Spiritual Concepts

A conversation with Barbara Janeway

“When I first came to Unity Center of Peace, I loved how it felt friendly and informal and no one spoke dogma to me. That made me want to come back,” says Barbara Janeway. She has been a member here now for eight years and is thoroughly involved with the congregational activities.

A born Californian, reared in the Wilshire district near the famous Rancho La Brea Tar Pits, Barbara (*or “Jane” as friends call her*) remembers spending hours on nearby Venice Beach. “My mother would pack hard-boiled eggs, peanut butter sandwiches and bananas, and we’d go to the beach,” she says. “That was my childhood.” These days, she enjoys the North Carolina weather, she reports that on some gray days in the middle of winter, “I say to myself, ‘What am I doing living here?’”

These days, Jane, who is certified to teach art in the public schools, has chosen to teach private art lessons and art workshops, specializing in the mandala. Many in Unity Center of Peace Church can attest to her enthusiasm for this ancient art form.

“Art is like a central taproot in my life,” she says. “Art is the breath of life. Of course, it’s paintings in museums, too. But it’s also the creative spark inside of every single person, be they gardeners or seamstresses. They meditate and see beautiful visions. I love to nurture that.”

Jane often sees spiritual concepts in a visual way. “I feel that there actually is a preverbal language which is visual, and it’s our most primitive language. It’s our childhood language before we learn to speak with words. And I also think that the creative spirit needs to be brought out more in churches – across the nation and around the world. People are happiest when they can make something that expresses the joy and the love they feel about some experience that has moved them.”

“Often we have the desire to summarize an experience in some type of visual way, or maybe with movement or a musical form. We have a life experience that we want to share.”

Speaking of movement, Jane is also a dancer – as she says, laughing, “in an informal and untrained spirit-led way.” But she also studied for a year a form of dance called Authentic Movement, based on the work of Carl Jung.

Jane has become one of the core members of the Sunday Adult Forum. “I feel touched to notice that it feeds me at a deeper

level,” she says. “It’s an in-depth connection. I like the freedom to express all viewpoints and to discuss challenging issues.”

She finds that Unity Center of Peace gives her an avenue of expression that she likes. “I also love and want to see continue to grow the openness to honor each individual’s spiritual path. It’s almost as if this church has become the church of the mystic, allowing each person to pursue his or her own unfolding and continued evolution.”

“I would like people in this church to know I am changing,” Jane says thoughtfully. “I used to be a social butterfly, but often now, I want to have a nonverbal spiritual experience. I love just being together in a nonverbal way with people and meditating together. I’m in a nonverbal mode that feels really powerful and deepening for me.”

MARK’S NEW CLASS

“Reaching for Oneness: A Metaphysical Exploration of the Hebrew Scriptures”

In this class, we will look at various excerpts from the Hebrew Scriptures (Genesis through Malachi) from a metaphysical perspective in order to shed light on our own spiritual journey.

Through lively class discussion, we will formulate our own interpretations of Biblical passages and explore their multi-dimensional meaning. Historical, religious and mystical perspectives will also be offered to round out our study of the material.

This is a six week class that begins Tuesday, February 1, from 7:00 to 8:30 PM and runs weekly until March 8th.

Drop-in students are welcome!

NEW PARTNERS!

The **Unity Holistic Healing Center** is now open from Monday to Saturday at the Unity Center of Peace Church. Treat yourself and visit (*by appointment*) the following practitioners:

