

Spirit Express



UNITY CENTER OF PEACE CHURCH

A force for peace in the world.

Volume 11, Number 9

September 2005

From the Heart:

The Summer is drawing to a close, but the heat and humidity linger! I love the summer heat, so I don't mind a few more weeks of it. Meanwhile, I am busy planning some new and exciting programs for our dynamic congregation.

Look for the formation of a new initiative at UCPC – the **Social Action Committee**. Join Barbara Janeway Monday evening September 12 at 7:00 pm to discuss ways that the community can work for peace, justice, and the environment.

Our annual **World Day of Prayer** will be Thursday night September 8 at 7:00 pm. We will chant prayers for peace, meditate, and have a 24-hour peace vigil to fulfill our mission to be a point of light for peace in the world. Thanks to the efforts of Julie Cusatis, we will be sending off all the beautiful origami peace cranes we made on Peace Day to conflicted areas of the world. I will be delivering a talk entitled: "The Interfaith Path of Peace."

We are continuing our intention to **create sanctuary** at UCPC in order to maintain a safe place for spiritual and emotional exploration. I will be speaking on the meaning of sanctuary at the September 4 worship service. September 20 will mark the beginning of the **Lay Ministry** training program.

This 12-week class will provide basic prayer, counseling, peace-making and Unity theology training to a small group of lay ministers. In addition to providing spiritual support to the congregation, the group will serve to support me in my work as Spiritual Teacher.

Finally, do not miss our guest speaker Carl Ernst on Sunday September 25. He is one of the world's foremost authorities on Islam. He will be speaking on his new book *Following Muhammad: Re-Thinking Islam in the Contemporary World*.

I am very excited about these new programs and initiatives at church. As students young and old prepare for a new semester of intellectual stimulation, we here at UCPC have much spiritual stimulation to look forward to. I am very grateful to be a part of it. It feels creative, exhilarating, and full of promise.

Much love,

Mark

BOARD BULLETIN:

Community Building: Vision/Strategic Planning

Greetings to all UCPC community

This is the 2nd in a series of pieces about the Board's 5 Areas of Focus (being Community Building, Vision/Strategic Planning, Youth Education, Community Service/Social Action, and Outreach/PR.)

Vision and Strategic Planning require that we all take part in co-creating what we - UCPC - are to be. This requires time spent in prayer, meditation, and envisioning, what we see ourselves becoming. Some of us have said, in our member survey, that we see ourselves as a Peace Center. What we need in order to develop a cohesive vision is first to connect with our purpose or statement of being. Our articulation of - and agreement with - our concept of Sanctuary is just such a statement.

In order for our Statement of Being/Purpose, Core Values, Core Beliefs, Vision, Mission, Goals & Objectives to work, we must engage in this process together [together]. We must be in agreement. We must be committed to developing community, and thus be actively engaged in this work. The questions for each of us to ask ourselves are these: "What is my [my] purpose, my reason for being here with UCPC?" and "How are we (UCPC & myself) serving each other?"

As your Board Co-President, I am committed and dedicated to developing our UCPC community as inspired by Spirit through my own inner work. I ask no more and no less of you. I invite any & all that are called to engage in this process of Planning for UCPC to contact any Board member or me. Let us begin again with renewed energy to create UCPC's Map of our Journey together.

Namaste, **Barbs Burman**, co-president

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Sort of a Cosmic Person: A conversation with Lorraine Lewis

As a child, Lorraine Lewis loved the out-of-doors and enjoyed games like badminton and dodge ball. And she also liked to sit outdoors and read.

When Lorraine came to North Carolina to attend UNC, she decided to stay on and make her home here. North Carolina offered her mountains and beaches – enough

“A book is a great friend, but a cat is a greater one, and Lorraine has a great cat.”

to satisfy her need for a constant connection with nature.

Lorraine loves to play tennis. “I enjoy the

rhythm and dance-like movements of tennis,” she says. Exercise and jogging are high on her list of favorite activities, as well. Even her chosen profession has to do with the health of body and mind. She is a practitioner of several kinds of energy work: Trager, Reiki, LaHo-Chi—as well as a licensed massage therapist.

