

Spirit Express



UNITY CENTER OF PEACE CHURCH
Volume 12, Number 6

June 2006

Note: At the May 7, 2006 Community Meeting, the congregation decided to place Michael McCluskey in the position of Interim Minister.

From the Heart ♥

What a privilege it is to fill in for Mark and to share some thoughts about Unity and UCPC. I love the Unity movement, its principles and its practices. The more I study Unity, the simpler it all seems. But this was not always the case. When I started my study of Unity in the winter of 2005, confusion and frustration reigned. There were so many words and concepts used in a different contexts with different meanings. It took quite a while just to understand the vocabulary. The concept of "Mind" threw me for a loop. But under Mark's patient tutelage, I began to understand what was being presented and eventually, I woke up one morning and realized that I understood what the Unity founders and authors were promoting. Best of all, I found that I concurred with their conclusions - that the Kingdom of Heaven is available to me now and that it is up to me to choose to experience it.

Getting some momentum going was the key for me. Instituting an active practice of prayer and meditation has lead to a more peace filled consciousness. A peace filled consciousness has inspired me to a more active practice of prayer and meditation.

It's not easy to tame our patterns of thinking, but it is achievable. I encourage you to pray and meditate. Claim for yourself the gifts that are available.

Namaste (the divine in me honors the divine in you),

Michael

Board Bulletin: Hurry now . . . only one opening left!

What an exciting few months it has been! As a new board member, I came into this with no honeymoon period, and hit the ground running! But it has been a good sprint! Although we've had no time for a board retreat, the board identity has emerged: a solid, efficient working team. During our latest session, when we met to plan the community meeting, I saw that we could comfortably brainstorm any scenario as if we were one brain envisioning all the variables and perspectives.

I invite you to consider joining this exciting group of dedicated people: Barbs, Julie, Claudia, Helen, David, Sofianna and myself. (We call it "David's Harem.") We currently have one board position open. As a board member, you'll enjoy intimate fellowship; you'll be moved by the adrenaline of team spirit, and you'll marvel at the unfolding, creative talents of your fellow board members.

We are community that is empowered by Spirit sparked into action by our collective imaginations driving down a road in an all-terrain vehicle with our energetic, dedicated members at the wheel.

We have been given the opportunity to navigate this new road to our church's future. UCPC is a finely crafted vehicle. (I think it is a hybrid!) It is revved up and ready to go. What it needs is your battery, your imagination and belief, and your perceptions, to help this community create that which we wish to create!

Please join us!

Lovingly,
Pat Veenema

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

Regular Business & Bookstore Hours:
Mon., Wed. Fri. 9am – 2pm, Tues. & Thurs. 11:00 am – 4:00pm
Sunday Bookstore Hours: 10:30 - 11:00am & 12:30 – 1:00pm

Administration

Interim Minister	Michael McCluskey	968-1854 or (919) 593-5939	mjmcc1@aol.com
Office Manager	Mariah Wheeler	968-1854 or 942-7477	unitychapelhill@mindspring.com
Interim Music Dir.	Helen Spielman	929-4520	hbs@email.unc.edu

Board of Trustees

President:	Barbs Burman	663-3301	barbsieb@yahoo.com
Vice-President:	Julie Cusatis	402-0878	jcusatis@earthlink.net
Treasurer	Helen Dannatt	824-3861	hdannatt@us.ibm.com
Secretary:	Claudia Kaplan	932-9635	cskaplan@netzero.net
Trustee:	Pat Veenema	308-5653	pjov54@hotmail.com
Trustee:	David Richter	929-5969	davidrichter@hotmail.com
Trustee:	Sofianna Solem	932-5273	beauxzoe1@gmail.com
Member:	Michael McCluskey	593-5939	mjmcc1@aol.com

