



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. X, NO. 08 August 2014



More about Being Impeccable with your Word

By Rev. Annie Kopko

Don Miguel Ruiz is a Toltec Shaman who has written 8 books now, but his most famous and influential is his first: The Four Agreements, a practical guide to personal Freedom. "Be Impeccable with your word" is the first agreement. If

you check his website you will find things of great interest: migueldruiz.com.

But first a little about his background. Miguel was born as the last of 13 children in rural Mexico. His parents hoped he would carry on their Toltec traditions, but he became a doctor like his older brothers. He changed directions when he endured a near-fatal accident that allowed him to experience himself as "pure awareness" outside of the constraints of his human body.

After his recovery, he returned home to study his ancient Toltec traditions.

A Toltec Shaman guides an individual towards personal freedom. Don Miguel has brought a unique and modern perspective to his Toltec traditions.

His purpose in writing his books is to help us to heal ourselves and reclaim our connection to God and our innermost divine selves. Beginning early in our lives, we were fed beliefs that profoundly limited our creative abilities and heaped up fears, judgments, guilt and shame that we have every right to release. These teachings present guidelines, which, when followed, help us find the freedom we have longed for.

First I want to tell you each agreement, because they are all related.

Be impeccable with your word. Speak with integrity, say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't take anything personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't make assumptions. Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Always do your best. Your best is going to change from moment to moment; it will be different when you are healthy as

opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

BE IMPECCABLE WITH YOUR WORD

Don Miguel puts this very simply Speak only the truth - he urges us to communicate with others as clearly as possible to avoid misunderstandings, sadness, and drama. It is our natural intention to be kind to others, but we do not always achieve that. Let me give you some examples of where we may fall short: Frequently we speak with one another using generalizations and typical phrases.

How often do others say, "how are you?" and how often do you say, "Fine" It may not be the truth for us at any given time. For myself, I have amended this response to say something as close to the truth as possible: "I've been better, I've been worse, thanks for asking" or "Pretty good" If I feel fantastic, I say so. But, it may not be very often.

Say what you mean.

Your words convey power and energy. Think before you speak. Consider the negative power of the media and programs on radio and TV. We know what makes us feel bad and what makes us feel good.

Say what you want and what you do not want.

Your life organizes itself around you in a more positive way.

You notice things around you that you never noticed before.

Many things that you do will become easier, and less stressful.

Avoid speaking against yourself and gossiping about others.

My sense is that we frequently speak against ourselves.

Do you ever hear, "I can't do yoga." Well, almost none of us can, but we sure try.

I also interpret avoid speaking to mean, avoid thinking against yourself.

Once again, we are using mindless phrases which limit us. Do you ever say to yourself:

I'm too old for this..... I'm dying to One of my Mother's favorite sayings about us was, "I am sick and tired of you kids....doing something," whatever it was, she was sick and tired of it.

I am fond of saying "I have no self-discipline." Actually, I have lots of self-discipline, it's just rather irregular in nature. I frequently "should" on myself: I "should" have a regular yoga practice, I "should" have a regular meditation practice. None of this kind of self-talk is helpful.

As you contemplate the amazing power of your word, you automatically choose words more carefully. Changes will happen for the better. You will gradually become immune to the negative words of others. Just notice that things people say will not bother you as they used to.

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Ministerial Miscellany

By Dave Bell



Dear Friends,

Congratulations to us for really turning out for the yard sale. Huge kudos for all who labored tirelessly, especially Delyth who worked untold hours. Thanks to the 32 folks who showed up for set-up on Wednesday. We had oodles of donations and some really nice stuff. Bottom line, we made something over \$2700! That is more than twice as much as last year. Thanks again everyone! This really helps us get back on the road to financial health.

Speaking of financial health, several people have set up recurring contributions through either PayPal or ACH withdrawals from their checking accounts. This is really helpful. The more donations that come in automatically, the better off we are. If everyone would set up a regular contribution regardless of their attendance on Sunday, the amount per donor would lower significantly. If you haven't done this yet, I hope you will take this opportunity to do so. Many hands make light work. Many donors making smaller but regular donations, really carry us forward.

It is important for us to get back to financial health and to begin working on a building fund. We will certainly have to move somewhere, sometime in the not too distant future. Let us be as prepared as we can be to make this jump in our continued growth.

