

# Spirit Express



The Newsletter of Unity Center of Peace Church  
Volume 13, Number 10

October 2007

From the Heart ♥♥♥

*By Reverend Elizabeth Thompson, Former Interim Minister*

Dear Beloved Friends,

October is a month that we celebrate the God Power of Zeal within us. It is with joyous enthusiasm that I thank each of you for the opportunity to be a part of this spiritual family. As I reflect back on these past eight months, I see them as a time of wondrous regeneration for me personally and for Unity Center of Peace Church.

You were my answered prayer to return to ministry after a time of self-chosen absence. You opened your hearts and welcomed me in with such love. You have been and are demonstrating a powerful willingness to not only heal but emerge again as the Unity Center that embraces all and leaves no one out. This is the essence of a thriving Interfaith Ministry. This is a strong foundation. It is from this point that each of us embarks on a joyful path of spiritual empowerment that is centered in loving compassion. The

next step I see for this ministry is community service that is given with joyous abandon. Let the Living Spirit of the Christ reveal the area of service. Watch for it... It is seeking to reveal itself through the passion of your hearts.

I see you continuing this powerful effort to model your name and express it vibrantly in the greater Triangle area. May Unity Center of Peace Church be a dynamic presence in the community. From wholeness let the gift of service you have to offer be revealed and expressed. I invite you to enthusiastically share, shine and serve from your wholeness. This is the key to a thriving spiritual community that knows its Source of unlimited good. The Triangle has so much to receive from this dynamic spiritual family.

Arise, shine for your Light is come and the Glory of the Lord is upon you! (*And it is YOU*)

Buddha said, "Your work is to discover your work and then, with all your heart, to give yourself to it."

## Board Bulletin

*by Caroline Demoise, UCPC Board of Trustees*

What is Your Heart's Desire for Our Church?

We know the desire we express and the beliefs we hold dear are active and creative in our reality. Our beliefs about the future, our expectations about our new minister, travel out into the universe with an attractive power to bring us what we believe is coming. So the future of our spiritual community really is in our hands.

Living a prosperous life is no different from building a prosperous church. Accepting responsibility for our lives, like participating in the change and growth of our spiritual community, is up to each one of us. What we believe is possible, what we affirm is happening, and what we know to be true is what we are creating in our lives and in the life of our church. ***We hold a vision of a prosperous church, which is growing in committed membership, lead by a vibrant new minister and inspired by each of us to be a spiritual center that nourishes our growth and gives back to our community.***

Are you blessing the church with your volunteerism? Are you voting with your financial contributions for a talented new minister who will then bless us with an increased awareness of our divinity within and encourage us to be an expression of God's love in the world? This is the law of prosperity, the circle of giving and receiving, the consciousness we aspire to that feeds our spiritual lives and creates a church community that blesses us with fellowship and spiritual nourishment each Sunday. We create our reality daily with our thoughts, beliefs and awareness of truth, just as we create the reality of our spiritual center by our actions and gifts of love. The prosperity of Unity Center of Peace Church is up to you and me.

*[We thank you, Caroline, for stepping up to the role of President of the Board of Trustees as Pat Veenema has stepped off to assume the role of Interim Administrator.]*

## From the Editor...

### Zeal/Enthusiasm

According to Charles and Cora Fillmore, in *The Twelve Powers*, enthusiasm or zeal is "...the great universal impulse that lies back of all action. Zeal is the mighty force that incites the winds, the tides, the storms; it urges the planet on its course, and spurs the ant to great exertion. Zeal and enthusiasm incite to glorious achievement in every aim and ideal that mind conceives."

And so, in what way are we moving forward? How is zeal and enthusiasm directing our lives? Is our own zeal tempered with wisdom, as Cora and Charles urge? We, the people of UCPC, are in a great time of transition and forward momentum. Our Board of Trustees has developed a plan of action during this, our 'interim phase'. This month we welcome two minister candidates, Rev Linda Machesic and Rev. Bruce Milne, who will be spending the 3<sup>rd</sup> and 4<sup>th</sup> weekends, respectively, with us. Please refer to the calendar and to the back page for more details of all the events happening this month.

In this issue of *Spirit Express*, we hear more about our service to our community, our choir, and the quilter of that beautiful cobalt quilt that hangs in our Sanctuary. We get to hear from Rev. Elizabeth Thompson, our recent Interim Minister, share from her heart and advise an inquirer. Mark Malachi shares with us original words of inspiration. And finally, thank you, Caroline (Demoise, our new Board President), for your great affirmation written in 'The Board Bulletin'. Those words were truly inspired by Divine Grace.

