

# Spirit Express



UNITY CENTER OF PEACE CHURCH

Volume 12, Number 1

January 2006

## From the Heart

A new year brings new beginnings. Now is the perfect opportunity to set goals and intentions for 2006. Rather than declaring a goal that is far from reach, allow me to suggest that you focus on attainable objectives that might not be as daunting to accomplish. Choose goals that can be reached with little effort each day. Write them down and keep them in plain sight that you might be able to do something toward the objective each day. Remain positive about achieving your goals with affirmations. Use visualization and *see* yourself achieving your goals.

I like to break up my goals into four categories: spiritual, mental, emotional, and physical. Spiritual goals include how you would like to improve your relationship with God. Think of specific behaviors (like going to church!) that inspire you.

Mental goals include attitudes you would like to change, books you want to read, and educational or career opportunities of which you would like to avail yourself.

Emotional goals are relationship goals. How would you like to improve your primary relationships? Also, what are you willing to do to bring more joy into your life?

Physical goals include diet, exercise, substance use (abuse?), and weight issues. How healthy do you want to be in 2006?

The spiritual path is a day-to-day journey. It requires focus and clear intentions. I invite you to take yourself to the next level in 2006 by using the power of intention to lead you closer to the person you took birth to be!

Love, **Mark**

## BOARD BULLETIN: Board Focus #6: Development

Happy New Year! In just one month we the members of UCPC will be electing new Trustees to our Board. Please plan to attend the January Board of Trustees meeting if you even have an inkling that you would like to serve in this way.

Along with many projects your Board of Trustees completed this past year, one has been the revitalization of the organizational structure of our church. The purpose of this was to maintain momentum in an organized manner and provide a model for communication and accountability. The key to this revitalization is INTENTION. We have answered the question: "What is the intention of Unity Center of Peace Church?" At the center of this honeycomb is God/All That Is, the Center of our Being. This consciousness is our main purpose, focus, and intention.

As an organization, we act on this through the following Six Main Areas of Focus and Intention: (1) Worship: our intention to express our spirituality; (2) Administration: our intention to steward what we have; (3) Education: our intention to learn and teach; (4) Inreach: our intention to connect with each other; (5) Outreach: our intention to connect with our greater community; (6) Development: our intention to grow.

If you have a passionate connection with any of these Intentions, I invite you to contact Joanne Dahill and the Nominating Committee. Get your name on the February ballot!

Namaste, **Barbs Burman**, Co-President, UCPC Board of Trustees

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

**Administration**

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**Board of Trustees**

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Trustee	<b>Richard Taylor</b>	933-4452	<a href="mailto:rstaylor@mindspring.com">rstaylor@mindspring.com</a>
Member	<b>Mark Malachi</b>	968-1854	<a href="mailto:mmal27@aol.com">mmal27@aol.com</a>

**Teams**

Bookstore	<b>Judy Bosniadis</b>	260-0824	<a href="mailto:bosniadisj@hpw.com">bosniadisj@hpw.com</a>
Bldg. & Grnds.	<b>Richard Taylor</b>	933-4452	<a href="mailto:rstaylor@mindspring.com">rstaylor@mindspring.com</a>
	<b>Machai St. Rain</b>	732-4363	<a href="mailto:machaisaintrain@yahoo.com">machaisaintrain@yahoo.com</a>
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PR	<b>Julie Cusatis</b>	402-0878	<a href="mailto:jcusatis@earthlink.net">jcusatis@earthlink.net</a>
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Worship	<b>George Sharp</b>	402-4226	
Youth Ed	<b>Machai St. Rain</b>	732-4363	<a href="mailto:machaisaintrain@yahoo.com">machaisaintrain@yahoo.com</a>

**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.

**December Community Meeting**

The December Community Meeting held on Sunday December 4 was lively, well attended, and brief. We discussed the open board positions, the Silent Auction, the Outdoor Sanctuary, the Healing Ministry at UCPC as well as Global Climate change. It was a lot to cover in 45 minutes!

First, those present (17 of us) unanimously voted to seek church membership in the NC Interfaith Global Climate Change campaign. The idea will now go to the board for action.

We discussed the evolving Healing Ministry at UCPC. Specifically we talked about the possibility of having a healing chair (or group of chairs) in which individuals seeking healing during the Sunday worship service may be the recipients of energy healing in the sanctuary. Also we discussed the possibility of a weekly healing circle that may begin on Monday nights.

We ended our brief but pithy meeting by forming a committee to move forward the Outdoor Sanctuary idea. Irene Lee, Julie Cusatis, Pat Veenema, Mark Malachi, Machai St. Rain & Barbs Burman stepped forward to work on this exciting project.

