

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 7

July 2005

From the Heart

This past month marked the 21st Anniversary of UCPC. We have finally made it to spiritual adulthood! Over the past three years, our community has discovered a deeper sense of identity, purpose and mission. Aside from being a force for peace in the world, we have evolved into a community of individuals who are seeking to be more open, honest and intimate with each other. We have increased our ability to honor and respect each other while taking personal responsibility for our feelings, thoughts and actions. We have furthered our spiritual development

by deepening our connection to the Christ within. All of this adds up to spiritual adulthood.

As spiritual adults, we do not need an external philosophy, group or individual to tell us what is true for us - we are in touch with our own inner guidance.

As spiritual adults we take responsibility for our life circumstances rather than blaming some outside force.

As spiritual adults, we embrace each other's differences rather than judging them. We allow love to rule our lives, rather than fear.

I congratulate us on our evolution

as a community, and I know we still have much more growing to do. We can feel good about what we have accomplished. Unlike most organizations, we do not base our success on numbers; we base our success on the degree to which we manifest the kingdom of Heaven within.

At UCPC, we have a little slice of Heaven on Earth and I am grateful. Happy 21st Birthday, UCPC. I look forward to 21 more years of expanded consciousness, intimacy and love.

Blessings, **Mark**

BOARD BULLETIN

Greetings! Our UCPC Board of Trustees is highly energized this summer with a focus on community organization. One such activity is with the "Committee of 10." The purpose of this committee is to provide a communications linkage throughout our congregation and, most importantly, serve as a vehicle for developing true community through interpersonal relationship via smaller groups. Its mission is to occasionally gather in small groups so we can get to know each other better. Sunday fellowship is great, but doesn't provide the time or consistency to get to really know each other very well.

This "Committee of 10" is experiencing transition of name and organization; the newly renamed

Community Connections Network (C2N) is, I believe, the jewel in our crown of activity at UCPC. It really is the showcase of what we are about: Truth and Relationship with the I AM and with one another.

Through honoring connections and developing a structure in which to do this, we develop a network or web which supports each one of us. Because of C2N we aren't just talking about being connected, we are connected. We honor connection as part of the organizational structure of our church, and in so doing we exemplify that we the people are the church.

What a blessing to be part of a community that honors our relationships with each other; together we are growing.

Namaste, **Barbs Burman**, co-president

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A Conversation with Nancy Peacock

Nancy Peacock is one of the brand-new members welcomed into the loving family of the Unity Center of Peace Church on Sunday, June 12. She had been looking for a church where God was viewed as a positive force, and she knew that her good friend Barbara Janeway came to church here, so she just called Barbara and asked if she could visit.

“The main thing that drew me to Unity was how joyful it is,” says Nancy. “I loved it from the very first day and haven’t missed a Sunday since.”

Nancy was born in Wilmington, Delaware, but grew up in and around Chapel

“I knew right away,” says Barbara, “that Nancy was someone I wanted to get to know. And now, when I want a wise and honest assessment of something, Nancy is the one I call.”

Across the Road She has just completed her third book, a memoir, titled *Wildwood*, about her early adult years in Chatham County living in what she describes as “a little hippie community.” Although Nancy also writes poetry, fiction is her first love.

Hill. She teaches as well as writes, and is working toward becoming a full-time writer. Her first two novels were published by Longstreet Press: *Life Without Water* (which was a *New York Times* Editor’s Choice) and *Home*

“I’ve learned to keep it going,” she says. “It’s what I do.”

When Nancy was a little girl, she liked to play in the woods and build little forts. She was a shy and imaginative child who sometimes felt scared, and, she says, “That’s probably why I took up writing, because it was a way of taking up space without *visibly* taking up space.” Possibly as a result of building all those forts, Nancy likes looking at tiny houses and frequently phones Barbara to say, “I found the greatest little house today. You’ve got to go by and look at it!”

Barbara remembers meeting Nancy at a writers’ soiree and hearing her read. “I knew right away,” says Barbara, “that Nancy was someone I wanted to get to know. And now, when I want a wise and honest assessment of something, Nancy is the one I call.”

Nancy has never liked following other people’s agendas, and she finds that here at Unity Center of Peace, she doesn’t have to follow any agenda but her own. “We can all be together and support one another on our different paths,” she says.

Nancy, welcome to Unity Center of Peace! We look forward to benefiting from your intuition and honesty, as well as sharing your vision and spirit as we all grow together.

By Carol Wills

community meeting notes

June 5th, 2005

At our June 5th community meeting, several topics were discussed. First, Barbs and Mark presented the fruit of the board retreat, which is our five areas of focus: Youth education, social action, community development, public relations and strategic planning.

Simon Kaplan presented an analysis of the recent congregational survey. (Thank you, Simon, for a great job!)

