

Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

VOL. XIII, NO. 07, July 2017





HEALING OURSELVES

By Joy Pendleton Hi everyone, I'm going through a life-changing experience right now and having good results, so I thought

I would share it with you. We've all read about healing ourselves but maybe thought we couldn't really take it on. It took desperate measures for me to even try it, but here's my story:

About two and a half years after having a complete knee replacement on my left knee, I started having pain in both knees. After getting x-rays and getting back with my knee surgeon, I learned I needed a revision (complete redo) on my left knee and possible knee replacement for my right knee. He said the revision would involve completely removing the replacement knee, more surgery, more time in the hospital, more money, more rehab.

I called the recommended "doc who does revisions". I knew he was very busy and it was very difficult to get an appointment with him. When I called in March, I was put on a wait list for October but no actual appointment.

Because I was having a lot of pain in my knees at the time, October seemed a long time away. First I thought "what am I going to do now?" Then I got busy. I thought, well, why would I want another knee replacement or revision when the first one didn't even make it to three years, when most should go to 20 years? What are my other options? I'd heard about healing ourselves most of my life but now I was actually going to do it! It came down to me!

Three or more years ago my boyfriend, Dick, was trying to recover from pancreatitis after a biking accident. His doc wasn't into any alternative or holistic remedies so Dick took some of the responsibility of healing. He bought books on how to heal yourself; found information online, became vegan, changed his thinking, limited foods that were hard for the pancreas to digest, exercised as much as possible. I requested prayers and got them for him, too and he even received reiki! For this, we are both still grateful! He signed up for hyperbaric oxygen therapy because it is known to heal organs. It was working. Dick couldn't finish all the recommended sessions but he healed a lot and still works on his healing and stays healthy.

Dave Bell often gave sermons on healing ourselves. I remember him telling us the true story of "Mr. Wright" who had lesions the sizes of oranges and believed himself to have cancer. When he was sure he found the "cure", the lesions disappeared. When he thought the "cure" had proved to be not a cure at all, the lesions came back. Sad story but true that he died when he felt the "cure" had failed him. There was only placebos There is no order of difficulty in mirainvolved all along, but it is all in what we choose to believe! He never had can-

I went online to the library, browsed, checked out, or put on hold about 10 books including my favorites below:

The Essential Louise Hay Collection - 3 books in one by Louise Hay You Are the Placebo - Dr. Joe Dispenza Mind Over Medicine - Lissa Rankin, M.D.

Heal Your Knees -How to prevent knee surgery and what to do if you need it -MDs Klapper and Huey

Two books on healing feelings by Karol K. Truman

Two Medical Medium books

The Essential Law of Attraction collection by Esther and Jerry Hicks- 3 books teachings of Abraham. in one on the

Some of the books included psychological information on what you might want to change in your life that have instigated your condition. For instance, ego is discussed as to why you have knee problems, so I need to do work there! This information is in the Louise Hay books and even more detailed in Messages from the Body by Michael Lincoln.

After reading parts or all of of them from the library, I bought the Louise Hay book and the Joe Dispenza book and they are my "go to" books" now, are very positive, and yes, they are helping me heal!

I started an art journal just to document my healing. I even had a whole page on inspirational thoughts and affirmations: Here are my favorites:

Every day, in every way, I am getting better and better! ~ Louise Hay cles. ~ A Course in Miracles My body knows how to heal itself and is doing so even now. ~ The Chopra Center

Biking and my physical therapy exercises are better for my knees than walking. I practice my stair-stepping by repeatedly going up and down my deck steps.

Gotta stay positive all the way, no more snarky statements or complaints about my knees or any other parts of my body. I send love, massage them often and thank them for the big job they have been doing for all these years!

Continued on page 3

Ministerial Miscellany

By Lauren Tatarsky

"Faith is taking the first step even when you don't see the whole staircase."

~ Martin Luther King Jr.

What a time it has been here at ICSG! The month of June was filled with meaningful gatherings that carried us through our big transition. Our commu-

nity came together to create a beautiful ordination and installation day for yours truly and a wonderful retirement party for Dave. Thank you so very much to everyone who was a part of all the details, large and small, that made these events possible and for giving us all the opportunity to celebrate, share, and grow. It sure was a love fest!

As most of you already know, Dave will continue to lead the Monday night Course in Miracles group and will attend events and services as he feels called. I feel blessed to have a growing relationship with Dave and I have been honored by his support all along the way. It seems we are both overjoyed with what has transpired to get us to this point.

