

Spirit Express



The Newsletter of Unity Center of Peace Church
Volume 13, Numbers 11/12
November/December 2007

From the Heart ♥♥♥ November By Lorraine Lewis, Lay Minister

I've always loved the title of the opening section of our newsletter - 'From the Heart'. These simple words always elicit a softening, an opening in my own heart. I immediately feel more connected to the writer and look forward to what he/she has to share.

Being in our hearts helps us shift to a greater awareness of our inherent divinity and interconnectedness. It also reminds us of our humanity and enlivens our compassion. I invite you to pause a moment now, breathe deeply, and feel your own response to the words "from the heart". What does that elicit in you in this moment?

Being heart-centered is our most natural state of being. When I forget, here is one tool I've found useful - I place my hand over my physical heart and say repeatedly (silently or aloud), 'I AM CENTERED IN THE CONSCIOUSNESS OF MY HEART' until I feel my energy

shift from my head to my heart. This always feels like a relief and a release and like I've come back home to myself.

With the busy holidays approaching and with this exciting time of change as we welcome a new minister, let's all do our best to be centered in our open hearts. Being in our open heart is prayer. This is the space from which we emanate our most powerful, prayerful presence (silent or verbal), and from whence we can be of greatest service.

May our hearts be in a divine dance with the universal heart as we open, release, allow, and claim the most beautiful and highest possibilities unfolding now in our individual lives and collectively as a sacred community here at UCPC! I am very grateful this Thanksgiving month, and always, to be part of this dynamic, heart-centered community.

In Oneness and Heart-Filled Blessings,
Lorraine

♥♥♥ December

By Pat Veenema, Interim Administrator

As I enter my final month of serving this community as Interim Administrator, I feel such a sense of gratitude that this opportunity has given me to develop skills needed for ministry. I am especially grateful for the support that Mariah, the Trustees and other volunteers have extended to me. Our community has become very strong over the past years, and is thriving spiritually and socially.

I thank all of you for the remarkable stamina you have shown as we have been "lay-led" during these months. Countless volunteer hours, given by so many

of you, have made this church a strong example of the power of community.

