

Spirit Express



UNITY CENTER OF PEACE CHURCH

Volume 12, Number 10

October 2006

From the Heart ♥

What does your Unity Center of Peace Church give to you?

A place to go every Sunday to be with people, to be with your higher and inner self and to be in prayer... Camaraderie... a place to meet people you want to meet... a place where you can contribute your talents, be they singing, writing, teaching, cooking, and where those talents are recognized and appreciated... a place where you get spiritual guidance... a place where you bring your problems, hear the minister, hear people's prayers, read things that help you to find ways through those issues... In other words, a place where you receive NEW THOUGHTS...

Indeed, the church provides a place where you find like-minded people who seem to understand what you are talking about and support you in your feelings... a place where you can take classes that interests you... a place where you can offer classes in things that interests you and would like to share... a place where you can be seen and feel important... a place where you can ask for what you want and are heard... a place that is there to support you in manifesting your prosperity and your goals...

So many gifts, all given freely, and yet... the church is counting on you to understand that it is only by your tithing of your time, talent and treasure that the church can be sustained.

Michael

Board Bulletin

Greetings UCPC Family!

Appreciation! Please join me in thanking all the people who contribute to our church community. Volunteers are the mainstay of the activities in and around our church community.

Dedication. The reason we are here is to be a place of Peace and Love for each other and our community. Though this is at the heart of our bylaws and policies, this mission comes straight from the Sacred Heart within each of us. We are more than merely a church to go to on Sunday to be "fed"; we are a community. Remember: we only receive what we are willing to give and share and see in each other.

Motivation. We find ourselves at yet another crossroads at UCPC. We seek a minister to serve as shepherd and help us find a way through this uncharted course upon which we find ourselves. It is up to each one of us to provide the needed resources through prayer and holding our vision, through tithing and financial support, through serving on committees and contributing our time and energy to whatever needs to be done here.

Let's be the example of Peace and Love through our appreciation of each other and in support of our faith community, UCPC. I see this church family overflowing with Joy, Peace, Harmony, and Prosperity. And so it is.

Barbs Burman, President
UCPC Board of Trustees

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

Regular Business & Bookstore Hours:
Mon., Wed. Fri. 9am – 2pm, Tues. & Thurs. 11:00 am – 4:00pm

Administration

Interim Minister	Michael McCluskey	968-1854 or 593-5939	mjmcc1@aol.com
Office Manager	Mariah Wheeler	968-1854 or 942-7477	unitychapelhill@mindspring.com
Music Director	David Richter	932-7979	davidrichter@hotmail.com
Asst. Music Dir.	Helen Spielman	929-4520	hbs@email.unc.edu

Board of Trustees

President	Barbs Burman	(919) 663-3301	barbsieb@yahoo.com
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Secretary	Claudia Kaplan	932-9635	cskaplan@netzero.net
Trustee	Pat Veenema	308-5653	pjov54@hotmail.com
Member	Michael McCluskey	968-1854 or 593-5939	mjmcc1@aol.com

Organizational Spheres

Worship - Intention to express our spirituality
Education - Intention to teach & learn
Inreach - Intention to connect with each other
Outreach - Intention to connect with the community
Development - Intention to grow
Administration - Intention to steward what we have

Board Steward: Pat Veenema
Board Steward:
Board Steward:
Board Steward:
Board Stewards: Julie Cusatis
Board Steward: Barbs Burman

Bookstore	Open		
Bldg. & Grounds	Michael McCluskey	932-3892	mjmcc1@aol.com
Floral Coordinator	Helen Spielman	929-4520	hbs@email.unc.edu
Finance	Nancy Smith Krauss	932-1227	nsmithcns@cs.com
Prayer & Care	Lorraine Lewis	967-2215	lorrainelewis@earthlink.net
Earth Partners	Barbara Janeway	932-4469	barbj@yahoo.com
Outdoor Sanctuary	Betty Lou Chaika	549-6690	blchaika@earthlink.net
Spirit Express Eds.	Debbie Hall-Urbanski	(336) 376-2131	pause4health@yahoo.com
	Michael McCluskey	932-3892	mjmcc1@aol.com
Usher Coordinator	Bobbie Hayes	929-3467	
Youth Ed	Machai St. Rain	636-2237	machaisaintrain@yahoo.com
Worship	George Sharp	402-4226	