As I take these first steps in my new role, I am so grateful for all the love this community has shown me. From daily words of encouragement and wisdom, to darn good dancing at Top of the Park, to the most wonderful hugs, I have felt so supported by all of you. Thank you so much, I have been deeply fed by your love.

So! Here we are. The journey has truly begun. There is a blessing I would like to share with you all. It is taken from my favorite book, Broken Open by Elizabeth Lesser. May it inspire all of us as we move onward and upward together.

"May you listen to the voice within the beat even when you are tired. When you feel yourself breaking down, may you break open instead. May every experience in life be a door that opens your heart, expands your understanding, and leads you to freedom. If you are weary, may you be aroused by passion and purpose. If you are blameful and bitter, may you be sweetened by hope and humor. If you are frightened, may you be emboldened by a big consciousness far wiser than your fear. If you are lonely, may you find love, may you find friendship. If you are lost, may you understand that we are all lost, and still we are guided—by Strange Angels and Sleeping Giants, by our better and kinder natures, by the vibrant voice within the beat. May you follow that voice, for This is the way—the hero's journey, the life worth living, the reason we are here."

Blessings and love to my dear Interfaith family, Lauren

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Community Member of the Month

Super Salv

By Jeanne Adwani

The Lovely and ever divine Sally Searl is our Community Member of the Month. There is so much to say about Sally that this very brief missive can not embrace even a percentage.

Sally has been a member of this Center since its inception with Dave nearly 20 vears ago. I think it is safe to say, what service has Sally Not given the Center. She has supported and enhanced our experience at the Center for nearly forever: Board Member, Chair Person, organizer of Events, coordinator, volunteering herself in service and taking action on behalf of the highest good for all of us. What she has given us, with the love and support of others, has allowed us to continue to have the experience of celebration and unity amongst ourselves. Even in her glorious retirement, galavanting all over the U.S., she has found her way to be with us, and support her Spiritual community.

Most recently, SalGal (my endearment for her) coordinating with others, made Dave's retirement party happen. It went smoothly and was nestled in love and laughter.

A deep bow to you Sally for all you have given us, for all the tender care and love you give unconditionally. Thank You, we love you and hold you forever to our hearts.

For those of you that have yet to meet Sally, don't be shy, go say Hi and get to know her. And if nothing else, give her a Big Hug of support. We are, after all, a Hugging community.



VIDEO PROJECT PLANNED

In honor of Dave Bell's retirement, the creation of a video by Patti Dallas, a new resident of Ann Arbor, is being planned which will include interviews with Dave and our new senior minister, Lauren Tatarsky. There will also be clips from past services, comments from community members, and music.

After seeing a presentation of her video work, Sue Booker asked Patti if she would consider producing a video about Dave and the center. After attending a couple of Sunday services, Patti became interested herself in the center, and liked the idea of creating the video. Patti and Delyth met to discuss what might be included in the project, and how to cover the cost of production. They decided the DVD's would be made available for sale, with part of the sales used to compensate Patti, and a portion going toward the ICSG Building Fund. This was approved by the Board of Trustees at the Board Meeting on May 21st, 2017.

After being the coordinator of the retirement party.*** public access station in Yellow Springs, Ohio for several years, Patti began producing videos on her

own. Her focus has been community and family historical portraits, a few samples of which can be viewed on her web-

site, www.pattidallas.com. Earlier in her career, she and another singer produced several audio recordings and a video for young children under their own label, Golden Glow

(goldenglowmusic.com). They are proud recipients of the Parents' Choice Award. Patti will be making her recordings available for sale to the ICSG community.

Note from Delyth: We are truly blessed to have Patti show up in our midst and offer her videography talent to us for this project. Patti is willing to accept whatever funds are collected through the sale of her music recordings and the sale of the DVD's as remuneration for her work. I thoroughly enjoyed viewing Patti's video creations and will be first in line for our Center's story on DVD.

***There will be a list to sign for pre-orders of the DVD's at Dave's

thing, consider some of these ideas. Please contact me if you have questions or want to talk about it. I am truly healing!

Happy Healing Everyone!



Continued from page 1

HEALING OURSELVES

By Joy Pendleton

According to almost all of the books I read, your thinking can make or break you. A positive attitude is your best remedy. Knowing you can make it usually means YOU WILL!

