

# Spirit Express



## UNITY CENTER OF PEACE CHURCH

8800 Seawell School Road, Chapel Hill, NC 27516 ♦ Phone (919) 968-1854  
www.unitychapelhill.org

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June 2005

## From the Heart

**T**here's honeysuckle in the splashes of green everywhere, and the spring rains are preparing the Earth for a fertile summer.

Springtime brings much creativity for me, just as it does for the birds and the bees as they go about creating new life and beauty.

Next week, I am off to Maryland where I will be taking four more classes toward my Unity certification. I always relish the opportunity to steep myself in the Unity teachings with other dedicated students of metaphysics. I will be focusing on metaphysical Bible interpretation and Jesus' teachings

in the Bible, two areas of great interest to me.

In addition to my studies, I am working on a new CD of my Unity oriented music. I love recording and watching my music come alive as each new layer of sound is added to the mix. This will be my fifth CD and I'm very excited to be able to produce it for students of Unity all over the country.

As I set goals for myself, which I do on a regular basis, I see myself visiting other Unity Churches in the months and the years to come and sharing my music and teachings.

This month I will be visiting the newly built Unity Church in Winston-

Salem and presenting a program on New Thought Judaism. I have plans to visit Unity churches in New Mexico and Colorado this summer as well.

This time of year inspires the creative juices in me. I see all of you equally creative and productive as we go about fulfilling our dreams, goals and desires in the months ahead.

Much love,

Mark

### BOARD BULLETIN

#### Board Retreat

The Board of Trustees met Saturday, May 7, for our annual board retreat. Our goals were to bond as a board, get to know each other more, become clear about the role of a board trustee, and hone in on key areas of focus for the year.

In order to learn more about each other, we created an altar upon which we set objects of personal spiritual significance. We shared qualities and talents that make us a resource to the board as well as personal preferences about how we like to function in a group.

In presenting the role of a trustee, Co-President Barbs Burman emphasized that we are entrusted by the congregation to act on their behalf for the benefit of the whole community. All board members were eager to ensure the well-being of the entire community. We adopted a consensus model of decision-making to make certain that all voices on the board will be heard equally.

We reviewed the questionnaire results and came up with 5 key areas of focus for the year:

1. **PR & OUTREACH:** attracting new members, getting the word out about UCPC events, and presenting a clear and unified picture of UCPC to the community at large.
2. **YOUTH EDUCATION**
3. **VISION/STRATEGIC PLANNING**
4. **SOCIAL ACTION/COMMUNITY SERVICE:** being a force for Good in the community at large.
5. **COMMUNITY BUILDING:** making sure the needs of members are met and people feel connected and included.

We agreed that the questionnaires needed closer scrutiny and analysis. This will be done in the coming months.

Join me in thanking all our board members for giving so generously of their time, talent and treasure.

**Mark**

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## A Conversation with Eileen

Eileen Helton has been our office manager for the past two years. She's the one who made the office run smoothly and kept us all organized, all the while maintaining her graceful and charming demeanor – no easy task! Now she and her husband, Jim, are about to move to Norfolk to begin a new chapter of their lives. Jim, who has been a chaplain in the Air Force Reserve for 23 years, is being stationed in Virginia to complete his service.

Eileen was born and grew up in New Canaan, Connecticut. As a child, she liked farming and working with animals and dreamed of becoming an artist. In 1966, she met Jim at school in Baltimore, Maryland, and in 1968, they were married. In 1972, their daughter, Shannon, was born.

In 1990, they moved to North Carolina, and Eileen became the executive director of The ArtsCenter in Carrboro, a job that she loved. For 10 years, she pursued her vision of showcasing local artists. In 2001, however, she had her first heart attack and later had open-heart surgery. She decided to retire and try to live a less stressful existence. However, staying home didn't suit her for long, and she answered an ad in the Chapel Hill paper. The job was for an office manager for a small church – Unity Center of Peace. "I thought it

would be wonderful," she says, "and it was. The people here are so nice!"

Knowing that she has seen the inner workings of the church on a day-to-day basis, I asked Eileen to offer some insights into ways we might make things even better. She immediately mentioned expanding the bookstore and making the bookstore manager position a paid position, perhaps \$100/month for 10 hours of work. "Our bookstore is unique," she says, "and we can offer books that are not available elsewhere in the Triangle." She would also like to see the church hire an accountant and separate the financial side of the office management from the rest of it.

Although she herself is a Roman Catholic, she supports and has thoroughly enjoyed being an integral part of Unity through her work here. Her last day as office manager is approaching. We know we'll miss her sweet voice, her meticulous attention to detail, and her presence among us. Eileen, our love and our prayers will go with you to your new home in Virginia, and we hope you'll come back and visit us as often as you can.