OUR VISION

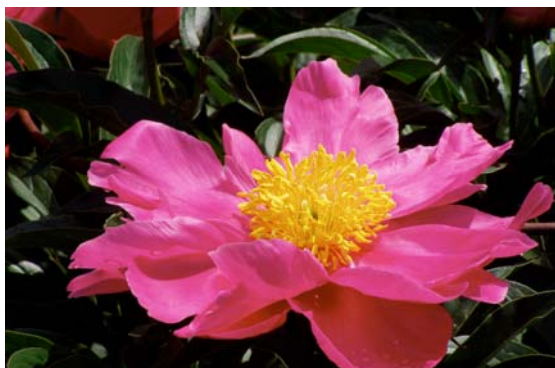
Unity Center of Peace Church is a community that acknowledges the sacredness in all creation manifested through the Christ Consciousness within each of us. We live in honesty and integrity. We are a self-creating community that constantly evolves as the individual members grow and change.

OUR MISSION

The Mission of Unity Center of Peace Church is to be a safe space and community for all of us to honor our likenesses and differences as expressions of Divine Love. We express this love by creating a balance between inner being and outer actions.

Treasurer's Report September 2006

	Atten	Tithes	Goal	Ave./ person
3-Sept	42	\$896.70	\$1375.00	\$21.35
10-Sept	78	\$845.87	1375.00	\$10.84
17-Sept	41	\$612.52	1375.00	\$14.94
24-Sept	55	\$1063.00	1375.00	\$19.33
Total	216	\$3,418.09	\$5500.00	\$15.82



Mindfulness

Having just returned from a 10 day silent retreat at an ashram in Virginia, I feel renewed excitement about following the bliss that is awakened through mindful breathing into the present moment. As the days grow short and the nights grow longer, nature invites us to descend into the yin of autumn, rich with the promises of inner transformation. Fall is an auspicious time to deepen the practice of silence, of mindfulness, of receptivity to Spirit. How do you renew yourself? How do you connect with your Christ within? I have been experimenting with many pleasurable paths toward inner communion: walking meditation, laughing meditation, moving meditation, chanting, sounding, and vocalizing meditation, as well as sitting meditation. I am eager to share with you what I am learning at the upcoming playshop: "Morning Mindfulness Meditations" where we will experiment with several mini meditations to encourage the peace that passes all understanding. For more information call me at 968-4550 or email me at fullspectrumhealings@yahoo.com.

In peace, *Laurie Brill*

A Leaf, a Book, a Crayon

It's the beginning of another school year. I would know it even if it weren't for the yellow star-shaped sweet-gum leaves plastered to the wet pavement. When I was a child September meant time for new things: new shoes, new underwear, maybe even a new coat for the upcoming cold weather. All my best memories of starting school involve new things and all the hope they embodied: crisp pads of fresh paper, sharp wax crayons (deliciously fragrant), and new textbooks with their promise of knowledge to be acquired. Education!

I'm at that stage of life where my children are out of school and my grandchild hasn't even learned to talk yet. Still, I have opinions on education. I think you couldn't stop children from learning even if you locked them up in a padded cell. Children are learning every minute of their lives. They're learning most of the life skills they'll need for success just by watching us. Hopefully, we're setting good examples.

Most importantly, we need to keep learning ourselves. The essence of the past is available to us in every library and country graveyard. Once we understand the past, we'll know what we need to do to create the kind of environment for future generations that will foster peace and understanding. It doesn't take a Master's degree to bring peace to the world; it only takes deep caring and the willingness to share the planet in a way that benefits every person on it. It doesn't take a Ph.D. to show children how to take care of themselves and treat others as they would like to be treated. It just takes love.

Carol Wills

Beginning a Discussion About Community Living

Many of us a UCPC have expressed a desire to explore living in community. To springboard the discussion, I would like to share one ever-evolving vision of community.

I see a space where everyone lives a very simple lifestyle and shares common resources and has easy access to fellowship. People will live independently, while being in the safe space of caring neighbors. It is a center for honest and unhindered companionship, fun, fire circles, birthday celebrations, personal and spiritual sharing, and artistic, philosophical and intellectual expression.

