

Spirit Express



UNITY CENTER OF PEACE CHURCH
Volume 12, Number 2

February 2006

From the Heart ♥

Grace is the aspect of Divinity that enables the Highest Good to manifest in every moment. It is an outpouring of love and light from the Source of All, like an everflowing spring of clear, sparkling water. Grace is available to us at every moment; we only need to be receptive to it.

What does Grace feel like and look like? With Grace, we feel a sense of magic in the air, like all things are truly possible with God (Matthew 19:26). We feel a connectedness, not only to Source within, but to each other and to the earth. We feel that “in the flow” feeling. The situation we are experiencing beautifully and easily works out to everyone’s satisfaction and delight.

What impedes the presence of Grace in our lives? In a word: resistance. When we resist what is, or judge our experience, we block God’s natural order. Do you know better than Mother/Father God how events should unfold? More likely, God within —our Spirit —knows more than our ego does about the perfect outcome to any situation. What you resist persists!

How can we enhance the Grace in our lives? Let go and let God! Surrender to God’s greater Good and the inner Wisdom that will bring about Diving Perfection. Release judgements. Choose to celebrate God’s perfection no matter how it looks. Eradicate cynicism from your mind. Abandon negative thinking!

As we move deeper into the new year, let us invite Grace to be our constant companion. We will experience the ease and sweetness the Mother truly wishes us to feel in every moment.

Love, Mark

BOARD BULLETIN: [Volunteer Opportunities](#)

Here are the six areas of our organizational structure and several volunteer opportunities within each area.

Inreach – intention to connect with each other (opportunities to serve include: Congregational Care, Hospitality, Ushers & Greeters, Member Outings, Volunteer Recruitment). For more information contact Lorraine Lewis at lorrainelewis@earthlink.net or 967-2215.

Outreach – intent to connect with the community (opportunities to serve include: Peace Day, Peace Education, Community Service, Social Action, Public Relations). For more information contact Julie Cusatis at jcusatis@earthlink.net or 402-0878.

Education – intention to learn and teach (opportunities to serve include: Youth Education, Adult Forum, Workshops & Classes). For more information contact David Richter at davidrichter@hotmail.com or 929-8352.

Worship – intention to express our spirituality (opportunities to serve include: Choir, Sound, Ministries, Sunday Service, Unity Day of Prayer). For more information contact Mark Malachi at MMal27@aol.com or 968-1854.

Administration – intention to steward what we have (opportunities to serve include: Office Help, Building & Grounds Committee, Communications). For more information see Mariah Wheeler unitychapelhill@mindspring.com or 968-1854.

Development – intention to grow (opportunities to serve include: Fundraising, Special Event Planning, Publicity, Strategic Planning, Bookstore, Board of Trustees). For more information contact Mark Malachi at MMal27@aol.com or 968-1854.

Julie Cusatis

Unity Center of Peace Church 8800 Seawell School Rd., Chapel Hill, NC 27516 (919) 968-1854

Administration

Spiritual Teacher	Mark Malachi	968-1854 or 932-5282	mmal27@aol.com
Office Manager	Mariah Wheeler	968-1854 or 942-7477	unitychapelhill@mindspring.com
Music Director	Mark Malachi	968-1854 or 932-5282	mmal27@aol.com

Board of Trustees

Co-President	Barbs Burman	542-2774	barbsieb@yahoo.com
Co-President	Claudia Kaplan	932-9635	ckaplan@netzero.com
Vice President	Julie Cusatis	402-0878	jcusatis@earthlink.net
Secretary	Shawna Donaldson	942-7266	shawnalynn@netscape.net
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Trustee	Lorraine Lewis	967-2215	lorrainelewis@earthlink.net
Trustee	David Richter	929-8352	davidrichter@hotmail.com
Trustee	Richard Taylor	933-4452	rstaylor@mindspring.com
Member	Mark Malachi	968-1854	mmal27@aol.com

Teams

Bookstore	Judy Bosniadis	260-0824	bosniadisj@hpw.com
Bldg. & Grnds.	Richard Taylor	933-4452	rstaylor@mindspring.com
	Machai St. Rain	732-4363	machaisaintrain@yahoo.com
Floral Coordinator.	Helen Spielman	929-4520	hbs@email.unc.edu
Education	David Richter	929-8352	davidrichter@hotmail.com
Finance	Nancy Smith Krauss	932-1227	nsmithcns@cs.com
Prayer & Care	Lorraine Lewis	968-1854 or 967-2215	lorrainelewis@earthlink.net
PR	Julie Cusatis	402-0878	jcusatis@earthlink.net
Social Action	Barbara Janeway	932-4469	bjaneway@mindspring.com
	Helen Dannatt	824-3861	hdannatt@us.ibm.com
Ushers	Simon Kaplan	932-9635	skaplan@netzero.com
Worship	George Sharp	402-4226	
Youth Ed	Machai St. Rain	732-4363	machaisaintrain@yahoo.com

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.

