

Spirit Express



UNITY CENTER OF PEACE CHURCH

Volume 13, Number 7

July 2007

From the Heart ♥

Dear Friends,

Lately I have been observing world events and noting the immediate response time to news items all around the globe. This is particularly felt in the financial markets. When someone sneezes in China, the European and US markets respond. In the Middle East when a certain Head of State hugs another head of state in a Latin American country the so-called Free World shutters with concern. There is no doubt but that we are in a global age and the reaction time to events is quite rapid and felt instantly in the markets around the world.

This is a perfect metaphor for the immediacy of Spirit to our thoughts and feelings. God as Divine Intelligence, Substance and Activity gives instant feedback on the quality of our thinking, feeling, and actions. Our thoughts are immediately registered in our world as facts regardless of the quality. Our feelings are instantly imprinted in our emotional bodies and felt as a reality both, pleasant and unpleasant. Instantly our thinking and feelings are impressed upon our personal world.

So, my focus has been centered on being mindful as to how I desire Spirit, as Intelligent Substance to fill my thinking and emotions. I know and am having direct feedback in my experiences with this focus as I witness and feel the effects of Divine Substance responding to my input. Divine Substance is the building block of my Universe. With my thoughts I am building and shaping my world. With my emotions I am forming my experience. Divine Substance is at work through my thinking and perceiving regardless of the quality of thought. With this in mind, I am most willing to up level my thoughts, up level my emotion and up level my action. Knowing that Divine Substance is dynamic and responsive, I choose instant connection with Gratitude and Joyful Anticipation of Unlimited Good.

More and more I am willing to take my place in Universal Consciousness as a divinely empowered spiritual being. I am here for Joy, Abundance, Peace and Unlimited Good. I am consciously directing my desire. I know each of these desires make a direct impression that is filled with Divine Substance. Through Universal Principle, they take shape and form in my world. I am willing to be lifted up. I am willing to draw all things unto myself.

With gratitude I take note of the immediacy of effects of my thinking and feeling taking place in my world. I acknowledge more and more the symbiotic relationship of Faith and Divine Substance with my thoughts, feelings and actions. The views I have and the impressions I entertain take shape in my experience without exception.

1. In order to have a fulfilling experience of joy, freedom, and abundance; it is essential that I abide in gratitude. There is a direct correlation in my moment to moment experience of joy, fulfillment and abundance to my willingness to be appreciative for even the slightest blessings received.
2. This Divine Substance will also correlate with worry and lack thinking and bringing even more if I choose to entertain these self-defeating thoughts, emotion and behaviors. I therefore am mindful and choose to eliminate limiting thoughts and feelings by replacing them with the highest Truth I can envision, express, and experience.

In Joy, Abundance and Unlimited Good in Mind, I welcome you to join me in a Global Network with fulfillment for all creation.

Treasure Report

Tithes paid out this week: (5% of tithes collected)
6/17 - Association of Unity Churches \$58.66

Tithes in

Date	Attendance	Tithes	Goal	Ave/person
6/3	73	\$2,337.70	\$2,000	\$32.02
6/10	60	\$1,565.00	\$2,000	\$26.08
6/17	65	\$1,173.16	\$2,000	\$18.05
6/24			\$2,000	
Monthly	198	\$5,075.86	\$8,000	\$25.64

In Loving Service and Celebration,

Reverend Elizabeth

Please check our website updates and articles

Board Bulletin July 2007

I want to take a moment to express my deep appreciation for Elizabeth. She has come to us at a time when we needed solid leadership. A few months ago, Elizabeth walked into a community of people that had been "maxed out." She immediately began inspiring and directing our efforts. She has given us a sense of being anchored and empowered. Our community is responding to her energy, insights, and talents. Our staff is being challenged to try new things and stretch their boundaries. With Elizabeth's warmth and welcoming spirit, new people are coming and finding a place in our community. Our board is functioning very well and has the freedom to focus on the vision of the church, knowing that the administration of the organization is in good hands. So, thank you God for, as the affirmation we said so often last year assured, we have attracted the right and perfect minister!