***By Carol Wills***

# Peace Day 2004

by Julie Cusatis

Focused on outreach and committed to standing as a beacon for peace in the world, in October of 2004 a core group of people came together to explore an idea - what would it look like to create a community wide celebration of peace, for peace and in peace. Excitedly we mused about the components of such an event – the more committed we became the more we found our Peace Day Team growing. Ultimately, Unity Center of Peace Church's First Annual Peace Day Celebration and Vigil blossomed into an amazing conglomeration imbued by our collective visions, hard work and selfless contributions.

This peace-centered celebration for the whole community created a forum for participants of all ages to come together, enjoy live music, interactive arts, collaborative play, peace practices, food and fellowship. Much to our delight, outreach extended well beyond our UCPC community and included a plethora of collaborative partnerships with peace-oriented community resources and individuals. Together we brought people together - formed a harmonic convergence – and created a playground for peace. What an extraordinary fete! Outreach brought inreach.

*“Together we brought people together - formed a harmonic convergence – and created a playground for peace. What an extraordinary fete! Outreach brought inreach.”*

Throughout the Peace Day development process, many of us had an abundance of opportunities to practice peace. To be open to the ideas of others, allow diversity, sharing, forgive, let go and ultimately surrender to the process – or better said – divine order. How often I was called to breathe deeply in the midst of chaos, to trust when things didn't seem to go my way and to remember who I truly am. This was experiential learning at its best! We held each other capable and demonstrated how a diverse group of people and organizations - unique and varied - can come together and create an environment of peace and harmony that celebrates and allows the unique expressions of All. What a gift it was for me to be part of the Peace Day process and to be reminded of our innate Oneness in spite of the appearance of separation. Thank you, God!

As is the case with most first-time events, we learned an extraordinary amount as we mazed our way through the Peace Day creation process. There have been a lot of lessons learned and we are committed to addressing them in the months to come as we explore what is next. Sometime this fall a team will once



again gather to explore outreach and how to manifest our vision of being a true Center of Peace. I am in the midst of assembling a team of people to focus on outreach – depending upon the wishes of our community - Peace Day would be our signature outreach event. If you are interested in being part of the Outreach team or being involved in a future Peace Day, please contact me at [jcusatis@earthlink.net](mailto:jcusatis@earthlink.net) or (919) 402-0878.

*“There have been a lot of lessons learned and we are committed to addressing them in the months to come . . . as we gather to explore outreach and how to manifest our vision of being a true Center of Peace. Peace Day (can become) our signature outreach event.”*

John Lennon said it so eloquently, “. . . imagine all the people, living life in peace . . . .” Imagine. What would it take? It takes you. Thanks to all of you who participated in Peace Day 2005. Please continue to contribute your unique talents and skills to create our collective vision.