According to her Web site (peacefulconnection.com), Lorraine supports people in “reconnecting and aligning with their divine nature, thus allowing them to naturally be in a positive flow of life energy.”

Asked about her current reading habits, Lorraine says she keeps several books going all the time, plus keeping up with journals, magazines and newsletters related to her work.

A book is a great friend, but a cat is a greater one, and Lorraine has a great cat: a green-eyed tabby named Pudlet, who found her when she was living in a cabin in the woods, and has become, in Lorraine’s phrase, “a very evolved cat.” Puds leads the way with lots of meditation. Lorraine says she knows when Pudlet is looking at her in a certain way that she needs to slow down.

In 1984 she met Donna Gulick, a teacher and healer who suggested that she might enjoy Unity Center of Peace Church. In 1992 Lorraine visited the church and realized that Unity teachings were a good fit for what she was already thinking. She attended the 4-T class, which she says was “life-changing in teaching me how to get out of the way and surrender to the power of the God-self.” She loves the way Mark focuses on aligning with the Christ-Consciousness. “I’m sort of a cosmic person,” she says, “I make a conscious effort to stay hooked up to Source energy.”

Lorraine coordinates Unity Center of Peace’s Prayer Ministry. If you have prayer needs, contact her at 967-2215.

By Carol Wills

Therapists, Healers, come and visit the Healing Room. We are looking for more people to share the rent and the wonderful atmosphere. Call Gracie at 929-1355 or Debbie at 942-0052. Very reasonable. Rent one day or two a week. Have table, music, good lights, good vibes!

Editorial

What are our Values?

An organization like our church can either codify value statements that address the stated values, or we UCPians can exercise our values via programs and then analyze the curricula to determine what our values are. In either stance (or some hybrid), the collective values are made manifest.

If one observes UCP (as a reporter might), she will note that we value potlucks, wild dancing, praying, hugging, etc, etc. (No priority intended!)

So what are stated UCP values? Good question. Here is a good answer: In the year 2002, over 30 UCP irregulars dedicated a weekend (to workshop) in order to arrive at the answer to that very query.

Spirit Express is pleased to bring you the results. Ready?

UCP CORE VALUES

integrity/honesty/openness/authenticity

peace

acceptance, respect and compassion for self and others

oneness with all creation

trust and safety in community

acknowledgement/honoring differences/respectful listening/embracing our diversity

establishing and keeping agreements and healthy boundaries

self-responsibility

empowerment through knowledge and psychological & spiritual growth/experience

humility

open, direct, respectful, compassionate resolution of any conflict


Now the appropriate question arises: *How are we doin'?*

Pretty well, according to this team of reporters. In the upcoming issues of *Spirit Express*, we will be examining and documenting our progress at living, working, and worshiping out of these **core values**. Please join us in this process.

We are excited to be "cast in this newsletter role" as "eyes and ears" for this wondrous spiritual community.

