

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 3

March 2005

From the Heart

Greetings fellow sojourners on the path to wholeness! The cycle of the year spins onward and we find ourselves in the six week period of Lent. Lent is a time of self-reflection and prayer, a preparation for the rebirth of spring and the resurrection of Easter. The word "Lent" comes from the Anglo-Saxon word for "spring" and is related to the word "lengthen." As the days grow longer, we expand our awareness of our christed nature as taught by Jesus.

One of the themes of Lent is transforming negativity into positivity. We can view Lent as the acronym "Let's Eliminate Negative Thinking." We know that Unity

teaches that "thoughts in mind reproduce in kind." By eliminating and transforming negative thinking, we allow for the highest possibility that our Good will flow abundantly in our lives. If you are going to give up a destructive habit for Lent, why not cease all negative thinking and see how that affects all areas of your life.

Charles Fillmore in Keep a True Lent (p.140) writes: As day after day we steadily adhere to our firm resolve to follow the steps outlined for the Lenten Season, we discover that we are building on a firm foundation, and are mounting into a higher consciousness." These steps to a higher consciousness include systematically turning away from all

self-destructive behaviors and thoughts and embracing our Christed nature, the "I Am God" consciousness, as exemplified by Jesus.

I hold for each of you, dear friends, your Highest Good, as you embrace God/Goddess/All That Is within you, and prepare to be reborn this Lenten Season. New Life is just around the corner!

With Love,

Mark

BOARD BULLETIN

Dear Unity Center of Peace Church Members:

We've had, a very good and prosperous year in 2004. Please allow me to draw your attention to some of the *greatest accomplishments* we have achieved together during this Board's term:

The Men's Room vent-fan was repaired! (That was a joke. We do thank Richard for that).

All joking aside, in my opinion our greatest activities and achievements were these:

1. The promotion and expansion of transparent, truly democratic, sustainable governance and decision-making processes.
2. Major progress toward peace and complete healing between us and our friends who left and formed TLC.
3. The achievement of financial solvency and fiscal health, starting this year with money in the bank, all bills paid, and the mortgage as our only debt.

4. The hiring of our full-time Spiritual Teacher and Music Director, the gifted Mark Malachi.
5. The increased focus on and teaching of prosperity principles, which will enhance our sustainable well being and growth.
6. The acknowledgment of our Grand Intention with progress toward the first annual Unity Center of Peace Church Peace Day.

Barbara Janeway was quoted as saying about this Community, that: "It's almost as if this church has become the church of the mystic, allowing each person to pursue his or her own unfolding and continued evolution." I love that about us. Over the last couple of years, we have co-created a strong, loving Community: learning, worshipping and building together.

Therefore, as Board President, I am happy to report to all Community members that at this time we have not only endured... but that we are healthy and continually improving.

John Thomas, Outgoing Board President

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MEET SUSAN O'NEIL
By Claudia Kaplan

There are no accidents. Susan O'Neil first came to a Unity service "by mistake," thinking she was at the Unitarian church, but it's clear now that Divine Order was at work! Susan had worked in an Americorps day care center with Stuart Newnam. He had mentioned his job at Unity as the Youth Education Director and when she saw him here that day she realized where she was. Noticing that help was needed with the Sunday School, she thought that volunteering would be a worthwhile and rewarding thing to do, since she no longer had kids in her life. "I called Mark ... and here I am," she said.

Originally from Seattle, about 10 years ago Susan envisioned herself in a forested, mountain area, involved in arts and a community, so she left her life as a nurse and activist to make a new start in Asheville. After 9/11, she acknowledged that the activism there wasn't quite what she'd hoped, and knowing that the Triangle had a stronger Green Party, she moved to Chapel Hill. After her stint with Americorps, Susan is now enrolled at UNC, pursuing a Bachelor's degree in Communications. She feels this will serve her well as an activist. "I want to work for a good cause," she said.



Susan had a very conservative upbringing and the church in which she was raised involved memorizing lots of Bible verses, but her soul never resonated with her parents' style of spirituality. Before Susan left Seattle she discovered *A Course in Miracles* and, immersing herself in it, felt she had found a home for her heart. While in Asheville she attended Unity from time to time, but mostly preferred studying ACIM on her own. After she

moved here she attended the Ethical Culture Society for a while, but she missed the spiritual element and was shopping around for a church when she "accidentally" came to UCPC six months ago.

Of course, when she first offered to help Stuart out with the kids, she didn't realize he'd be leaving so soon to teach in China — and, in fairness, perhaps neither did he! But she has stepped up to take over his role most admirably. When asked about her vision of working with our children here at Unity, she said, "I think the most important elements of spirituality for children are self-esteem and creativity." The children have begun to keep journals as one way to foster both these qualities. Susan is keen to strengthen these by exposing the children to "the best of Christianity," ACIM, and Unity principles.