- **Mary Keaty**: LMBT (NC#4380) Certified Craniosacral Therapist, Akashic Record Readings (919) 386-0123, (cell) 641-4219, marykeaty@nc.rr.com
- **Grace L. B. Marshall**: Certified LaHo-Chi/Angel Light Practitioner, Hands on Energy Healing, Soul Portrait Artist, Angel/Fairy & Tarot Readings, Ordained Minister. Grace leads Full Moon Circles. (919) 929-1355, cell (919) 593-1990 graceleigh6@msn.com
- **Susanne Kaiser**, MA, NCC, LPC: Wildknowing Counseling & Consulting, Clinical and Energy Psychotherapy, Nationally Certified (919) 403-9771, www.wildknowing.com
- **Lorraine Lewis**: LMBT (NC#213) Licensed in Therapeutic Massage and Bodywork; Certified Trager Practitioner, Certified Reiki, Arcing Light, and LaHo-Chi Practitioner-Hands on Energy Healing. Lorraine also offers Spiritual Support through Prayer and Meditation. (919) 967-2215, www.peacefulconnection.com, lorraine@peacefulconnection.com
- **Martha Isleib**: LMBT (NC #4326) National Certification #332748-004326 Licensed Massage Therapy. Martha has experience with Swedish Massage, Trigger Point Therapy, Russian Medical Massage, Deep Tissue, Reflexology, Shiatsu, Reiki and Acupressure (919) 929- 7536, (919) 260-0559 m_isleib@yahoo.com.

Please join our new “partners” for their **Open House** coming **February 13:**
Experience their “Energy”, win a door prize and Raffle, eat cookies, RELAX and have fun

TAX TIME IS HERE!

Want to benefit UCPC while getting your return done? Robin Samuels has been a professional tax preparer since 1996 and is seeking to expand her client base. Bring your return to her this year and 25% of the preparation fees will be donated to the church! Free initial consultation. Contact her at rsamuels@nc.rr.com or 919-933-7795

Heart Song Circle/Council

This safe space for people to listen to each other deeply is beginning its new sessions on January 20th. It is open to anyone who is willing to follow the principles of council (*see below*) and will meet the first and third Thursday of each month. We will gather quietly from 7:15-7:30pm and begin our listening circle at 7:30, ending at 9:00 PM.

Principles






1. **Speak from the heart**; I speak from the most authentic place inside myself - I choose to come out from behind my mask - I keep the focus on myself - My intent is to contribute to the shared pool of meaning
2. **Listen with the heart**; I listen devoutly, with full attention and respect, without judgment - I listen to what is said and what is unsaid - I listen for what I need for my own growth - I listen for group wisdom.
3. **Be of "lean expression"**; I speak fully while being mindful of time constraints and the need of others to share, seeking ever to "keep close to the root"
4. **Be spontaneous**; I refrain from "rehearsing" in my mind what I intend to say next - I trust that when it is my turn to speak, the right words will be there.
5. **Respect confidentiality**; Outside council, I may speak about my own experience as long as I protect the anonymity of other people -- I ask for permission before pursuing topics raised in council, even with people who were there

Grace Leigh Marshall is hosting a **Full Moon Circle** January 25 and **February 24** at 7pm at the Unity Holistic Healing Center 8800 Seawell School Rd. Chapel Hill. Come honor the Divine Feminine and the Four Corners of the Earth during this powerful time to heal and manifest, as we perform this sacred Native American Ritual. (love offering).

CONTEST WINNER!

Eat your hearts out everyone! “K” (Karl Rabe) has won the contest for December and will be presented with one of Simon’s luscious cakes at the February 6th annual meeting. Gaines will proclaim the winner (and let us know the answer) as well as entertain answers to January’s puzzle.