sponsored by the Strategic Planning Team

September 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kindermusic Schedule (unless otherwise noted) Mondays 9:00 – 10:30 am & 1:15 – 2:30 pm Tuesdays 9:00 – 11:30 am Wednesdays 9:00 – 10:30 am & 3:45 – 5:15 pm Thursdays 9:00 – 11:30 am Fridays 9:00 – 10:30 am & 1:15 – 2:30 pm <i>sanctuary and upstairs</i>				1 KINDERMUSIC  Circle 7:15 pm <i>upstairs classroom</i> RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	2 KINDERMUSIC	3
4 POTLUCK & Community Meeting 1:00 pm Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi - "Sanctuary" Music: Joyful Noise Choir 7:30 pm A Course In Miracles <i>upstairs classroom</i>	5 RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	6 KINDERMUSIC Mark's Last Dance Class 7-8:30 pm <i>Sanctuary</i>	7 KINDERMUSIC 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i> 24hr. Peace Vigil begins 9:00 pm	8 KINDERMUSIC  & Interfaith Worship 7:00-9:00pm, <i>Sanctuary</i> RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	9 KINDERMUSIC	10 IFC Kitchen call Simon Kaplan 932-8858 to register
11 Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi - "The Power of the Spoken Word" Music: Jewelsong Spirit Express Retreat 1:00 – 4:00 pm <i>kitchen</i> Youth Ed Meeting 1:00-2:30 pm 7:30 pm A Course In Miracles <i>upstairs classroom</i>	12 KINDERMUSIC Social Action Committee first meeting 7:00 p.m. <i>upstairs</i> RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	13 KINDERMUSIC	14 KINDERMUSIC 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	15 KINDERMUSIC  Circle 7:15 pm <i>upstairs classroom</i> RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	16 KINDERMUSIC	17 Dances of Universal Peace 7:30-9:30 pm <i>Sanctuary & Kitchen</i>
18 Adult Forum: 9:45 am 11:00 Service Speaker: Mark Malachi - "Unity, Theology in 10 Words or Less" Music: Bob Grubel Board Meeting 1– 3:30 pm <i>Mark's Office</i> Full Moon Ceremony 7:00 pm <i>outside</i> 7:30 pm A Course In Miracles <i>upstairs</i>	19 KINDERMUSIC RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	20 KINDERMUSIC Lay Ministry Program 7:00-9:00pm <i>Sanctuary</i>	21 KINDERMUSIC 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i> Community Connections 7:00-9:00pm K&W Cafe	22 KINDERMUSIC RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i> CHOIR Rehearsal 7:30 pm	23 KINDERMUSIC	24
25 Adult Forum: 9:45 am 11:00 Service Speaker: Dr. Carl Ernst "Understanding Islam Today" Music: Mark Malachi 7:30 pm A Course In Miracles <i>upstairs classroom</i>	26 KINDERMUSIC RIF A'I MARUFI (SUFI) 8:00 – 11:00 pm <i>Sanctuary + Kitchen</i>	27 KINDERMUSIC Lay Ministry Program 7:00-9:00pm <i>Sanctuary</i>	28 KINDERMUSIC 12:00 Noon Prayer Wild Bunch AA 8:00 –9:30 pm <i>Sanctuary + Kitchen</i>	29 RUMI Festival 8 am – 6 pm <i>sanctuary, kitchen, deck</i> CHOIR Rehearsal 7:30 pm RIF A'I MARUFI (SUFI) 9:00 – 12:00 midnight <i>Sanctuary + Kitchen</i>	30 RUMI Festival 8 am – 6 pm <i>sanctuary, kitchen, deck</i> Mystical Jewish Worship Service 7:30 PM <i>Sanctuary</i>	31 Rumi Fest 8 am – 12 midnight <i>Sanctuary &, Kitchen, Deck</i>
September 29, 30, 31 & Oct 1. 8:00 am - 6:00 pm UCPC			 BIRTHDAY CORNER  Happy Birthday to this month's honorees: Janet Bratter, Suzanne Brown, Joanne Dahill, Katherine Kawa, Terry Krauss, Jill Rosenblum, Sara Smith, Elizabeth Thompson and Grant Underhill.			

UPCOMING EVENTS NOT TO MISS

Unity World Day of Prayer: September 8
Angel Light Ceremony: September 27
Rumi Festival: Sept 29, 30 & Oct 1

PLACES TO VISIT

Take a peek at: http://www.panhala.net/Archive/Waiting_in_Line.html
for an enchanting poem and quiet music.

Check up on Bouldercourse.com and click on "tell you more"
for updates on Amy Gillespie's escapades on the "dark
continent".

Participate in **Universal Chanting** -3rd Sunday of every month at
Meditation Gazebo, 536 Edwards Ridge Rd., Chapel Hill. 7:00
pm with John Seskevich, Larry Taylor & Marsha Eagle

UCPC PARTNERS

The Unity Holistic Healing Center

Open Monday-Saturday at the Unity Center of Peace Church. Treat
yourself and visit. *Call individual practitioners for appointment(s).*

Deborah Ackerman-Gross – 942-0052,

Susanne Kaiser – 403-9771, **Lorraine Lewis** – 967-2215,

Michael McCluskey – 929-7536, or **Grace Marshall** –
929-1355



Regular Office Hours: Main Office: 11:00 am-4:00 pm
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**
neverpryalone@cs.com

Prayer Box (Front Foyer)
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, Gaines Steer and Carol Wills invite you to
submit articles for this newsletter. You can e-mail them to Marilyn at:
mgrubbs@nc.rr.com, Gaines at: info@thelastunicorn.com or Carol at:
wills006@mc.duke.edu, by the 10th of each month. You may also drop
off submissions in the box provided in the church foyer.