We discussed volunteer involvement and Machai St. Rain stepped forward to co-chair the Building & Grounds Committee (Please see Mark if you wish to increase your volunteer contribution). We also discussed John Thomas' idea of enclosing the deck. A Committee was formed to make a proposal about this project. We decided to use a "council/listening" circle format for our community meetings quarterly. In all, it was an enjoyable and productive meeting. Join us every first Sunday after the service for an open forum about important congregational issues. At our July 3^d meeting, Mark and Barbs will lead a discussion on the meaning of "sanctuary" which dovetails well with the notion of "spiritual adulthood" discussed in Mark's "From the Heart" column in this issue.

magnets & mirrors

NEW COURSE BEING OFFERED AT UCPC IN JULY! for 8 weeks beginning Wednesday, July 13, and running weekly through August 31.

TITLE: "Magnets & Mirrors: An Introduction to Deliberate Creation & the Abraham Teachings" by Barbs Burman

WHEN & WHERE: Wednesdays, 7:00-8:30 PM, Upstairs meeting room

COST: Love offering (will be divided between Barbs & UCPC)

SUMMARY: Based on personal experience and the works published in Ask and It is Given: Learning to Manifest Your Desires by Esther & Jerry Hicks (2004 by Hay House, Inc.), this is a course in practical spirituality. The course offers insight into the process of deliberate creation and the Law of Attraction. An excerpt from the book: *We radiate that which we are, vibrationally, and others of like intent assemble. That is also true of your physical world, although most of you have forgotten that this is so. It is our intention to remind you of the Laws of the Universe, ...and help you remember that you are extensions of Source Energy; ...and that you have come forth into this physical time-space-reality to joyously create.*

Come share in this great wisdom and learn several practices to help you achieve a higher vibrational offering; begin to create on purpose that which you are wanting to experience in this life! For further information, contact Barbs Burman at 542-2774...and come to any or all of the classes.

New Moon Circle: Wednesday **July 6** at 8pm. Dress Comfortably, bring a bottle of water, and be prepared to move, meditate and chant as we connect with the uplifting, restorative energy of the New Moon. For more information, call Grace (919)929-1355, graceleigh6@msn.com.

Monday, July 11 from 7-9. **The Healing Room** practitioners will be available for you to experience a variety of healing modalities, including Trager, LaHo-Chi Energy Healing, Cranio-sacral and Massage. Space is limited so sign up on the door or email Grace graceleigh6@msn.com to reserve your space. Suggested Love offering \$20. What a deal!

JULY 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNITY CARES					1	2 PAGE 5
We pray with these people during the month of July: <i>Pat Abernathy; Dennis and Carol Birke; Janet Bratter; Renee Caruso; Glenda Cedarleaf-Orr; Eileen Helton; Kellie Love; Bunmi Moses; David Richter; Machai St. Rain and Pat Veenema</i>						
3 POTLUCK BBQ & COMMUNITY MEETING Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi <i>"The Right Use Of Freedom"</i> Music: Joyful Noise Choir 7:30 pm A Course In Miracles <i>upstairs classroom</i>	4 INDEPENDENCE DAY No Meditation Class RIF A'I MARUFI (SUFU) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	5 LAST CLASS 4-T CLASS 7:00 – 9:00 pm <i>Sanctuary</i> Floor refinishing prep meeting 4:00 PM	6 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary Kitchen</i> New Moon 8:00 PM <i>Outside</i>	7 ♥ Circle 7:15 pm <i>upstairs classroom</i> No choir Rehearsal RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	8	9 IFC Kitchen call Simon Kaplan 932-8858 to register
10 Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi: <i>"Direct, Open & Honest"</i> Music: Machai St. Rain & Mark Malachi YOUTH ED MEETING (Lunch) 7:30 pm A Course In Miracles <i>upstairs classroom</i> Private Rental Shivabaliyogi Meditation 7-10:30 PM <i>Sanctuary</i>	11 Meditation Class M. McCluskey 7:00 PM <i>Upstairs</i> RIF A'I MARUFI (SUFU) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i> Open House 7:00 PM <i>Healing Room</i>	12	13 12:00 Noon Prayer Magnets & Mirrors 7:00 – 8:30 pm <i>upstairs</i> Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i> <i>Mark gone till Jul 30</i>	14 Interfaith Worship 7:30 pm <i>Sanctuary</i> RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	15	16 Dances of Universal Peace 7:30-9:30 PM <i>Sanctuary</i>
17 Adult Forum: 9:45 am 11:00 Service Speaker: Rev. Terry Padgett: <i>"Christ In You"</i> Music: Ericka Wilkens BOARD MEETING PREPARE FOR FLOOR WORK 7:30 pm A Course In Miracles <i>upstairs classroom</i>	18 FLOORS BEING REFINISHED ALL WEEK Meditation Class M. McCluskey 7:00 PM <i>Upstairs</i>	19	20 12:00 Noon Prayer Magnets & Mirrors 7:00 – 8:30 pm <i>Mark's Office</i> Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	21 ♥ Circle 7:15 pm <i>upstairs classroom</i>	22	23
24 Adult Forum: 9:45 am 11:00 Service Speaker: Barbs Burman: <i>"The 3 Basic Laws of the Universe"</i> Music: Sandy Hemenway 7:30 pm A Course In Miracles <i>upstairs classroom</i>	25 RIF A'I MARUFI (SUFU) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	26	27 12:00 Noon Prayer Magnets & Mirrors 7:00 – 8:30 pm <i>upstairs</i> Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	28 RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> NO CHOIR Rehearsal	29 No Jewish Service This Month	30 <i>Mark returns</i>
31 Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi: <i>"Why I Love Unity"</i> Music: Mark Malachi 7:30 pm A Course In Miracles <i>upstairs classroom</i>	<p style="text-align: center;">Happy Birthday to this month's celebrants (<i>ring a ding, cha, cha, cha!</i>): Karli Rabe, Natasha Neece, Janine Mealey, Glenn Boyd, Jonah Kaplan & Julie Harris</p>					

UPCOMING EVENTS NOT TO MISS!

