

Spirit Express



UNITY CENTER OF PEACE CHURCH

8800 Seawell School Road, Chapel Hill, NC 27516 ♦ Phone (919) 968-1854
<http://unitychapelhill.home.mindpspring.com>

Volume 10, Number 10

October 2004

From the Heart

Unity Center of Peace is a vital community that provides each of us with an opportunity to give and receive our many gifts. We abound in love and creativity and are deepening our expression of true community.

What makes UCP thrive is the generous sharing of our time, talent and treasure. Often it is through sharing oneself at church that one discovers one's hidden or underdeveloped talents and abilities. This month, dear friends, I invite you to get more involved at UCP.

There are many opportunities to volunteer one's time and skills. The

bookstore is in need of volunteers to sell books after the Sunday service. Our Youth Education program seeks volunteers to teach our children. There is committee work to be done to organize social events and fundraisers. We could use some fresh faces as ushers/greeters. The PR and Outreach Team is looking for some new folks to get the word out about UCP. The Committee of 10 has one or two slots open as well, and the choir is always in need of new voices.

If you are looking for a way to make friends, serve your community, or share your skills, now is the time to get involved! Our strength comes from each one of you. Your willingness to tithe your time, talent

and treasure helps make UCP the vital, creative, and strong community that it is.

I look forward to hearing from you.

Please give me a call and let me know what your interests are so that I can match these with a volunteer opportunity. Thank you for your willingness to make UCP the strong, loving, creative community it is.

With Love & Respect,
Mark Malachi
Spiritual Teacher

UCP CONGREGANTS' ANSWERS TO THE QUESTION: "How do you describe the Unity Experience"?

Unity Center of Peace is a community that celebrates our Oneness and acknowledges its presence through love and Light in the world. Together we step into the light, elevate its presence in one another and affirm its ultimate nature in our world/lives.

-- Julie Cusatis

A community of Love and acceptance. Where all voices are heard and are valued.

--Anonymous

BOARD BULLETIN

Board Service

Service to this Community by serving on our Board of Trustees is an opportunity to grow, and to heal splintered parts of ourselves, perhaps in an accelerated way—progressing faster than we might, had we not made the choice to serve. According to Gary Zukav, ... **all are learning in an environment in which all that needs to be examined and brought to health is revealed to us in the intimacy of our personal experience.** Some of the Officer positions may indeed be the Fast Track to that. Behind each uncomfortable issue we face, like addressing financial accountability, choosing the right minister, dealing with office problems and any emotion-

laden issue, exists a dynamic—a metaphysic. Stronger emotions point to the great opportunities for healing and remembering who we truly are. According to Zukav, we humans spend much of our energies trying to avoid uncomfortable emotions, which come from the experiences we co-created in order to address the very issues we were born to experience. Or we long and struggle for various fantasy existences "someday" in which we will be able to avoid experiences and emotions that we don't like. In such aversion (or preference for life), **we use up our potential attempting to avert what is, or to create what is not, rather than experiencing fully the nature of now.**

Each life event is our own co-creation that enables us to

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experience and confront the most unhealthy parts of ourselves—the parts that judge, blame, criticize and resist ourselves and others. These fractured characteristics within us are the parts that urge us to change others, or our circumstances, rather than change ourselves.

In his book: The Heart of the Soul, Emotional Awareness, Gary Zukav writes:

How do you know that you've encountered a part of yourself that wants to change others and the world, rather than be changed itself?

Notice when:

- You feel "right"
- You feel angry
- You blame others
- You are upset
- You are defensive
- ANY TIME YOU ARE IN A PAINFUL REACTION TO SOMETHING OR SOMEONE.