Be sure and attend the "Evening With the Monks", taking place on Saturday, August 16th from 7 to 9 p.m. This is a fundraiser for the Monks of Gaden Shartse Dokhang, who were forced to flee Tibet, leaving behind their possessions and buildings. These monks are closely allied with the Dalai Lama, who has blessed this extended world tour. Advance tickets are available on our website using PayPal, for \$20. Tickets at the door will be \$25. I hope you will be able to make this event.

Summer seems to have taken a little vacation, leaving us thinking that Fall has come early. In the moment, it is tempting to complain about less than ideal weather. Never hurts to remind ourselves that Divine Order prevails. I am planning to be gone on the 17th, taking a little railroad adventure. I hope your Summer is relaxing and pleasant.

Blessings,

David



*Community
Member
of the Month*

Positive Pat

By Jeannie Adwani

The lovely and highly creative Pat Spriggel is our CMM for this month. Gentle and soft-spoken, with optimism as one of her great gifts, Pat managed to use her skills as Volunteer Coordinator for the last 4 months to get us all more involved in some of what needs doing at the Center. It's clear, that making any job a little more fun makes to get the job done. And as you all know, we have lots of jobs to do to get this wondrous community moving and growing.

One of the things the VC does it to acknowledge and give appreciation to the volunteers and let them know of a job well done. Pat regularly wrote articles for the newsletter to bring attention to those that went the 'extra-mile' for our Center. There is a deep kindness in Pat that you will feel as soon as you take a moment to be in her presence.

Unfortunately, Pat had to resign for some upcoming surgery soon, and can no longer be our Volunteer Coordinator and a big part of the larger Leadership Committee. A BIG darn it on that one. Hopefully when she feels better she will again put her clever and joyful skills to work for us again. Of course, we all gather to give prayers to her for her surgery and for her Highest and Greatest Good.

One thing you might not know about Pat, is that she is an ordained UCC minister. Though she chooses to not use her gifts to minister in a church in what would be a tradition way, she clearly puts her 'ministering' skills to work in more subtle and clever ways.

Thanks Pat for all you've done and know that we love you and support you as you go through your surgery and recovery.

Namaste

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I do not think I know anyone who has managed to be free of negative thinking. The internal judge is alive and well and kicking up a storm within us all. Who in their right mind instructed us when we were young children in the art of perfection, but failed to let us know that nobody cares if you get there or not except you? We have been set up for failure and suffering. I should do this and that; well, I don't, and I am the only one who cares.

To begin to help ourselves get free of the situations that are difficult and produce suffering, the first step is to be aware of what we are thinking, what we are seeing, and what we are feeling. We can ask ourselves: is this working? am I happy?

When we are aware that we are thinking, creatively manifesting our own suffering, we can usually stop, almost automatically. Awareness begins to neutralize these beliefs that limit us.

When we can't stop our suffering through awareness, we can choose to breathe deeply. We can choose to repeat an affirmation, or listen to music, or get our physical body doing something we love. We need to do something to get us out of our minds.

It is good to recognize that our thoughts are not entirely our own. Our beliefs and our thoughts that come through those beliefs, were all taught to us by parents, by siblings, and by teachers and society.

We are at choice to create a world that reflects the love that we are or create a world that is our own hell. We do this with our own words, thoughts and feelings. What you perceive in your world is what you are pulling in to create your reality.

Part of creating a better world is noticing, recognizing, and bringing close in our thoughts exactly what we want. We can use our words to bring in what we want. we can begin to recognize others around us who are free from suffering. We want what they've got.

Acceptance is also a good practice. Part of acceptance is taking responsibility for our own attitudes, our own reactions to everything that happens. Everything is connected.

Acceptance brings peace. Take whatever you get and transform it, bring it to a higher place. Offer it to Spirit. Use the alchemy of your word.

You were born with the right to be happy, the right to love and to be loved. You are the living proof that God is alive and well. Be that divine nature. Do your best. You don't have to be perfect. You may not always be impeccable with your word, but do your best. Notice when you fall short. Forgive yourself. I absolutely love this quote from Rumi, "Silence is the language of God. All the rest is a poor translation."



Water Bowl Ceremony

Summertime sees us disperse to various places on vacation, whether its two weeks or an afternoon. It can be to another continent or it can be a "staycation," relaxing at home. Many of us find solace in nature, or we love to visit a city for its sights and sounds. Where ever you go for your summer rebirth or respite, remember your Interfaith family. Collect and save a sample of water from your summer break. It can be water from a lake, ocean, river or water fountain. Just gather it from a place that is important to you. On Sunday, September 7, we will have a "gathering of the waters" ceremony. We will invite you and everyone else to mix our waters in a large bowl to celebrate our rejuvenated return to Interfaith. As you add your water to our community, you will be invited to share where you got your water and what it signifies to you.