We are very grateful to have her on board!

4-T CLASS

Mark your calendars now for the upcoming *4T Prosperity Program* Class beginning on Tuesday, APRIL 19TH, at 7:00 P.M. Co-facilitated by Mark Malachi and Lorraine Lewis, this 12-week class pulls together all the Unity principles. It will run Tuesdays from 7:00 - 9:00 PM.

"A consciousness of abundant prosperity in all areas of your life" is the goal of this class. "That consciousness will bring forth to you all of that which is truly meaningful."

TITHING of TIME, TALENT, and TREASURE for Prosperity and the Fullness of Life is the central focus of this class. You'll be training yourself to think GOD FIRST - to have that sense of God's presence in your awareness as you go about the daily business of living life to its fullest.

Please sign up prior to class. Workbooks & tapes must be ordered.

UCPC PEACE DAY 2005!

Yes, there is peace on earth, and yes, it begins with us!

UCPC's first annual Peace Day (yes, we are optimistic about continuing it!) will be on April 23, 2005. Participants of all ages are invited to come together to enjoy live music, interactive arts, collaborative play, food, and fellowship. The event will also be a vehicle to teach peace practices such as chanting, prayer, meditation, medicine wheel, and healing arts, as well as to foster collaborative partnerships with other peace-centered community resources. One long-term goal is to build permanent resources for peace practices on our grounds, such as a peace garden, meditation path, or labyrinth.

The Peace Day planning committee will be meeting after church on the following Sundays: February 27, March 13, and March 27. We invite you to join us! We especially need people to volunteer on the day of the event. For more information and to get on our email list, go to www.Peacels.org, or contact Julie Cusatis at (919) 402-0878 or jcusatis@earthlink.net.

TAX TIME IS HERE!

Want to benefit UCPC while getting your return done? Robin Samuels has been a professional tax preparer since 1996 and is seeking to expand her client base. Bring your return to her this year and 25% of the preparation fees will be donated to the church! Free initial consultation. Contact her at rsamuels@nc.rr.com or 919-933-7795

2005 Annual Meeting Notes

On February 6th, the membership of UCPC met for its Annual Meeting and election of board trustees. The membership unanimously voted to amend the by-laws to increase the number of board members to 6-8 and eliminate the 2 non-voting "alternate" positions. Barbs Burman, Julie Cusatis, Claudia Kaplan and David Richter were each elected to two-year board trustee terms. Richard Taylor was elected to a one-year term as board trustee. The following six (6) individuals were elected to the nominating committee: Mark Smith, Joanne Dahill, John Thomas, Simon Kaplan, Deborah Dorland and

Marilyn Grubbs. John Thomas, Alice Ehrsam and Cathy Davies volunteered to serve on the finance committee.

Congratulations to incoming board trustees, nominating committee members and finance committee members! We offer a special thanks to outgoing board officers, John Thomas, Claus Sievers and Joanne Dahill who each served the community with diligence and altruism. Each of these three special community members was presented with a plaque from the community for fulfilling their two-year terms of service.



Multitudinous thanks to departing Board of Trustee Members: Joanne Dahill, Claus Sievers and John Thomas. Of course, they will reap their rewards in *Heaven!* However, since heaven-is-on-earth, we thank them right now: Blessed be the Former Board Members! These

FLOWER POWER

by Helen Spielman

I was delighted when Mark asked me to become Floral Coordinator for our community. God is in everything, of course, but somehow it's just that much easier to see Him/Her in flowers. Flowers are universally loved and their beauty speaks to everyone in the same way music does, because language, religion, and cultural differences are transcended. I took my first flower arranging class a few years ago, and found a new passion in life. I keep learning more and practicing this skill, and am gratified to extend this gift to UCP, which gives so much to me. I'm seeking a few individuals who, along with Mary Thomas (who often contributes beautiful flowers), would like to occasionally bring flowers for our Sunday morning services. You don't have to spend much money - a small bouquet at a grocery costs little, and simply placing them in a vase just as they are brightens up our sanctuary. Even a single flower with some greenery is lovely. If you save your receipt, you can count it as a tax deduction for the IRS. With springtime coming soon, you could pick flowers from your yard or the side of the road (my flower teacher calls it "roadasia"). As long as you're not on private property, you won't hurt the plant or the environment.