In this vision, every resident has their own very low cost space in which to live, with a simple kitchen, bath, sleeping space and living room. Every building is energy-efficient and eco-friendly, perhaps completely "off the grid." Some people live within shouting distance of each other, while others could live on the outskirts of the land. Space is available for guests who seek a retreat space. We engage in cooperative gardening, yard work, and building maintenance. Some residents would invest their assets while others would rent. Renters and property owners have a voice in decision-making. Some would work outside the community and others would work at home. All would contribute to the maintenance of the space in their own unique ways. There are minimal rules, based on honoring everyone. Residents are aligned with Unity spiritual principles, and committed to the unfoldment of their souls.

On the land, I see a central common building, available to all residents, with a full kitchen and eating area for the whole group, a library, areas for conversations, entertainment, dance, movies, a laundry facility, a hot tub, an art workshop, a shed or garage for yard maintenance tools and storage.

I invite people to continue this conversation by email. Please send your thoughts to ucpcommunity@hotmail.com, and I will forward your messages to all who respond.

Pat Veenema

Kathleen Hannan & Sheila Warner

Songs from the Heart:

A Concert At Unity Center of Peace Church

Saturday October 21st, 8 pm Tickets \$12

Sheila's vibrant soprano voice and Kathleen's down-to-earth alto tone complement each other in a deep and delightful way. Both women are award winning songwriters and powerful, versatile musicians on piano and guitar. Audiences find themselves singing along effortlessly, and leave feeling uplifted and inspired.

As songwriter Rachel Cross says, "*It's a love fest!*"

Press Clips "*Their music is the most deeply felt and personal of any artists I have reviewed.*"

Milburn Gibbs, Chatham News, Pittsboro: "*I found myself wishing that more songwriters had Hannan's gift of truth and gentle defiance, and more singers had the courage to give life to music with such spirit, love and passion.*"

Mickey Carter, Out In The Mountains, Burlington, VT: "*Sheila seems to have an innate sense of how to mix "in" and "out" jazz tinged harmony that makes everything swing and feel so good.*"

Howard Morgan, Fingerstyle Guitar Magazine: "*Kathleen is never just a performer onstage. She makes music that makes community*"

A Fable for Children of All Ages

After finishing up with the kitchen clean-up following the July congregational meeting at UCPC, I discovered a plate of partly eaten food that someone had left on a countertop. Since the two trash cans had already been emptied and changed I didn't want to toss in pizza and fruit for it to sit till next weekend. I knew this would attract Mister Roach on his hunting and gathering mission in the human zone known as the Unity Center of Peace Church kitchen. I'd seen him there before. It isn't a pretty site.

So I decided to take the paper plate out to that part of the woods surrounding UCPC known as The Medicine Wheel. I walked out the front door with my raccoon food and realized I'd have to walk all around the building or back thru the front door to get to the stairs that leads to the path in the woods where I thought I'd toss the scraps.

In a moment of indecision and hesitation I paused by the driveway and looked over to the north eastern corner of the parking lot where the infamous Brattmobile motorhome sat. For a moment I thought I might walk over there and toss the raccoons their snack. I looked back at the church and remembered the small set of stairs that was built for last year's Peace Day event. Though they now appear to lead nowhere, they were created to make it easier to climb up the embankment where the big tee-pee had stood for such a short time.



The decision to climb the five wooden steps to the now empty tee-pee zone brought an unexpected surprise. Under the circle of pine trees, dogwoods, gumbo-limbo, and oaks the afternoon sunlight trickled down over the leaves. The shadows of the leaves created a dappled three dimensional nature painting that instantly became a permanent part of the collection that hangs on the walls within the art gallery of my heart.

There in the middle of the small clearing, resting quietly on the ground, sat a large female deer. She was alone. Her eyes were wide and her ears were erect and alert, yet a sense of calm existed between us. A short, almost silent gasp came from my chest as I stopped in mid-step to hold this image as long as I could. I thought she would leap up and disappear into the woods. Instead our eyes locked upon each other as I slowly held the small plate out in front of me. I held the plate in my right hand while placing my left hand over my heart. I bowed slowly to the beauty of this moment and to the wonderousness and magic of this brief encounter in the woods.