It just seems to be the time now. It's time to allow, with the wisdom of discernment, our zeal and enthusiasm to move us into steps that express our truth and passion, heart and soul.

Peace out

*Barbs Burman*

***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*

## UCPC WANTS TO KNOW: letters to the Editor

Dear Editor,

I am wondering about the Unity teachings regarding goal setting. When I have a clear vision of something I'd like to attract, I know to keep the vision fresh with details and to let go of the outcome. But I'm confused about when to actively pursue the vision versus passively wait in faith for something to happen. It seems that there must be something in between or including these both – but what?

Yours truly,  
In limbo

### ***Dear In limbo,***

*This is a great question! There is a dance between active listening and active responding from an intentional choice/desire/goal. This is why the spiritual center for wisdom (in the solar plexus) and the heart and the power center (throat) are so close. They work in alignment with bringing forth the heart's desire.*

*Emily Cady speaks of always going to God and then going to humanity as God directs. We choose our heart's desire and actively listen and watch for the Guidance to take the Right Action. The vital ingredients are to **choose, listen, and act**. This is repeated accordingly. The Christ Nature in all humanity knows what, when, and how to respond. Our job is to cultivate a listening ear, willing heart, and a responsive body accordingly.*

Blessings,

*Reverend Elizabeth Thompson*

### ***Spirit Express***

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

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*[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.]*

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## MANY HANDS: UCPC's Team of the Month

### JOYFUL NOISE CHOIR

[David Richter, UCPC Music Director, describes the essence of Joyful Noise Choir and his experience as its Director.]

Joyful Noise Choir is a group of delightful congregants coming together who enjoy singing together. It's a different mix every time; sometimes there's only 1, and sometimes there's as many as 12! Several new people have also expressed their interest in the choir. The Choir always rises to the occasion, coalescing in the end. They are imbued with Spirit.

I've been trying to incorporate New Thought music into our choir repertoire and I'm hoping to do a lot more. I'm hoping to have varied instrumentation. And chant. And a capella. Percussion. It's very exciting. Plus, I'm hoping to do one of Mark Malachi's pieces whenever he's available to perform with the Choir.

I have asked Janie Imperial [congregant & professional singer] to help direct the voices. I'm very enthusiastic about having her here; she has extensive training in voice. Now she has compiled black notebooks for each singer, giving us a more professional style.

In essence, we are raising our voices to connect with Divine Presence. Singing is one of the portals of connecting with the Divine and with each other. Together it's synergistic; we as Joyful Noise Choir become more than any one of us.

We have such great potential to some great and wonderful things! Anyone who wants to join in this is welcome. Anyone who feels they'd like to sing in the choir is welcome, they just need to commit to the rehearsals and be responsible. If you say you are going to sing, you need to follow-through and show up. Everyone shows up and it always comes out a truly joyful noise.

(Anyone interested in singing with Joyful Noise Choir, contact David @ 932-7979 or davidrichter@hotmail.com)

### UCPC TEAM MEETINGS THIS MONTH:

**Board of Trustees:** Sunday Oct. 21st – postponed, TBA

**Youth Ed:** Sunday Oct. 28th – postponed, TBA

**Healing Ministry:** Mondays @ 7 – 8pm

**Joyful Noise Choir Rehearsal:** Thursdays Oct. 4<sup>th</sup> & 11<sup>th</sup>  
@ 6:30-8:00pm

**Community Meeting:** Sunday Oct. 14<sup>th</sup> @ 1-3pm

| Treasure Report |            |                   |                |
|-----------------|------------|-------------------|----------------|
| Tithes in Date  | Attendance | Tithes            | Ave./ person   |
| 2-Sep           | 60         | \$1,172.50        | \$19.54        |
| 9-Sep           | 78         | \$1,394.00        | \$17.87        |
| 16-Sep          | 69         | \$1,182.26        | \$17.13        |
| 23-Sep          | 58         | \$1,202.50        | \$20.73        |
| 30-Sep          | 70         | \$1,496.00        | \$21.37        |
| <b>Total</b>    | <b>335</b> | <b>\$6,447.26</b> | <b>\$19.25</b> |
| <b>Average</b>  | <b>67</b>  | <b>\$1,289.45</b> | <b>\$19.25</b> |

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

#### HEATHER WILLIAMS

[Here, Heather shares with us her story, her passion, and her call for Unity.]