I have a lot of help along the way, too. After making my decision to heal myself, miracles happened. Good friends, new friends, great books, healers, others who could help and inspire seemed to come from everywhere! If you are in search of healing for any-



The Service begins at 10:45 a.m.	Mon	Tue	Wed	Thu	Fri	Sat
The speaker/ topic are in bold/italic R indicates the reader M indicates the	Board meeting this month is on	The newsletter submission deadline is	Birthdays are indicated in bold/italic Happy			1 8:30 a.m. AA 7:30 p.m. Drum and Dance Jam
meditator MU indicates the musician.	July16	July 23	Birthday!			
2	3	4	5	6	7	8
Rev. Delyth: Detachment R: TBA M: TBA MU: Marlena Studer	10-noon Dynamic Transformation6:45 p.m. ACIM7 p.m. Great Balanced	0:30 a.m. The Power f Now Discussion froup :30 p.m. Community fathering/Potluck	6:30-8:30 p.m. Creative Writing Workshop	Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of Mind	7-9 p.m. Healing Energy Session with Gregory Weathers	8:30 a.m. AA 8 p.m. Café 704
Potluck	View Video Meeting	and Reiki Share		7:15-8:30 p.m. Speaking Circle	Lauren Tatarsky	
9	10	11	12	13	14	15
Rev. Lauren: Earth Wisdom and the Five Elements R: Nancy B. M: Dawn S. MU: Curtis Glatter Diane McPharlin	10-noon Dynamic Transformation6:45 p.m. ACIM7 p.m. Great Balanced View Video Meeting	10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck and Reiki Share	6:30-8:30 p.m. Creative Writing Workshop	Noon—1:30 p.m. ACIM 7:15-8:30 p.m. Speaking Circle	7-9 p.m. Healing Energy Session with Gregory Weathers	8:30 a.m. AA 8 p.m. Spiritual Cinema
		Randall Counts				
16 Rev. Lauren: The Alchemy of Radical	17 10-noon Dynamic Transformation	18 10:30 a.m. The Power of Now Discussion	19 6:30-8:30 p.m. Creative Writing Work-	20 Noon—1:30 p.m. ACIM	21 7-9 p.m. Healing Energy Session with Gregory Weathers	22 8:30 a.m. AA
Self-Love R: Mary Alice T. M: Alice S. MU: TBA	6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	Group 5:30 p.m. Community Gathering/Potluck and Reiki Share	shop	6:30—8:30 p.m. Science of Mind 7:15-8:30 p.m. Speaking Circle	7-9 p.m. Peace Generator	Scott McWhinney
23	24	25	26	27	28	29
Rev. Lauren: The Adventure of Uncertainty R: TBA M: TBA MU: Katie Geddes CC meeting	10-noon Dynamic Transformation6:45 p.m. ACIM7 p.m. Great Balanced View Video Meeting	10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck and Reiki Share Maureen Farley	6:30-8:30 p.m. Creative Writing Workshop	Noon—1:30 p.m. ACIM 7:30 p.m. Urantia Book Study 7:15-8:30 p.m. Speaking Circle	7-9 p.m. Healing Energy Session with Gregory Weathers	8:30 a.m. AA
30 Ann-Patrice Foley: A living Discussion about Dying R: TBA M: TBA MU: Craig Brann and Alaura Massaro Laura Roberts	31 10-noon Dynamic Transformation 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting Margie Hugh					

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THE TWO CLEVER CROWS A Real-life Modern Fable June 25, 2017

By Peggy Lubahn

One day, two hungry young crows set off to find something good to eat. They found a crumb here, and a berry there, but not enough for a hearty meal; so they flew along and looked for opportunities.

Suddenly Brother Crow gave a little surprised squawk. "Look there!" he whispered in his raspy Crow voice as he pointed with his beak.

Sister Crow looked, and in a tree in the next yard over she saw a nest full of baby robins sound asleep, with their parent birds keeping watch over them. And then she spotted something that made her open her beak wide in a big crow grin!

"I know what to do!" she whispered. And she flapped awkwardly over to the other side of the nest tree, acting like she was a clueless fledgling who was too lazy to attend flying lessons. Meanwhile, Brother landed in a nearby flowerbed and casually pretended to look for bugs among the petunias until he was out of sight behind a garden gnome.

A small, hard, sour green apple was lying in the road. Sister strolled over and looked at it closely from every angle, as if it

XXXXXXXXX

was the most wonderful thing she had ever seen! She picked it up and gave it a little toss, then gleefully chased after it.