When I stand up in front of the community on Sunday morning, I see all of you open and receptive to the experience of worship. As I sense your excitement about worshipping together, I reflect it back to you! It is truly a blessing to me, to be in this position. We are an awesome spiritual community. We are truly blessed!

~~~~~  
*Don't ask yourself what the world needs.  
Ask yourself what makes you come alive,  
And then go do that,  
Because what the world needs  
is people who have come alive!*

- Howard Thurman

## From the Editor:

Amazing how combining our November & December editions of *Spirit Express* thus brings together the Twelve Powers themes for these two months:

### Release & Letting Go & Generative Life

What a great example of the yin & yang of the Great Mysteries. Like "The Parable of the Trapeze" by Danaan Parry: the only place of dynamic change is the space between flying trapezes. We have to let go of our hold on what we know & feel, take the leap in the void of Mystery, and reach out to the 'trapeze' of new creation. As he says, it can be enlightening; we "just may learn how to fly."

According to Charles Fillmore, co-author with Cora Fillmore of *The Twelve Powers*, "a change of mind affects a corresponding change in the body. If the thoughts are lifted up, the whole organism is raised to higher rates of vibration." (p. 142) As Cora writes: "the degree of intelligence that finds expression in conscious thought determines the character of the manifestation." (p. 284)

Cora also writes: "We are born daily & we die daily... whenever new light is born in consciousness, the old error thought loses its grasp & falls away." (p. 284) She continues with: "Being by nature formless, the life stream takes the mold & character of that into which it is poured." Charles writes: "The law of generation is undoubtedly the mystery of mysteries in human consciousness." (p. 161)

It is this letting go of our attachment to form, this forgiveness and this yearning or thirst for life that keeps us moving on & expanding & experiencing until we finally 'get it'. We finally accept, experience, & express the union of oneness: Spirit, soul & body.

And it seems so fitting that all of these teachings are so aptly being lived out in our community. We are currently in 'the space between trapezes'. As we await the coming of our new minister, Rev. Bruce Milne, we continue to learn & grow & change.

I, for one, am learning how to better edit a newsletter and the many components that build a well-written interview. I am so grateful to Heather Williams, historian, teacher, & Search Team member, for sharing her honest, thoughtful, and constructive perspective with me; it made a difference, as is demonstrated in this issue. Please enjoy heartfelt expressions by Lorraine Lewis, Lay Minister & Healing Ministry leader, and Pat Veenema, Lay Minister & Interim Administrator. Great hope and invitations abound in Trustee President Caroline Demoise's contribution. We learn a bit more about our music man, David Richter, and the three lovely angels who helped begin the transformation of our space. Finally, we introduce a new regular feature: 'Our Corner Bookstore', in which our bookstore manager, Debbie Hall, reviews a Unity-teaching book available in UCPC's bookstore.

I hope you enjoy this dual issue. This may be a sign of things to come with *Spirit Express*. It's time. We are releasing the old, & there's newness swinging our way. It's time to reach for it. So, together? 1 - 2 - 3- REACH!

Peace out,

*Barbs Burman*

## UCPC Wants to Know: Letters to the Editor

Dear Barbs,

I appreciate the opportunity to place the article you wrote about me in *Spirit Express* into context.

