



## From the Heart ♥

Divine Christ Presence (Source Energy Presence) is totally capable of thinking and forming our lives for us. We can develop complete confidence in this omni-omni-omni divine activity and become a non-operative observer enthralled by the unfolding. We can dive into "I AM" within and release the reins.

Who would have thought that we **could** find a divine personality - **existing on a deeper level than** our human personality - living within our consciousness, to which we could turn and completely surrender with total confidence? Explore the Silence within you for confirmation through experience of this Presence of Christ. (Source Energy Presence)

In this, my last From The Heart article, I offer this prayer for our church's leaders:

Eternal Father Mother, strong to save; throughout the years, You have guided the hands, hearts, and lives of the founders, leaders, and members of this Church. We invoke Your presence and power for those upon whom the mantle of leadership has fallen. As the Leaders of Our Church gather, give them courage, clarity of vision, and compassionate hearts, that in their frailty as human beings they might carry out the enormous task of service to which they have been called.

May the decisions made in their deliberations be guided by the common good, virtue, and the principles of participation, affirming the equality that all men and women have before You, O God. Give our representatives strength and honesty to avoid the politics of personal agendas, power, and partisanship, that they might serve the public good. And may all glory be given unto You, Almighty God. Amen.

\*adapted from a prayer by Rev. Dr. Arnold B. Lovel offered at the start of a session of the House of Representatives.

*Michael McCluskey*

(written before Michael stepped down)

## Board Bulletin

"To everything there is a season, and a time to every purpose under Heaven...a time to heal, a time to break down...a time to build up...and a time for peace."

Ecclesiastes

Due to our commitment to the health & vitality of UCPC, your Board of Trustees is honored to announce and promote a very timely healing peace process that will begin Tuesday, February 13<sup>th</sup>, and be led by Rev. Catherine Padgett of Unity of Greensboro. Rev. Padgett, who also served as Mark Malachi's mentor, has been trained in this peace & healing process by Gary Simmons, who is the director of Peacemaking Services for the Association of Unity Churches.

This peace and healing process is being offered to everyone and anyone who is or has ever been a UCPC congregant, member, or visitor. The purpose of this process is to heal any wounds experienced by anything that has happened recently or long ago, or since. In addition, this process will also help us develop new ways to solve old problems, and resolve any unfinished business. Because we will each be invited to share our own stories, we will be co-creating from the current moment a stronger relationship with each other, and a more viable UCPC.

In addition to this process, we are introducing a potential Interim Minister, Rev. Elizabeth Thompson, on Sunday February 4<sup>th</sup>. Please come and meet her, and be part of the decision-making here at UCPC. Also join us Sunday, February 11<sup>th</sup>, for our Annual Meeting and new Board of Trustees election. It's a celebration of where we've come in a year and where we are headed.

Please join me and those who are committed to the transformation of UCPC by signing up for this healing and peacemaking process. See you in class!

Namaste,

*Barbs Burman*

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***

**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)**

**Administration**

Interim Minister	<b>open</b>		
Office Manager	<b>Mariah Wheeler</b>	968-1854 or 942-7477	<a href="mailto:unitychapelhill@mindspring.com">unitychapelhill@mindspring.com</a>
Music Director	<b>David Richter</b>	932-7979	<a href="mailto:davidrichter@hotmail.com">davidrichter@hotmail.com</a>
Youth Ed	<b>Machai St. Rain</b>	636-2237	<a href="mailto:machaisaintrain@yahoo.com">machaisaintrain@yahoo.com</a>

**Board of Trustees**

President	<b>Barbs Burman</b>	(919) 663-3301	<a href="mailto:barbsieb@yahoo.com">barbsieb@yahoo.com</a>
Vice President	<b>Julie Cusatis</b>	732-1784	<a href="mailto:jcusatis@earthlink.net">jcusatis@earthlink.net</a>
Treasurer	<b>Chris Egle</b>	932-5813	<a href="mailto:chris@Transformspirit.com">chris@Transformspirit.com</a>
Secretary	<b>Claudia Kaplan</b>	932-9635	<a href="mailto:cskaplan@netzero.net">cskaplan@netzero.net</a>
Trustee	<b>Pat Veenema</b>	308-5653	<a href="mailto:pjov54@hotmail.com">pjov54@hotmail.com</a>
Trustee	<b>Caroline Demoise</b>	493-7676	<a href="mailto:taichi5@verizon.net">taichi5@verizon.net</a>
Member	<b>Interim Minister</b>		

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

**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.

**“The Secret”** film re: the Universal Laws of Creation, will be showing Friday nights: **Feb. 2 & 9**, 7pm in the Sanctuary. UCPC offering accepted.

so much depends  
upon  
a red wheel  
barrow

glazed with rain  
water

beside the white  
chickens

William Carlos Williams

Let us learn the secret language of light again. Also the letters of the dark. Learn the flight patterns of birds, the syllables of wolf howl and bird song, the moving pantomime of branch and leaf, valleys and peaks of whale calls, the long sentences of ants moving in unison, the combinations and recombinations of clouds, the codices of stars. Let us, thus, reconstitute the world, sign by sign and melody by melody.

