

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 1

January 2005

From the Heart

A New Year

promises new hopes, dreams, and opportunities. It brings to mind the teaching that intention is the key to success and fulfillment.

Since the “mind is the builder” and “thoughts in mind reproduce in kind,” it behooves us to set good, strong, and clear intentions as we begin the new year. This idea goes beyond mere “resolutions” that are made in haste and forgotten just as fast. Intention-setting is a daily practice.

Each day, we can ask ourselves: “What do I wish to create today?”

Setting clear intentions prepares the mind to create positive

experiences. It reminds us that we have the power to create our lives and manifest our goals. Intention-setting prevents us from meandering from day to day without purpose, rhyme or reason.

Now is the time to set clear intentions for the whole year as well. What are the spiritual, mental, emotional and physical goals we have for ourselves? How would you like your relationships to be different in 2005? What spiritual practices do you want to get into the habit of doing? What mental attitudes do you wish to adopt or dispense with? It's time to review our intentions for our lives so that we can get back on track and recommit to what our hearts and souls desire.

My intention for this church family is that we continue manifesting an abundance of love, peace, opportunities for spiritual growth and financial resources. I see our physical premises growing in beauty and our community growing in self-awareness and in numbers. My intention is that week by week, we demonstrate our love for each other, for God, and for the Earth more and more and more. And so it is.

With Bright Blessings
Mark

BOARD BULLETIN

I may expound upon this message, or repeat much of it at our annual meeting. But as we wind up this calendar year and our UCPC fiscal year, there are a few things worthy of mention in this month's newsletter:

We've had, a very good and successful year, In 2004 we:

- Grew in spirituality, and in prosperity consciousness.
- Forged a stronger community: learning and worshipping together.
- Stayed financially solvent: paid off debt; paid our bills, wages and taxes on time; paid well-deserved bonuses to our Spiritual Teacher, Music Director and Office Manager; and even created and maintained a small financial cushion.
- Welcomed several new members.
- Reorganized our Bookstore and Church office, and created a Healing Room space.
- Calmed the shifting chairs, and made

improvements to the sanctuary, kitchen, and daycare spaces.

- Improved the driveway entrance—the first thing newcomers see. Made progress in creating peace with ourselves and others around TLC issues.

If you had asked me two years ago, “Can we accomplish all that?” I'd have said, “I'm not sure... but I believe so!” (Trusting Spirit).

And for all of this, and many other things, I'd like to thank:

- All of you for your participation, love and support, and for being wonderful spiritual partners.
- The past Board headed by Gaines Steer, by whom I was continually reminded that a Trustee's #1 job is to represent the membership. That entire Board kept us moving forward in integrity.

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UNITY CENTER OF PEACE CHURCH
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Spirit Express Co-Editor:	Gaines Steer	968-8440

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- Our Interim Minister, Caroline Wood, for her willingness to serve us and keep us functioning as a spiritual community.
- Our last and present Office Managers: Mary Tenuda, Caroline Wood, and Eileen Helton, whose diligence and expertise keeps business flowing smoothly.
- Mark, our Spiritual Teacher, for serving us when we really needed someone to "take the reins", step up and become an authentic leader (I have been impressed with his guidance since his first discourse with us, circa 2002, titled: "Radical Christianity"). And in his other position as Music Director he has provided phenomenal music.
- Our current Board, the first Board in recent history to hang in there, stick out our full terms (for better or worse, in good times and uncomfortable times).

We have reawakened to a great deal of truth, and reality together. It hasn't been an effortless task. But you're worth it... we're worth it... and we are stronger now; much stronger than before.

John Thomas, Board President

Loves Jazz, Loves to Cook

FAREWELL STUART – MANY BLESSINGS

"I work for a non-profit childcare center for people under 6," says 27-year-old Stuart Newnam, "40 hours a week with 2- and 3-year-olds."

It's a perfect job for Stuart, whom most of us know only as the quiet young man who leads the children from the sanctuary to the upstairs room where he provides supervision, teaching and play opportunities for the church's youngest people. Sometimes it's only a couple of kids, sometimes it's a roomful. All different ages!