MARCH 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BIRTHDAY CORNER Happy Birthday to this month's wonder children: Rex Bradley, Julie Cusatis, Claudia Kaplan, Alan McGrady, Leslie Rinehart, Zachary Sharpe, Nancy Smith-Krauss, Patricia Veenema and Jeanne Wagner		1 Prayer Team 2:00 PM <i>Mark's Office</i> Mark's Class "Reaching for Oneness: A Metaphysical Exploration of the Hebrew Scriptures" 7:00-8:30 PM Sanctuary	2 12:00 Noon Prayer Wild Bunch AA 8:00 -9:30 pm Sanctuary + Kitchen	3 CHOIR 7:30 pm Sanctuary ♥ Circle 7:15 pm upstairs classroom RIF A'I MARUFI (SUFU) 9:00 - 12:00 Mid Sanctuary + Kitchen ACIM 10:00-11:00 AM Lyons Road		
6 POTLUCK & COMMUNITY MEETING Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi "Listening for Spirit Within" Music: Joyful Noise Choir 7:30 pm A Course In Miracles upstairs classroom	7 RIF A'I MARUFI (SUFU) 8:00 - 11:00 pm Sanctuary + Kitchen	8 Prayer Team 2:00 PM <i>Mark's Office</i> Mark's Last Class "Reaching for Oneness" 7:00-8:30 PM Sanctuary	9 12:00 Noon Prayer Wild Bunch AA 8:00 -9:30 pm Sanctuary + Kitchen	10 Interfaith Worship 7:30 pm Sanctuary RIF A'I MARUFI (SUFU) 9:00 - 12:00 midnight Sanctuary + Kitchen SUFI 01 7:30-9:00 pm upstairs ACIM 10:00-11:00 AM Lyons Road		12 IFC Kitchen call Simon Kaplan 932-8858 to register
13 Adult Forum: 10:00 am 11:00 Service Guest Speaker: Rev. Robert Seymour Music: Ericka Wilkins 7:30 pm A Course In Miracles upstairs classroom Mark out of town	14 RIF A'I MARUFI (SUFU) 8:00 - 11:00 pm Sanctuary + Kitchen	15 Prayer Team 2:00 PM <i>Mark's Office</i>	16 12:00 Noon Prayer Wild Bunch AA 8:00 -9:30 pm Sanctuary + Kitchen	17 ST.PATRICK'S DAY ♥ Circle 7:15 pm Sanctuary RIF A'I MARUFI (SUFU) 9:00 - 12:00 Mid Sanctuary + Kitchen ACIM 10:00-11:00 AM Lyons Road		19 Dances of Universal Peace 7:30 - 9:00 pm Sanctuary & Kitchen
20 PALM SUNDAY SPRING BEGINS Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi "Rebirth & Return" Music: Matt Short BOARD MEETING 7:30 pm A Course In Miracles upstairs classroom	21 RIF A'I MARUFI (SUFU) 8:00 - 11:00 pm Sanctuary + Kitchen	22 Prayer Team 2:00 PM <i>Mark's Office</i>	23 12:00 Noon Prayer Wild Bunch AA 8:00 -9:30 pm Sanctuary + Kitchen Committee of 10 7:00 pm K&W	24 RIF A'I MARUFI (SUFU) 9:00 - 12:00 Mid Sanctuary + Kitchen CHOIR 7:30 pm Sanctuary FULL MOON CIRCLE 7PM Healing Room ACIM 10-11 AM Lyons Road	25 GOOD FRIDAY Mystical Jewish Worship Service 7:30 pm Sanctuary	26



<p style="text-align: center;">27 EASTER Communion Service Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi "The Mystery of the Cross" Music: Gabriella Tal 7:30 pm A Course In Miracles <i>upstairs classroom</i></p>	<p style="text-align: center;">28 RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i></p>	<p style="text-align: center;">29 Prayer Team 2:00 PM <i>Mark's Office</i></p>	<p style="text-align: center;">30 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i></p>	<p style="text-align: center;">31 RIF A'I MARUFI (SUF) 9:00 – 12:00 Mid <i>Sanctuary + Kitchen</i> CHOIR 7:30 pm <i>Sanctuary</i> ACIM 10:00-11:00 AM <i>Lyons Road</i></p>	<p style="text-align: center;">UNITY CARES We pray with these people during the month of March: Dominique Davis, Janis Dorr, Ronnie Graham, Barbara Jackson, Stuart Newnam, David Roberts, Claus Sievers, Mary and John Thomas, Angel Trail, Heather Williams</p>
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UPCOMING EVENTS NOT TO MISS!

Full Moon Circle-Cindy Hoff and her singing bowl –
March 24
Easter Communion Service – March 27
Conversation with Deena Metzger – April 1
Mark's 40th Birthday Concert/Party – April 9
4T Prosperity Class begins Tuesday April 19
Peace Day – April 23
Power Paradigms Workshop – April 30

PLACES TO VISIT

Chanting is a universal practice and experience throughout the world's great spiritual, religious and cultural traditions. Whatever your faith, chanting quiets the mind and opens the heart. Visit this site for inspiring chanting.