Prayer Works! by Laurie Brill

Thanks to everything I learned from the Prosperity Class and the Lay Ministry Program, 2005 was a year of abundance on every level for me. Because of those classes I experienced successes financially, emotionally, spiritually, and physically. By November 2005 I was flying high: my income had doubled, I was witnessing miracle healings with clients, and I was enjoying being of service as a Lay Minister here at UCPC. I was shocked when all of a sudden two months ago I began struggling with some unsettling changes in my health. I turned within to pray and meditate; I called people and asked for prayer (thank you Mark Malachi, Michael McCluskey, Lorraine Lewis, Machai Saint Rain, and anyone else who prayed for me!) Then, one day I was so desperate I called out "Divine Guidance, I demand an immediate response. I want a sign so clear that I will not miss it. I want my health back so I can serve to my fullest capacity. So, show me exactly what I need." I can get pretty feisty when I don't feel well and I was at the end of my rope. And the answer came. I was led to a particular remedy that addressed the specific imbalances. When I told my practitioner about the remedy I felt a tangible sense of peace come over my being. That whole body sense of peace was the unmistakable sign of prayer answered. The next day I took the remedy and I now feel like myself again. Prayer works! Ask for guidance today and you will receive it!

STOP JUNK MAIL

BACKGROUND:

We don't usually think of junk mail as an environmental hazard, just a nuisance. But if you saved up all the unwanted paper you'll receive in the mail this year, you'd have the equivalent of 1 and ½ trees. And so would each of your neighbors. And that adds up to about 100 million trees every year.

DID YOU KNOW:

- Americans receive almost 2 million tons of junk mail every year
- About 44% of the junk mail is never even opened or read.
- Nonetheless, the average American still spends 8 full months of his or her life just opening junk mail.
- Junk mail is made possible by U.S. Postal Service policies that enable bulk mailers to send presorted batches of mail for their minimum rate - 10.1 cents per piece.
- If only 100,000 people stopped their junk mail, we could save about 150,000 trees every year. If a million people did, we could save some 1.5 million trees.
- The junk mail Americans receive in one day could produce enough energy to heat 250,000 homes.

How to stop junk mail:

1. Write to: Mail Preference Service, Direct Marketing Association, 11 West 42nd St. PO Box 3861, NYC NY 10163-3861. They will stop your name from being sold to most large mailing list companies. This will reduce your junk mail up to 75%.
2. Go to: <http://www.dmaconsumers.org/consumerassistance.html> to remove your name from telemarketing and e-mail lists as well.
3. Recycle the junk mail you already get:
 - * If it's printed on newsprint, toss it in with the newspapers.
 - * If it's quality paper, make a separate pile for it - many recycling centers accept both white and colored paper.
 - * Envelopes are recyclable too, as long as they don't have plastic windows.

Footnote: About 75% of America's glass is used for packaging.

UNITY CENTER OF PEACE CHURCH - SOCIAL ACTION COMMITTEE & "50 Simple Things You Can Do To Save The Earth" from The Earth Works Group

An Easy Way to Help Out

In February 2005, I placed a plastic container in my office closet and labeled it "church." Throughout last year, whenever I had an item that I thought would be great for the church auction in December, I'd toss it in. Every time I was going to give something to the thrift store, I'd think, "Would this be better suited for the auction or the thrift store?" By December, I'd gathered quite a few items of jewelry, CDs, and books to donate. I didn't need to scramble or scrounge. Now it's February 2006, and a few things are already in my container for next year's auction. Why don't YOU start a little box, bin, or container someplace in your home or office? It's so easy!

Helen Spielman

Muddle not in thought
to find the way.
Enter the inner sanctum.
Experience!
Judge not and claim not
to have found something.
Experience and be quiet.
Neither thoughts nor words
have a worthy answer.
They cannot serve,
cannot circumscribe
the energy within
that sustains and satisfies.
Mixing muddy waters
will not clean nor purify.
Sediment settles
effortlessly on the delta.
...to the ocean
where crystal clarities rule.
Where molecules
queue to recycle
with devotion,
without question.
Knowing without wondering.
Blind with love

Michael McCluskey

It is in giving that we receive

By Julie Cusatis

People seek spiritual community for many reasons, often focusing on what there is to receive from it - a deepening of spiritual awareness, an experience of God, a sense of community, a place to have coffee, bagels and fellowship on Sunday mornings, etc.