New Moon Ceremony: July 6, 8 PM
New Meditation Class continues: July 11 & 18, 7 PM
Magnets & Mirrors Class begins: July 13, 7 PM
Shivabalayogi Meditation: July 10, 7 PM
Unity World Day of Prayer: September 9
Rumi Festival: Sept 30 & Oct 1

PLACES TO VISIT

Take a peek at: www.panhala.net/Archive/In_the_Pinewoods.html
for a lovely poem and restful music.

Visit www.looseleafhollow.com for information on retreats and meditation. "When we are young, we don't realize the importance of retreat; when we are middle-aged we think we are too busy; and when we are old, it's too late."—Wisdom from the Kagyu Lineage

Bouldercourse.com and click on "tell you more" for updates on Amy Gillespie's escapades on the "dark continent."

UCPC PARTNERS

The Unity Holistic Healing Center

Open Monday-Saturday at the Unity Center of Peace Church. Treat yourself and visit. *Call individual practitioners for appointment(s).*

Deborah Ackerman-Gross – 942-0052,

Susanne Kaiser – 403-9771,

Lorraine Lewis – 967-2215,

Michael McCluskey – 929-7536. or

Grace Marshall – 929-1355

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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
July 2005



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)
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, Gaines Steer and Carol Wills invite you to submit articles for this newsletter. You can e-mail them to Marilyn at: mgrubbs@nc.rr.com, Gaines at: info@thelastunicorn.com or Carol at: wills006@mc.duke.edu, by the 10th of each month. You may also drop off submissions in the box provided in the church foyer.

Happy July 4th!

A Spiritual Resource for Daily Living

A Spiritual Resource for Daily Living

By Gaines Steer

Among the many (I think it's 23) reasons for loving Unity is the availability of Unity Magazine. An anomaly among magazines of the western world, this is the only one (yeah!) that covers **all** of the known (and published) spiritual writers from many traditions and Spirited movements.

There is a reason for this wondrous creation in the inclusive format that enables us to be well-read and challenged and spiritually fed. Several years ago, a great "confusion" (in Unity language: a "misunderstanding") arose over the direction of the magazine. One camp pleaded for a "Unity Magazine" that featured primarily Unity writers and was thus, "true to the Unity (Fillmore) lineage..." and an equally outspoken group of pilgrims advocating an "ecumenical selection of current spiritual writers whose works could enrich us spiritually..."

The current magazine (the result of some loud debates) is what we have before us. A magnificent tabloid tapestry of many minds and hearts came to be. Each magazine also features 3-4 Unity-inspired articles and columns to give ballast to a well-produced gift, a magazine worthy of its byline: "A spiritual resource for daily living".

It is we, after all, who are asked to discover the Unity principles in each article. Spirit Express applauds this creation and invites you to join the adventure of reading the monthly Unity Magazine. Also please consider joining a Sunday Adult Forum (lightly facilitated) at 9:45 AM to discuss and interpret a featured weekly article.

A Prayer for Older Women

By Carol Wills

Lord,

I speak for all women over the age of 60, and I affirm how blessed we are, considering that in generations past, many women would never have attained this age in good health and across the world, many still don't.

Lord, as our waistlines thicken and our hair thins and our faces wrinkle and our bosoms droop, help us to keep on loving ourselves and each other.

Help us to be grateful that we're still able to look in the mirror and smile.

Remind us that while many people may say we're losing our looks, we still look fine to You. And that's all that matters.

Our ageless spirits within are securely and bountifully blessed by our Oneness with You and with all life everywhere. Thank You, Lord. Amen.

DID YOU KNOW?

Have you wondered about the colorful paper cranes in our sanctuary windows? In making these, Peace Day volunteers were expressing their hope for world peace. The practice began when a Japanese child named Sadako Susaki was exposed to radiation at Hiroshima and developed leukemia. During her treatment, Sadako began to fold a thousand paper cranes so that her wish for good health would come true. Sadly, she died before completing her task. Her story has inspired the recognition worldwide of paper cranes as a symbol of a longing for peace. Thanks to Paula Shile for shepherding our crane project to completion!

To anyone who has a digital camera and likes to shoot!

We are looking for back-up photographers for Spirit Express. Any digital photos you have of church members, parties and events are most welcome. Please email them to:

unitychapelhill@mindspring.com and get name credit in the Newsletter!