# JUNE 2005 **Happy Father's Day**



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday                          | Saturday  |
|---|---|--|---|--|---------------------------------|---|
| <p align="center"><b>UNITY CARES</b></p> <p>We pray with these people during the month of June:<br/>           Kathy Aalfs, Betsy Bickel, Maribel Alvarez Bruno, Sharie Camren, Holly Culton, Charlie Johnston, Michael &amp; Linda McCluskey, Cori Princell, Sue-Anne Solem, Richard Taylor and MaryAnn Warner</p> |   |  | <p align="center"><b>1</b></p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA<br/>8:00 – 9:30 pm<br/><i>Sanctuary + Kitchen</i></p>  | <p align="center"><b>2</b></p> <p>♥ Circle 7:15 pm<br/><i>upstairs classroom</i></p> <p>CHOIR 7:30 PM<br/><i>Sanctuary</i></p> <p>RIF A'I MARUFI (SUFU)<br/>9:00 – 12:00 midnight<br/><i>Sanctuary + Kitchen</i></p> | <p align="center"><b>3</b></p>  | <p align="center"><b>4</b></p> <p>PRIVATE RENTAL ADAMS<br/>2:00 – 5:00 PM<br/><i>Sanctuary</i></p>      |
| <p align="center"><b>5</b></p> <p>POTLUCK &amp; COMMUNITY MEETING</p> <p>Adult Forum: 10:00 am</p> <p>11:00 Service Speaker: Mark Malachi: "What did Jesus Teach?"</p> <p>Music: Joyful Noise Choir<br/>7:30 pm A Course In Miracles<br/><i>Mark's Office</i></p>   | <p align="center"><b>6</b></p> <p>EXPERIENCE holistic healing methods<br/><i>Healing Room</i></p> <p>RIF A'I MARUFI (SUFU)<br/>8:00 – 11:00 pm<br/><i>Sanctuary + Kitchen</i></p>   | <p align="center"><b>7</b></p> <p>4-T CLASS<br/>7:00 – 9:00 pm<br/><i>Sanctuary</i></p>  | <p align="center"><b>8</b></p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA<br/>8:00 – 9:30 pm<br/><i>Sanctuary + Kitchen</i></p>  | <p align="center"><b>9</b></p> <p>Interfaith Worship<br/>7:30 pm<br/><i>Sanctuary</i></p> <p>RIF A'I MARUFI (SUFU)<br/>9:00 – 12:00 midnight<br/><i>Sanctuary + Kitchen</i></p>                                      | <p align="center"><b>10</b></p> | <p align="center"><b>11</b></p> <p>IFC Kitchen<br/>call Simon Kaplan<br/>932-8858 to register</p>       |
| <p align="center"><b>12</b></p> <p>Adult Forum: 10:00 am</p> <p>11:00 Service Speaker: Mark Malachi: "Dis-Illusionment"</p> <p>Music: Jewelsong</p> <p>BOARD MEETING</p> <p>7:30 pm A Course In Miracles<br/><i>Mark's Office</i></p>   | <p align="center"><b>13</b></p> <p>RIF A'I MARUFI (SUFU)<br/>8:00 – 11:00 pm<br/><i>Sanctuary + Kitchen</i></p>   | <p align="center"><b>14</b></p> <p>4-T CLASS<br/>7:00 – 9:00 pm<br/><i>Sanctuary</i></p> | <p align="center"><b>15</b></p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA<br/>8:00 – 9:30 pm<br/><i>Sanctuary + Kitchen</i></p> <p>Committee of 10<br/>7PM K&amp;W</p>                  | <p align="center"><b>16</b></p> <p>♥ Circle 7:15 pm<br/><i>upstairs classroom</i></p> <p>RIF A'I MARUFI (SUFU)<br/>9:00 – 12:00 midnight<br/><i>Sanctuary + Kitchen</i></p>  | <p align="center"><b>17</b></p> | <p align="center"><b>18</b></p> <p>Dances of Universal Peace<br/>7:30-9:30 PM<br/><i>sanctuary</i></p>  |
| <p align="center"><b>19</b></p> <p>FATHER'S DAY COMMUNION SERVICE</p> <p>Adult Forum: 10:00 am</p> <p>11:00 Service Speaker: Mark Malachi: "Spiritual Adulthood"</p> <p>Music: Transzenders<br/>7:30 pm A Course In Miracles<br/><i>Mark's Office</i></p> <p><b>UCPC'S ANNIVERSARY</b></p>                          | <p align="center"><b>20</b></p> <p>RIF A'I MARUFI (SUFU)<br/>8:00 – 11:00 pm<br/><i>Sanctuary + Kitchen</i></p>   | <p align="center"><b>21</b></p> <p>4-T CLASS<br/>7:00 – 9:00 pm<br/><i>Sanctuary</i></p> | <p align="center"><b>22</b></p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA<br/>8:00 – 9:30 pm<br/><i>Sanctuary + Kitchen</i></p> <p>FULL MOON CEREMONY<br/>700 pm<br/><i>Outside</i></p> | <p align="center"><b>23</b></p> <p>RIF A'I MARUFI (SUFU)<br/>9:00 – 12:00 midnight<br/><i>Sanctuary + Kitchen</i></p> <p>CHOIR Rehearsal<br/>7:30 pm</p>   | <p align="center"><b>24</b></p> | <p align="center"><b>25</b></p> <p>MYSTICAL JEWISH WORSHIP SERVICE<br/>7:30 PM<br/><i>Sanctuary</i></p> |
| <p align="center"><b>26</b></p> <p>Adult Forum: 10:00 am</p> <p>11:00 Service Speaker: Dr. Jim Peacock: "Culture &amp; Christianity: Insights from Anthropology"</p> <p>Music: Mark Malachi<br/>7:30 pm A Course In Miracles<br/><i>Mark's Office</i></p>   | <p align="center"><b>27</b></p> <p>RIF A'I MARUFI (SUFU)<br/>8:00 – 11:00 pm<br/><i>Sanctuary + Kitchen</i></p>   | <p align="center"><b>28</b></p> <p>4-T CLASS<br/>7:00 – 9:00 pm<br/><i>Sanctuary</i></p> | <p align="center"><b>29</b></p> <p>12:00 Noon Prayer</p> <p>Wild Bunch AA<br/>8:00 – 9:30 pm<br/><i>Sanctuary + Kitchen</i></p>   | <p align="center"><b>30</b></p> <p>RIF A'I MARUFI (SUFU)<br/>9:00 – 12:00 midnight<br/><i>Sanctuary + Kitchen</i></p> <p>CHOIR Rehearsal<br/>7:30 pm</p>   | <p align="center"><b>31</b></p> |   |
| <p>Sunday Morning Service<br/>11:00 am</p> <p>Adult Forum 10:00 am</p>  | <p> <b>BIRTHDAY CORNER</b> </p> <p>Happy Birthday to this month's special people: <b>Charles Crank, Sebastian Sharpe, Richard Taylor, Richard Yell and Chanda Woods</b></p> |  |   |  |                                 |   |