"It's nurturing," says Stuart. "And I've developed skills to work with a wide range of ages. It's interesting to me to discover what the children are interested in. I don't just sit them down and tell them things. I ask questions to get them thinking."

Sunday School begins with a circle time – a time for prayer, for discussing goals, for talking about things the children are thankful for. Then it may go on to artwork, music, walks in the woods – whatever seems appropriate for the day. The children love it - and they love Stuart.

When he isn't working with children, Stuart is faithful in his practice of Tai Chi, good for his back, which is now all

healed from surgery for a ruptured disk. He loves listening to jazz, watching black & white Samurai movies, studying Buddhism, writing poetry – and cooking delicious Vegan meals for his girlfriend. He is also anticipating becoming an uncle in January. His sister in Richmond is expecting a baby boy, who will be Stuart's namesake.

Sadly for the Unity Center of Peace, December was Stuart's last month here in Chapel Hill. In January he will fulfill a longtime dream of going to Hong Kong to teach English, study more Tai Chi and learn about herbal medicine. His girlfriend is also traveling to Asia. She'll be in Thailand, about an hour's flight away from Stuart, teaching English in a refugee camp for the Burmese and establishing empowerment groups for refugee women.

Stuart sees this journey as a chance for both of them to "stretch their wings." He'll be taking along our best wishes, hopes and prayers, as well as our deep appreciation for his immeasurable contribution to the lives of the children of Unity. Thanks, Stuart – we love you, and *Bon Voyage!*

(If you would like an e-mail copy of this picture, call the office or see Shawna Donaldson).



Stuart (seated 3rd from left) with his kids of 2004. We will miss his smiling face!

Photo courtesy of Shawna Donaldson

WE HAVE NOT COME TO TAKE PRISONERS
 We have not come here to take prisoners,
 But to surrender ever more deeply
 To freedom and joy.
 We have not come into this exquisite world
 To hold ourselves hostage from love.
 Run my dear,
 From anything
 That may not strengthen
 Your precious budding wings.
 Run like hell my dear,
 From anyone likely
 To put a sharp knife
 Into the sacred, tender vision
 Of your beautiful heart.
 We have a duty to befriend
 Those aspects of obedience
 That stand outside of our house
 And shout to our reason
 "O please, O please,
 Come out and play."
 For we have not come here to take prisoners
 Or to confine our wondrous spirits,
 But to experience ever and ever more deeply
 Our divine courage, freedom and
 Light!

~ Hafiz ~

(*The Gift* ~ versions of Hafiz by Daniel Ladinsky)

FLICK PICKS

by staff writers

We are very excited to announce that INDIGO, The Movie will be released this January 29th and 30th all across the country and Unity Center of Peace Church will be the sponsor in Chapel Hill.

In case you have not heard of this movie, it has been a lengthy project for many including James Twyman (Emissary of Light), Neal Donald Walsch (Conversations with God), Stephen Simon (What Dreams May Come, electric Horseman, Smokey and the Bandit) and many others. This is a full length movie, winner of Sante Fe Film Festival audience choice award, and along with "What the Bleep..." is destined to bring to the big screen the

genre of Spiritual Cinema. You know these kinds of movies: Powder, Phenomenon, Matrix, Ghost, movies that not only ask the two most daunting questions: "Who are we?" and "Why are we here?", but those which seem to point to an answer. This movie Indigo is one of those movies. It illuminates the landscape of our evolution and heralds the arrival of the Indigo Children.



INDIGO is a film about loneliness, redemption, and the healing powers and grace of the new generation of Indigo (psychic and gifted) children being born into the world. Three fateful choices result in bankruptcy, jail, and the disintegration of a family and then lead to a chance for redemption five years later through the healing and psychic powers of the family's youngest member-- a ten-year-old "Indigo" child. INDIGO is about taking responsibility for the choices we make and the thin line that separates success from failure and love from regret.