The subject of race came up in our interview when you asked why I thought UCPC lacked racial diversity. I made the following remarks. In America, most white people attend white churches and most black people attend black churches. Unity, I believe, is an exception as I have attended many integrated Unity Churches. I have seen a number of black people come to our church once and not return, but there are also white people who only come once. There are many reasons why someone might not choose to attend a particular church: the music, the order of service, the relative fundamentalism of the message, and so on. I shared that when I first started attending UCPC people welcomed me for months, maybe even for that first year. This became a joke to one of my friends who often called on Sunday afternoons to ask, "Did you go to Unity today? And did the people welcome you?" I believe this persistent welcoming occurred because some people saw me only as a black person and could not recognize me as someone who attended regularly. I recounted the story of a particularly egregious incident in which someone made it clear that although she had seen me often, she could not distinguish me from other black people. We should be conscious of this, I suggested, welcoming visitors but not overdoing it. I did not suggest, as the article does, that people are still welcoming me three years after my arrival.

I cannot speak for every black person on any subject. Perhaps someone else would love to be welcomed for a year to a church she considers her own. I just know that it made me feel very uncomfortable and I only kept coming back because I already knew from years of experience how important Unity is in my life.

*Heather Williams*

[Ed note: Profuse apologies to Heather for my novice foibles in the October issue. Thanks to Heather's conversation w/me, I have learned & have revised format. Thank you, Heather, for dialogue, revelation, & community.]

MANY HANDS: UCPC's Team of the Month

### The Spacemeister Committee

A special thank-you goes to our "Spacemeister Committee." Last February, the Trustees created a vision that included tending to the physical needs of our building. We called for a group that we naturally named the "Spacemeisters."

Three women: Diana Gildea, Debbie Hall, and MaryPhyllis Horn, stepped forward and began a project that has had a significant impact on the condition and usage of the building. They went through each room, scanning the energy of the space and considering the possible uses and improvements of each space. From their extensive, thoughtful assessment, major improvements have occurred, including an expanded stage, better use of the bookstore, the "chapel" and the kitchen. The work they have done behind the scenes is witness to their deep love and commitment to this church.

In a natural flow of things, volunteers move on to other projects. That is what is happening right now in these three women's lives. It is appropriate, therefore, to pause a moment and thank them for their significant contributions to our building space! Thank you, Diana, Debbie, and Maryphyllis for helping transform our space!

- Pat Veenema, Interim Administrator

## Board Bulletin

*by Caroline Demoise, UCPC Board of Trustees*

At Unity Center of Peace Church we are in an exciting time of change and growth. Our interim period since Mark Malachai's heart attack is coming to a close with the hiring of Rev. Bruce Milne as our new permanent minister. If you have not met Bruce, you will have that opportunity at the Holiday Extravaganza Friday, December 14<sup>th</sup> as he will be here that week to locate housing.

I know that you appreciate the quality of volunteerism your leaders have demonstrated during this period of change to make the transition between ministers a smooth process. Volunteers have literally made it possible for this church to survive. You can become a volunteer yourself and deepen your connection with this spiritual family by participating on the By-Laws Revision Committee or filling a position on the Board of Trustees in February.

If you feel drawn to contribute to our by-laws revision, please contact Pat Veenema. To be considered for a position as a Trustee next year, approach the Nominating Committee, headed by Simon Kaplan. I can tell you my time on the board has been an incredible experience. The strong team spirit has contributed positively to my life.

Let us move gracefully and confidently through the remaining days until our permanent minister begins the week of January 7, 2008. Enjoy the beauty and blessings of this holiday season.

*Caroline Demoise, Board President*

**Tickets on Sale Now!**

### HOLIDAY EXTRAVAGANZA!

**Music, mirth and merriment at UCPC . . .  
Local artists celebrate the holiday season  
with live performances**