Begin to notice each time you feel one of these things, and **each time you notice, congratulate yourself.**

In service to our Community through Board participation, one may be afforded more of these opportunities to heal than one would encounter otherwise. It is not always an easy road, yet it is important. Service to Community is critical to the health of the community, and to the healing of those in service. It can also be fun. The range of emotion is a

continuum, neither "Good" nor "Bad"; like the weather, we have come to prefer certain conditions. Service gives us the opportunity to experience expanded conditions, question our preferences, walk "to the edge", and see our reflection.

So, Board service, as well as the many other service opportunities here at Unity, is critical not only to the health of the group, but also to the enrichment of the individual. Every two years, three Board positions open to the election of new Trustees. It's a great opportunity to support, experience grow and lead.

**Grace Returns to UCP
This Month**

by A. C. Bushnell

What might I say about Grace? She's been an immense blessing to me. She lives on the slopes of Mt. Shasta, California. Her house and land are a true sanctuary. She is a high and great master although she doesn't promote herself. She is the real deal, 24/7!

In the Unknown Teachings of Lao Tzu, it says; "She has given up all ideas of individuality and extended her goodwill without prejudice in every direction." This reminds me of Grace.

I first met Grace about 10 years ago, and when I first saw her, I knew that she was THE important one for me. She is a love-realised mystic who shares her healing ministry of love and awareness all over the world. She writes:

From the depths of every soul,
 there is a cry for love, for that is the

only truth of our Being. From the depths of a crying world, the call for love urges us to awaken from a slumbering consciousness to Realize who we really are. This Realization, this love, alone can heal us and our world.

Grace was here at Unity Center of Peace last year and is returning this month. She will be speaking at the 11:00 am service on Sunday, October 17th. Come early. There was standing-room-only last year.

The following Tuesday, October 19, there will be a Satsang with Grace at UCP at 7:30 pm. Suggested love donation is \$35. This time of sharing, receiving and teaching is a chance to spend time with her on a special evening.

Grace will hold a retreat, Heart of the Beloved, at the Windsong Retreat Center near Pittsboro on October 28 – 31. Please call me at 932-3037 for more information.

Grace has a limited number of private sessions available between October 18 and November 3rd (these are "beyond compare"). Please call me at 932-3037 to book a session. Please call soon as her sessions have always filled quickly.

I will leave you with a fragment of a Grace poem:

Melt into my Heart, dissolve into the Light,
 and be born again in this moment,
 fresh and new as Spring grasses
 rising from the deep cold
 of a long winters snow.
 Fear not, my beloved, the deep
 winter has passed,
 your Springtime has come . . .
 I am with you always . . . Grace

FABULOUS FLOWERS!

with Helen Spielman

Make an arrangement for our Sunday Service and learn tips along the way.

Saturday, October 16th, 4:00 – 5:30 PM, UPC Kitchen

(optional: bring flowers and a vase for a take-home project).

Love offering accepted.
For more information, call Helen
(919) 929-4520

RUMI FESTIVAL SCHEDULE

(For more details and registration forms, visit www.rumifest.com)

Thursday, Friday and Saturday, Sept. 30–October 2, 10 am-1 pm.

Thursday, September 30, 3-4:30 pm "Zikr Workshop" Unity Center of Peace Church, 8800 Seawell School Road, Chapel Hill
Jem Williford will give a "Zikr Workshop" for those who want to learn the meanings behind the words and movements of the zikr, especially as it is practiced by the local sufi group sponsoring the Rumi Festival. Jem Williford travels as Sherif Baba's translator, and is known for his inspired drumming and his ability to bring a zikr circle to unity \$15

Thursday, September 30, 4:30-6:30 "Turning Workshop with Raqib"
Learn to turn with master of the heart, Raqib. Raqib has 28 years of study and experience in spiritual dance and performed in the first ever Sema Ceremony by North American dervishes at the tomb of Mevlana Jelaluddin Rumi. Late addition to the festival events, but not to be missed. \$15.00

Sohbet - **Thursday, Friday and Saturday, Sept 30 - October 2, 10:00 AM – 1:00 PM, Spiritual discourse** Unity Center of Peace Church with Sherif Baba, spiritual leader of the Rifai Marufi School of Sufism, based in Chapel Hill, North Carolina. Sherif Baba's teachings illuminate the beauty and the heart of the message brought by the prophets and saints of all traditions. \$35.00. Register at www.rumifest.com. Lunch provided for prior registrants (\$7).