Namaste
Regan



Mark your calendars!

CAFE 704 CONCERT SERIES

Saturdays

8:00 p.m.—10:30 p.m.

August 9: Jim Cooney and Friends

September 13: Scott McWhinney

October *No Café in October*, see alternative below

November 8: Lisa Pappas & Michael Weiss

December 13: Bliss

January 10, 2015: Madcat Ruth

Feb. 14: Spirit Singing Band

March 14: Harmony Bones (Jeanne Mackey)

April 11: Lisa Pappas/ Michael Weiss

May 9: Shekinah & Friends
June 13: TBA

PEACE GENERATOR August 1

MISCELLANEOUS EVENTS:

**Every Tuesday
7:00 p.m.—8:30 p.m.
Reiki Share with
Malcolm Shaffner**

October 4 Special Musical Fundraiser for ICSG

Baby Shower!
For: Kallie Booker
When: September 13
Time: 10 a.m.—noon
Location: ICSG
Details: TBA
Contact Kellie or Heide if you have ideas and/or contributions :-)



Nature Notes

By Rob Fagerlund

I once saw a bumper sticker that read, "Worship the Creator, Not Creation." Well, maybe the driver of that car can separate the two. I cannot.

Every morning I have a Spiritual Ritual that never fails to leave me in reverence.

Every morning I look at the day.

I first look at the sky. It circles our planet and it goes on forever! Whatever the weather, it is

beautiful. Whatever type of clouds there, it is awesome beyond words.

Today there are no clouds. The shade of that blue is exquisite.

I see trees. A tree is an entire community! They provide beauty, food, shelter, shade and food for other plants, birds, squirrels, insects, spiders [spiders are not insects, they are arachnids], raccoons, skunks, opossums, people, kids, and probably a lot more. So when I look at a tree, I am again awe-struck at the sheer beauty of these botanical villages.

I see bushes, shrubs, flowers, grass, vines, moss, those flying wisps of plant material that we can make a wish on, and so much more.

This to me, like myself, is an expression, and a proof, of God. I

am daily overwhelmed with gratitude, wonder and awe. It takes my breath away.

A day is never still. (And, "I don't need a weatherman to know which way the wind blows." Thank-you, Mr. Dylan). I can see leaves moving both individually and in harmony. Sometimes entire branches move along with them.

I see birds flying. I have found that if I look at an individual bird long enough, I can see how it uses wind. Does he seem to be fighting a tide? Is it being blown more than flying? Or is it using the wind, soaring on currents? Or is it determinedly bolting ahead through the wind?

Bugs. Be they insects or spiders, flying or crawling, they are out there constantly busy. Are they even conscious of humans? Do they just see us as weird large objects that move around, or are they aware that we, too, are alive?

And everything is growing! All around me I am aware of growing things, everything moving, doing whatever it does with a commitment to its purpose. I am inspired.

I am running out of space. I remember to listen, to smell, and to touch something real - a leaf, maybe, or blades of grass, or tree bark. I never want to be fooled into thinking Nature is something over there in the park. It is everywhere. Always.

And I breathe deeply. This Blessing, this Oneness with Creation and this Oneness with the Creator is, itself, One.



Peggy's Profiles

PORTUNUS, Guardian of the Seas

Sunday, August 17 is Portunalia, a celebration in honor of Portunus, one of the oldest of the Roman gods. He seems to

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have started out as the guardian of the public grain warehouses. (To help you appreciate the importance of this role, remember that millions of ancient Romans depended on bread for much of their daily fare.) Over time, his duties grew to include responsibility for all kinds of doors and gates, and of course keys and locks. In fact, on his feast day it was traditional to throw keys into a special sacrificial fire for good luck.

Since his name reminded the Romans of "portus" (the word for harbor), Portunus also became the guardian of ports and harbors -

the "gateways" to the seas. More than that, he was the protector of all those who sail, fish and travel the seas. So, if you plan to take a cruise or go deep-sea fishing, you can call on him to help you get home safely.

These days, Portunus devotes much of his attention to protecting everyone who earns their living on the world's oceans; especially those who serve in the Navy, Coast Guard, Marines and other maritime services.

Though he's busier than ever, Portunus has not forgotten his ancient responsibilities! He'll help you with matters of safety and security at home or at your business. If you grow, process, or store grain, or if you are a baker, he's the guy you want to talk to, to keep your supplies safe.