**UCPC Welcomes  
Ten New Lay  
Ministers as leaders  
in the congregation.  
Congratulations to:**

- Judy Bosniadis
- Laurie Brill
- Ferris Buhler
- Barbs Burman
- Helen Dannatt
- Shawna Donaldson
- Lorraine Lewis
- Michael McCluskey
- Machai St. Rain
- Pat Veenema

# Some Thoughts for the New Year

## My Breath

My Breath is the sluice between the formless (the Kingdom of God, which is limitless, unchanging, pure Being), and the formed (Creation which is manifest, differentiated, always changing, the derivative of Mind, the product of thought). My Breath is the channel through which Divine Awareness can flow into manifested Creation, enhancing alignment and harmony. The channel of Breath contains a valve, a sluice gate that requires opening. The wrench that opens this valve is my Attention.

As I place my Attention on my Breath, I am escorted into the Now, into this moment. My attentiveness to the movement of my Breath opens the channel. Divine Essence and Presence flow from the formless into the formed, from the Nameless into the Named.

This is my inner purpose revealed. I become the mechanism, the vehicle through which God pours Divine Awareness and Presence into Creation.

... and to think that I thought I was just meditating.

Michael

## Do What Makes You Smile

I choose this day  
To stay away  
From things that make me frown  
I stay in bed  
And rest my head  
Upon the pillow down  
I drink my tea  
And gently BE  
And read inspiring words  
I hear the hawk  
The blue jay's squawk  
And other calls of birds  
I make this vow:  
Be here and now  
In every gentle way  
And all the while  
A Buddha smile  
Be on my face today.

Sue-Anne Solem

## New at UCPC

### New Healing Ministry

Under the leadership of Lorraine Lewis, Judy Bosniadis, Laurie Brill and Rev. Laura Dunham, UCPC now has an active healing ministry. A **weekly healing circle** will now occur Mondays 7 – 8pm, beginning Jan. 23. Rev. Laura Dunham, a retired Presbyterian minister, will give a talk and free workshop on Sunday Jan. 22 entitled, "How Jesus Healed," to kick off this new and exciting joint venture.

### **New Class! Book of Revelation Study Group**

Have you ever wondered about the meaning and history of the Book of Revelation? A new class on the subject will run for 8 weeks beginning Tuesday, January 10 from 7 – 9pm in the Sanctuary. Participants view a DVD by premier scholar Rev. Micky Efird, which will be followed by a discussion facilitated by Pat Veenema. The DVDs to be shown are scholarly and historical rather than metaphysical or metaphorical. All are welcome to attend and learn more about the times that shaped this cryptic book.

## The Kennedys

at Unity Community Coffeehouse (a.k.a. U.C.P.C)

Friday January 20 - Potluck at 6:45, show at 8:00, hootenanny/chanting after that!!

An amazing demonstration of the power of positive energy, the Kennedys (Maura and Pete) have been on the road performing nearly constantly for the last ten years - upbeat latter-day hipsters, jangly-guitared poet/troubadours, and a happily married couple to boot! They've just released their eighth CD ("Half a Million Miles") pulling together what they've learned in that time about relationship, music, spirit and the joy of existence. Now, they don't usually get particularly specific on the relationship part, song-wise, but there's this blazing sweetness in the way their voices and guitars twine together as they tell the stories of people they've met, places they've been, and the visions, stories and experiences they've shared...and then there's their highly evolved ability to nuzzle around each other WHILE playing and singing...these kids DO have some fun, and it's pretty infectious.

From a fateful early rendezvous at Buddy Holly's grave, they worked together in Nancy Griffith's band until Nancy told them they were opening for her on a tour of England and they found themselves creating a career as a duo. Even playing live on two acoustic guitars, they create a wide range of fine ear candy, ranging from Byrds/Beatles guitars and harmonies to soaring new gospel songs to intricate bluegrass/Celtic/Eastern-flavored instrumentation, with the occasional bossanova or Buddy Holly raveup thrown in for funsies. I won't even get into what they pull off when they get together with their many musical friends at various festivals and on their CDs! To listen to samples, etc., go to <http://www.kennedysmusic.com/>

FOR TICKETS (\$10) and info on the show, see Mark Smith (929 1135, [mgeesmith@juno.com](mailto:mgeesmith@juno.com)).

## ***Awakening the Light Body with the Keys of Enoch***

**Activating the Awareness Within with Antara & Tom Brandner  
Sunday, January 22, 2006 2 – 4:30pm at UCPC**

Antara and Tom Brandner will be visiting from South Carolina monthly, starting in January one Sunday a month through July, to share these teachings with us here at Unity.