"What a delicious-looking apple!" she announced, as loudly as she possibly could. "But it's too heavy for me to carry all the way home, and too big for me to eat all by myself. I'll call my friends to come enjoy it with me! Caw caw caw CAAAW!" (This is crow talk for "Come and see what I've found!")

Sister danced around the apple while she waited, and tossed it now and then, laughing and cawing as if she had not a care in the world. Before long, all the other birds in the area had forgotten what they were supposed to be doing, and were gathered around watching her extraordinary performance.

"Perhaps," some of them thought privately, "she fell out of the nest and landed on her head! Why else would she be making such a fuss about an unripe, uneatable apple?"

Finally, with none of her friends in sight, Sister tried to take off with the apple in her beak, but it was indeed too heavy and she almost crashed to the pavement. So she heaved a long sigh and flew away while the other birds laughed and laughed.

She met up with her brother and they both enjoyed a very satisfying lunch. But the grief -stricken robin parents had to start all over again.

What do YOU think is the moral, or theme, of this story?

Remember, there are no wrong answers!

Editor's note: my interpretation is to never, ever leave your children unattended...

FROM THE BOARD REGARDING LAUREN Submitted by Pat Root

The ICSG Board would like to bring to the attention of our community that our new Senior Minister, Lauren Tatarsky, has her own spiritual counseling private practice. In order to avoid any confusion between her private practice and her work as our minister, the board included (in the Letter of Intent) a request for Lauren to prepare a "boundaries statement". That statement, prepared by Lauren and approved by the board, is a part of the Employment Agreement signed by Lauren and by Pat Root (board chair). Here is the text of the Boundaries Statement dated May 7, 2017:

"I offer spiritual counseling free of charge to members of the community. These sessions are offered during times of crisis or at a time of specific, heightened need. One to three sessions will be provided per member. Sessions may be held in the ICSG office or at an outside location, if preferred by the member.

If continued support is needed, members will be referred out to a list of other spiritual counselors and/or psychologists (based on issue/need). This referral list may include the option of Inspired Life Counseling (ILC). ILC is my privately owned LLC through which I offer one-on-one spiritual counseling, yoga and dance classes, workshops, and ceremonies and rituals. If the member chooses to pursue on-going spiritual counseling with ILC, these sessions will be held in the ILC office space and a fee will be charged based on a sliding scale.

Further clarifications

- ILC clients are welcome as members of ICSG.
- Officiating weddings and funerals require a separate fee, which will be applied to both ILC clients and ICSG members.
- Workshops and classes held at ICSG will be conducted with me in the role of Minister, compensation delivered according to ICSG policies.
- Workshops and retreats offered through ILC may be advertised to ICSG members at the discretion of

the board and ministerial team.

*Requested by the Board of Trustees"

June Board Meeting Highlights by Tony Nader

After the events of May/June, it feels as if we have begun a new era at the ICSG. Our founder has passed us a spiritual baton and we are determined to run a good race.

We gathered on Sunday June 11, 2017 at the Center after services. All board members attended along with Lauren, Delyth, Annie, Kevin Gilson and Nancy Ogilvie

There is a general feeling of optimism and of "big things" coming to pass. The time is right for our Interfaith community to generate a Growth Plan.

Nancy Ogilvie

In this spirit, Pat invited Nancy Ogilvie to speak with us. She is a professional consultant with many years of experience. Nancy presented Appreciative Inquiry, a non-traditional process that assists organizations in creating a vision for their future.

Among the key components in this process:

- Focusing on "what is right" vs. "what is wrong"
- Asking "What do we want to carry forward?"
- Visualizing "What are our hope and dreams for the future?"
- Realizing "We create our own reality with our thoughts."

A focus on using important, positive questions leads to positive change. Telling our story is important.

The process Nancy presented would define the organization's successes, strengths and periods of excellence. This ultimately could help us visualize what the ideal Interfaith Center would look like in a future time, say 2025/2030.

The board is considering this approach. There was much discussion as to how we best involve the general membership in developing our shared vision. The recent success with the Minister Search is considered a model for

how we move forward. We should make a decision in the next two meetings.

Laurer

She is experiencing a smooth transition and has a good, supportive relationship with Dave.

There was an extensive discussion on the boundaries statement she signed in her employment contract. This contract establishes a boundary between the services she provides as a minister for the Center and her private counseling practice.