UNITY CENTER OF PEACE CHURCH

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To remove your name from our mailing list, call 968-
1854 or e-mail us at unitychapelhill@mindspring.com

www.unitychapelhill.org
September 2005



Have a Great
Summer!



August Community Meeting Mentionables:

At the Community Meeting on August 7 we continued our discussion of the notion of “sanctuary.” The group unanimously wished to move forward with the concepts described in the “Statement of Being” (printed in last month’s edition of [Spirit Express](#)). We did not reach consensus, however, about how we will get the community as a whole to buy into the ideas of personal responsibility, spiritual safety and communal boundaries. It was suggested that Mark give a talk about it on a Sunday, which he is planning to do on September 4.

Machai St. Rain, Building and Grounds Co-Chair, and Pat Veenema discussed progress on the deck renovation project. They provided a rough estimate on how much it would cost to put a translucent UV-reflecting roof over part of the deck.



Coming soon The Rumi Festival began in 1998 in honor of the birthday of Mevlana Jelaluddin Rumi, world-famous thirteenth century mystic and poet whose great writing, the *Mathnawi* or *Mesnevi* is still being translated and loved all over the world. The Festival is a long weekend of *sohbet*, or spiritual discourse, with Rifa’i Marufi teacher Sherif Baba and guest teachers, *zikr*, the Ceremony of Divine Remembrance, including turning by “whirling dervishes” of the Mevlevi Order founded by Rumi, musical performances, workshops, and fellowship. It is an opportunity to bring together members of the Order from around and outside of the United States, and for local people to join us and share our joy.

This year’s festival will be held from September 29 through October 2. This year’s highlights include four mornings of discourse with our beloved Sherif Baba and guest teacher Asha Greer of the Ruhaniyyat, a traditional Rifa’i Marufi *zikr*, musical performances by the Turkish Osman Aksu Ensemble and the Persian Naghmeh Ensemble, a workshop on turning, and a Unity Zikr where the traditions of different Orders merge into one celebration of unity. This year’s festivities will also include a traditional Japanese Tea Ceremony, an auction to benefit the Rifa’i Marufi Building Fund, and a gathering on the site of our future Universal Center of Light in nearby Mebane. All events are open to the public; as Rumi said, “Come, come, whoever you are!” For more information, see our festival website at www.rumifest.com.

The Rifa’i Marufi Order of America (RMO) is a school of Sufi teaching. Sherif Catalkaya, or Sherif Baba as he is called, with a small group of students, established the RMO in Chapel Hill in 1992 and now ministers to groups across the United States, Canada, Turkey and Azerbaijan.

In an article for our newsletter, the *Flashlight*, Sherif Baba wrote about Sufism and the Rifa’i Marufi. He explained that Rifa’i Marufi is a branch of the Sufi path that works inside the existence and unity of Islam. Rifa’i is named for Ahmet er-Rifa’i, who founded the Order in the thirteenth century, and Fethel Marufi who, in the seventeenth century, expanded the teachings, knowledge and cultural scope. Universal Sufism began with the Prophet Elijah and Islamic Sufism began with the Prophet Muhammed, his family and companions. The Sufi way of understanding is to perform our duties and our service through love, respect and good conduct. The schools of Sufism, under many different names, are serving many peoples throughout the world. The purpose and goal is the peace and fellowship of humanity.

“Do not forget that our origin is one, our ancestry is one, our body is one, the breath that we take is one, our faces are one, and the creative power that we believe in—Allah—is one. And if we think in this way, then peace, love and friendship will come to light in this world. Allah is one and loves unity. Allah is beautiful and loves the beautiful.” (Sherif Baba, 1998).

Regardless of its origins or of the cloaks that it wears among its followers, Sufism is a path beyond the labels of religion. It is the central truth of all religions. It is a means of living a life of love and unity. It is a way to live, and to let be lived, the characteristics of compassion, justice, generosity, virtue and fellowship in the service of humanity.