While it is true that being a member of UCPC has provided me with perpetual opportunities to receive, the most tremendous receiving that I have experienced has been a by product of that which I have been given – insights, growth, learning. St. Francis of Assisi said:

Oh Divine Master, grant that I may not
so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.

What a revelation! In shifting my focus from what I get to what I give, I get more of what I want. Beyond being a source of my spiritual growth and development, UCPC has provided me with a rich environment in which to practice giving. To be of service. To share my skills and talents. To be an instrument of Light and Love in the world.

I learned about control, surrender, setting healthy boundaries and standing as a source of something bigger than me as a creator of Peace Day 2005. I allow spirit to flow through me - voice and body - in Joyful Noise Choir. I experience shared leadership, collaboration, responsibility (in spite of circumstances) while growing my ability to be fully present and authentic as VP of the Board of Trustees.

Gandhi offers “be the change you want to see in the world”. In 2006, as a UCPC Trustee, I challenge you to practice this by being the change you want to see at Unity Center of Peace Church. Give of yourself with joy and fervor that which you most want to receive. Heal an interpersonal relationship with another member. Overcome a fear by sharing a song or a talent. Enliven a secret vision that you have and experience for yourself all that you receive in return.

Jewelsong Benefit Extravaganza

**Saturday, February 4, 8pm – Midnight at UCPC
for their upcoming first CD “The Beauty We Love.”**

Performance by Jewelsong including Belly Dancing, Opera, Poetry, Drumming, and More! Followed by Birthday Cake (for Sofianna’s 60th & Betsy’s 50th), Dancing, and General Merry-Making!

\$10 contribution at the door. Contribute \$20, and you’ll get a CD when released! Jewelsong is: Marilyn Grubbs (960-2604, Mgrubbs@nc.rr.com); Farrunnissa (361-2383, NurLuna@aol.com); Betsy Bickel (683-8396, Betsy.Bickel@verizon.net), and Sue-Anne “Sofianna” Solem (932-5273, BeauxZoe1@gmail.com).

Global Climate Change: *What Can We Do?*

A Workshop of Hope Sun. Feb. 12, 1 – 3pm

An afternoon meditation plus seminar, led by dynamic and Spirit-filled speaker Alice Loyd of the Climate Connection: NC Intefaitth Eco-Justice Network. Bring brown bag lunch to eat before workshop. Drinks & snack available. For childcare, RSVP by Feb. 7. Call Barbara Janeway 932-4469 or email Helen Dannatt, hdannatt@us.ibm.com, for more information.

UPCOMING EVENTS NOT TO MISS

Jewelsong Extravaganza

CD release party Feb. 4, 8pm - midnight

Potluck & ANNUAL MEETING February 5
after the service

Friday Night Live ! An exciting monthly
teen arts night **February 3, 7:30 – 10pm**

Interfaith Worship Service
Thursday, February 9, 7:30pm

**Alice Loyd Workshop: "Global Climate
Change: What Can We Do"**
Sun. Feb. 12 1pm

Mystical Jewish Worship Service
Friday, February 24, 7:30pm



Main Office Hours:

Mon., Wed. & Fri. 9am – 2pm

Tues. & Thurs. 11am – 4pm

Mariah Wheeler, Office Manager

968-1854 unitychapelhill@mindspring.com

Spiritual Teacher's Hours:

Tuesday & Thursday 12 - 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, mgrubbs@nc.rr.com, or