If you ever visit Rome, you can stop by the original Temple of Portunus, which survives because it was converted to a Christian church centuries ago. But you don't need to go all the way to Rome --- all you really need to do is ask for his help, and he will listen.





Caring Committee Contact List

Image from [peaceseeds](#)

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June QCC Notes

The QCC (Quarterly Community Conversation) was held on Sunday, June 29. The reason we hold the QCC is because we deeply value input of stakeholders in this community.

The following items were discussed

Oct. 4 benefit concert at ICSG, Financial situation, Facilities/location, More energy early in the service, and Dave's eventual retirement. Summaries of the discussions are listed below.

October 4 Benefit for ICSG Plans

Alaura Massaro and Scott McWinney are planning a concert to benefit the ICSG. The concert is scheduled for October 4. An auction is planned. Anyone interested in helping with the concert, auction, set-up or providing food should contact Alaura Massaro.

ICSG Finances

The ICSG now has a budget for 2014. Delyth posts graphs of monthly income over drinking fountain in the Fellowship Hall. Everyone is encouraged to look at them each Sunday. We are almost \$5000 in red for annual budget. In Jan. and Feb. we had a significant drop in attendance and income. Delyth reminded us how grateful we are for this place, which is a combination of affordable and loving. Lindsay said that the board is discussing how to ask everyone to share the cost, but also for people not to have a feeling of obligation. Volunteers contribute time and talent and money to run the organization. Suggestions for increasing revenue included: a fundraising month; that every group using ICSG should pass a donation basket getting matching funds from employers or a local community foundation; increasing membership, better promotion of the ICSG; and merchandising.

Our (volunteer) consultant Kevin Gilson commented that we as a community hire the minister and get the space. It is about us supporting the community we have put together. Key to making this work is consistency of donations throughout the year to cover the constant expenses such as salaries, and utilities. It is our responsibility to give within our means to support that; it is a cultural change to remember that we are responsible

for covering our expenses. We own the community. It is not the obligation of others to fund us. Special events may help us advertise, and let us tithe to other groups, etc. But day-to-day expenses have to be covered by the congregation.

Public Relations Committee

Lindsay said that she is starting a public relations committee. Please contact her if you are interested in joining.

Facilities/Location (Dave)

With Costco's presence, down the road, we may lose our location here. Dave has located vacant land for sale: 8 acres, reasonably close to town. It is located at Pontiac Trail and Sutton Road, on NW corner, \$125,000 in Northfield township. Property fits visioning of past. Biggest problem we face is money. Dave talked to Saba Lahl, architect. He is interested in doing the site land and architect plans for free. Question for community – can we muster up enthusiasm that galvanizes community? Dave said that he considered rental market but found most locations to be too expensive. Current space is 4200 sq. ft. on main level plus upstairs. We pay \$3090 per month for this place. Other places would cost more. We could carry mortgage of half a million dollars with what we currently pay for rent.

Increasing energy early in the Service

The question was raised about why do people come in so late? Its it because we start with so much talking? How can we get the service underway? Suggestions were made for an early meditation service, varying the order of the services, just expecting everyone to come on time, and maybe everything is fine as it is.

Dave's eventual retirement

Dave was asked when he plans to retire; his response was that he likes doing what he does. He is 72 – has no particular drop-dead date (to retire). When he gets to the point that he is no longer having fun, he will tell us. Community members commented that they did not want to go through the ordeal that happened the last time Dave considered retiring.





Meet Rob Fagerlund

What do you do at Interfaith?

I am the librarian – well, I manage the library and the bulletin board, and I do whatever else I can get my mitts on. In any way I can, I try to give at least as much as I get.

What was your original spiritual path?

Guilt and conformity, via the Lutheran church my parents raised me in, and the innate spunky rebelliousness that I learned from Bugs Bunny and Groucho Marx.

What is your spiritual path now?

That's a difficult question to answer. Does that mean, "What is my favorite 'ism'?" I just try to be mindful, in constant harmony with God and Nature, and with the mystic aspects of all experience. My path is wherever that takes me. I am open to whatever new direction my path takes me in. I believe I have a responsibility to be a loving person to all, because the most difficult thing I have had to learn as the spoiled youngest of four, is that the world does not revolve around me (grumble, grumble, grumble...). Maybe it should revolve around me, but it's better for me and for all when I am a giving person.

Do you meditate?