Organizational Spheres

Worship - Intention to express our spirituality	Board Steward: Pat Veenema
Education – Intention to teach & learn	Board Steward: David Richter
Inreach – Intention to connect with each other	Board Steward: TBA
Outreach – Intention to connect with the community	Board Steward: Sofianna Solem
Development – Intention to grow	Board Steward: Julie Cusatis
Administration – Intention to steward what we have	Board Steward: Barbs Burman

Bookstore	Judy Bosniadis	260-0824	bosniadisj@hpw.com
Bldg. & Grounds	Michael McCluskey	932-3892	mjmcc1@aol.com
Floral Coordinator	Helen Spielman	929-4520	hbs@email.unc.edu
Finance	Nancy Smith Krauss	932-1227	nsmithcns@cs.com
Prayer & Care	Lorraine Lewis	967-2215	lorrainelewis@earthlink.net
Social Action	Barbara Janeway	932-4469	
Spirit Express Ed.	Marilyn Grubbs	960-2604	mgrubbs@nc.rr.com
	Michael McCluskey	932-3892	mjmcc1@aol.com
Usher Coordinator	Simon Kaplan	932-9635	cskaplan@netzero.net
Worship	Pat Veenema	308-5653	pjov54@hotmail.com
Youth Ed	Machai St. Rain	732-4363	machaisaintrain@yahoo.com

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.

A Different Kind of Listening
Reprinted from Spirit Express (mid-90's)

Our Unity church allows, and even encourages, a greater variety of music than is found in many other churches. We're not limited to "sacred" music; we believe that all music is sacred! Our minister, music director, performing musicians, and congregants are willing to find a spiritual experience in today's popular, folk, and theater music as well as in the classical sacred literature from long ago. As we stretch into understanding or feeling the presence of God in each song, we expand into the Divine.

When I hear a song on my radio while I'm driving to the supermarket, I may listen to the rhythm, the lyrics, or the melody. Sometimes my mind is on other things and I barely hear the music at all. But when I listen to a piece at church, I'm aware that I receive it in a different way. I'm more conscious of the song as a prayer, a teacher or messenger, or a bringer of comfort to my soul. Music in church calls me to hear notes in a different way and to feel the beat at a deeper level of my spirit. The sound of a human voice or a musical instrument filling our sanctuary reminds me of the oneness we share beneath all our differences, and when that awareness arises within me, I remember who I am and feel the glorious joy of being alive in God's world.

So much is available to experience during Sunday morning services: words, prayer, meditation, laughter, silence, smiles, hugs, tears, music. I encourage you to open yourself to the music more attentively and consciously. You may go home with a beautiful gift singing inside your heart.

Helen Spielman
Interim Music Director

**"50 Simple Things You Can Do To Save The Earth"
AERATE YOUR FAUCETS**

FAUCET FACTS:

- The normal faucet flow is about 3-5 gallons of water per minute (gpm). By attaching a low-flow faucet aerator, you can reduce the flow by 50 percent. Incredibly, although the flow is reduced, it will seem stronger because air is mixed into the water as it leaves the tap.
- Installing low-flow aerators on the kitchen and bathroom sink faucets will save hot water. It will also cut water use by as much as 280 gallons per month for a typical family of 4. That's over 3300 gallons a year for one family. So if only 10,000 4-member families install low-flow aerators, we'll still save over 33 million gallons a year.
- Don't confuse low-flow faucet aerators with standard screen aerators (which do not reduce faucet flow rate). Ask your store clerk if you're unsure.

SIMPLE THINGS TO DO:

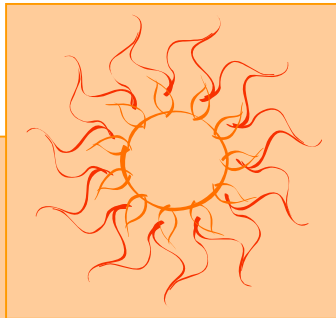
- Installing an aerator is easy -- even if you're all thumbs. The ends of most modern faucets unscrew; and that's where the aerator attaches. If you have questions, ask a plumber or local hardware store. They'll help you.
- Portable dishwasher alert: If you use a portable dishwasher in your kitchen, don't install a low-flow aerator on the kitchen sink faucet; the reduced flow will affect the dishwasher's performance.