Joyfully, *Pat Veenema*

Unity New York

By Helen Spielman

Last weekend when I visited New York City, I took the opportunity to attend Unity Church of New York for the first time. This church meets at Symphony Space at 95th and Broadway. Although my friend Karen is a member, she'd just come home from a concert tour in the wee hours of the morning and needed to sleep, so I went alone. As soon as I walked through the doors, though, I felt at home, welcomed by at least six people who greeted me.

I found, among the 600-800 people in this large auditorium, everything that I seek in a church service. The music ranged from toe-tapping and roof-raising---to quiet and meditative. The extremely dynamic music director interacted with the congregation throughout the service. Musical sections in the program were performed by a four piece band (piano, drum set, two guitars), a small 8-person choral group, a 40-piece choir and a soloist who had just finished a stint as the lead in Broadway's The Color Purple. As I had just seen that very play the previous evening, I was delighted to hear her sing a song that I had heard the night before by a different singer in the play. I was told that every week, this church has soloists who are Broadway stars and other musicians of equal fame and talent. Whew! All music performances received cheering, standing ovations. Such appreciation and enthusiasm! Such connection!

The guest speaker was Dr. David Walker from The Los Angeles Center of Religious Science. He gave one of the best talks I've ever heard. Profound, clear, full of humor and Truth, he offered a grounded yet spiritual message regarding our desires and how to work with them. Dr. Walker received four rounds of applause during his talk and a standing ovation at the end.

One cannot walk more than a block in New York City without hearing multiple languages and seeing people of a variety of cultures and religions. In Unity Church of New York, we talked, sang, and prayed to and about God, but not once did I hear phrases or references to a particular religion's name for God, such as Buddha-Self or Christ Consciousness, etc. Everyone in that melting-pot of a city could come to Unity and be embraced, included, and feel s/he belonged. No one was left out.

The minister of this church is Paul Tenaglia. Freddy and I had heard him speak when he was minister of the Unity church in Santa Fe many long years ago. I introduced myself to him at the end of the service and told him I'd be back whenever I came to NY. As I left the building, I ran into a friend from our Unity Center of Peace, who was in the city visiting a relative. Amazing!

I left the service uplifted, my heart full of love and Godliness, feeling life and joy flowing through me, gratitude abounding in my soul.

I have placed the Unity New York Sunday bulletin in our church foyer, in which you can see some of their songs that are similar/different than ours, and the concerts, classes, etc that are offered in this church.

Sacred Spaces

At Unity Center for Peace, we are all learning/teaching to nurture that sacred space within, where we can reach, listen to, communicate with the sweet quiet voice of...what term do *you* use? The Christ Consciousness or the Holy Spirit or the Creator or the Source or the Divine Love or the God or the Goddess? Whatever we call it, once we accomplish it, we can then see it in others, as well, and it connects us all together--a gelatinous mass of little Christ Consciousness lights. Yes--each of us carries around inside a little light, and I would like you to imagine how, under the right circumstances, we can light up the world.

It might start in Chapel Hill, for instance, and sweep down to South America, over to Africa, then all across Europe. Well, you get the idea. Soon the entire planet would be nothing more than a round (HUGE round) ball, covered with teeny lights. Imagine how it might look from outer space.

Did I forget the animals? All the fishes in the oceans and mammals too, especially the singing humpback whales would light up as well, so there would be no "blank" spaces on earth, and that goes for the deserts too--all the rarely-blooming flowers would sprout and light up. Maybe this would be reason enough for living! Or, maybe this would finally bring about the end of the world--the end people have been predicting for centuries.

Instead of starting out by thinking globally, however, I suggest we turn our attention to thinking *locally*. Charity begins at home, right? Let's just be satisfied for now with lighting up the lives of the people we live with or the lives of the people we run into while shopping or while driving, for that matter. To the rude driver who honked at us, we could lower our car window and yell, "You didn't really mean to do that, did you?" I bet he or she would apologize.

After lighting up the few people we come in contact with daily, let's think about creating a sacred space that we can see, touch, smell, hear, and step into. In other words, let each of us (except babies who are already in a sacred space) manifest a sacred space into the real physical world for the purpose of healing, enlightenment, and evolution (to paraphrase Reiki). Since each sacred area manifests from the sacred light within, all of our sacred areas will have a common theme, but each is expressed or built in a purely individual design.