As I stepped backwards away from this gracious creature, I lay the plate on the ground in hopes that she would find the humble offering to be an acceptable treat from one of the two-legged ones who share this part of the forest with her.

Janet Bratter

October 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Adult Forum: 9:45 - 10:45 am Service 11 am - 12:30 pm Speaker: Carolyn Craft "What God Wants?" Music: Joyful Noise Choir</p> <p>Qtrly. Youth Ed meeting after church</p> <p>A Course In Miracles 7:30 pm</p>	<p>2</p> <p>Healing Circle 7 - 8 pm Sanctuary</p> <p>RIF A'I MARUFI (SUF) 8 - 11 pm Sanctuary + Kitchen</p>	<p>3</p> <p>Prayer Team 1 pm</p> <p>Minister's Workshop 7 - 9pm</p>	<p>4</p> <p>Noon Prayer</p> <p>Tai Chi 7 - 8 pm <i>Sanctuary</i></p> <p>A Course in Miracles 7 - 8:30 pm Chapel</p> <p>Wild Bunch 8 - 9:30 pm</p>	<p>5</p> <p>"An Inconvenient Truth" in <i>Sanctuary</i> 7 - 9 pm</p> <p>RIF A'I MARUFI (SUF) 9 pm - 12 am Sanctuary + Kitchen</p>	<p>6</p> <p>Hannan & Warner practice 12:15 - 2:00 pm <i>Sanctuary</i></p> <p>Friday Night Live! (teen night) 7 - 10 pm</p>	<p>7</p> <p>Walk Like A Living Prayer 10 am - noon <i>Sanctuary</i></p>
<p>8</p> <p>POTLUCK & SPECIAL COMMUNITY MEETING 12:30 - 2:30pm</p> <p>Adult Forum: 9:45 - 10:45 am Service 11 am - 12:30 pm Speaker: Mark Malachi "In This Moment" Music: Kathleen Hannan</p> <p>A Course In Miracles 7:30 pm</p>	<p>9</p> <p>Healing Circle 7 - 8 pm Sanctuary</p> <p>RIF A'I MARUFI (SUF) 8 - 11 pm Sanctuary + Kitchen</p>	<p>10</p> <p>Prayer Team 1 pm</p> <p>Minister's Workshop 7 - 9pm</p>	<p>11</p> <p>Noon Prayer</p> <p>A Course in Miracles 7 - 8:30 pm Chapel</p> <p>Wild Bunch 8 - 9:30 pm</p>	<p>12</p> <p>Interfaith Worship 7:30 pm <i>Sanctuary</i></p> <p>RIF A'I MARUFI (SUF) 9 pm - 12 am Sanctuary + Kitchen</p>	<p>13</p>	<p>14</p> <p>IFC Kitchen call 932-8858 to register</p> <p>Carolina Football Outing</p> <p>Walk Like A Living Prayer 10 am - noon <i>Sanctuary</i></p>
<p>15</p> <p>Adult Forum: 9:45 - 10:45 am Service 11am - 12:30 pm Speaker: Michael McCluskey "Let's Meet in the Middle" Music: Richard Shulman</p> <p>Board Meeting 1 - 4pm <i>Chapel</i></p> <p>A Course In Miracles 7:30 pm</p>	<p>16</p> <p>Healing Circle 7 - 8 pm Sanctuary</p> <p>RIF A'I MARUFI (SUF) 8 - 11 pm Sanctuary + Kitchen</p>	<p>17</p> <p>Prayer Team 1 pm</p> <p>Minister's Workshop 7 - 9pm</p>	<p>18</p> <p>Noon Prayer</p> <p>Lay Ministry Team 7 - 9pm <i>Min. Office</i></p> <p>Tai Chi 7 - 8 pm <i>Sanctuary</i></p> <p>A Course in Miracles 7 - 8:30 pm Chapel</p> <p>Wild Bunch 8 - 9:30 pm</p>	<p>19</p> <p>RIF A'I MARUFI (SUF) 9 pm - 12 am Sanctuary + Kitchen</p>	<p>20</p> <p>Piedmont KTC Presentation 6:30 - 9:30 pm <i>Sanctuary & Kitchen</i></p>	<p>21</p> <p>Walk Like A Living Prayer 10 am - noon <i>Sanctuary</i></p> <p>Kathleen Hannan Concert 8 pm <i>Sanctuary</i></p>
<p>22</p> <p>Adult Forum: 9:45 - 10:45 am Service 11am - 12:30 pm Speaker: Tom Newsome "Kaballah" Music: The Transzenders</p> <p>Worship Team 1:30 at EarthFare</p> <p>Women's Vision Circle 5:15 potluck, meeting 6 - 8 pm</p> <p>A Course In Miracles 7:30 pm <i>upstairs classroom</i></p>	<p>23</p> <p>Healing Circle 7 - 8 pm Sanctuary</p> <p>RIF A'I MARUFI (SUF) 8 - 11 pm Sanctuary + Kitchen</p>	<p>24</p> <p>Prayer Team 1 pm</p> <p>Minister's Workshop 7 - 9pm</p>	<p>25</p> <p>Noon Prayer</p> <p>Tai Chi 7 - 8 pm <i>Sanctuary</i></p> <p>A Course in Miracles 7 - 8:30 pm Chapel</p> <p>Wild Bunch 8 - 9:30 pm</p>	<p>26</p> <p>CHOIR Rehearsal 7:30 pm</p> <p>RIF A'I MARUFI (SUF) 9 pm - 12 am Sanctuary + Kitchen</p>	<p>27</p>	<p>28</p> <p>Walk Like A Living Prayer 10 am - noon <i>Sanctuary</i></p> <p>Kuan Yin Reikki Workshop 10 am - 5pm <i>Chapel</i></p>
<p>29</p> <p>Adult Forum: 9:45 - 10:45 am Service 11am - 12:30 pm Speaker: Michael McCluskey Music: Janie Imperial & Helen Spielman</p> <p>A Course In Miracles 7:30 pm</p>	<p>30</p> <p>Healing Circle 7 - 8 pm Sanctuary</p> <p>RIF A'I MARUFI (SUF) 8 - 11 pm Sanctuary + Kitchen</p>	<p>31</p> <p>Prayer Team 1 pm</p> <p>Minister's Workshop 7 - 9pm</p>	<p> BIRTHDAY CORNER </p> <p>Happy Birthday to this month's children of the Spirit: Caroline Demoise, Bobbie Hayes, Rebecca Sugg, Mary Linker, Barbs Burman, Martha Isleib, Gloria Beissinger</p>		<p>UNITY CARES We pray with these people during the month of October: Nicole Edwards, James Juett, Moksha & Marc Kolman, Mark Malachi, Tom & Mary Odwyer, Jay Meadors, Ruth Roys, Nancy Taylor, MJ Tucci, Jo Williams</p>	