WE CAN MAKE A DIFFERENCE.

SOURCES:

Low-flow faucet aerators usually cost \$5 to \$10. Low-flow shower heads range from \$8 to \$50. A wide variety of water conserving shower heads is available for purchase with prices starting at \$2. A typical handheld massaging showerhead will cost around \$25. [http://www.fypower.org/res/tools/products_results.html?id=100160 Flex Your Power]; e-Bay Low Flow Faucet Aerator 1.5 gpm US \$4.95 (location, Chapel Hill); http://cgi.ebay.com/ws/eBayISAPI.dll?ViewItem&item=6028242404&ssPageName=MERC_VIC_ReBay_Pr4_PcY_BIN_Stores_IT]

Submitted by **UCPC Social Action Committee**
from "50 Simple Things You Can Do To Save
The Earth"
Copyright © 1989 by The Earth Works Group



UCPC Fundraiser Party!

Soaring Sounds

Saturday, June 3, 7:30 - 9:30pm

Mark your calendars and prepare to celebrate! Join us for UCPC's Birthday Concert - this annual fundraiser features the inspired music of an array of local musicians, performers and artists, including:

Kathleen Hannan (singer/songwriter)

Helen Spielman & Scott Schlesinger (flute & piano)

Nita Anglin (artist/performer)

Janie Imperial (soprano)

Mark Hirschhorn (singer/songwriter)

For more information, please contact Julie Cusatis at jcusatis@earthlink.net or 402-0878 or Helen Spielman at hbs@email.unc.edu or 929-4520.

NEW!

UCPC

Business Service Directory

Advertise your business and/or professional services to your UCPC community in our new directory.

Your community wants to buy from you first before they shop elsewhere.

Tell us what you do: from babysitting to tax preparation, from plumbing to tarot readings. Are you a healer? An electrician? A musician?

See Michael McCluskey.

TO HEAL OR NOT TO HEAL? THAT IS THE QUESTION. THE ANSWER ???

To heal or not to heal

The choice is mine you say.
To feel or not to feel
How can I make the pain go away?

I've looked without, and all about
No answer I could find.
Why did I forget to look within
For healing is of heart and mind?

I think I can, I think I can
Like the little engine that could.
But thinking doesn't make it so
Neither is healing reduced to a "should".

Glasses I donned at the age of nine
So I could "see" things right
A life I've lived with those rose-colored lens,
Until finally I learned to "set" it right.

It all begins with a loving intent,
That then uncovers the key.
The key then opens up the heart
And only through love can we see.

Though through a glass darkly
is once all I could see.
But now I'm able to see face to face
Through love, God heals both you and me.

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Classes, Events & Workshops

Women's Vision Circle

June 25, 5:30pm potluck, 6:15 - 8pm meeting
this evening facilitated by Pat Veenema

UNITY PRINCIPLES & PRACTICES WORKSHOP

Tuesdays through - Jun. 6, 7-9pm
with Michael McCluskey

Learn to "Hold Healing Space" while embracing awareness of Divine Mind. Everyone is welcome. Come when you can. **Bring all the intent you can muster.**

Walk Like A Living Prayer

Sat., June 24 & July 22, 10am-noon:
dance meditation
with Machai St. Rain

New Member Orientation Class

Sun., June 18, 7 - 8:30pm

Not just for prospective members!!! Everyone Welcome! A panel of experienced UCPC members will field questions and share insights into Unity. Designed to provide some orientation and exposure to basic Unity Principles and Practices. If you are interested in becoming a member of UCPC, please inform Michael McCluskey.