Let us sing the world back into the very Heart of the  
Holy Name of God.

Deena Metzger, *Prayers for a Thousand Years*  
edited by Elizabeth Roberts & Elias Amidon

## Living the Secret!

### Connecting Heaven & Earth

Facilitated by Christa Santoni

& Michael McCluskey

Thursdays Jan. 25 & ongoing, 7 - 9pm, Chapel  
suggested offering \$10 per session

This new and ongoing course, a "Universal Wisdom and Creation Practice," will deepen and support your understanding of the Divine Mechanics of Creation and increase your confidence and ability to consciously and joyfully create the life of abundance, health, creativity, well-being and fulfillment you desire. All Welcome!

## Tree of Life Class (Qabala: aka Kabbalah)

with Tom Newsome

Saturdays, Feb. 3, 10, 17 & 24, in the Sanctuary, 11:15am - 1:15pm, \$40 (or by prior arrangement)

In this class, we'll be studying the Tree of Life, otherwise known as Egyptian Qabala. Through experiential practice, we'll discover how the Tree of Life can help us on our Spirit journey. Participants are requested to come to all sessions (or discuss with teacher).

**Note:** Egyptian Qabala is similar to Jewish Kabbalah. It is typically taught within the context of a teacher-student relationship, so that a teacher represents a particular lineage. Tom is self-taught, thus not of a specified lineage.

Treasurer's Report January 2007

	Atten- dance	Tithes	Goal	Ave./ person
7-Jan	58	\$1188.84	1,375	\$20.50
14-Jan	60	654.00	1,375	10.90
21-Jan	50	632.10	1,375	12.64
28-Jan	57	1,006.00	1,375	17.65
Totals		\$3,480.94	\$5,500	\$15.47

# Tai Chi and Unity Principles

When you live primarily at the circumference of your life, interacting with the world by believing and expressing the cultural programming of mass consciousness disseminated by schools, religious dogma or science, your life is often a stressful and painful struggle to manifest your version of heaven on earth. Eric Butterworth, a prolific author of Unity principles, reminds you that the key to the kingdom is within and that when you bring the focus of your awareness to your inner life, to connect with that silent place within, where you can touch and grow the experience of Christ consciousness, you begin to live a spiritual life from the inside outward, rather than living exclusively in the material world.

The time you spend sitting quietly with yourself, relaxing the mind of its incessant thoughts, focusing on slow deep abdominal breathing as the mind and body realign and resonate with spirit is an investment in connecting with your authentic, higher self which is your essence. Butterworth describes prayer as a three step process. First is to calm down, relax and detach from the busyness of your thought process so you can retreat inside far enough to connect with silence. Silence is the now moment and your connection to the spiritual world. During this entry level process you become receptive and willing to receive your God consciousness by letting go of tension and anxiety. Every Sunday there is an opportunity to practice this during the meditations that Michael leads. Again on Tuesday evenings during the minister's workshop you have the fellowship of a small group experience with the silence and an opportunity to share your relationship to prayer work. This silence recharges the battery of your very being.

Aside from formal meditation there are other ways that can assist you in cultivating a relaxed body and mind and ease you into that quiet space within. One of the main benefits of tai chi practice is quieting your mind and integrating mind, body and spirit through the repetition of graceful, slow movements. It is the slowness of movement that invites both mind and body to relax and harmonize. The energy in the room changes during each tai chi class as participants release tension, stress and negativity from their bodies and minds by focusing on doing tai chi slowly, consciously and with intention. Tai Chi teaches your mind to relax, to connect with your inner silence and to resonate with

spirit. This is the mentoring quality of a personal tai chi practice that you can cultivate and use when you feel the need to reconnect with spirit.

The second step in the prayer process is to establish a connection to the flow of your spiritual energy. This is similar to turning the faucet to allow water to flow. If God is omnipresent, then that energy is present in each of us and available to us when we allow it to bubble up from within. When you look for the Christ consciousness within and are quiet enough to feel the peace of your stillness you become that consciousness. When your body is relaxed enough to allow the universal energy to flow within you, you will receive its healing and blessing in your life. It is up to you to cultivate and allow it to flow freely and express in your life.