Join us on Friday, December 14 as we deck the halls and celebrate the season in style. Experience Unity Center of Peace's Holiday Extravaganza – an eclectic smattering of talented musicians, performers, and artists. Throughout the evening, explore the holiday marketplace and purchase the unique handcrafted wares of local artists or enjoy some specially prepared holiday goodies.

**NEXT Friday, December 14**

**\$15/Adults and \$7/Children**

6:30pm **Doors Open** – Come, mix, mingle  
7:00pm **Music, Mirth and Merriment** – Relish the spirit of the season with live performances from an array of local artists.

### Treasure Report Profit & Loss Statement

|                               | <u>Nov 07</u>          |
|-------------------------------|------------------------|
| <b>Income</b>                 |                        |
| 40000 · Sunday Offerings      | 5,129.40               |
| 40200 · Classes & Workshops   | 363.85                 |
| 40250 · Rental/Facilities Use | 1,641.00               |
| 40400 · Gifts/Special Income  | <u>375.00</u>          |
| <b>Total Income</b>           | 7,509.25               |
| <b>Expense</b>                |                        |
| 60000 · Building Accounts     | 2,933.00               |
| 65000 · Office Accounts       | 781.57                 |
| 79306 · Tithes Out            | 19.90                  |
| 80000 · Staff                 | <u>2,528.55</u>        |
| <b>Total Expense</b>          | <u>6,263.02</u>        |
| <b>Net Income</b>             | <u><u>1,246.23</u></u> |

## In the Light: a closer look in the mirror

DAVID RICHTER

**Music Director, Choir Director, Guitar Virtuoso**

*[The following questions were presented to David. The answers are in his words.]*

**Spirit Express Editor: How did you first learn of Unity/the Unity movement? When did you first come to UCPC?**

D: I looked in the Yellow Pages and liked the "all inclusive" phrase in the listing. I have always experienced the similarities and common qualities of various paths to God. To find a church that celebrated those was intriguing.

**SpEx: What was your first impression?**

D: I remember the first Sunday I attended Unity [Center of Peace Church]. Caroline Wood was minister and Mark Malachi played piano. I was deeply touched by the specialness of the service: the intimacy and authenticity felt similar to my childhood experiences while on church retreats.

**SpEx: Why did you become a member?**

D: UCPC fit like an old glove. The combination of music, message, fellowship, and acceptance just seemed right.

**SpEx: What's your passion?**

D: Being a loving parent has got to be paramount. And of course, becoming a loving husband is in the works!

For most of my life, I have also been passionate about music. Perhaps I should say it is the being transported by music which is so wonderful. And for that matter, there are so many ways to be transported and connect through art, poetry, dance, nature, relationships . . .

I am reminded of the Rumi poem so beautifully sung by Jewelsong:

*"Don't open the door to the study and begin reading. Take down a musical instrument. Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground."*

Not that the intellect must be mute, but that our poetic intuition must be given full voice to sing passionately. Being transported and connecting really happens to me (in me) through total surrender.

**SpEx: What do you want to share about yourself that maybe no one at UCPC knows?**

D: I really am at a loss here . . . maybe that, as of tonight, Dec. 2nd, I have made four "life-saves" using the Heimlich maneuver! Perhaps, all those Unity "Hugs and Handshakes" have provided good training. :)

*[Ed note: David has several CD recordings; they are full of great music masterly played. Ask him about them!]*

**SUNDAY Dec. 9 . . . .**

**Potluck & Community Meeting, 12:30 – 3pm**

**Interactive Presentation by your Trustees.**

**You won't want to miss it!**

## Our Corner Bookstore: Book Review by Debbie Hall

***Kicking the BIG BUT Syndrome***

By Eddie Connor

Eddie Connor, a native North Carolinian, explains in a humorous and practical way, how to kick the "BIG BUT" habit once and for all. Eddie defines the **BIG BUT Syndrome** as "having considerable desire with a contradicted belief to that desire which, over time, creates an unpleasant quality of life." You know you have a **BIG BUT** if you say or think things like; I want to fall madly in love **BUT**, I'm afraid of getting hurt **OR**, I want to make more money, **BUT** I don't have a college education and on and on and on... This book shows us how to be more conscious of our own internal and external "**BUT**" dialogue that sabotages our most heart-felt desires. In doing so, we are more able to get our unconscious beliefs (fears) and "hi-frequency" desires on the same energy level.