Angel Light Activation

Sun., June 25, 6 - 9pm

Learn this beautiful way to heal yourself and others!
Angel Light Healing purifies, balances, and integrates the chakra centers and opens and aligns all the energetic bodies with the higher realms of Angelic consciousness. The gentle and powerful gift of Angel Light Healing is always to be given *free of charge* ~Love offerings gratefully accepted~ to anyone who wishes to receive it. This event will be co-facilitated by Dan & Rio Watson and Lorraine Lewis.

For more information, please contact Lorraine Lewis:
RSVP-Phone: 967-2215 E-mail:
lorrainelewis@earthlink.net Visit:
www.lahochicenter.com to learn more about spiritual energy healing and training.

UPCOMING EVENTS NOT TO MISS

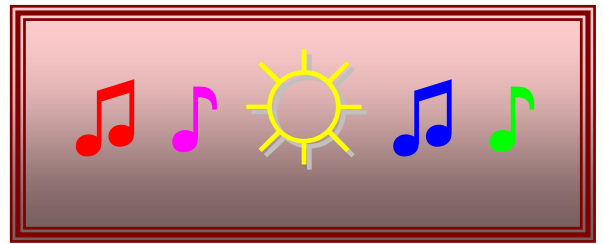
UCPC Birthday Concert Soaring Sounds

Sat., June 3, 7:30 - 9:30pm

Potluck & Community Meeting June 4
after the service

Healing Circle Mondays 7 - 8pm

- * Friday Night Live! teen night 7:30 - 10pm June 2
- * Interfaith Worship Service Thurs. June 8, 7:30pm
led by Mark Smith
- * Energizing Your Mind & Body Through Shamanism
workshop with Steve Rogat 1:30 - 4:30pm
- * New Member Orientation, Sun. June 18, 7 - 8:30pm
- * Walk Like a Living Prayer - sacred dance with
Machai St. Rain, Sat., June 24, 10am - noon
- * Women's Vision Circle: Sun., June 25, 5:30 potluck,
6:15-8pm meeting, this time facilitated by
Pat Veenema
- * Angel Light Activation, Sun., June 25, 6 - 9pm



Interim Minister: Michael McCluskey

Office Hours: Mon. & Fri. On Call,

Tues. & Thurs. 11am - 5pm, Wed. 10am - 2pm

Home Phone: 932-3892 Cell Phone: (919) 593-5939

email: mjmcc1@aol.com

Main Office Hours:

Mon., Wed. & Fri. 9am - 2pm, Tues. & Thurs. 11am - 4pm

Mariah Wheeler, Office Manager

968-1854, email: unitychapelhill@mindspring.com

website: www.unitychapelhill.com

UCPC Prayer & Care:

24-hour Prayer Line 968-1854

Prayer Box (Front Foyer)

Silent Unity (800) 669-7729 www.silentunity.org

Email newsletter submissions to editors:

Marilyn Grubbs, mgrubbs@nc.rr.com, or Michael McCluskey,

mjmcc1@aol.com by the 10th of month.

UNITY CENTER OF PEACE CHURCH

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To remove your name from our mailing list, call 968-1854
or email us at unitychapelhill@mindspring.com