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

UNITY CENTER OF PEACE CHURCH

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

www.unitychapelhill.org
February 2006



February 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">UNITY CARES</p> <p>We pray with these people during the month of:</p> <p>Glenn & Betty Boyd, Julianne Bielski, Richard Taylor, Mark Malachi, Helen Spielman, Lorraine Lewis, Krista Feichtinger, Joan Worth, Maribel Bruno, and Mary & John Thomas</p>			<p align="center">1</p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center">2</p> <p>RIF A'I MARUFI (SUFU)</p> <p>9pm - 12 midnight <i>Sanctuary + Kitchen</i></p> <p>Choir 7:30pm</p>	<p align="center">3</p> <p align="center">Friday Night Live!</p> <p>7:30 - 10pm <i>Sanctuary</i></p>	<p align="center">4</p> <p align="center">★★★</p> <p>Jewelsong Concert/Party 8pm - midnight <i>Sanctuary</i></p>
<p align="center">5</p> <p>POTLUCK & ANNUAL MEETING after service</p> <p>Meditation: 9:30am Adult Forum: 9:45 am</p> <p>11am - 12:30pm Service NEW MEMBER SUNDAY Speaker: Mark Malachi "Healing the Wounds of Our Religious Past" Music: Joyful Noise Choir 7:30pm A Course In Miracles <i>upstairs classroom</i></p>	<p align="center">6</p> <p>Healing Circle 7 - 8pm <i>Sanctuary</i></p> <p>RIF A'I MARUFI (SUFU) 8 - 11pm <i>Sanctuary + Kitchen</i></p>	<p align="center">7</p> <p>Mark out of office</p> <p>Prayer Team 1pm</p> <p>Revelation Study Group 7 - 9pm <i>Sanctuary</i></p>	<p align="center">8</p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i></p> <p>Community Connections Network 7pm</p>	<p align="center">9</p> <p>Interfaith Worship 7:30pm <i>Sanctuary</i></p> <p>RIF A'I MARUFI (SUFU) 9pm - 12 midnight <i>Sanctuary + Kitchen n</i></p>	<p align="center">10</p>	<p align="center">11</p> <p>IFC Kitchen call Simon Kaplan 932-8858 to register</p> <p><u>Mark performs</u> at Unity in GSO 7pm</p>
<p align="center">12</p> <p>Meditation: 9:30am Adult Forum: 9:45 am</p> <p>11am - 12:30pm Service Speaker: Mark Malachi "The Power of Grace" Music: Helen Spielman & Nita Anglin</p> <p>Alice Loyd Workshop "Global Climate Change: What Can We Do" 1pm <i>Sanctuary</i></p> <p>Full Moon Circle 7:30pm 7:30pm A Course In Miracles</p>	<p align="center">13</p> <p>Healing Circle 7 - 8pm <i>Sanctuary</i></p> <p>RIF A'I MARUFI (SUFU) 8 - 11pm <i>Sanctuary + Kitchen</i></p>	<p align="center">14</p> <p>Prayer Team 1pm</p> <p>Revelation Study Group 7 - 9pm <i>Sanctuary</i></p> <p align="center">Happy Valentines ♥ Day ♥ ♥</p>	<p align="center">15</p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i></p> <p>Lay Ministry Team 7 - 9pm</p>	<p align="center">16</p> <p>RIF A'I MARUFI (SUFU) 9pm - 12 midnight <i>Sanctuary + Kitchen</i></p>	<p align="center">17</p>	<p align="center">18</p>
<p align="center">19</p> <p>Meditation: 9:30am Adult Forum: 9:45 am</p> <p>11am - 12:30pm Service Speaker: Mark Malachi "Experiencing Source" Music: Jewelsong</p> <p>Board Meeting 1 - 3:30pm 7:30pm A Course In Miracles</p>	<p align="center">20</p> <p>Healing Circle 7 - 8pm <i>Sanctuary</i></p> <p>RIF A'I MARUFI (SUFU) 8 - 11pm <i>Sanctuary + Kitchen</i></p>	<p align="center">21</p> <p>Prayer Team 1pm</p> <p>Revelation Study Group 7 - 9pm <i>Sanctuary</i></p>	<p align="center">22</p> <p>12:00 Noon Prayer Strategic Planning 7pm</p> <p>Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center">23</p> <p>RIF A'I MARUFI (SUFU) 9pm - 12 midnight <i>Sanctuary + Kitchen</i></p> <p>Choir 7:30pm <i>Sanctuary</i></p>	<p align="center">24</p> <p>Mystical Jewish Worship 7:30pm <i>Sanctuary</i></p>	<p align="center">25</p>
<p align="center">26</p> <p>Meditation: 9:30am Adult Forum: 9:45 am</p> <p>11am - 12:30pm Service Speaker: Laurie Brill "Communicating With the Divine" Music: Julio Carrasco</p> <p>Worship Committee meeting 1pm</p> <p>Keys of Enoch 2 - 5pm <i>Sanctuary</i></p> <p>7:30pm A Course In Miracles <i>upstairs classroom</i></p>	<p align="center">27</p> <p>Healing Circle 7 - 8pm <i>Chapel</i></p> <p>Social Action Committee 7 - 9pm <i>Sanctuary & Chapel</i></p> <p>RIF A'I MARUFI 8 - 11pm <i>Sanctuary + Kitchen</i></p>	<p align="center">28</p> <p>Prayer Team 1pm</p> <p>Revelation Study Group 7 - 9pm <i>Sanctuary</i></p>				
<p align="center">🎂 BIRTHDAY CORNER 🎂 Happy Birthday to this month's special people: Susanya Schuett, Heather Talbott, Lorraine Lewis, Mariah Dahill</p>						