Not as such. The other day I was in the garage and it was raining and I listened to the rain. After a couple minutes all that existed was the sound. Then I noticed that the color of the leaves was observable as a facet separate from the leaves themselves. I stood there for a while experiencing the sound of rain, green, and Rob, all melded into a peaceful oneness. I had never known anything like that before. So, do I meditate? Naw, I can't get into the lotus position.

Who are your heroes, masters, favorite authors, gurus and spiritual ideas?

In no particular order, Dad, Mom, Bon-

nie, Jesus, Crows, Groucho Marx, Bugs Bunny, and my cat Lemur. My favorite idea is the idea has something to with the fact that the quality of life is up to me, that I have a responsibility to others, that love is pretty cool, and that Mrs. Henderson, my kindergarten teacher, was right when she told us to share.

What brings you the most satisfaction spiritually?

Nature. Especially birds. What would it be like to be perched on a tree and lift your arms/wings and step off the tree limb into flight without fear? To pass over forests and rivers and pastures and see it so far below? To be able to sing tones that so beautifully pierce the clear morning air?

What gives you satisfaction at Interfaith?

It's kind of hard to put it into words. When I first came to the Center I was cynical and didn't believe it was real. I think I was afraid to trust the people there. But now I feel accepted, dare I say even loved, by everyone. It was so healing after a terrible medical crisis I had.

I now have a vision of the Divine nature of all of us, without exception, no matter how one lives his life. This brings me a peace that I haven't ever gotten used to, and I hope I never do. Therein lies my piety.

I also feel appreciated for the stuff I do for the Center, which is way cool.

The very goodness of the people at the Center, and the feeling that I am part of the whole, is something way beyond my skill with words. Whatever this thing is, it's spiritual, and it makes me want to be at one with it every day, and radiate it outward as much as I can.

I have this sureness, this conviction, that the Center is the place for me.

What are you celebrating right now?

The whole kit 'n' caboodle! Clouds, Nature, birds, critters, tree...the fact that every day is a beautiful miracle no matter the weather. The fact that every time I take a breath, I breathe in some of the day, and exhale so I can do it again!

Sunday Celebration Services
are held at 10:45 a.m. at
704 Airport Blvd.,
(off S. State Street) near I 94



MISSION STATEMENT

Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.

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 momnyk@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/interfaithinsp-irer-interfaithinsp-irer.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, Deane and Steve.

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"Jim Cooney & Friends"

Cafe 704

Saturday, August 9, 2014 8PM

Doors open at 7:30



Works from:
Debussy & Bach



Assisted by



Andrew Song



Laurel Emrys

Shekinah Errington

Charles Dayringer

Tim Berla

Kip Godwin

Musical Stylings & Original Songs
From
Isosceles & West Park Music Society



Location:

Interfaith Center For Spiritual Growth
704 Airport Blvd. Ann Arbor MI 48108
State St. south of I-94 (Exit 177)
to Airport Blvd. west to first driveway
on the right, behind Motel 6.

Suggested donation: \$8 or two for \$15.

Special thanks to Evola Music for the Kawai piano provided for this event.



Youthful Spirits



Hello all!

We hope everyone is having a great summer so far!

We plan to enjoy this last month of summer to the fullest. August will be awesome, we will be exploring the Hindu religion.

Starting off the month, we will make a recipe for potluck with inspiration from India (where a majority of the country is Hindu). From there we will discuss the history and beliefs of the religion. We are focusing on this spiritual path because there are three Hindu holidays in August that we plan to celebrate.

The first will be celebrated on 8/10, Raksha Bandhan, a festival honoring the loving ties between brothers and sister in a family. On 8/17, we will celebrate Krishna Janmashtami commemorating the birth of Krishna (the 8th incarnation of god Vishnu). On 8/24, we will learn about the god, Ganesha in honor of the festival, Ganesha Chaturthi honoring the god of prosperity and success.

We will also learn about many other Hindu gods and goddesses and compare the similarities Hinduism shares with

other world religions, such as a oneness with the divine.

We look forward to applying some of the concepts of the oldest, existing religion to our daily lives and sharing them with you.

*Love, Light, and Laughter
Kellie, Heide, and the "sweet,
little ones" volunteer Angels*

PS. We are still looking for once a month volunteers to play with the "sweet, little ones". It is a fun and easy opportunity! Please see Pat Root Heide ,or Kellie if you would like to play with us.