My mom started getting Unity tapes and first sent me these tapes in 1989, I think. I started going to the Unity church in Flushing (NY) in '90-'91. I love Unity because of the practical Christianity. I can take what I can use. I want to be reminded about who I am, and my connection with God. I especially like the affirmations. Now, whenever I am traveling, I go to a Unity church.

I moved to Chapel Hill in 2004. My priorities were fabric stores (I'm a quilter) and Unity churches. I like the size of our church, the music, the voices, and the order of the service.

I always felt this was my church, even before I officially joined. I joined UCPC last year; I wanted to have a say in the minister selection. During the time Rev. Elizabeth (Thompson) was here, I learned a lot about the Unity movement. I loved the back-to-back classes, especially since I live so close by.

Quilting is my passion, and has been since 1985. I'm a History professor and have focused my research on 19<sup>th</sup> C. African American history: Slavery & Emancipation. I center Black people in my work. Now in my quilting, I do images and photos transferred onto cloth.

The quilt at church [on the wall in the Sanctuary] repeats circles and has 2 doves in it, which is what gave me the idea to give it to the church. And, as it hangs across from that circular mirror, it seems to have been a perfect place for it. I'm even thinking about offering a quilting class next spring.

Unity churches seem to be the exception to the culture of churches in which Black people mostly go to Black churches, Whites mostly go to White churches. But I don't know why our church is not more diverse; maybe it's because it's Chapel Hill. I've seen Black people come to our church, but not return and I don't know why. I have to tell you, though, one thing that bothers me. People – members – keep welcoming me and treating me as if I'm a newcomer. These are church members who see me week after week. It causes me to question: are you welcoming me because I'm black? Please, treat me as you would any other member. Say 'hello', not 'welcome'. I don't need to be welcomed anymore. What you end up saying when you treat me differently from other members is "I see you are different from me. I see your blackness."

So, please be conscious of how you welcome or greet people. Who needs to tell people that they are different? Remember, we are building this community together.

[Heather Williams is Associate Professor of History @ UNC College of Arts & Sciences. Checkout her "Slavery & Place" article on p.12 in the Fall 2007 issue of Carolina Arts & Sciences. Her originally designed quilt adorns the wall of our Sanctuary. Heather is currently a member of our Search Team, bringing minister candidates to UCPC. Thank you, Heather!]