Friday, October 1, 2004, 8 PM "An Evening with Rumi" Eno River Unitarian Universalist Fellowship Center, 4907 Garrett Road, Durham, 27707.

Come hear recitations of the poetry of 13th century mystic Mevlana Jelaluddin Rumi to music by world musicians. Turning by Whirling Dervish Aziz Abbatiello. Introduction by Professor Carl Ernst. \$15/\$12 students

Friday, October 1, 3 - 4:30 pm. Paneurhythmy Workshop with Rupa Cousins Unity Center of Peace Church
Join a sacred circle dance that presents universal mystical teachings through simple movement. Created by the Bulgarian Mystic, Peter Dunov (Beinsa Douno) early in the 20th century, the gestures and movements take a participant onto a path toward spiritual union and teaches how to live well while on this earth. Led by Rupa Cousins, who has been offering the Paneurhythmy in Brattleboro Vermont and in workshops internationally for over 12 years. For more information, (919) 960-9051. \$15.00

Saturday, October 2, 2004, 7:30 - 10 pm Unity Zikr: Ceremony of Divine Remembrance Immaculate Conception Catholic Church Durham, NC 27701

People of all faith traditions are invited to this evening of meditative chanting, song, and circle dance. The evening will begin with the sacred prayer dancing of the Whirling Dervishes, demonstrating an ecstatic tradition established by thirteenth century mystic Mevlana Jelaluddin Rumi. Music by Osman Aksu and other member of the Istanbul Galata Mevlevi Music and Sema Ensemble. The Zikr that follows is open to all. Suggested donation: \$5.00











Art Show

A special feature of each day of the festival will be the exhibit of Sufi art--paintings inspired by mystical themes such as Love-Lover-Beloved, the Search for Self, and Oneness. Art will be on display at Unity Center of Peace Church, with selected works shown at other venues.

About Rumi

Mevlana Jelaluddin Rumi, one of the most read and well-known Persian poets and thinkers in the world, was born in Balkh (then Persia and now part of Afghanistan), on September 30, 1207. His first name means Majesty of Religion. Jalal means majesty and din means religion.. Fleeing the Mongol invasions, his family settled in Konya, Anatolia (present-day Turkey). Until 1244, Rumi, following his father's footsteps, was known and respected as a master theologian. But then, Rumi met Shams of Tabriz, a Sufi Dervish, who turned Rumi's world inside out and inspired him to achieve his spiritual transformation. Rumi threw his prior theologian knowledge into the fire, and plunged into the mystic knowledge of Love, Unity, and Humanity. His great book of mystical poetry, Mathnavi.