Now collecting:

- Backpacks
- Pencils, erasers
- Markers, crayons
- Book covers
- Scissors, glue sticks
- Notebooks
- Notebook refill paper
- Anything else you can think of for school



****For the First Time in Ann Arbor!**
**Village Harmony World Music Concert and
Workshop****

*****Tuesday August 12th*****

**Concert at 7:30 pm. Singing Workshop 4:00-5:30
Interfaith Center for Spiritual Growth
704 Airport Blvd, Ann Arbor**

Village Harmony teaches and performs, in the U.S. and abroad, the distinctive sounds of world music traditions ranging from Appalachian to American shape-note songs to music from Corsica, Sardinia and Caucasus Georgia, South African dance-songs and Renaissance music from Italy and France.

**On August 12, Village Harmony directors
Mollie Stone, Emily Miller and Gideon Crevoshay
will:**

1) Offer a hands-on singing workshop teaching wonderful songs from these traditions (all are welcome!) \$10

Please contact cbardens@umich.edu to pre-register for the singing workshop

2) Direct an energetic performance by a touring ensemble of talented teen singers from the Midwest and New England (workshop participants can join the ensemble for a couple of songs!) \$8

Read more about Village Harmony at

Dear All,

A huge thank you to all who helped with the yard sale this year. We had abundant donations and a great response to help needed with set up and working during the sale. Thank you, Connie, for the use of your yard. We turned your lovely corner lot into chaos for four days. Thanks to the clean-up crew for their amazing job of clearing everything from the yard.

Usually, I list everyone's name- but this year, there were SO many people I simply lost track. For risk of omission of any of you dear angels who participated I will leave it as an anonymous thank you. Know that YOU are loved and appreciated.

All in all, it was a wonderful joining of and for our community. We had fun, worked hard and raised \$2700.00 + for the Center.

Love and blessings,

Delyth



Words of Wisdom

By Greg Weathers

One of last month's talks was about the obstacle of our fear.

Dave quoted Winston Churchill, "Never, never, never, never... give up."

I head a similar talk years ago by a minister from Unity of Port. He used the same quote.

I wrote a short poem in response:

Give up

Give all

And all will be forgiven

Namaste, Greg





*A brilliant touring ensemble of talented teen singers
gathered together from the Midwest & New England
perform thrilling music from South Africa,
Caucasus Georgia,
Corsica, the US
& more!*

Tuesday, August 12th

Concert at 7:30pm

Singing Workshop 4-5:30pm

Interfaith Center for Spiritual Growth

704 Airport Blvd, Ann Arbor

directed by Mollie Stone, Emily Miller, Gideon Crevoshay

Tickets by suggested donation, at the door:
\$8/\$5 children for concert & \$10 for workshop

INFORMATION: Phone 734-395-2140 / Email cbardens@umich.edu



The Caring Committee



*Marilyn
Chair*



*Heide
Secretary*



*Joyce
Treasurer*

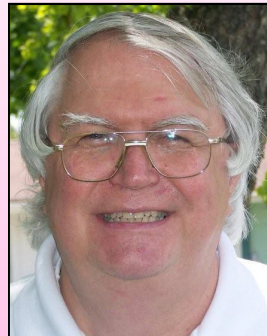


*Delyth
Liaison*



Judy

*If you
have a ser-
vice to of-
fer, please
contact
[Marilyn](#)*



Malcolm



Andy



Diane



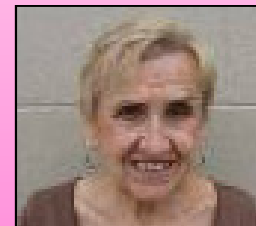
*Annie
Liaison*



*Tommy
Youth Ed rep*



Chuck



Dana



Connie

Tracy



Kellie



Interfaith Caring Committee Survey

We are looking for your participation and support of fellow Interfaith members in crisis 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!

Name: _____ City/Part of town you live or work in: _____

Phone: _____ e-mail: _____

Best way to contact you: _____ 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 Prep ___ Consulting (type)

___ Child Care ___ Errands ___ Cleaning ___ Yardwork ___ Snow Shoveling

___ Healing/energy work ___ Household Donations ___ Clothing Donations

___ Caregiver Break ___ Send Cards ___ Computer Help ___ Healing Music

___ Fun Companionship ___ Pet Care ___ Massage ___ Money Donation

___ Listening ___ Prayers ___ Respite Care ___ Join Caring Committee

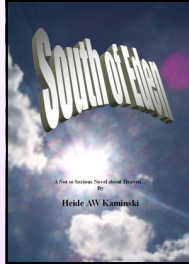
Other _____

Limitations and additional information:

I currently have need of (be specific):