In Section Two of the book, Eddie provides, in wonderful detail and insight, tools and techniques that he calls "the twelve BUT BLASTERS – Soul Tools to Obliterate Your BIG BUT". These are designed to transform our "lo-frequency" vocabulary, thoughts and emotions, that squash our highest desires for good in our lives, into solutions for creating and experiencing a joyful, successful and abundant life.

With this book I guarantee you will soon find out that creating and living a wellspring of heavenly bliss is easier to accomplish than you realize.

*[Debbie Hall, UCPC Bookstore Manager, invites you to come find this & more books & things in our bookstore. Open Mon. – Thurs. & on Sundays]*

**\*\*\* Get Your Holiday Cards \*\*\***

at UCPC

Cards designed by **our very own children** are now on sale!

Minimum pricing (give/pay more as called to do so by Spirit :~)

2 cards = \$5

4 cards = \$9

9 cards = \$18

80% of proceeds go to a community organization of the kid's choice (they are tithing their talent, treasure, and time to this organization). 10% returns to the general YE fund. 10% will fund an ice cream social for the kids & their families

## UCPC TEAM MEETINGS THIS MONTH:

**Board of Trustees:** Sunday Dec. 16 @1pm

**Youth Ed:** Sunday Dec. 23<sup>rd</sup> @ 1pm

**Healing Ministry:** Mondays @ 7 – 8pm, except Dec. 24<sup>th</sup>

**Joyful Noise Choir** Rehearsal: Thursdays Dec. 6<sup>th</sup> & 29<sup>th</sup> @ 6:30-8:00pm

**Community Meeting:** Sunday Dec. 9<sup>th</sup> @ 1-3:30pm

## Letting Go

To 'let go' does not mean to stop caring,  
it means I can't do it for someone else.

To 'let go' is not to cut myself off,  
it's the realization I can't control another.

To 'let go' is not to enable,  
but to allow learning from natural consequences.

To 'let go' is to admit powerlessness,  
which means the outcome is not in my hands.

To 'let go' is not to try to change or blame another,  
it's to make the most of myself.

To 'let go' is not to care for,  
but to care about.

To 'let go' is not to fix,  
but to be supportive.

To 'let go' is not to judge,  
but to allow another to be a human being.

To 'let go' is not to be in the middle  
arranging all the outcomes,  
but to allow others to affect their own destinies.

To 'let go' is not to be protective,  
it's to permit another to face reality.

To 'let go' is not to deny,  
but to accept.

To 'let go' is not to nag, scold, or argue,  
but instead to search out my own shortcomings  
and correct them.

To 'let go' is not to adjust everything to my desires,  
but to take each day as it comes,  
and cherish myself in it.

To 'let go' is not to regret the past,  
but to grow and live for the future.

To 'let go' is to fear less and love more.

~~ Author Unknown

### ***Spirit Express***

#### **The newsletter of Unity Center of Peace Church**

**Editor: Barbs Burman, Tel: 919.663.3301**

**Email: barbsieb@yahoo.com**

*[Email submissions for consideration to the editor by the 10<sup>th</sup> of each month, with a copy to the church office manager, 'Subject: SpEx'. All submissions become the property of the newsletter. Selection for inclusion in the edition is by the discretion of the editor. Direct your comments or questions to the editor.]*

#### **Unity Center of Peace Church**



**8800 Seawell School Rd. Chapel Hill, NC  
27516**

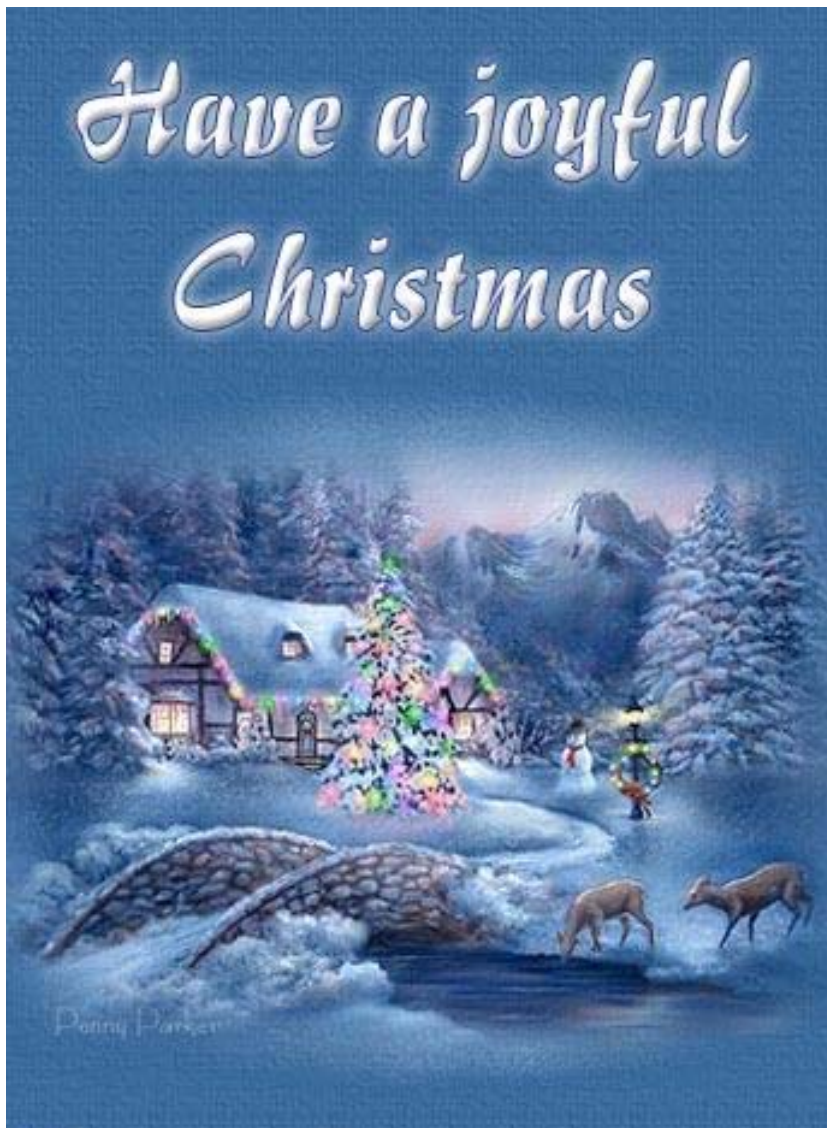
**Tel: 919.968.1854 FAX: 919.929.0363**

**Office Manager: Mariah Wheeler**

Unity Center of Peace Church

December 2007