The movie will show on Saturday evening, January 29th at 7:30 PM and as a matinee on January 30th at 1:30 PM. Tickets are \$10 (no student or children's price) and are on sale now in the church office from 9:30 AM – 1:30 PM, Monday through Friday. Tickets may also be purchased on line via credit card (MC/VISA or AMEX) or by check or money order through the mail. Please call the office for instructions if you are purchasing tickets on-line 968-1854.

This movie is also a fundraiser for Unity Center of Peace Church. We will receive ½ of the price of each ticket. So get your tickets now and help support Unity Center of Peace Church while you have a extraordinarily good time!



JANUARY 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2 style="margin: 0;">UNITY CARES</h2> <p style="margin: 0;">We pray with these people during the month of January: Deborah Dorland & Rex Bradley, Betty Lou & David Chaika, Alice Ehrsam, Claudia & Simon Kaplan, Deloris Masto, Joan & John Shannon, Sara Sally Smith and Ed Washington.</p>						1 NEW YEAR!
2 COMMUNITY MTG & POTLUCK <i>BURNING BOWL CEREMONY</i> Adult Sunday School: 10:00 am 11:00 Service Speaker: Mark Malachi "Out With the Old, In with the New" Music: Mark Malachi 7:30 pm A Course In Miracles <i>upstairs classroom</i>	3 RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	4 SUFI RENTAL SPECIAL 8:00 – 1:00 PM <i>Sanctuary & Kitchen</i> Power Prayer 2:00 PM <i>Mark's Office</i>	5 12:00 Noon Prayer Wild Bunch AA 8:00 – 9:30 pm <i>Sanctuary + Kitchen</i>	6 RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	7	8 IFC Kitchen call Simon Kaplan 932-8858 to register NEW YEAR COLLAGE MAKING with Shawna Donaldson 7:00 PM <i>sanctuary</i>
9 Adult Sunday School: 10:00 am 11:00 Service Speaker: Mark Malachi "Openness, Awe & Majesty" Music: Ericka Wilkens Worship Committee Meeting 7:30 pm A Course In Miracles <i>upstairs classroom</i>	10 RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	11 Power Prayer 2:00 PM <i>Mark's Office</i>	12 12:00 Noon Prayer Wild Bunch AA 8:00 – 9:30 pm <i>Sanctuary + Kitchen</i> COMMITTEE OF 10 7:00 PM <i>K&W Cafeteria</i>	13 Interfaith Worship 7:30 pm <i>Sanctuary</i> SUFI 01 <i>upstairs classroom</i> RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	14	15
16 Adult Sunday School: 10:00 am 11:00 Service Speaker: Mark Malachi "Are We Truly Free?" Music: Ericka Wilkens BOARD Meeting 7:30 pm A Course In Miracles <i>upstairs classroom</i>	17 Martin Luther King Day RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	18 Power Prayer 2:00 PM <i>Mark's Office</i>	19 12:00 Noon Prayer Wild Bunch AA 8:00 – 9:30 pm <i>Sanctuary + Kitchen</i>	20 RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	21	22
23 Adult Sunday School: 10:00 am 11:00 Service Guest Speaker: Elizabeth Trinkaus "Want to Change the Color of Your Day? Look Inside" Music: Jewelsong 7:30 pm A Course In Miracles <i>upstairs classroom</i>	24 RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	25 Power Prayer 2:00 PM <i>Mark's Office</i>	26 12:00 Noon Prayer Wild Bunch AA 8:00 – 9:30 pm <i>Sanctuary + Kitchen</i>	27 RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> CHOIR Rehearsal 7:30 pm	28 MYSTICAL JEWISH WORSHIP SERVICE 7:30 PM <i>Sanctuary</i>	29 INDIGO THE MOVIE PREMIERE 7:30 PM <i>Sanctuary</i>
30 Adult Sunday School: 10:00 am 11:00: Service Sacred Dance Experience: Mark Malachi Music: Mark Malachi INDIGO THE MOVIE 1:30 PM 7:30 pm A Course In Miracles <i>upstairs classroom</i>	31 RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	SUNDAY POTLUCK Remember, the first Sunday of each month after service is Potluck Sunday. Bring a covered dish and join the fun of getting to know your Unity family		   <b style="color: blue;">BIRTHDAY CORNER   <p style="margin: 0;">Happy Birthday to this year's FIRST babies:</p> AC Bushnell, Helen Dannatt, John Ganzi, Deloris Masto, George Sharp, Bert Sharpe, Paula Shile, Gaines Steer, Tommy Talbott, Bartholomew Urbanski and Caroline Wood		