Tai Chi movement was designed to facilitate the relaxation process and encourage the flow of energy through the meridians of the body. Tai chi works with your physicality to allow connection with the creative principle in the universe. The flow you experience during tai chi weaves a connection between mind, body and spirit. It is an integrating activity that prepares the body for prayer like sitting in meditation. I experience relaxation in my body, calmness in my mind and clarity of consciousness whenever I do tai chi.

Once you have relaxed and connected with the flow of Christ consciousness, you are ready for effective prayer, the third step in the process, which is the speaking of affirmative statements that will ride on that flow of God consciousness into manifestation. Affirmations are more effective when they are made from a place of connection and knowing than when they are used to cover up and push down fear and anxiety. Using these steps in Butterworth's science of prayer either through tai chi or meditation prepare the pathway for our thoughts and affirmations to gift us with the rewards we seek.

Deepening the expression of Unity principles in your life can be facilitated by learning and practicing tai chi. It is an enjoyable way of preparing the mind and body for prayer. The very essence of tai chi is to harmonize with nature. To me this means developing our connection to spirit by quieting the mind and encouraging the flow of universal energy with our bodies.

Namaste, *Caroline Demois*

# February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>UNITY CARES</b> <i>We pray with these people during the month of February:</i> <b>Barbs Burman, Miles &amp; Letha Costin, Lorri Drozdyk,  Maryphillis Horn, Janie Imperial, Patricia Lord, Susan O'Neill,  David Richter, Farrunnissa, Michael Savino, Paula Shile,  Michael &amp; Shawn Voltero</b>				<b>1</b> Choir Rehearsal 7:30 - 9pm Living the Secret 7 - 9pm <i>Chapel</i> RIF A'1 MARUFI 9pm - 12am Sanctuary + Kitchen	<b>2</b> <b>"The Secret"</b> showing 7pm <i>Sanctuary</i>	<b>3</b> "Tree of Life" 11:15am - 1:15pm <i>Sanctuary</i>
<b>4</b> Adult Forum: 9:45am Worship Service 11am - 12:30pm Speaker: Rev. Elizabeth Thompson Music: Janet Bratter 7:30pm A Course In Miracles <i>Minister's Office</i>	<b>5</b> <b>Healing Circle</b> 7 - 8pm <i>Sanctuary</i> RIF A'1 MARUFI (SUFU) 8 - 11pm Sanctuary + Kitchen	<b>6</b> Prosperity Class 7 - 9pm, <i>Chapel</i>	<b>7</b> Noon Prayer Tai Chi 6:45 - 7:45pm <i>Sanctuary</i> A Course in Miracles 7 - 8:30pm <i>Chapel</i> Wild Bunch 8 - 9:30pm	<b>8</b> Choir Rehearsal 7:30 - 9 pm Living the Secret 7 - 9pm, <i>Chapel</i> RIF A'1 MARUFI 9pm - 12am Sanctuary + Kitchen	<b>9</b> <b>"The Secret"</b> showing 7pm <i>Sanctuary</i>	<b>10</b> IFC Kitchen regis. 932-5813 "Tree of Life" 11:15am - 1:15pm <i>Sanctuary</i>
<b>11</b> Adult Forum: 9:45am Worship Service 11am - 12:30pm Speakers: Mark Malachi & Rev. Catherine Padgett Music: Joyful Noise Choir <div style="background-color: yellow; padding: 2px; text-align: center;"> <b>Annual Meeting  Potuck 12:30 - 1pm,  meeting 1 - 3pm</b> </div> 7:30pm A Course In Miracles <i>Minister's Office</i>	<b>12</b> <b>Healing Circle</b> 7 - 8pm <i>Sanctuary</i> RIF A'1 MARUFI (SUFU) 8 - 11pm Sanctuary + Kitchen	<b>13</b> Growth & Dev. Process 7 - 9pm <i>Sanctuary</i>	<b>14</b> Noon Prayer A Course in Miracles 7 - 8:30pm <i>Chapel</i> Wild Bunch 8 - 9:30pm	<b>15</b> Interfaith Worship 7:30 - 9pm Living the Secret 7 - 9pm, <i>Chapel</i> RIF A'1 MARUFI 9pm - 12am Sanctuary + Kitchen	<b>16</b> <b>"Live &amp; Let Go"</b> showing 7pm <i>Sanctuary</i>	<b>17</b> "Tree of Life" 11:15am - 1:15pm <i>Sanctuary</i>
<b>18</b> Adult Forum: 9:45am Worship Service 11am - 12:30pm Speaker: Music: Mark Hirschhorn Board Meeting 1 - 4pm, <i>Sanctuary</i> NC WARN mtg. 3 - 5pm, <i>Chapel</i> 7:30pm A Course In Miracles	<b>19</b> <b>Healing Circle</b> 7 - 8pm <i>Sanctuary</i> RIF A'1 MARUFI (SUFU) 8 - 11pm Sanctuary + Kitchen	<b>20</b> Growth & Dev. Process 7 - 9pm <i>Sanctuary</i>	<b>21</b> Noon Prayer Tai Chi 6:45 - 7:45pm Lay Ministry Team 7pm, <i>Min. Office</i> A Course in Miracles 7 - 8:30pm <i>Chapel</i> Wild Bunch 8 - 9:30pm	<b>22</b> Living the Secret 7 - 9pm, <i>Chapel</i> RIF A'1 MARUFI 9pm - 12am Sanctuary + Kitchen	<b>23</b> John Mayer KTC - Lama Kathy 6:30 - 9:30pm <i>Sanctuary</i>	<b>24</b> "Tree of Life" 11:15am - 1:15pm <i>Sanctuary</i>
<b>25</b> Adult Forum: 9:45 am Worship Service 11am - 12:30pm Speaker: Gabriella Tal "Meher Baba on Love" Music: 7:30pm A Course In Miracles <i>Minister's Office</i>	<b>26</b> <b>Healing Circle</b> 7 - 8pm <i>Sanctuary</i> RIF A'1 MARUFI (SUFU) 8 - 11pm Sanctuary + Kitchen	<b>27</b> Growth & Dev. Process 7 - 9pm <i>Sanctuary</i>	<b>28</b> Noon Prayer Tai Chi 6:45 - 7:45pm <i>Sanctuary</i> A Course in Miracles 7 - 8:30pm <i>Chapel</i> Wild Bunch 8 - 9:30pm			
 <b>BIRTHDAY CORNER</b>  Happy Birthday to this month's honorees: Susanya Schuett, Heather Talbott, Lorraine Lewis, Betty Lou Chaika, Mariah Dahill						