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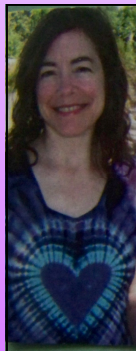
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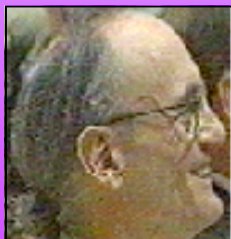
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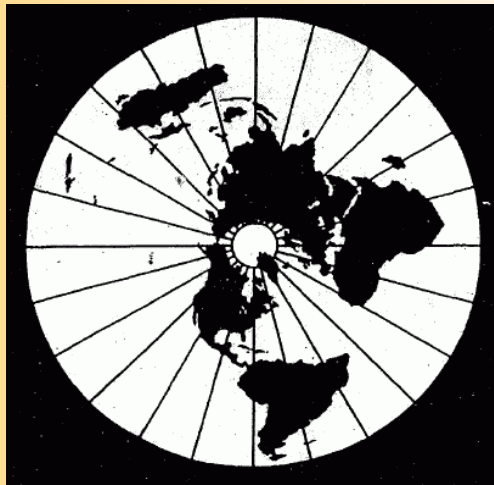
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- With an alarm, a bell, a note or any other method that works for you - remind yourself when it is noon in your time zone.
 - Acquire the active participation of your company, your school, community, city, state and nation.
- Involve radio and television - 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.

PDF Fliers:

- Arabic: ساعة السلام Chinese: 和平默禱 Dutch: VREDESKLOK
- English: PEACE CLOCK French: UNE HORLOGE POUR LA PAIX
- German: FRIEDENS UHR Hebrew: שעון השלום
- Hungarian: BÉKEÓRA Italian: OROLOGIO DI PACE
- Japanese: ピース クロック Korean: 우리의 삶에 평화가 깃들길
- Pharsee: زمان نماي صلح Polish: ZEGAR POKOJU
- Portuguese: Hora da Paz Romanian: CEASUL PĂCII
- Russian: ЧАСЫ МИРА Spanish: UN RELOJ POR LA PAZ
- Swahili: SAA YA AMANI <http://peaceclock.org/>



Village Harmony Camp: A Snapshot

The concert is about to end.



Twenty-three ecstatic teenagers grab at each others' hands and bow, sweaty and tired, intensely pleased with themselves. They grin broadly as New Englanders of every age rise to their feet in the old wooden church building, applauding, whistling, ululating. A note is sounded above the din and the young singers launch into a South African dance song, stilling the crowd long enough to allow them to make their way down the aisles to take a final ovation from the back of the building.

As the young people, unleashed, dive into the crowd or escape outside, you remain rooted in your pew a bit longer, shaken to the core by what you've just witnessed. Where did that conviction come from, that powerful centered sound you never expected to hear from an amateur—let alone a teenage—choir. Look around; other moist eyes and stunned expressions tell you that you aren't the the only one who sensed that something life-changing has just happened among the singers—and has been shared with the audience.

This scenario is played out with up to a dozen groups—teens, adults, mixed ages—each summer. Since 1989 the singers and instrumentalists of Village Harmony summer camps have been traveling and performing throughout an ever-widening swath of the globe, participating in cultural exchanges and delighting audiences with their heart-felt renditions of world folk music. Twenty-five years on, Village Harmony's recipe has withstood the test of time.

Start out with almost 300 self-selected amateur singers between the ages of 11 and 80, and divide into groups of 25-50 each. Sift in some two dozen well-seasoned music leaders gathered from around the world. Sprinkle in a variety of languages and exotic cultures, and then saturate with vital and honest music chosen from among the world's most powerful harmony singing traditions. Blend well during a week of intense singing, in a retreat center in some unique location. Treat the music with respect, and the participants with high expectations. To finish off, subject the entire mixture to the myriad challenges of a concert tour, ensuring that performances are polished to the highest sheen. The result? Harmony in infinite shades of the meaning of the word. Comradeship, exhilaration, and heartfelt art of an extraordinarily high order.

Village Harmony runs camps just for teenagers, camps just for college-aged students, camps for adults, and camps for mixed age groups. Each camp session is headed by a trio of music leaders, fluent in a wide range of traditions and highly experienced as teachers. Our no-holds-barred attitude toward what is possible has resulted in ensembles whose sound remains dynamic, unpredictable, and absolutely exciting year after year. With clear command of radically-varied singing styles and infectiously joyous stage presence, Village Harmony performances always knock people's socks off.