| Sunday                                                                                                                                                                                                                                                                                                                                                             | Monday                                                                 | Tuesday                                                                                                                                                                    | Wednesday                                                                                                      | Thursday                                                 | Friday                                                                                                                                   | Saturday                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>UNITY CARES</b><br><i>We pray with these people during the month of December:</i><br><b>AC &amp; Mary Bushnell, Cecille Cilveti, Robert Donnan, John Glasson, Rama Scott Hugel, Charlie Johnston, Claudia &amp; Simon Kaplan, Karen Monaco, Gaines Steer, Liz Thompson</b>                                                                                      |                                                                        |                                                                                                                                                                            |                                                                                                                |                                                          |                                                                                                                                          | <b>1</b>                                                                |
| <b>2</b><br>Adult Forum: 9:45am<br>11am – 12:30pm Service<br>Speaker: Rev. Elizabeth Thompson<br>"The Advent of the Word"<br>Advent: Hope<br>Music: Mark Malachi<br><br>7:30pm A Course In Miracles, Chapel                                                                                                                                                        | <b>3</b><br>Healing Circle<br>7 – 8pm<br>Sanctuary                     | <b>4</b><br>12 – 12:30pm<br>Noon Prayer                                                                                                                                    | <b>5</b><br>A Course in Miracles<br>7 – 8:30pm Chapel<br><br>WildBunch<br>8 – 9:30pm<br>Sanctuary + Kitchen    | <b>6</b><br>Choir Rehearsal<br>6:30 – 8pm<br>Sanctuary   | <b>7</b>                                                                                                                                 | <b>8</b><br>IFC Kitchen<br>call Simon Kaplan<br>490-5949<br>to register |
| <b>9</b><br>Adult Forum: 9:45am<br>11am – 12:30pm Service<br>Speaker: Rev. Mark Malachi<br>"The Miracles of Everyday Life"<br>Advent: Love<br>Music: Joyful Noise & Children Choirs<br><br>Potluck & Community Meeting<br>12:30 – 3:30pm<br><br>7:30pm A Course In Miracles, Chapel                                                                                | <b>10</b><br>Healing Circle<br>7 – 8pm<br>Sanctuary                    | <b>11</b><br>12 – 12:30pm<br>Noon Prayer                                                                                                                                   | <b>12</b><br>A Course in Miracles<br>7 – 8:30pm Chapel<br><br>WildBunch<br>8 – 9:30pm<br>Sanctuary + Kitchen n | <b>13</b>                                                | <b>14</b><br>Holiday Extravaganza!<br>6:30 – 10pm<br> | <b>15</b>                                                               |
| <b>16</b><br>Adult Forum: 9:45am<br>11am – 12:30pm Service<br>NEW MEMBER SERVICE<br>Speaker: Rev. Susan Scott-Downs<br>"The Red Candle"<br>Advent: Peace<br>Music: Claudia Kaplan, Marilyn Grubbs & Maryphyllis Horn<br><br>Board Meeting<br>12:30 – 3pm, Chapel<br><br>Angel Light Activation<br>2 – 4:30pm, Sanctuary<br><br>7:30pm A Course In Miracles, Chapel | <b>17</b><br>Healing Circle<br>7 – 8pm<br>Sanctuary                    | <b>18</b><br>12 – 12:30pm<br>Noon Prayer                                                                                                                                   | <b>19</b><br>A Course in Miracles<br>7 – 8:30pm Chapel<br><br>WildBunch<br>8 – 9:30pm<br>Sanctuary + Kitchen   | <b>20</b><br>Interfaith Chanting<br>7:30 pm<br>Sanctuary | <b>21</b>                                                                                                                                | <b>22</b>                                                               |