www.unitychapelhill.org

JUNE 2006

UCPC is a Member of the Association of Unity Churches

JUNE 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNITY CARES We pray with these people during the month of June: Scott Elrod, Abbie Emory, Nancy Greene, Judy Greggar, Navin Mahabir, Elizabeth & Charlotte Millar, George Sharp, Mark Smith, Kayc Thompson & Ben Wall				1 Choir Rehearsal 7:30pm RIF A'I MARUFI (SUFU) 9pm - 12am <i>Sanctuary + Kitchen</i>	2	3 Soaring Sounds Birthday Concert 7:30 - 9:30pm
4 Potluck & Community Meeting after church Meditation: 9:30 - 10:30am Adult Forum: 9:45 - 10:45am 11am - 12:30pm Service Speaker: Michael McCluskey "Simple Unity" Music: Joyful Noise Choir 7:30pm A Course In Miracles	5 Healing Circle 7 - 8pm <i>Sanctuary</i> RIF A'I MARUFI (SUFU) 8 - 11pm <i>Sanctuary + Kitchen</i>	6 Prayer Team 1pm Unity Principles 7 - 9pm <i>Chapel</i>	7 Noon Meditation Lay Ministry Team 7 - 8:30pm <i>Chapel</i> Wild Bunch 8-9:30pm <i>Sanctuary + Kitchen</i>	8 Interfaith Worship 7:30 pm <i>Sanctuary</i> RIF A'I MARUFI (SUFU) 9pm - 12am <i>Sanctuary + Kitchen</i>	9	10 IFC Kitchen call Simon Kaplan 932-8858 to register
11 Meditation: 9:30 - 10:30am Adult Forum: 9:45 - 10:45am 11am - 12:30pm Service Speaker: Steven Rogat "Energizing Your Mind & Body Through Shamanism" Music: Julius Carrasco & Helen Spielman Workshop: "Energizing Your Mind & Body Through Shamanism" 1:30 - 4:30pm 7:30pm A Course In Miracles	12 Healing Circle 7 - 8pm <i>Sanctuary</i> RIF A'I MARUFI (SUFU) 8 - 11pm <i>Sanctuary + Kitchen</i>	13 Prayer Team 1pm	14 Noon Meditation Wild Bunch 6:30-9:30pm <i>Sanctuary + Kitchen</i>	15 RIF A'I MARUFI (SUFU) 9pm - 12am <i>Sanctuary + Kitchen</i>	16	17 Dances of Universal Peace 7:30 - 9:30pm <i>Sanctuary</i>
18 Meditation: 9:30 - 10:30am Adult Forum: 9:45 - 10:45am 11am - 12:30pm Service Speaker: Michael McCluskey "Approaching Perfection" Music: Machai St. Rain Board Meeting 1 - 3:30pm Unity Orientation 7 - 8:30pm 7:30pm A Course In Miracles	19 Healing Circle 7 - 8pm <i>Sanctuary</i> RIF A'I MARUFI (SUFU) 8 - 11pm <i>Sanctuary + Kitchen</i>	20 Prayer Team 1pm	21 Noon Meditation Summer Solstice Lay Ministry Team 7 - 8:30pm <i>Chapel</i> Wild Bunch 8-9:30pm <i>Sanctuary + Kitchen</i>	22 RIF A'I MARUFI (SUFU) 9pm - 12am <i>Sanctuary + Kitchen</i> Choir Rehearsal 7:30pm	23	24 Walk Like a Living Prayer 10am - noon <i>Sanctuary</i>
25 Meditation: 9:30 - 10:30am Adult Forum: 9:45 - 10:45am 11am - 12:30pm Service Speaker: Rev. Bill Holton "Let Your Light Shine" Music: Mark Hirschhorn Worship Committee 1:30pm at EarthFare Women's Vision Circle Potluck 5:30pm, meeting 6:15 - 8pm <i>upstairs</i> Angel Light Activation 6 - 9pm <i>Sanctuary</i> 7:30pm A Course In Miracles	26 Healing Circle 7 - 8pm <i>Sanctuary</i> Social Action Committee 7pm <i>Chapel</i> RIF A'I MARUFI (SUFU) 8 - 11pm <i>Sanctuary + Kitchen</i>	27 Prayer Team 1pm	28 Noon Meditation Wild Bunch 6:30-9:30pm <i>Sanctuary + Kitchen</i>	29 RIF A'I MARUFI (SUFU) 9pm - 12am <i>Sanctuary + Kitchen</i> Choir Rehearsal 7:30pm	30	31
			 Happy Birthday to this month's honorees: Charles Crank, Sebastian Sharpe, Richard Yell, Dyan Campbell, Richard Taylor, & Wendy Smith			