FEBRUARY 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 BIRTHDAY CORNER  Happy Birthday to this month's wonder children: Mariah Dahill, Mel Hurston, Lorraine Lewis, Heather Talbott and Susanya Schuett		1 Mark's Class "Reaching for Oneness" 7:00-8:30 pm <i>sanctuary</i>	2 12:00 Noon Prayer Wild Bunch AA 8:00 -9:30 pm <i>Sanctuary + Kitchen</i> PR & OUTREACH 7:00 pm <i>Mark's Office</i>	3 RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>  CIRCLE 7:15 – 9:00 pm <i>upstairs</i> CHOIR Rehearsal 7:30 pm	4 	5 ANNIVERSARY OF THE CONSTITUTION
6 ANNUAL MEETING & POTLUCK Elections Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi <i>"The Way of the Servant"</i> Music: Joyful Noise Choir NEW MEMBER SUNDAY 7:30 pm A Course In Miracles <i>upstairs classroom</i>	7 RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	8 FAT TUESDAY Mark's Class "Reaching for Oneness" 7:00-8:30 pm <i>sanctuary</i>	9 ASH WEDNESDAY CHINESE NEW YEAR 12:00 Noon Prayer Wild Bunch AA 8:00 -9:30 pm <i>Sanctuary + Kitchen</i> Committee of 10 7:00 pm K&W	10 Interfaith Worship 7:30 pm <i>Sanctuary</i> RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	11 	12 LINCOLN'S BIRTHDAY IFC Kitchen call Simon Kaplan 932-9635 to register VALENTINE'S CONCERT To Benefit UCPC <i>"Love Changes"</i> 8:00 pm <i>Sanctuary</i>
13 1st Sunday of Lent Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi <i>"The Healing Power of Love"</i> Music: Matt Short WORSHIP COMMITTEE 7:30 pm C. in Miracles <i>upstairs classroom</i>	14 VALENTINE'S DAY  RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	15 Mark's Class "Reaching for Oneness" 7:00-8:30 pm <i>sanctuary</i>	16 12:00 Noon Prayer Wild Bunch AA 8:00 -9:30 pm <i>Sanctuary + Kitchen</i>	17 RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>  SONG CIRCLE 7:15 – 9:00 PM <i>Sanctuary</i>	18 	19 DANCES OF UNIVERSAL PEACE 7:30 pm <i>Sanctuary</i>
20 BOARD MEETING Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi <i>"A New Thought Lent"</i> Music: AC Bushnell 7:30 pm A Course In Miracles <i>upstairs classroom</i>	21 PRESIDENT'S DAY RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	22 WASHINGTON'S BIRTHDAY Mark's Class "Reaching for Oneness" 7:00-8:30 pm <i>sanctuary</i>	23 12:00 Noon Prayer Wild Bunch AA 8:00 -9:30 pm <i>Sanctuary + Kitchen</i>	24 RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> Full Moon Circle 7:00 PM <i>Healing Room</i> CHOIR Rehearsal 7:30 pm	25 MYSTICAL JEWISH WORSHIP SERVICE 7:30 pm <i>Sanctuary</i>	26
27 Adult Forum: 10:00 am 11:00 Service Guest Speaker: Rev. Susan Scott Downes <i>"TBA"</i> Music: Mark Malachi CARRBORO COMMUNITY DINNER 1:00 pm 7:30 pm A Course In Miracles <i>upstairs classroom</i>	28 RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	UNITY CARES We pray with these people during the month of February: Glenn Boyd, Bett Essen, Cynthia Flowers, John Glasson, Julie Harris, Ginger Massey, Betsy Purvis, Karl "K" Rabe, Robin Samuels, Bart & Debbie Urbanski and Carol Wills.				

UPCOMING EVENTS NOT TO MISS!

Valentine Concert – February 12, 2005
Easter Communion Service – March 27, 2005
Mark's 40th Birthday Concert/Party – April 9, 2005
4T Prosperity Class begins Tuesday April 19, 2005
Peace Day – April 23, 2005

PLACES TO VISIT

This site is a photoessay in response to the 2004 earthquake and tsunami in Asia and East Africa. Take a moment to sit back and enjoy the wonder of this piece.

http://www.hiddengifts.org/we_are_one/

NOLO CONTENDERE

ADULT FORUM

To explore the meaning and mystery of one's life within a supportive group of diverse yet similarly oriented seekers.

To learn to see the Divine everywhere while using the mirror of human relationship to better understand others and ourselves.

To deepen our sense of connectedness by gradually sharing our stories in a safe place.