OCTOBER 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 BIRTHDAY CORNER  Happy Birthday to our October babies (Yippee!) : Bobbie Hayes, Rebecca Sugg, Barbs Burman, Martha Isleib and Gloria Beissinger			RUMI FESTIVAL Thursday through Saturday 9/30-10/2 For information and schedule: www.rumifest.com		1 RUMI FESTIVAL	2 Gay Pride Day <i>Duke University</i> RUMI FESTIVAL
3	4	5	6	7	8	9
POTLUCK & COMMUNITY MEETING Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi " <i>Anger and the Spiritual Path</i> " Music: Joyful Noise Choir 7:30 pm A Course In Miracles <i>Mark's office</i>	RIF A'I MARUFI (SUFU) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	4T Prosperity Class 7:00 – 9:00 pm <i>Sanctuary & Kitchen</i>	12:00 Noon Prayer  ♥ Song Circle 7:00-9:00 pm <i>upstairs classroom</i> Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i> PR Outreach 7:00 pm <i>Mark's Office</i>	RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>		IFC Kitchen call Simon Kaplan 932-8858 to register
10	11	12	13	14	15	16
Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi " <i>The Victory of Surrender</i> " Music: Jewel Song Worship Committee Meeting 7:30 pm A Course In Miracles <i>Mark's office</i>	RIF A'I MARUFI (SUFU) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	4T Prosperity Class 7:00 – 9:00 pm <i>Sanctuary & Kitchen</i>	12:00 Noon Prayer ♥ Song Circle 7:00-9:00 pm <i>upstairs classroom</i> Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i> Committee of Ten 7:00 pm <i>K & W Cafeteria</i>	14 Interfaith Worship 7:30 pm <i>Sanctuary</i> RIF A'I MARUFI 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> SUFU OI 	15 First of Ramadan	 Family Bowling Night!!!! 6:00 pm Fabulous Flowers 4:00-5:30 Dances of Univ Peace 7:30 – 9:30 pm <i>Sanctuary</i>
17	18	19	20	21	22	23
Adult Forum: 10:00 am 11:00 Service Guest Speaker:  Grace " <i>Rising Into Radiance</i> " Music: Mark Malachi Board Meeting 1:00 – 3:00 pm 7:30 pm A Course In Miracles <i>Mark's office</i>	RIF A'I MARUFI (SUFU) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	4T Prosperity Class 7:00 – 9:00 pm <i>Sanctuary & Kitchen</i>	12:00 Noon Prayer ♥ Song Circle 7:00-9:00 pm <i>upstairs classroom</i> Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i> Sanctuary Cmtee 6:30 pm – <i>Potluck in kitchen</i>	RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> CHOIR Rehearsal 7:30 pm		
24	25	26	27	28	29	30
Adult Forum: 10:00 am 11:00 Service Speaker: Mark Malachi " <i>Mystical Secrets from the Hebrew Language</i> " Music: Claudia Kaplan 7:30 pm A Course In Miracles <i>Mark's office</i>	RIF A'I MARUFI (SUFU) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	4T Prosperity Class 7:00 – 9:00 pm <i>Sanctuary & Kitchen</i>	12:00 Noon Prayer ♥ Song Circle 7:00-9:00 pm <i>upstairs classroom</i> Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	RIF A'I MARUFI (SUFU) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> CHOIR Rehearsal 7:30 pm	29 Mystical Jewish Service 7:30 pm <i>sanctuary</i>	30 Daylight Savings Time ends the 31 st . Set your clocks ahead tomorrow! 
31	 GRACE			UNITY CARES		
 HALLOWEEN  COSTUME SUNDAY Adult Forum: 10:00 am 11:00 Service, Speaker: Mark Malachi " <i>Embracing the Darkness</i> " Music: Matt Short 7:30 pm A Course in Miracles <i>Mark's office</i>	Grace, a great master from Mt. Shasta, CA, returns to UCP this month for two events: Sunday, October 17 at 11:00 am – Grace will speak at our Tuesday, October 19 at 7:30 pm – Grace will hold a Stasang here – a chance to be with her for a special night of teaching, receiving and sharing. Suggested love donation is \$35.			We pray with these people during the month of October: <i>Rietta & Lisa Couper, William Crews, Victor Jiminez, Terry & Cathy King, John Lochbaum, Angel Lyons, Mark Malachi, Alex & Leslie Rinehart and Jill Taylor</i>		

adult forum invitation

To explore the meaning and mystery of one's life within a supportive group of diverse yet similarly oriented seekers.

To learn to see the Divine everywhere while using the mirror of human relationship to better understand others and ourselves.

To deepen our sense of connectedness by gradually sharing our stories in a safe place.

If any (or all) of these possibilities sound appealing, feel free to join us for adult Sunday School at 10:00 Sunday mornings, where we use the discussion of selected short readings to explore what it means to be on the Path.

