

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 5

May 2005

From the Heart

The longer I serve as Spiritual Teacher here at UCPC, the more I am convinced of these two truths. First, Divine Order does not fail! Our universe is organized and sustained by a cosmic intelligence that has our best interests at heart. When we learn to trust the universe to give us exactly what we need, and let go so that Spirit can work its magic, the highest possibilities for all of life's situations can emerge with grace.

Second, each of us has something significant to give to the world. Each of us is a Divine Being of Light encased in human form. When we learn how to love the Divine part of who we are, we can free up our hidden gifts and talents that they may be shared with the world.

Our community values the gifts that each of us brings to the table. We need the vision, the love, the talents and the perspective of each member of this community to make this church work. What a joy it is to

watch our church grow as more and more individuals are called to share their gifts for the greater good of all concerned. Connected to our God-Selves, we are an unstoppable force for Good in the world!

Love,

Mark



BOARD BULLETIN

This spring is a time of new levels of relationships and communication. And our new Board's retreat is scheduled for all day May 7th. The theme of this retreat is **Vision: Identify & Exemplify**.

In order to identify UCPC's Vision, we need collective input. From everyone. Feedback to the Board members continues to be available through the community meetings in April & May, through direct contact, through the Committee of 10 teams, through open Board meetings, through this newsletter and through the Community Survey that was recently distributed.

During this retreat the Board is identifying – through these inputs - our community's common vision and will be reviewing our Vision & Mission Statements and Strategic Plan. We will soon be calling for a new Strategic Planning Team to clearly articulate our

renewed vision & mission statements and formulate a newly energized strategic plan. In addition, the Board is discussing how to structure our staffing needs and what it means to be "Sanctuary".

All of this initiative connects with the bigger picture of communication and relationship of partnership. With partnership, there is exchange: Giving & receiving. Speaking & Listening. Mutual co-creation.

So, I invite each one of us to connect with and openly communicate our Vision for UCPC. Together, in partnership, we can exemplify it. May it blessed be...

Namaste,
Barbs Burman, Co-President



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A River Between Me and God: A conversation with Gabriella Tal

When I arrive at Gabriella Tal’s house, she tells me her kitchen floor has been flooded that morning, and she has called her homeowners’ insurance man to “mitigate damages.” She has enough water for a couple of cups of tea, and we sit down in her sunny dining room to talk.

“I had some moments of spiritual awakening as a college student,” Gabriella says, “but the most important moment of my life was when I picked up a hitchhiker who told me about Meher Baba.”

She is wearing a gold locket with a picture of Meher Baba in it, and she glances toward a larger portrait of Meher Baba beside her dining room window. Her expression softens, her blue eyes seem light-filled as she talks about this thin, dark-haired man from India who “dropped his body” in 1969, long before she ever heard of him.

Upon hearing about Baba in 1979, it took Gabriella about 10 years to realize he was her true spiritual master. During those years, she went to graduate school (marriage and family psychology), got married and worked. She also went to India in search of a meditation teacher. However, she soon realized that sitting for 8 to 12 hours a day in the Himalayas was not for her. “I’m a double Pisces and already very meditative,” she says, “but what I needed in this life was to work on my personality, work on my psychology, learn how to be with people and learn how to bring God into the world.”

Phil Cohen, the hitchhiker who first told her about Meher Baba and who had become a close friend, wrote to her and said, “Call me.” As a result of their conversations, Gabriella decided to move back to North Carolina. “Still,” she says, “it took me a long time to accept and embrace that Baba was my real teacher.”

Ten years ago a spinal cord injury in a car accident created another challenge for Gabriella. “The accident stopped everything short, and I had to look at what life’s about: Why am I here? Who am I if I can’t walk? Who am I when I can’t give the way I think I want to give? I learned a lot about giving and receiving, a lot about how they are alike, about how they are one.

God’s My belief is that the purpose of our lives is to let in love. Sometimes it comes in the form of a flood, sometimes in the form

of a fire, sometimes in the form of a kiss, a friendship, a kindness or an opportunity to give. Whatever it is, it’s all God’s love.”

These days, Gabriella’s energy is going toward music (she has made seven CDs and tapes – several with Mark Malachi), writing poetry, teaching music to children and seniors, practicing polarity therapy, and writing a book on care giving and receiving (working title: *Intimate Care*). Gabriella has a Web site at www.gabriellatal.com or you may make appointments with her for polarity therapy at 919-942-1819.

We are still waiting for a visit from the insurance representative. “My life started to unfold once I came to Meher Baba,” she says, “but if there’s one thing I could tell you, it would be that all that matters is the stream of our connection to God. So right now, I’m having this flood in my house, but my connection is strong – and that’s all that is really real.”

We look out the dining room window, under the benevolent gaze of Meher Baba’s portrait, and see the insurance man’s white truck pulling into the driveway.



“That gives me peace when things are crazy around me. There is only one thing going on. And I can feel it like a river between me and God. Meher Baba teaches you that you live your life for God, but you live *in the world and not of it*, and you dedicate everything you do to God.”