**BEGINNING IN FEBRUARY!  
UCPC GROWTH & DEVELOPMENT PROCESS**

You are precious to this church. Your presence and your commitment make this church a community. If you want to be an active part of this community's healing, growth, & development, and you have a vested interest in your church, the following is for you!

Beginning TUESDAY, FEBRUARY 13TH and running for 6 weeks, Rev. Catherine Padgett (from Unity of Greensboro) will lead us in a growth process that begins with the class "I of the Storm: Embracing conflict and creating peace", based on the peace work of Unity's Gary Simmons. This healing process continues with a weekend workshop, April 13th & 14th, and again with a healing circle on Sunday, May 6th.

Sign-up sheet is on the Community Bulletin Board in the foyer; please sign up now so we know how many books to order. As participants, we will be invited to live from our heart centers and co-create a strong & stable, viable & clearly defined ministry for UCPC. For more info, contact Barbs Burman @ 919.663.3301 or [barbsieb@yahoo.com](mailto:barbsieb@yahoo.com).

**UPCOMING EVENTS NOT TO MISS**

\* **The Secret**  
showing at 7pm in Sanctuary  
Friday, Feb. 2 & 9

\* **Tree of Live Workshop**  
Saturdays Feb. 3 - 24, 11:15am - 1:15pm

\* **Potluck & Annual Meeting**  
Sunday, Feb. 11, 12:30 - 3:00pm

\* **The UCPC Growth & Development Process**  
Tuesdays beginning Feb. 13

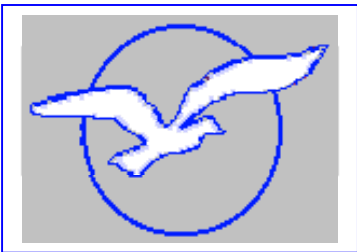
\* **Interfaith Worship Service**  
Thursday, Feb. 15, 7:30 - 9pm

\* **Living the Secret**  
ongoing group Thursdays, 7 - 9pm

**UNITY CENTER OF PEACE CHURCH**  
8800 Seawell School Road, Chapel Hill, NC 27516

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

[www.unitychapelhill.org](http://www.unitychapelhill.org)  
February 2007



*Save money and trees!*

*Please let us know if you  
can receive and read Spirit  
Express by email rather  
than via postal mail.*