When I was a child, my first sacred spot was the huge tree that fell in a storm alongside our house. Now that it was on the ground, I could walk on it right to the top where the squirrels' nest rested. This particular sacred spot allowed me to see and explore that which I would never have been able to do under normal circumstances when the tree was standing upright. And this is one of the functions of a sacred space; it brings you to new heights of awareness; it elevates you; it changes the way you perceive the world around you. Plus, a sacred space might promote humility and a prayer: "Dear God, I am filled with gratitude that the tree did not crash onto our house."

A sacred space can bring you great comfort if it is located in an environmentally safe place. (Watch out for snakes, insects, poison ivy, and "Keep Off" signs threatening prosecution.) Or you might decide to make it inside your home--a shrine of sorts in which to pray, meditate, etc. Wherever you decide to nestle, make it a place you can reach easily when at those critical times you really need to be there. Make it a unique expression of who you are and do it with the knowledge that *by intention* it sweeps around the globe--a universal force.

Arlene Arlt Smart

For Kids & Families

Bring the whole family.

BINGO NIGHT!

Sunday, July 15

Food at 6pm, games 7 – 8:30pm

A FUNdraiser for Unity Youth Education!

Did you know . . . **Wisdom's Way**, a metaphysical summer camp for children, ages 8 - 14, will be held at Unity Center of Peace Church. Led by teacher Joy McGehee, who is renting the space here end of July and first week in August. Note: our own Barbara Janeway will also teach!

For more information contact Joy McGehee at 419-1949 or jmcgehee001@nc.rr.com.

July Activities

Monday:

Healing Circle, 7 – 8pm, Sanctuary

Lessons in Truth with Elizabeth
Thompson, 7 - 8:30pm, Sanctuary

Tuesday:

Noon Prayer - Silent Unity, Sanctuary

Wednesday:

A Course in Miracles, 7 - 8:30, Chapel

Thursday:

July 5 Choir Rehearsal, 6:30 - 8pm,
Sanctuary

July 12 Interfaith Chanting led by Mark
Smith & Mark Malachi, July 12, 7:30pm,
Sanctuary

♪ July 19 Dada Nabhaniilananda concert!
Spiritual folk music, 7pm, Sanctuary ♪

Friday:

Jewish Erev Shabbat Worship Service
July 27 & last Friday of every month,
7:30pm, Sanctuary

Saturday:

Sunday:

June 1 Youth Ed meeting 12:30 – 1:30pm

July 8 Potluck & Community Meeting
12:30 - 2:45pm, Kitchen, Deck, Sanctuary

Board Meeting July 15, 1 - 3pm, Chapel

July 21 **BINGO NIGHT** children's
program fundraiser, 6 – 7pm food;
7 – 8:30pm games, Sanctuary & Kitchen

July 22 Five Easy Peaces, James Scott
(loud poet) workshop, 1 – 2:30 pm,
Sanctuary

July 22 Parent's meeting for "Wisdom's
Way" mystical children's camp,
1 – 2:30pm, Chapel

A Course in Miracles, ongoing, Sundays,
7:30pm, Chapel

Adult Forum, ongoing, Sundays,
9:45 - 10:45am, Chapel

Youth Education, ongoing, Sundays
11am - 12:30pm, Chapel

Concert – Thursday, July 19

Dada Nabhaniilananda

Thursday, July 19th - 7:00 P.M.

Unity Center of Peace Church

Tickets: Adults - \$12 Students/Children - \$5

Dada was born in New Zealand in 1955 of English parents. During his early life he studied classical music and poetry. At the age of 11 he started composing music for the piano, and his teachers had high hopes of him becoming a concert pianist. However, during his time as a University student he developed a deep interest in Eastern mysticism. In 1975 he left his native land for Australia, and later Nepal and India where he studied the disciplines and philosophy of Yoga and Meditation within sight of the Himalayas, and was ordained as a Yoga Monk in 1979.

Dada plays melodic folk rock in the style of Simon & Garfunkel or Cat Stevens. He sings about spiritual experiences and ecological or human rights issues, and derives many of his ideas from myths and legends of different cultures. His early musical influences include folk singers Donovan and Don McClean, and 70's bands Yes, Crosby Stills Nash & Young, Genesis & Santana. Dada's immersion in eastern mysticism adds a deeper dimension to his music, giving it a lasting quality. In performance he uses an imaginative blend of music, multimedia, humor, chanting and meditation to create a memorable and uplifting experience.