Come and explore the wisdom of *The Keys of Enoch* and experience The Academy's latest video where we journey through the ancient land in our Light Body. The Light Body film is based on the vast teachings of the revelatory book, *The Book of Knowledge: The Keys of Enoch*. In the seminar we will also experience, learn and meditate using sacred language and music, providing us with a complete process through which we can develop our siritual gifts for sharing Divine Love and Wisdom. Let us come together to understand, that through wisdom and experience, we can help humanity and awaken within ourselves the higher spiritual dimensions of "the Living Christ."

Pre-registration is requested by calling Antara (803) 337-8100. You may also email for more information at [antara@chestertel.com](mailto:antara@chestertel.com). If available please bring *The Keys to Enoch* or any version of The Bible. The teachings are offered freely, however, donations to The Academy are greatly appreciated.

## **Bo Lozoff at UCPC**

Bo Lozoff, speaker and musician extraordinaire, as well as the founder of the Human Kindness Foundation will be giving the Sunday morning talk on January 15 at the 11am service. At 1pm following the service Bo will facilitate a discussion and share his beautiful music. Love offerings to benefit the Human Kindness Foundation will be accepted.

## UPCOMING EVENTS NOT TO MISS

### New Year's Day

Sunday Service: Caroline Wood  
"Burning Bowl"

**Potluck & Community Meeting January 1**  
after church

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

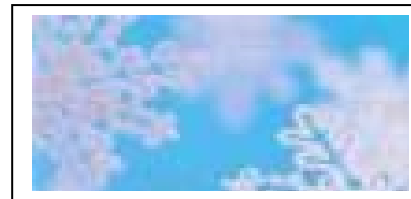
**Book of Revelation Study Group**  
begins January 3, 7 – 9pm

**Interfaith Worship Service**  
Thursday, January 12, 7:30pm

**Bo Lozoff at UCPC – January 15**  
speaking at Sunday service with discussion &  
music at 1pm

**Angel Light Activation January 15**  
6 – 9:30pm

**The Kennedys in Concert**  
**January 20** 6:45pm potluck, music at 8pm



### Main Office Hours:

Monday – Friday 10am – 3pm  
Mariah Wheeler, Office Manager  
968-1854 [unitychapelhill@mindspring.com](mailto: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](mailto:Mmal27@aol.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)  
(816) 969-2000 (in English)  
(816) 969-2020 (in Spanish)

Email newsletter submissions to editors:

Marilyn Grubbs at [mgrubbs@nc.rr.com](mailto:mgrubbs@nc.rr.com), or

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

### UNITY CENTER OF PEACE CHURCH

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or e-mail us at [unitychapelhill@mindspring.com](mailto:unitychapelhill@mindspring.com)