<http://universalchanting.com/>

Note: UCP members Mark Smith & Gaines Steer are involved in producing local Universal Chanting the third Sunday of every month at the Meditation Gazebo. A tradition now in its 18th year!

UCPC PARTNERS

The Unity Holistic Healing Center is now open from Monday to Saturday at the Unity Center of Peace Church. Treat yourself and visit . *Call office for appointment(s).* **Mary Keaty** - 386-0123, **Grace Marshall** – 929-1355, **Susanne Kaiser** – 403-9771, **Lorraine Lewis** – 967-2215 or **Martha Isleib** – 929-7536.

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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
March 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**
neverprayeralone@cs.com

Prayer Box (Front Foyer)

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

Affiliated with Unity School of Religious Studies, Unity Village, Missouri, publishers of the *Daily Word*.

Member of the Association of Unity Churches

Lordy, lordy,
look who's turning 40!

MARK YOUR CALENDARS!
40TH BIRTHDAY BASH!
SATURDAY, APRIL 9TH 7:30PM

IT'S OUR EVER-YOUTHFUL, VIBRANTLY
 HEALTHY MARK MALACHI!

Mark will perform a solo concert as a gift to us for his birthday. *A love offering for the church will be taken. A fun dance party will follow the performance!* All are welcome.

BOOK NOOK
 A review by Gaines Steer

Metaphysical books are not like the ones reviewed in sissy magazines. Nor are *Spirit Express* reviewers bound by convention. Invention! So if the party of the first part is reading three books and Spirit has a voice (and opinion) cursing through all three, what is the message? (A koan, I'd presume.). Take **beyond belief** (Pagels), **miracles of mind** (Targ and Katra) and **diamond heart** (Almaas) as a challenge to spiritually decipher, integrate and explain to a panting audience: OK, let's do it!

In the first of these renderings, we receive the astonishing news that the famous "doubting Thomas" who has been stigmatized and castigated for about 2,000 years was actually a proponent of one of the cherished Unity Principles. Namely, that God is within! John, the most "fundamental" of the New Testament writers has an issue with Thomas' spiritual interpretations of Jesus' message and bad mouths him in a naughty way. "Never 'doubt' that I am right!", John asserts... Y'all can read the rest in the morning newspapers... Tark and Katra, as you may know, are experts on "nonlocal consciousness and spiritual healing." Not only do they skillfully remind (i.e., convince) us that we are different individuals inhabiting separate bodies, yet connected with each other at the level of mind... they expostulate that "distance is not a barrier..." in regard to making this unifying connection quite dynamic.

Again, these authoring folks are learning to become pretty good Unity Teachers. They now know what we already knew! And the brilliant Almaas speaks of our "essence." The non-worldly part of our experience that resides masterfully within us. The Godstuff that most humans are conditioned to see as external driven. It ain't so! The Diamond Approach is a re-training in seeing. Seeing beyond illusion to perceive our essence, our birthright. Spiritualize these three books? Sure. They are obviously about Spirit, as metaphysical students would characterize them. Little doubt. How to connect them? Well, only if you insist: Thomas, who has the insight to question the convention of God-as-authority, (pre-dating the now familiar "one way" religions), suggests that this Spirit is hidden (or sheltered) within each of us. Not only is that claim credible, now two physicians prove that time and space are the property of our humanness (not only television), and this "diamond", we learn, is that remote healing is right here (evident) in our own packaging. John, he just tried too hard to create a reality that fit his bias. His book, *John*, by the way, is kinda contradictory. That's another review to review...

A MOVIE REVIEW - INDIGO

UCPC, along with hundreds of other churches and theaters across the country, hosted the premier showing of the movie "Indigo" on January 30th. The movie opened to rave reviews and was the surprise hit of the Santa Fe Film Festival, winning the coveted Audience Choice Award over more than 200 other films.

Despite all the praise for this film, I found it sadly disappointing. The story-line was weak as was the acting. The movie was not able to capture the essence of "Indigo" and failed to explore the possibilities and experience of "Indigo people". It was unimaginative at best and was certainly overpriced for what it had to offer.

On the other hand, it did bring attention to "Indigo people" – something that is needed in today's technological society. A world weary widow, taken on a spiritual journey by his "Indigo" grandchild, learns the value of family, love and peace through the ministrations of his precocious granddaughter. As they travel, he begins to understand the powerful forces at work in the Universe and to fully live life as life is intended to be lived. Although the plot is contrived, we get the picture. Perhaps if more of us recognized these special people and opened ourselves up to their healing spirit, the world would be a better place.

Another good thing about premiering the movie is that it brought over 200 new people through our doors and several have already come to our services.

I certainly recommend showing spiritual movies. However, I also recommend that Mark (or a committee) be allowed to preview any film proposed.