Lessons in Truth

Mondays, July 9 – 30

7:30 – 8:30pm, Suggested Love Offering \$10/class

Develop a better understanding of your spiritual nature through the study of metaphysical Truth principles—the fundamental and ultimate reality of all things. The course is based on H. Emilie Cady's book *Lessons in Truth*.

For more than 100 years, Dr. Cady's teachings have been the first step many have taken to overcome seeming limitations and develop true freedom. When applied to daily living, these techniques will help you create a happier, more fulfilling life. Take control of your life as you begin to better understand and follow your path for spiritual growth and fulfillment. Led by Rev. Elizabeth Thompson. Unity Institute credit available.

Sign Up in advance to be sure of book availability!

Five Easy Peaces

Sunday, July 22, 2007, 1 - 2:30pm



"5 Easy Peaces" is an amazing workshop by one of Unity's new and creative thinkers. In this workshop, the Five Basic Principles are explored from all types of directions – audially, visually, kinesthetically, in movement, in thought, and in prayer! Within this powerful 90-minute workshop, you will also share in the performance poetry of James Scott, who travels the nation as The LOUD Poetry Guy. You will laugh and you will learn, and then you will come out with a new level of understanding of these principles and how they fit into your life.

You want principle, you want peace, you want poetry, you want to play? Come out to "5 Easy Peaces" and learn something... about yourself!

JAMES SCOTT is an author, poet, comedian, playwright, and speaker, but best known these days as a children's performer. As The LOUD Poetry Guy, he travels the United States, performing in nearly 150 schools, libraries, and other events each year.