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January 2006



UCPC is a Member of the Association of Unity Churches

# January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>Meditation 9:30am Adult Forum: 9:45am</p> <p>Sunday Service 11am – 1230pm Speaker: Caroline Wood "Choose Once Again" Burning Bowl Ceremony Music: Claudia Kaplan</p> <p>POTLUCK &amp; Community Meeting after church</p> <p>A Course In Miracles 7:30pm <i>Upstairs</i></p>	<p><b>2</b></p> <p>RIF A'1 MARUFI (SUFU) 8-11pm <i>Sanctuary + Kitchen</i></p>	<p><b>3</b></p> <p>Prayer Team 2pm <i>Mark's Office</i></p>	<p><b>4</b></p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p><b>5</b></p> <p>RIF A'1 MARUFI (SUFU) 9pm - midnight <i>Sanctuary + Kitchen</i></p>	<p><b>6</b></p> <p>Friday Night Live 7:30 - 10pm <i>Sanctuary</i></p>	<p><b>7</b></p>
<p><b>8</b></p> <p>Meditation 9:30am Adult Forum: 9:45am</p> <p>Sunday Service 11am – 1230pm Speaker: Mark Malachi "Healing With Sound" Music: Julio Carrasco</p> <p>Youth Ed Meeting after church</p> <p>A Course In Miracles 7:30pm <i>Upstairs</i></p>	<p><b>9</b></p> <p>RIF A'1 MARUFI (SUFU) 8-11pm <i>Sanctuary + Kitchen</i></p>	<p><b>10</b></p> <p>Prayer Team 2pm <i>Mark's Office</i></p> <p>Book of Revelation Study Group 7 – 9pm <i>Sanctuary</i></p>	<p><b>11</b></p> <p>12:00 Noon Prayer</p> <p>7pm CCN meeting K &amp; W Cafeteria</p> <p>Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p><b>12</b></p> <p>Interfaith Worship 7:30pm <i>Sanctuary</i></p> <p>RIF A'1 MARUFI (SUFU) 9pm - midnight <i>Sanctuary + Kitchen</i></p>	<p><b>13</b></p>	<p><b>14</b></p> <p>IFC Kitchen call Simon Kaplan 932-8858 to register</p>
<p><b>15</b></p> <p>Meditation 9:30am Adult Forum: 9:45am</p> <p>Sunday Service 11am – 1230pm Speaker: Bo Lozoff Music: Transcenders</p> <p>Discussion / Music with Bo Lozoff 1pm <i>Sanctuary</i></p> <p>Board Meeting 1 – 3:30pm</p> <p>Angel Light Activation 6 – 9:30pm <i>Sanctuary</i></p> <p>A Course In Miracles 7:30pm <i>Upstairs</i></p>	<p><b>16</b></p> <p>RIF A'1 MARUFI (SUFU) 8-11pm <i>Sanctuary + Kitchen</i></p>	<p><b>17</b></p> <p>Prayer Team 2pm <i>Mark's Office</i></p> <p>Book of Revelation Study Group 7 – 9pm <i>Sanctuary</i></p>	<p><b>18</b></p> <p>12:00 Noon Prayer</p> <p>Lay Ministry Team Meeting 7 – 9pm</p> <p>Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p><b>19</b></p> <p>RIF A'1 MARUFI (SUFU) 9pm - midnight <i>Sanctuary + Kitchen</i></p>	<p><b>20</b></p> <p>The Kenedys in Concert Potluck 6:45pm Show 8pm <i>Sanctuary &amp; Kitchen</i></p>	<p><b>21</b></p>
<p><b>22</b></p> <p>Meditation 9:30am Adult Forum: 9:45am</p> <p>Sunday Service 11am – 1230pm Speaker: Rev. Laura Dunham "How Jesus Healed" Music: Mark Malachi</p> <p>Free Healing Workshop at 1:30pm in Chapel</p> <p>Keys of Enoch 2 – 5pm <i>Sanctuary</i></p> <p>A Course In Miracles 7:30pm <i>Upstairs</i></p>	<p><b>23</b></p> <p>Healing Circle 7 – 8pm <i>Sanctuary</i></p> <p>RIF A'1 MARUFI (SUFU) 8-11pm <i>Sanctuary + Kitchen</i></p>	<p><b>24</b></p> <p>Prayer Team 2pm <i>Mark's Office</i></p> <p>Book of Revelation Study Group 7 – 9pm <i>Sanctuary</i></p>	<p><b>25</b></p> <p>12:00 Noon Prayer</p> <p>Strategic Planning Committee 7pm <i>Mark's Office</i></p> <p>Wild Bunch AA 8 - 9:30pm <i>Sanctuary + Kitchen</i></p>	<p><b>26</b></p> <p>RIF A'1 MARUFI (SUFU) 9pm - midnight <i>Sanctuary + Kitchen</i></p> <p>CHOIR Rehearsal 7:30pm</p>	<p><b>27</b></p> <p>7:30pm Mystical Jewish Worship Service <i>Sanctuary</i></p>	<p><b>28</b></p>
<p><b>29</b></p> <p>Meditation 9:30am Adult Forum: 9:45am</p> <p>Sunday Service 11am – 1230pm Speaker: Mark Malachi "Sacred Dance Experience" Music: Bart Urbanski</p> <p>Worship Committee Meeting after church</p> <p>A Course In Miracles 7:30pm <i>Upstairs Classroom</i></p>	<p><b>30</b></p> <p>Healing Circle 7 – 8pm <i>Sanctuary</i></p> <p>RIF A'1 MARUFI (SUFU) 8-11pm <i>Sanctuary + Kitchen</i></p>	<p> <b>BIRTHDAY CORNER</b> Happy Birthday to this month's children of the Spirit:</p> <p>Paula Shile, Anthony Jaramillo, Bert Sharpe, Bartholomew Urbanski, Owen Essen, Phillip Hall, Linda McCluskey, George Sharp, Gaines Steer, Caroline Wood, Tommy Talbott, Deloris Masto, Bill Romey, Anna Washington, Lynn Green, AC Bushnell, Helen Dannatt, Karen LaVert</p>		<p><b>UNITY CARES</b> We pray with these people during the month of January:</p> <p><b>Ginger Massey, Simon and Claudia Kaplan, Barbs Burman, Cori Princell, Susan O'Neil, Sue-Anne Solem, C. Ahnie Rising, Barbara Janeway, Grace Leigh Marshall, Charles Crank, Michael Newton.</b></p>		