Mark Turns 40 !

by Helen Spielman

At a planning meeting for Mark's concert/party, the topic of gifts came up. "I'm weird about gifts and don't really want them," said Mark. I asked what he meant, and his response was, "I have everything I need. All I truly wish for is to be loved unconditionally." Mark received his wish in great waves of abundance on his special night.

The theme was Middle Eastern, and the lavish colors red, fuschia, orange, purple, and gold predominated people's clothing as well as the sanctuary, which was a feast for the eyes with four large bouquets of balloons, wonderful sparkling draperies on the windows, colorful flower arrangements in matching vases, and a variety of other decorations tastefully scattered around.

JewelSong opened the concert with a selection of beautiful, spiritual blessing music. I was honored to have been asked by Mark to introduce him, and brought him up on stage. He looked great in a snappy red jacket and performed about twelve of his original songs, including a Jewish Havdalah service, which closes the Sabbath, and which Mark used to symbolically birth himself into this next phase of his life. The music, the service, and Mark's belly dancing were magnificent, all designed in a brilliant way to create a flow of positive energy throughout the concert. Joining Mark musically were Gabriella Tal, Linda Smith, Terry Krauss, Mark Smith, and myself. A fabulous spread of food was served, while many folks joyfully danced in the sanctuary.

All evening long, expressions of love for Mark overflowed, in people's eyes and smiles, in the warmth and strength of the applause, in their jokes, in the hushed moments when Mark's music touched their core, in their overt expressions of love in so many ways. Happy 40th, Mark. You got what you truly wished for.

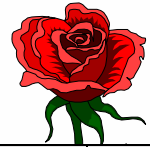
In every person there is a soul,
In every soul there is intelligence,
In every intelligence there is
thought,
In every thought there is either
good or evil,
In every evil there is death,
In every good there is life,
In every life there is God.

Community Meeting Notes



Nineteen of us met after church on Sunday, **April 3rd, 2005**, to discuss our vision of UCPC and areas in which we would like to see growth. This meeting, along with the May 1st meeting will assist the board in planning for our future. A questionnaire is also being circulated to help in creating a strategic plan for our community. Our collective vision includes a racially, culturally and generationally diverse community that helps create peace in the world through worship, education, conflict resolution, healing and social action. Areas of interest included beefing up our youth program, enhancing outreach projects in the broader community, broadening our diversity and making UCPC a vibrant community center.

MAY 2005

Happy
Mother's



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>FUNNY SUNDAY! POTLUCK & COMMUNITY MEETING Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi "What's So Funny?" Music: Awful Noise Choir 7:30 pm A Course In Miracles <i>upstairs classroom</i></p>	<p>2</p> <p>RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i></p>	<p>3</p> <p>4T Prosperity Class 7:00-9:00 PM <i>Sanctuary</i></p>	<p>4</p> <p>12:00 Noon Prayer <i>Tentative rental</i> Global Medicine Education Fdtn 5:30-7:30 PM <i>Sanctuary & Kitchen</i> Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i></p>	<p>5</p> <p>RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> ♥ Circle 7:15 pm <i>upstairs classroom</i></p>	<p>6</p>	<p>7</p> <p>Board Retreat 10:00 am-4:00 pm Home of Nancy Smith-Krauss</p>
<p>8</p> <p>MOTHER'S DAY Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi "Listen to Your Mother" Music: Helen Spielman & Julie Harris 7:30 pm A Course In Miracles <i>upstairs classroom</i></p>	<p>9</p> <p>RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i></p>	<p>10</p> <p>4T Prosperity Class 7:00-9:00 PM <i>Sanctuary</i></p>	<p>11</p> <p>12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i></p>	<p>12</p> <p>Interfaith Worship 7:30 pm <i>Sanctuary</i> RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i></p>	<p>13</p>	<p>14</p> <p>IFC Kitchen call Simon Kaplan 932-8858 to register</p>
<p>15</p> <p>BOARD MEETING Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi "Healthy Ego" Music: Janet Bratter 7:30 pm A Course In Miracles <i>upstairs classroom</i></p>	<p>16</p> <p>RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i></p>	<p>17</p> <p>4T Prosperity Class 7:00-9:00 PM <i>Sanctuary</i></p>	<p>18</p> <p>12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i></p>	<p>19</p> <p>RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> ♥ Circle 7:15 pm <i>upstairs classroom</i></p>	<p>20</p> <p>PRIVATE RENTAL 6:30-9:30 PM <i>Sanctuary & Kitchen</i></p>	<p>21</p> <p>DUPT 7:30-9:30 PM <i>Sanctuary & Kitchen</i></p>
<p>22</p> <p>Adult Forum: 10:00 am 11:00 Service Speaker: Guests: Helen Dannatt & Liz Thompson "Choosing to Love What Is" Music: Marilyn Grubbs 7:30 pm A Course In Miracles <i>upstairs classroom</i></p>	<p>23</p> <p>RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i> Full Moon Ceremony 7:00 PM <i>Outside</i></p>	<p>24</p> <p>4T Prosperity Class 7:00-9:00 PM <i>Sanctuary</i></p>	<p>25</p> <p>12:00 Noon Prayer Wild Bunch AA 6:30 –9:30 pm <i>Sanctuary + Kitchen</i> Committee of 10 7:00 PM <i>K&W</i></p>	<p>26</p> <p>RIF A'I MARUFI (SUF) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> CHOIR Rehearsal 7:30 pm</p>	<p>27</p> <p>Mystical Jewish Worship Service 7:30 pm <i>Sanctuary</i></p>	<p>28</p>