The decision was made to include the boundaries statement in this newsletter and create a link to it on our website under Lauren's office hours on the "Our Ministers" page.

Delyth - Finances

She reported that the Center was in the black last month. Our trend over the last 12 months is showing improvement and is headed toward the positive.

Lindsay suggested using the website to list specific needs (like a new projector).

Membership growth is happening. A suggestion to host an evening event welcoming new members was made and that will happen in the future.

Delyth – Duties & Responsibilities

We looked at a spreadsheet of her extensive duties and responsibilities at the Center. She is paid a salary for 10 hours a week but often times works as many as twenty hours.

Tony made the suggestion that if the hours are worked by Delyth and they are budgeted for an assistant, she should be paid for it. This is under consideration by the board.

Future Considerations

Will we make use of the approach Nancy outlined for us? What other alternatives might there be? How might the board use the Google training provided by Kelli Love for future meetings?

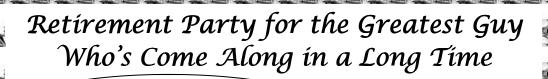
Garage Sale

The Garage sale will be held Thursday, July 27th through Saturday, July 29th at the Center. Items can be dropped off on Wednesday the 26th at the Center.

Next Meeting

Our next meeting is after services on Sunday, July 16, 2017. Everyone is welcome





Dave Bell











Photo credits: John Causland, Norah Reilly, Khristian Speelman



Seasons of Love at Café 704 Marlena's Jazz Quartet

Saturday, July 8 8:00 p.m. – 10:00 p.m. Doors open at 7:30 p.m. 704 Airport Blvd., Ann Arbor, MI 48108 Suggested donation: \$8/person or \$15 for two



Feel the exuberance of Summertime, the surrender of Fall, the solitude of Winter and the hopefulness of Spring as Marlena Studer's quartet stages a musical review of Jazz tunes that showcase changes in the Seasons of Love. Mohan Ritsema, a young prodigy at University of Michigan's Jazz Program, will be walking the line on Bass. Come see him now, because he'll be touring with great players in the future. On piano will be Erez Dessel, a supremely talented graduate of Community High School's jazz program. Keeping the beat will be local drummer, Mason Cox. Marlena will be joined by Rishane Oak for some Sinatra-style duets.

See www.marlenastuder.com for recent CD's

Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor 48108

Sweet treats, sodas, bottled water and hot beverages are available for donations. The Café is in a converted warehouse behind Motel 6.

http://interfaithspirit.org/cafe-704-coffeehouse/









Human Mandela: working together to create harmony.

How communities help each other!



This is what happens when a community prays together: BEAUTY

Don't forget to check out our list of items we would like to gather in order to fill 20 backpacks for our annual Back-to-School fundraiser for the AlphaHouse.

Love, Light, and Laughter Heide, Kellie, Tommy, Dawn, and the Youthful Spirits





Image from peaceseeds

Caring Committee Contact List

Marilyn Alf, Chair sd2aa@hotmail.com, 734-761-6698 Heide Kaminski, secretary and co-chair, mommyk@tc3net.com, 517-423-9001 Kellie Love, co-chair kellie.love@interfaithspirit.org, 248-343-8725

Tommy Kaminski, tally keeper, 517-423-9001

Judy Bell, dabellsj@comcast.net, 734-994-0018

Annie Kopko revanniekopko@gmail.com, 734-358-1328

Delyth Balmer, delyth.balmer@interfaithspirit.org, 734-657-5384

Jack Richards, handymanjack45@gmail.com, 734-489-5703

Beth Rockwell, rocksnotes@aol.com Idgie Patterson, bdgidg@gmail.com Jan Peacock, jpea80@comcast.net,

734-660-8411

Mike O'Shea, mwposhea@yahoo.com

586-770-2904

Khristian Speelman, ksmithspeelman@gmail.com Sue Booker

CONTRIBUTORS WANTED!

We would love to have your input in the newsletter: spiritual moments, movie/book reviews, exciting announcements, poems, etc.

We try to have the newsletter ready for final editing by the third Sunday of each month. Please send contributions to Heide at mommyk@tc3net.com with "Interfaith submission" in the subject line. If you do not mention Interfaith, your email might get kicked right into the recycle bin by my spam filter.

If you cannot email your contribution, you may give it to Heide on Sunday.