## UPCOMING EVENTS NOT TO MISS!

Durham Bulls Outing: June 12, 5PM  
Unity Center of Peace Church's 21<sup>st</sup> Birthday: June 19  
Unity World Day of Peace: September 11  
Rumi Festival: Sept 30 & Oct 1

## PLACES TO VISIT

Take a peek at: [www.panhala.net/Archive/Invisible\\_Work.html](http://www.panhala.net/Archive/Invisible_Work.html)  
for a meditative poem

Visit [www.looseleafhollow.com](http://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](http://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).* **Mary Keaty** - 386-0123, **Grace Marshall** - 929-1355, **Susanne Kaiser** - 403-9771, **Lorraine Lewis** - 967-2215 or **Martha Isleib** - 929-7536.



**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](mailto:Mmal27@aol.com)

Y.O.U. Prayer Line

24-Hour Prayer Line **968-1854**

[neverprayalone@cs.com](mailto: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](mailto:mgrubbs@nc.rr.com), Gaines at: [info@thelastunicorn.com](mailto:info@thelastunicorn.com) or Carol at: [wills006@mc.duke.edu](mailto:wills006@mc.duke.edu), by the 10<sup>th</sup> of each month. You may also drop off submissions in the box provided in the church foyer.

### UNITY CENTER OF PEACE CHURCH

8800 Seawell School Road, Chapel Hill, NC 27516

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

Visit our web site [www.unitychapelhill.org](http://www.unitychapelhill.org)  
May 2005

## Happy Father's Day



# WHAT WOULD JESUS DO? WHAT WOULD JESUS DO?

By Marilyn Grubbs

OK, that phrase has been trivialized as a merchandising slogan, but it's a good question to keep in mind. While I agree with Unity's focus on finding the Christ within, a danger of that focus is giving too little attention to the world around us. Yes, we can create the world we envision and affirm, but creating is an active verb which requires doing. After all, the Christ we are emulating was a man of action, passion, and even anger on occasion - remember the money lenders in the temple?

Where am I going with all this? The editors have decided to initiate a series of articles on issues affecting the world and invite you to take action on these. Next month Barbara Janeway will write on a topic of concern to her, global climate change, and challenging us to do something about this problem. After that, it's up to you. What are you passionately concerned about? What do you believe Jesus is calling us to do? We look forward to putting YOUR article here!

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## DESIGN YOUR DESIRED LIFE

(Continued from May Newsletter)

Our relationships are an environment of their own. The results of this critical design element can abundantly boost your productivity or send it flailing into the nether regions. Select friends who continually champion your spirit, thoughts, and goals. When people are grouped together a funny thing happens. They become like-minded and a group mentality tends to form. This facet of friendship can propel you forward exponentially if you're aligned with others who have similar goals and aspirations. The power of the collective consciousness is virtually limitless. Tap into it.

A lot of what we can imagine now has been thought of in one form or another. Access history and find out how mentors have achieved the type of success you desire. This design element will save you valuable time and energy.

Be specific about what you want and write it down. Also, write about how you feel having achieved it and what lessons you learned along the way. This element is most effective when you write in the present tense even before you begin working

towards your goals. It is a statement of declaration to yourself and the universe.

Thoughts guide actions. Notice any negative thoughts or beliefs you might have that would be counterproductive to achieving what you want and gear your thoughts towards achieving and surpassing your goals.

Focus on success as you define it and record your successes along the way. This record can stimulate you towards completing your design and will solidify your self-efficacy to move forth in designing other areas of your life.

Achievement, success and abundance are attained through dedication and motivation. Focusing your energy on your desired outcome holds intention and propels you towards your desired outcomes.

By utilizing these elements of design you allow yourself the luxury of living the life you want to live and reaping the rewards of your vision and dream.

**Barry Neil Kaufman**

**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](mailto:unitychapelhill@mindspring.com) and get name credit in the Newsletter!

**Don't miss the DURHAM BULLS FAMILY OUTING on June 12, 5:00 PM.** There is a sign-up sheet in the church foyer

For more information, contact John Glasson, 493-1366

We can  
either wait  
to find a doorway  
or make one...  
it's your move.

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