If any (or all) of these possibilities sound appealing, feel free to join us for adult Sunday School at 10:00 Sunday mornings, where we use the discussion of selected short readings to explore what it means to be on the Path.



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**

neverprayalone@cs.com

Prayer Box (Front Foyer)

Silent Unity

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 and Gaines Steer invite you to submit articles for this newsletter. You can e-mail them to Marilyn at: mgrubbs@nc.rr.com or Gaines at: info@thelastunicorn.com by the 10th of each month. You may also drop off submissions in the box provided in the church foyer.

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

Visit our web site www.unitychapelhill.org

February 2005



Affiliated with Unity School of Religious Studies, Unity Village, Missouri, publishers of the *Daily Word*.

Member of the Association of Unity Churches



Love Changes One Thing, Small Things, Everything

A VALENTINE'S CONCERT

Romantic, children's, and global love songs

Donna Shannon, vocals
Matt Short, vocals
Helen Spielman, flute
Mark Malachi, vocals and piano
Julie Harris, piano

Saturday, February 12, 2005
8:00 PM
Unity Center of Peace Church
8800 Seawell School Rd, Chapel Hill

Children welcome.
Donations gratefully accepted
to benefit Unity

Conceived and directed by Helen Spielman

BOOK NOOK

A review by Gaines Steer

THE IRONIC CHRISTIAN'S COMPANION: Finding the Marks of God's Grace in the World by Patrick Henry

This is a good book for people who don't know what they are talking about. The author is not one who abhors a vacuum; he likes the edge of clarity. He concludes that most "Christians are the loudest and very sure about many things that might be thought still open for discussion."

An "ironic" Christian is one (or many) who is not surprised or disappointed by "...a God of surprises. The grace of this God is mysterious, sneaky." The grace of God, he contends, is not linear. The treatise is (refreshingly) not designed to convince the reader of universal truths. Patrick Henry shares his experience and his insights but makes no claims of the divinity of his thought. One reviewer states it this way: "(This) small volume goes directly to the heart and then wanders around in the soul and mind as well."

One of the most cogent of his wanderings has to do with what he terms "LBJ's. (Listen, don't jump to conclusions about what this is!) LBJ's is a term popularized by birdwatchers that are often uncertain

as to the exact species they have sighted.... Thus LBJ's are "little brown jobs." He observes that much of what we usually consider fact or conventional thought, are little brown jobs. I don't know about you, but for me, the implication here at Unity is that we should not lock down on what is true at the expense of remaining open. Grace is not a closed account!

And furthermore, this work makes a point that is so obvious that it is indeed ironic that it is so seldom sermonized. This: Christians are so conditioned to worship the early church by receiving and passing on doctrines that they (we) fail to realize that "...we in our own time deserve the same respect...our authority and responsibility are no less...." And what's more, he contends we are part of the early church. Human history is but the blink of an eye in grand scales of history.

So, we are writing our own history as John Thomas' Board Bulletin:Our Story (on page one) reminds us. Seems to me that our church's brief (20 year) history is full of "a God of surprises." Ironic, isn't it!

PEACE DAY APRIL 23RD, 2005

John Lennon said it so eloquently, "...imagine all the people, living life in peace..." Imagine. What would it take? Beyond the conflicts that plague our planet, and the politics that divides our country, there are opportunities to manifest peace right here, right now. In our relationships and interactions, With our environment and within ourselves.

A group of us at Unity Center of Peace Church are endeavoring to make a peace-centered impact on our community by holding the first annual **Peace Day celebration on April 23, 2005**. UCPC is sponsoring this event financially, and we are seeking other sponsors as well as musicians, artists, speakers, and volunteers of all types. One of our long-term goals is to establish permanent outdoor spaces for peace practices, such as a labyrinth, walking paths, and/or a refurbished medicine wheel. You can learn more on the Peace Day web site, www.peaceis.org. To offer your help or share ideas please contact Julie Cusatis at (919) 402-0878 or jcusatis@earthlink.net.