<p style="text-align: center;">29</p> <p>Adult Forum: 10:00 am</p> <p>11:00 Service Speaker: Mark Malachi <i>"The Meaning of Death"</i> Memorial Service Music: Mark Malachi</p> <p>Worship Committee Meeting</p> <p>7:30 pm A Course In Miracles <i>upstairs classroom</i></p>	<p style="text-align: center;">30</p> <p>RIF A'I MARUFI (SUF) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i></p>	<p style="text-align: center;">31</p> <p>4T Prosperity Class 7:00-9:00 PM <i>Sanctuary</i></p>	<p style="text-align: center;"> BIRTHDAY CORNER </p> <p>Happy Birthday to this month's <i>'Children of Spirit':</i> Judy Blocher, Carol Caffey, Janis Dorr, Ann Garrou, Mia Kaplan, Jesse Talbott, Cathy Teasley, Mary Ann Warner and Linda Wilson</p>	<p style="text-align: center;">UNITY CARES</p> <p style="text-align: center;">We pray with these people during the month of May:</p> <p>Laurie Brill, Byrd Britt, Joanne Dahill, Cathy & Chris Davies, Grace Leigh Marshall, Dorothy McGee, Garret Payne, Michael Savino, Nancy Shepherd, Mark Smith and Karen Wagner</p> <p style="text-align: right;">PAGE 5</p>
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UPCOMING EVENTS NOT TO MISS!

Durham Bulls Outing: June 12, 5PM
Unity Center of Peace Church's 21st Birthday: June 13
Unity World Day of Peace: September 11
Rumi Festival: Sept 30 & Oct 1

PLACES TO VISIT

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).* **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

Y.O.U. Prayer Line
24-Hour Prayer Line **968-1854**
neverprayalone@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.

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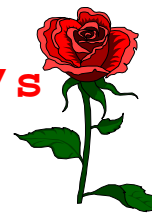
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May 2005



Happy Mother's
Day



Unity has established a new committee with the primary purpose of providing information to the congregation, relationship development and creating community.

Divided into ten groups, and headed by a team leader, the new committee is charged with:

- ◆ Disseminating information throughout the community;
- ◆ Identifying & meeting congregants' needs;

COMMITTEE OF TEN

- ◆ Developing relationships & creating community; and
- ◆ Matching volunteers with volunteer opportunities.

Each team leader is charged with the following quarterly tasks:

- Be sure her/his team knows the committee's and team's purpose & goal;

- Have each team member ask congregants:
 - ☞ How s/he is doing (*and update directory information*);
 - ☞ how s/he feels church is going & how s/he is doing with UCPC;
 - ☞ how the team & committee can serve each congregant

If you wish to find out more about this committee or want to contact your designated team leader, feel free to contact Mark

DESIGN YOUR DESIRED LIFE

Sometimes following the path of least resistance means going through life "hoping for the best".

We may find ourselves throwing mud against a wall to see what sticks, versus consciously creating our desired life through understanding it's elements.

Creating supportive environments, making good choices, monitoring thought patterns, and developing clarity about our goals and then focusing on them, are elements that can be used to design our lives.

When attempting to achieve a desired outcome, whether it is losing weight, expressing more creativity, feeling more at peace, or experiencing more success and fulfillment in our lives, consider the effect of your environment. When you view every small or large facet of your life as an environment that either facilitates your desired outcome or impedes its realization, you can evaluate these mini-environments for their content.

We respond to our environments in ways that are often unconscious and then wonder why we feel uninspired or tired during or at the end of a work day, or are filled with dread at going to a job we wanted very much before we got lost in the chaos of it's draining elements.

I have a client who wanted to streamline his workday and feel less exhausted after it was over. He realized he could achieve that more easily with an office environment that is organized, esthetically pleasing, has good lighting, comfortable chairs and superior computers. He evaluated his space and addressed each individual component of his total design concept and whether they supported his excellent work life or made him feel frustrated.

Perhaps you want to enjoy more creative expression but don't have a space in your home to do that without moving the laundry or de-cluttering the spare room. The magazines are piled up on the table, you can't find your sketch book, haven't invested in the supplies that you want to use, or always feel you should be accomplishing every bit of housework before you "indulge" in your creative pleasures. You will not experience the development of your creativity, I promise!

What is the environment that would inspire you towards your creativity?

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

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*Look for more information about designing your
desired life in the next issue of Spirit Express*

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!

Don't miss the DURHAM BULLS FAMILY OUTING on June 12, 5:00 PM. We have good seats reserved and expect a great crowd this year! There will be a sign-up sheet in the church foyer in April & May. Reserve your spot early.

For more information, contact John Glasson, 493-1366