"You are here"

On September 26, a wondrous documentary of Spirit exhibited via the "unity-of-eclecticism":

Mark Malachi invoked a deep inner space as he chanted three Hebrew chants commemorating Yom Kippur (just past); thus reminding us subliminally of the call to forgive... followed by the ubiquitous George Sharp, rendering the sage/poet Kabir's profound phrases extolling the venture inward.

Guest speaker, Duke Religion Professor Dr. Richard Jaffee, bravely provided insight into Buddhist Meditation (following the Unity Hymn: "I behold the Christ in you"). He painted a picture of Buddhist philosophy from the broad spectrum of ascetic practices designed to end desire, to practices designed to aid the pilgrim in seeing clearly the condition of our condition, i.e. to experience our true nature.

Congregants had a chance to practice a Buddhist quiet – "the art of doing nothing..." Service ended with these words..."let it begin with me".



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: marilyngrubbs@juno.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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To remove your name from our mailing list, call 968-1854
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October 2004



COMMUNITY MEETING OF Sept 5, 2004

1. The community discussed several options to replace the copier in the church office. It was decided that more research was needed before a decision can be made. However, time is of the essence and a decision must be made as soon as possible.
2. The community decided to sell the communion table to the Episcopal church for \$500.00. The money can be used to refinish the floor in the sanctuary.
3. Updates were given on the bookstore- office, healing room and the peace group.

POETRY CORNER

lost

Stand still. The trees ahead and
bushes beside you
Are not lost. Wherever you are is
called Here,
And you must treat it as a powerful
stranger,
Must ask permission to know it and
be known.
The forest breathes. Listen. It
answers,
I have made this place around you,
If you leave it you may come back
again, saying Here.
No two trees are the same to Raven.
No two branches are the same to
Wren.
If what a tree or a bush does is lost
on you,
You are surely lost. Stand still. The
forest knows
Where you are. You must let it find
you.

--David Wagoner
From *Traveling Light:
Collected and New Poems*

Submitted by Mark Smith

THAT I MAY BE

That I May Be
That I may shine with the brilliance
of the sun
That I may change with the ease of
the seasons
That I may explore with the
curiosity of a child
That I may grow with the majesty of
a tree
That I may know the wisdom of the
ages
That I may love with the grace of
God
That I may soar beyond the height of
an eagle
That I may have freedom and dance
as a feather on the wind
That I may trust
Let me give as the wellspring
That I may align with the highest
path and divine will
That I may know peace, stillness,
purpose, and joy
the expanse of the heavens
the groundedness of the earth
That I may be

--Julie Cusatis

MEMBERS FORUM

-WANTED-WANTED-WANTED-

Creative Event Planners to Coordinate a Peace Centered Shindig

I am looking for a group of committed people to brainstorm, create, develop, market and throw one heck of a community wide Peace Day event. In an effort to enliven UCPC's vision of being a Center of Peace, join me in developing a community wide special event that focuses on PEACE, HARMONY & JOY. My vision is to provide the Triangle with an opportunity to bring people together to enjoy a festival brimming with music, food, fellowship and fun while celebrating diversity, inspiring unity and manifesting peace. If you are interested in being a part of this effort, contact Julie Cusatis for more information: 919-402-0878 or jcusatis@earthlink.net

BOOK NOOK & FLICK PICKS

Someone posted a review of "What the Bleep Do We Know?!" on our bulletin board one Sunday, so we thought we'd take a look.

According to Dan Cray (the reviewer who wrote the article on the board), It's an odd hybrid of science documentary and spiritual revelation, featuring a Greek chorus of Ph.D.s and mystics talking about quantum physics.

Academy award winning actress Marlee Matlin stars as an embittered divorcee who redefines her notion of reality after learning how quantum physics interacts with molecular biology.

The movie opened at the Chelsea on September 24th. Try it! You might like it!

Check out the movie's website at www.whatthebleep.com for more reviews and great images.