UPCOMING EVENTS NOT TO MISS!

INDIGO, The Movie – Jan 29th and 30th
See article on page 3. Showing at UCPC Jan 29 and 30.
Call church office for details

PLACES TO VISIT

http://www.panhala.net/Archive/All_My_Body_Calls.html scenic view and music to accompany poem from page 3.

Visit this website for a story of true heroism:
<http://www.npr.org/templates/story/story.php?storyId=4195336>

CONTEST

Answer these three questions correctly and win a copy of The Prayer of Jabez:

1. Which UCP member's last name was originally Ginsberg?
2. Which UCP member was an actor in a previous life?
3. Which UCP member lived in Scandinavia?

The first person to send the answers to Gaines Steer at info@thelastunicorn.com (or call the office) will be our January Grand Prize Winner!



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
January 2005



Personal Testimony of the 4-T Experience by Joanne Dahill

As a result of my participation in the 4-T Program, I am experiencing a renewed commitment to prayer and connection to the Divine.

I am experiencing a strengthened belief in god as my source – because of this deeper capacity to tap into the well of faith within, my days are more peaceful – my anxiety level is lower, and I am consciously aware of God's support as I approach challenging situations.

Since the beginning of the 4-T Program, abundance has been made manifest in my life in the form of a new car; a contract made to purchase my first house; a scheduled meeting to begin working with a business coach; greater creative expression through dance and art; deepening friendships within my church family; more trust in my own intuition and an increased ability for moving from idea and intention to action and form.

For these blessings, I am grateful.

Here is one of the prayers I now use::

By the power of my faith
And the strength of my belief
I ignite the Christ Mind Within.
I weave substance into form
in answer to my need
And the prayer of my being.

I am grateful for _____

Many people have expressed similar feelings about the 4-T Program. If you are interested in joining the next scheduled session, a new 4-T Program will begin on Tuesday April 19th and continue for twelve weeks ending on Tuesday, July 5th. Please see Mark for more information and registration.

DECEMBER CONTEST CONTINUED!

Since no one responded with the correct answer to last month's question, we have decided to hold it over until next month. The winner will receive a cake especially baked for the occasion by Simon Kaplan and it will be presented to the winner at the February Community Meeting!

So you still have time to get those answers in! *(If I weren't part of making up the questions, I'd sure come and check out the back deck – I love homemade cake and I hear Simon's is to die for!)*

Question: How many of the member's names carved on the back deck are still active UCPC members?

Community Meeting December 5, 2004

1. Mark and John shared that a positive and healing meeting had transpired with representatives from TLC. An on-going effort is underway to enhance communication and collaboration.
2. We decided we would endeavor to start and end Sunday worship on time. This necessitates everyone arriving on time at 11:00 AM or earlier.
3. We discussed the cross and window in the sanctuary. The direction we are pursuing at this time is to insert a pearlescent dove in the middle of the cross and look into continuing the arc into a full circle. Most folks preferred to keep the view from the window as clear and unobstructed as possible.

LOVE CHANGES ONE THING, SOMETHING, EVERYTHING:

A Valentine's Concert A benefit concert for UCP starring Helen Spielman and Julie Harris, Mark Malachi, Donna Shannon & Matt Short. **Saturday**, February 12, 7:00 PM. Romantic, children's, and global love songs to set your heart free.

TAX TIME IS COMING SOON!

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