Unity Center of Peace Church

July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">1</p> <p>Adult Forum 9:45 – 10:45am</p> <p>11am – 12:30pm Worship Service Speaker: Mark Malachi "Divine Centering" Music: Mark Hirschhorn</p> <p>Youth Ed meeting 12:30 – 1:30pm</p> <p>7:30 pm A Course In Miracles</p>	<p align="center">2</p> <p>Healing Circle 6:30 – 7:30pm, <i>Sanctuary</i></p>	<p align="center">3</p> <p>Noon Prayer 12 – 12:30pm <i>Sanctuary</i></p>	<p align="center">4</p> <p>Independence Day</p> <p>7 – 8:30pm A Course in Miracles, <i>Chapel</i></p> <p>WildBunch 8 – 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center">5</p> <p>Choir Rehearsal 6:30 – 8pm <i>Sanctuary</i></p>	<p align="center">6</p>	<p align="center">7</p>
<p align="center">8</p> <p>Adult Forum 9:45 – 10:45 am</p> <p>11am – 12:30pm Worship Service Speaker: Rev. Elizabeth Thompson "Four Functions of Consciousness for Empowerment" Music: Joyful Noise Choir + Gabriella Tal, Mark Malachi & AC Bushnell</p> <p>Pottluck & Community Meeting 12:30 – 2:45pm</p> <p>7:30 pm A Course In Miracles</p>	<p align="center">9</p> <p>Healing Circle 6:30 – 7:30pm, <i>Sanctuary</i></p> <p>Lessons In Truth 7:30 – 8:30pm, <i>Sanctuary</i></p>	<p align="center">10</p> <p>Noon Prayer 12 – 12:30pm <i>Sanctuary</i></p>	<p align="center">11</p> <p>7 – 8:30pm A Course in Miracles, <i>Chapel</i></p> <p>WildBunch 8 – 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center">12</p> <p>Interfaith Chanting 7:30pm <i>Sanctuary</i></p>	<p align="center">13</p>	<p align="center">14</p> <p>IFC Kitchen call Simon Kaplan 490-5949 to register</p>
<p align="center">15</p> <p>Adult Forum 9:45 – 10:45 am</p> <p>11am – 12:30pm Worship Service Speaker: Rev. Elizabeth Thompson "Confidence in an Uncertain World" Music: TBA</p> <p> Bingo Night! 6pm food 7 – 8:30 game <i>Sanctuary</i></p> <p>7:30 pm A Course In Miracles</p>	<p align="center">16</p> <p>Healing Circle 6:30 – 7:30pm, <i>Sanctuary</i></p> <p>Lessons In Truth 7:30 – 8:30pm, <i>Sanctuary</i></p>	<p align="center">17</p> <p>Noon Prayer 12 – 12:30pm <i>Sanctuary</i></p>	<p align="center">18</p> <p>7 – 8:30pm A Course in Miracles, <i>Chapel</i></p> <p>WildBunch 8 – 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center">19</p> <p>Dada Nabhaniilananda Concert 7pm, <i>Sanctuary</i></p>	<p align="center">20</p>	<p align="center">21</p>
<p align="center">22</p> <p>Adult Forum 9:45 – 10:45 am</p> <p>11am – 12:30pm Worship Service Speaker: James Scott "What Did Jesus Teach?" Music: Mark Malachi</p> <p>Five Easy Peaces workshop with James Scott (loud poet) 1 – 2:30pm, <i>Sanctuary</i></p> <p>Parent's Meeting for Wisdom Camp 4 – 5:30pm, <i>Chapel</i></p> <p>7:30 pm A Course In Miracles</p>	<p align="center">23</p> <p>Healing Circle 6:30 – 7:30pm, <i>Sanctuary</i></p> <p>Lessons In Truth 7:30 – 8:30pm, <i>Sanctuary</i></p>	<p align="center">24</p> <p>Noon Prayer 12 – 12:30pm <i>Sanctuary</i></p>	<p align="center">25</p> <p>7 – 8:30pm A Course in Miracles, <i>Chapel</i></p> <p>WildBunch 8 – 9:30pm <i>Sanctuary + Kitchen</i></p>	<p align="center">26</p>	<p align="center">27</p> <p>Jewish Erev Shabbat Worship 7:30pm <i>Sanctuary</i></p>	<p align="center">28</p>
<p align="center">29</p> <p>Adult Forum 9:45 – 10:45 am</p> <p>11am – 12:30pm Worship Service Speaker: Rev. Elizabeth Thompson "Unlimited Good as the Divine Urge for all Creation" Music: TBA</p> <p>7:30 pm A Course In Miracles</p>	<p align="center">30</p> <p>Wisdom Camp 9:45am – 3:30pm</p> <p>Healing Circle 6:30 – 7:30pm, <i>Sanctuary</i></p> <p>Lessons In Truth 7:30 – 8:30pm, <i>Sanctuary</i></p>	<p align="center">31</p> <p>Wisdom Camp 9:45am – 3:30pm</p> <p>Noon Prayer 12 – 12:30pm <i>Sanctuary</i></p>			<p>UNITY CARES</p> <p>We pray with these people during the month of July:</p> <p>Judy Bosniadis, Jan Collins, Rosemary Hyde, Roberta Lee, Gregory Louie, Tom Newsome, Susanya Schuett, Sue-Anne Solem, Pat Veenema, Audrey Williams, Heather Williams, and Joan Worth</p>	

Unity Center of Peace Church
8800 Seawell School Rd., Chapel Hill, NC 27516 (919) 968-1854
Email: unitychapelhill@mindspring.com, Website: www.unitychapelhill.org

Regular Business Hours:

Mon. & Tues. 8:30am – 3:30pm, Wed. 11am – 4pm, Thurs. 8:30 - 2:30, closed Friday

Bookstore Hours: Mon. - Thurs. 11am - 2pm, 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

Come to **Adult Forum** for stimulating discussion with fascinating people! Sundays, 9:45 - 10:45am

7/1 - Continuing from last week - Simple, practical shamanic exercises for soul purification, spiritual growth and manifesting. Maryphyllis Horn, facilitator.

7/8 & 7/15 - Ruth Roys facilitates: "Grace," from *Power, Freedom & Grace* by Deepak Chopra and *Road Less Traveled* by M. Scott Peck.

7/22 & 29 - Gaines Steer facilitates, topic TBA

Let's get together....

This month's
Potluck & Community Meeting
will be July 8, beginning at 12:30.

Youth Ed meeting
Sunday, July 1, 12:30 - 1:30pm.

UNITY CENTER OF PEACE CHURCH

8800 Seawell School Road, Chapel Hill, NC 27516

www.unitychapelhill.org

July 2007



UCPC is a Member of the Association of Unity Churches