# October 2007

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
|--|---|--|--|---|---|--|
| <p><b>Potluck – 3 Sundays in a Row</b></p> <p><b>Come share your appetite!</b></p>   | <p><b>1</b></p> <p>Healing Circle<br/>7 – 8pm<br/><i>Sanctuary</i></p>  | <p><b>2</b></p> <p>12 – 12:30pm<br/>Noon Prayer</p>  | <p><b>3</b></p> <p>A Course in Miracles<br/>7 – 8:30pm <i>Chapel</i></p> <p>WildBunch<br/>8 – 9:30pm<br/><i>Sanctuary + Kitchen</i></p>  | <p><b>4</b></p> <p>Choir Rehearsal<br/>6:30 – 8pm<br/><i>Sanctuary</i></p>  | <p><b>5</b></p>   | <p><b>6</b></p> <p>IFC Kitchen<br/>call Simon Kaplan<br/>490-5949<br/>to register</p> <p>“Healing as Unity”<br/>talk by Karen Sorenson 9:30 – 10:30am,<br/><i>Sanctuary</i><br/>Body Talk<br/>workshop<br/>11am – 5:30pm<br/><i>Sanctuary</i></p>  |
| <p><b>7</b></p> <p>Adult Forum: 9:45 – 10:45am<br/>Ruth Roys leads: “Change Your Thoughts, Change Your Life: Living the Wisdom of Tao”</p> <p>11am – 12:30pm Service<br/>Speaker: Rev. Susan Scott-Downs<br/>“How Personal is Transformation?”<br/>Special Music: Don Richter</p> <p>Oneness Deeksha Blessing<br/>1 – 2pm</p> <p>7:30pm A Course In Miracles<br/><i>Chapel</i></p>   | <p><b>8</b></p> <p>Healing Circle<br/>7 – 8pm<br/><i>Sanctuary</i></p>  | <p><b>9</b></p> <p>12 – 12:30pm<br/>Noon Prayer</p>  | <p><b>10</b></p> <p>A Course in Miracles<br/>7 – 8:30pm <i>Chapel</i></p> <p>WildBunch<br/>8 – 9:30pm<br/><i>Sanctuary + Kitchen</i></p> | <p><b>11</b></p> <p>Choir Rehearsal<br/>6:30 – 8pm<br/><i>Sanctuary</i></p>   | <p><b>12</b></p>  | <p><b>13</b></p> <p>IFC Kitchen<br/>call Simon Kaplan<br/>490-5949<br/>to register</p> <p>“Healing as Unity”<br/>talk by Karen Sorenson 9:30 – 10:30am,<br/><i>Sanctuary</i><br/>Body Talk<br/>workshop<br/>11am – 5:30pm<br/><i>Sanctuary</i></p> |
| <p><b>14</b></p> <p>Adult Forum: 9:45 – 10:45am<br/>Ruth Roys leads: “Change Your Thoughts, Change Your Life: Living the Wisdom of Tao”</p> <p>11am – 12:30pm Service<br/>Speaker: Rev. Susan Scott-Downs<br/>“Karma and the Kaleidoscope”<br/>Special Music: Joyful Noise Choir</p> <p><b>POTLUCK &amp; COMMUNITY MEETING</b><br/>12:30 – 3pm</p> <p>7:30pm A Course In Miracles<br/><i>Chapel</i></p>  | <p><b>15</b></p> <p>Healing Circle<br/>7 – 8pm<br/><i>Sanctuary</i></p> | <p><b>16</b></p> <p>12 – 12:30pm<br/>Noon Prayer</p> | <p><b>17</b></p> <p>A Course in Miracles<br/>7 – 8:30pm <i>Chapel</i></p> <p>WildBunch<br/>8 – 9:30pm<br/><i>Sanctuary + Kitchen</i></p> | <p><b>18</b></p> <p>Interfaith Chanting<br/>7:30 pm<br/><i>Sanctuary</i></p>  | <p><b>19</b></p>  | <p><b>20</b></p> <p>Lay Ministry Team<br/>Candidate Brunch<br/>11am – 1pm<br/><i>Kitchen &amp; Sanctuary</i></p>   |
| <p><b>21</b></p> <p>Adult Forum: 9:45 – 10:45am<br/>Betty Elliott leads, topic TBA</p> <p>11am – 12:30pm Service<br/><b>MINISTERIAL CANDIDATE VISIT</b><br/>Speaker: Rev. Linda Machesic<br/>“Many Thoughts . . . One Mind”<br/>Special Music: Mark Malachi</p> <p>Potluck/ Q &amp; A Session with<br/>Linda Machesic, 12:30 – 1:30pm</p> <p>Workshop with Rev. Machesic<br/>“Tools for a Most Successful Life”<br/>2 – 3:30pm, <i>Sanctuary</i></p> <p>7:30pm A Course In Miracles<br/><i>Chapel</i></p>                                  | <p><b>22</b></p> <p>Healing Circle<br/>7 – 8pm<br/><i>Sanctuary</i></p> | <p><b>23</b></p> <p>12 – 12:30pm<br/>Noon Prayer</p> | <p><b>24</b></p> <p>A Course in Miracles<br/>7 – 8:30pm <i>Chapel</i></p> <p>WildBunch<br/>8 – 9:30pm<br/><i>Sanctuary + Kitchen</i></p> | <p><b>25</b></p>  | <p><b>26</b></p> <p>Jewish Erev Shabbat<br/>Worship<br/>7:30 – 9pm<br/><i>Sanctuary</i></p> | <p><b>27</b></p> <p>Lay Ministry Team<br/>Candidate Brunch<br/>11am – 1pm<br/><i>Kitchen &amp; Sanctuary</i></p>   |
| <p><b>28</b></p> <p>Adult Forum: 9:45 – 10:45am<br/>Betty Elliott leads, topic TBA</p> <p>11am – 12:30pm Service<br/><b>MINISTERIAL CANDIDATE VISIT</b><br/>Speaker: Rev. Bruce Milne<br/>“Stalking the True Self”<br/>Special Music: A.C. Bushnell</p> <p>Potluck/ Q &amp; A Session with<br/>Bruce Milne, 12:30 – 1:30pm</p> <p>Workshop with Rev. Milne<br/>“The Laughing Spirit: Developing a Humor Perspective by Expressing Our Inner Joy”<br/>2 – 3:30pm, <i>Sanctuary</i></p> <p>7:30pm A Course In Miracles<br/><i>Chapel</i></p> | <p><b>29</b></p> <p>Healing Circle<br/>7 – 8pm<br/><i>Sanctuary</i></p> | <p><b>30</b></p> <p>12 – 12:30pm<br/>Noon Prayer</p> | <p><b>31</b></p> <p>A Course in Miracles<br/>7 – 8:30pm <i>Chapel</i></p> <p>WildBunch<br/>8 – 9:30pm<br/><i>Sanctuary + Kitchen</i></p> | <p><b>UNITY CARES</b></p> <p>We pray with these people during the month of October 2007:</p> <p><i>Michael Bone, Rex Bradley, Joanne Dahill, Judy Greggar, Donna &amp; Dave Gulick, Lorraine Lewis, George Sharp, Natasha Teasley, Bob &amp; Diana Trowbridge, MJ Tucci</i></p> |   |  |