Lamia Via’

Kindermusik begins August 29 at UCPC. Led by Kim Wright, classes will be held in the Sanctuary Monday through Friday at various times during the day. Kim says, "Come join the fun! Your child from birth to age seven will learn songs, dance, play instruments, and listen to stories. For more information about the program, visit the website: www.kindermusik.com or contact Kim Wright. Phone 260-7379 or email kimwright@nc.rr.com.

Special Guest Speaker **Dr. Carl Ernst**

will speak on "**Understanding Islam Today**" at Unity Center of Peace Church during Sunday morning services September 25. Carl W. Ernst is a specialist in Islamic studies, with a focus on West and South Asia. His published research based on the study of Arabic, Persian, and Urdu, has been mainly devoted to the study of Islam and Sufism. His most recent book, *Following Muhammad: Rethinking Islam in the Contemporary World* (UNC Press, 2003), has received several international awards, including the 2004 Bashrahil Prize for Outstanding Cultural Achievement. His current projects include Muslim interpretations of Hinduism and the literary translation of the Qur'an.

He studied comparative religion at Stanford University (A.B. 1973) and Harvard University (Ph.D 1981), and has done research tours in India, Pakistan, and Turkey, and has also visited Iran and Uzbekistan. He has taught at Pomona College (1981-1992) and has been appointed as visiting lecturer in Paris (1991, 2003), Seville (2001), and Kuala Lumpur (2005). On the faculty of the Department of Religious Studies at the University of North Carolina at Chapel Hill since 1992, he has been department chair (1995-2000) and Director of the Carolina Center for the Study of the Middle East and Muslim Civilizations.

Carl Ernst is regarded as one of the leading authorities on Islam and we are fortunate to have a scholar of his caliber to speak with us at UCPC.

Mark your Calendars!!!
Thursday Sept. 8, WORLD DAY OF PRAYER
- 24-Hour Prayer Vigil
- 7 PM Interfaith Program Service
- Peace Crane Launch

On Thursday, September 8th, we will join with Unity Village and its prayer ministry, Silent Unity, to celebrate Unity's 12th Annual World Day of Prayer. For 24 hours, the world will be recharged with spiritual energy as hundreds of thousands of people across the globe join in a sacred partnership of prayer. The purpose of World Day of Prayer is to unite as many people as possible in prayer for one another, for others in special **need, and for peace and love to prevail on earth**. Here at UCPC we will have a variety of opportunities for you to take part in on this special day:

1. A 24-HOUR PRAYER VIGIL (please sign up for a prayer "shift")
2. PRAYER LISTS
 - We invite you to write on your prayer lists all the people for whom you would like prayer.
3. INTERFAITH PRAYER SERVICE at 7 P.M. led by Mark Malachi.
 - A very special, sacred service that will include music, chanting, prayer, meditation, and a message by Mark on "The Interfaith Path of Peace" and PEACE CRANE LAUNCH!
4. PEACE CRANE LAUNCH
 - In this sacred, uplifted energy, you will have the opportunity all day (and the week prior) to designate, on a large world map, any places you wish to send peace cranes. We will have a special time during the 7 P.M. service to bless the peace cranes and write prayers.

This is a perfect day to send off and launch our 1st ANNUAL PEACE DAY CRANES to help make a real impact on world peace and spiritual consciousness!

The affirmation for this year's World Day of Prayer is: "**UNITED IN THE TRANSFORMING POWER OF GOD'S LOVE, WE ARE RENEWED IN MIND, BODY, AND SPIRIT AS WE PRAY FOR ONE ANOTHER AND THE WORLD.**" Thank you for joining with us as together we make a loving, healing difference in our lives and in the world through the power of united prayer. Remember to invite your friends and family to participate in any way that feels right to them!

UNITY CARES We pray with these people during the month of September:
Alex and Leslie Rinehart, Jean Parker, Emily Reece, Leslie Council, Cathy Teasley, Pat Lord, Dan and Rio Watson, Deloris Masto, Gabriella Tal and Sara Sally Smith.