To receive the online newsletter, go to http://lists.interfaithspirit.org/listinfo.cgi/interfaithinspirerinterfaithinspirer.org to subscribe.

Want to hear from us throughout the week? Receive or send email through Interfaith Yahoo by going to

http://groups.yahoo.com/group/InterfaithSpirit/

Namaste from your newsletter team: Heide, Esther, and Lindsay.

■ BOARD OF TRUSTEES

- Pat Root, Chair
- Mary Alice Truitt, vice-chair
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- Marlena Studer, member
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- Steve Orlowski, member
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NEWSLETTER/WEBSTAFF

Heide Kaminski, Editor-in-Chief Lindsay Passmore, Steve Lyskawa, Webmasters

NEWSLETTER ADDRESS

Heide AW Kaminski

heide.kaminski@interfaithspirit.org





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Annie



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Jack

If you have a service to offer, please contact Marilyn



Interfaith Caring Committee Survey

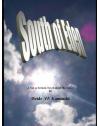
We are looking for your participation and support of fellow Interfaith members <u>in crisis</u> in any way that is appropriate for you. If you are called on by a caring committee member to support a particular need, you always have the opportunity to decline if it doesn't work for you at that time. Please fill out this survey as completely as you are able. All gifts, skills, and talents are appreciated. Thank you for taking the time!

City/Part of town you live or work in:					
mail:					
Best times to contact you:					
Check all areas that you are willing to participate in and specify any limitations					
Driver (Interfaith/appointments)Craft Teaching (type)Counseling (type)					
Medical Equipment loan (type)Meal PrepConsulting (type)					
eaningYardworkSnow Shoveling					
ousehold DonationsClothing Donations					
rdsComputer HelpHealing Music					
t CareMassageMoney Donation					
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on:					



I currently have need of (be specific):

Help Support Your Interfaith Family Brain



Now available on Amazon.com \$14.49 ISBN 1452061262 Paperback and \$9.99 ASIN: B0047DWAFO Kindle





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from *Nicholas*

Ann Arbor's Neighborhood **Mac** hanic

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JACK OF ALL TRADES

Your ad right here



Vital Spirit Enterprises Creating Very Special Environments for your peace of mind and easy living

"You name it, we'll organize it!"

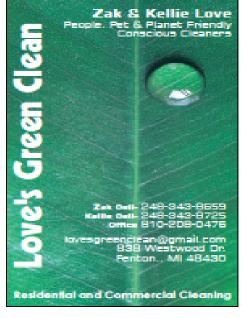
Valoree Sprentall

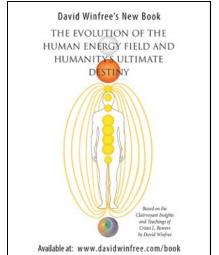
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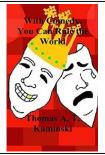


SHOP HERE FIRST! Flying Dragon Thrift Store Owners: Heide and Tommy Look us up on FaceBook, or call/text Heide at

517 673 1888 to find out if we have what you are looking for. We have clothes, furniture, gadgets, toys, books, cool crafts, and whatnots you can't resist. MUST SEE! Trip to Tecumseh is worth it!







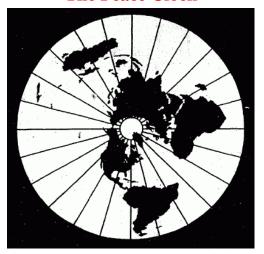
Written by our very own formerly Youthful Spirit, now adult member of the Center, as well as the nursery worker for two years, this book is a hoot to read!

Available on Amazon: amazon.com/Comedy-Rule-World-Fantasy Or you can get a signed copy at the Center!





Peace in Our Lifetime "The Peace Clock"



Swedish: FREDSKLOCKAN Starting Now:
Wherever you are, perform a silent meditation for world peace
EVERY DAY AT 12 NOON FOR ONE FULL MINUTE

THE GOAL: To have EVERY PERSON ON EARTH performing this event

Synchronized Intention is the Key

- With an alarm, a bell, a note or any other method that works for you remind yourself when it is noon in your time zone.
 - Acquire the active participation of your company, your school, community, city, state and nation.
- Involve radio and television have them broadcast the PEACE CLOCK name, slogan and logo accompanied by one minute of silence every day.
 - Above all approach all interactions with others in peaceful, constructive and creative ways.
 - Copy and share this information with as many people as you can.

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