UPCOMING EVENTS NOT TO MISS

* "An Inconvenient Truth"

Thursday, Oct. 5, 7 - 9 pm

* Friday Night Live! (Teen Night)

Friday, Oct. 6, 7 - 10 pm

*** Potluck & Special Community Meeting

Sun., Oct. 8

12:30 - 2:30 pm

* Carolina Football outing
Saturday, Oct. 14

* Healing Circle Mondays 7 - 8 pm

* UCPC Workshop - Tuesdays 7 - 9 pm

* Kathleen Hannan (with Sheila Warner)
concert, Saturday Oct. 21, 7 pm

**Carolina Football Youth Day
Tickets for Saturday, Oct. 14th**

See Michael McCluskey if you'd like to go with others from UCPC. *Only \$10.*

UCPC Business Service Directory

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

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

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

See Michael McCluskey.

Interim Minister: Michael McCluskey

Office Hours: Mon. & Fri. On Call,

Tues. & Thurs. 11am - 4 pm, Wed. 10 am - 2 pm

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

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Main Office Hours:

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Mariah Wheeler, Office Manager

968-1854, email: unitychapelhill@mindspring.com

website: www.unitychapelhill.com

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

Email newsletter submissions to editors:

Debbie Hall, pause4health@yahoo.com, or Michael

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

UNITY CENTER OF PEACE CHURCH

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To remove your name from our mailing list, call 968-1854
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www.unitychapelhill.org

October 2006

UCPC is a Member of the Association of Unity Churches