| <b>23</b><br>Adult Forum: 9:45am<br>11am – 12:30pm Service<br>COMMUNION Service<br>Speaker: Rev. Barbs Burman<br>"Letting Y/Our Light Shine in Darkness"<br>Advent: Joy<br>Music: David Richter & Janet Bratter<br>Youth Ed meeting 1 – 2pm, Sanctuary<br>7:30pm A Course In Miracles, Chapel                                                                      | <b>24</b><br>Christmas Eve Candlelight Service<br>7 – 9pm<br>Sanctuary | <b>25</b><br>Christmas Day<br><br>Dances of Universal Peace dance<br>7 – 9pm, Sanctuary | <b>26</b><br>A Course in Miracles<br>7 – 8:30pm Chapel<br><br>WildBunch<br>8 – 9:30pm<br>Sanctuary + Kitchen   | <b>27</b><br>Choir Rehearsal<br>6:30 – 8pm<br>Sanctuary  | <b>28</b><br>Jewish Erev Shabbat Worship<br>7:30 – 9pm<br>Sanctuary                                                                      | <b>29</b>                                                               |
| <b>30</b><br>Adult Forum: 9:45am<br>11am – 12:30pm Service<br>FAMILY SERVICE<br>Speaker: Pat Veenema<br>"Believing Is Seeing"<br>with excerpts from Polar Express<br>Music: Maryphyllis Horn<br><br>7:30pm A Course In Miracles, Chapel                                                                                                                            | <b>31</b><br>Healing Circle<br>7 – 8pm<br>Sanctuary                    | <p><b>May your holidays and New Year be filled with warmth, joy and peace</b></p>                                                                                          |                                                                                                                |                                                          |                                                                                                                                          |                                                                         |



**Unity Center of Peace Church**

**Radiates Love, Peace & Holiday Blessings to All**

**Adult Education:**

The Adult Forum, Sundays 9:45-10:45am, topic for Dec. 2, 9 & 16, topic "Spiritual Awakening" facilitated by Gaines Steer, Betty Elliott and Robert Donnan. Dec. 23 & 30 facilitated by Ruth Roys, topic to be announced.

**Youth Education:**

Continuing with "The Twelve Gifts From God", based on the Unity teachings, *The 12 Powers*. December's theme: "Life."

**Important Community Meeting! Sunday Dec. 9th @ 1-3pm.  
Interactive presentation from the Board of Trustees!**



**COMING ATTRACTIONS for December 2007!!!**

**HOLIDAY EXTRAVAGANZA COFFEE HOUSE:**

**Friday, Dec. 14 @ 6:30 – 10pm**

Holiday fun for the whole family. Shopping, talented musicians, poetry, delicious food! See the notice on page 3 for more details.

**Communion Service:**

**Sunday, Dec. 23 @ 11am**

It is a tradition at UCPC to share the Christian custom of communion with a twist: we celebrate it on a solstice or equinox, which brings us into consideration of our earthly roots. And we mix the blessings and prayers with Hebrew chanting provided by Mark Malachi. The experience is subtly beautiful. Please join us on Dec. 23, for a special service noting the darkest days of the year, the hope of the light to come, and our connection with peoples from all over the world for many ages before us.

**Interfaith Chanting**

**Thursday Nov. 15 @ 7:30pm.**

Led by Mark Smith & March Malachi. Come & enjoy a spirit-filled evening of song, praise, and prayer.

**Christmas Eve Candlelight Service:**

**Monday, Dec. 24 @ 7pm**

On Christmas Eve, we will join together in a traditional Carols and Readings ceremony. We'll enjoy the music of our own Joyful Noise choir and listen to the familiar words from the Bible of the birth of Jesus. At the end of the service of music, readings, meditation, prayers and silence, we will pass the candlelight to each other. As the golden glow of the flame spreads around the room, we will behold each other with faces glowing and hearts filled with hope and peace. Sleep in Heavenly Peace.....

**UNITY CENTER OF PEACE CHURCH**

8800 Seawell School Road, Chapel Hill, NC 27516

[www.unitychapelhill.org](http://www.unitychapelhill.org) (919) 968-1854

Prayer Line: (919) 968-1854 #2, **Silent Unity** (800) 669-7729

November/December 2007