**Adult Education:**

The Adult Forum, Sundays 9:45-10:45am, topic for Oct. 7 & 14 will be "Change Your Thoughts, Change Your Life: Living the Wisdom of the Tao" based on the teachings of Dr. Wayne W. Dyer and facilitated by Ruth Roys. Betty Elliott will facilitate Oct. 21 & 28 with topic to be announced.

**Youth Education:**

Continuing with "The Twelve Gifts From God", based on the Unity teachings, *The 12 Powers*. October's theme: Zeal/Enthusiasm.

**Important Community Meeting! Sunday Oct. 14<sup>th</sup> @ 1-3pm. Learn what has been Happening in the ministerial search and share your own thoughts.**



**COMING ATTRACTIONS for OCTOBER 2007!!!**

**Oneness Deeksha Blessing:**

**Sunday Oct. 7 @ 1pm**

Annie Viscarra & Obi Mbah will be sharing special blessings with all who wish to receive them. Experience the Divine Energy transfer known as Oneness Blessing. Love offering suggested.

**Gaines Steer:**

**Wednesday Oct. 10 @ 7 – 9pm**

Unity Books & Stuff in downtown Pittsboro is gonna host a Gaines-type Book Reading titled "Read; Laugh; and Cry." He will be reading, of course, from his book: A STORY WORTH TELLIN'. Come join the fun!

**Healing As Unity**

**Saturday Oct. 13: free talk @ 9:30 – 10:30am, BodyTalk Access workshop @11am – 5:30pm.**

Maya Karen Sorenson, a Certified BodyTalk Practitioner will give an introduction and then present a course teaching 6 simple energy focusing techniques to facilitate maintaining this unity for health and emergency care. Cost is \$125 and you will receive a BodyTalk Access Technician Certification. Contact Karen Sorenson for more info: 967-8646 or email: [maya@singandhum.com](mailto:maya@singandhum.com).

**MINISTERIAL CANDIDATES COME:**

**Sunday Oct. 21 – Rev. Linda Machesic** speaks at the Worship Service on "Many Thoughts . . . One Mind;" Potluck with Q & A Session follows until 1:30; Rev. Machesic presents a workshop, "Tools for a Most Successful Life" from 2 – 3:30pm.

**Sunday Oct. 28 – Rev. Bruce Milne** speaks at the Worship Service on "The Law of Laughter;" Potluck with Q & A Session follows until 1:30; Rev. Milne presents workshop, "The Laughing Spirit: Developing a Humor Perspective by Expressing our Inner Joy," 2 – 3:30pm. Rev. Milne's workshop explores how Spirit can help strengthen our sense of humor. Using "holy humor," we will learn three humor skills and no less than thirty tools and techniques designed to help see life from a different angle or new perspective. Come and learn how a sense of humor can help you express your love, hope, joy, and compassion.

**Interfaith Chanting**

**Thursday Oct. 18 @ 7:30pm.**

Led by Mark Smith and Mark Malachi.

**Jewish Erev Shabbat Worship Service**

**Friday Oct. 26 @ 7:30pm**

Mark Malachi leads chanting and reciting of Hebrew prayers from a liberal approach to Judaism. Everyone is welcome!

**UNITY CENTER OF PEACE CHURCH**

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

October 2007