Locations vary each year. In 2014 we will be in New England, Oregon and the Midwest, as well as South Africa (in January), Corsica, the Republic of Georgia, & Italy. In other years we've based



our camps in Bulgaria, Bosnia, Macedonia, Ukraine, Russia, Ghana, the UK, Denmark, Sweden & Germany.

During the rehearsal week, singers get to know one another, absorb the basics of new vocal styles and prepare a concert program. Rehearsals are focused and intense, usually six or more hours each day, with voice coaching and instrumental work between the group sessions. Written music is distributed for a lot of the repertoire, but many songs are taught solely by ear, and virtually everything is taught by example.

Emphasis is placed on authenticity in the spirit of each musical genre, not just on its replication. Above all we strive for total conviction, and singing with joy.

Intense as this description may seem, Village Harmony groups tend to be extremely relaxed, non-competitive and democratic in nature. The supportive and inclusive community at our camps is such that no one is afraid to give their all in performance and sing from the deepest place in their hearts.

The framework of each residency is communal, with everyone pitching in to help cook and clean. The menu is primarily vegetarian, responsive to the tastes, needs and culinary talents of camp participants. We make time for playing soccer or frisbee, dancing, and searching out swimming holes. During the rehearsal week we often find time for an evening cabaret, when stand-up comics and little-imagined talents come to the fore.

The shorter adult and teen residential workshops wrap up with one or two concerts to finish their sessions. For singers in the teen and international traveling camps, however, a different kind of adventure begins as they launch into concert tours. The groups change location nearly every day while on tour, performing in a different venue each night; and the communities that sponsor our concerts and make up our audiences provide us with meals and overnight housing.

Concerts are held in small-town community halls, in village churches, at folk festivals; we make a point of meeting and collaborating with local folk musicians, especially overseas. Foreign audiences in particular are thrilled and gratified to see foreigners learning and performing their traditional music with so much care, respect and enthusiasm.



Regardless of whether one attends a shorter residential camp or one of the traveling ones, the intense immersion in new repertoires and the many challenges of preparing for the concert performances is exhilarating for all involved.

Unlike choirs whose aim is to have a membership whose voices blend seamlessly, Village Harmony is composed of ad-hoc, non-auditioned, inclusive groups whose basic demand of would-be members is that they be committed to making good music and not hold back. Our teen camps are open to ages 12-18. The alumni camp is primarily for college-age and young adult alumni of Village Harmony teen camps, ages 19-26. Teenagers are welcome to join in any of our adult camps or workshops. All of the non-US camps are for mixed age (teen and adult) groups. Tuition covers basic camp expenses, including housing, ground transportation during camp, music and most meals. Airfare or other transportation to and from camp is not included in the tuition.

Village Harmony is a not-for-profit 501(c)(3) organization based in central Vermont with activities around the world welcoming singers of all colors, creeds, ethnicities, nationalities, orientations & socio-economic backgrounds.

2014 Village Harmony US & Overseas Summer Camp Listings (with hyperlinks)

[New England Alumni Traveling Camp](#): May 30-June 19, 2014 (20 days)

Led by Larry Gordon, Tufiana Sarbiaska

Especially for low-income college student/young adult singers (ages 19-26). Rehearsal week in Marshfield, VT, followed by a 12-day performance tour in New England and Quebec. \$900

[Corsica Camp for Teens & Adults](#): June 18-July 5, 2014 (18 days)

Led by Patty Cayler, Jacky Micuselli, Jean-Etienne Langianni, Ketevan Mindorashvili

In residence at *I Fioretti*, an 18th-century monastery in Canari, Cap Corse, Corsica, with subsequent concerts around the island. \$1800

[New England Teen Traveling Camp I](#): June 23-July 12, 2014 (20 days)

Led by Larry Gordon, Suzannah Park, Carlos Javier Jurado

Rehearsal week at Stump Sprouts Center, Hawley, MA, followed by a 12-day performance tour around New England. \$1350

[Caucasus Georgia Camp for Teens & Adults](#): July 6-23, 2014 (18 days)

Led by Patty Cayler, Malkhaz Erkvanidze, Aurelia Shesker

Rehearsal period in Guria, Republic of Georgia. \$1800

[New England Teen Traveling Camp II](#): July 10-29, 2014 (20 days)

Led by Will Thomas Rowan, Carl Linich, Natalie Nowytski

Rehearsal week at Stump Sprouts Center, Hawley, MA, followed by a 12-day performance tour around New England. \$1350

[Italy Camp for Teens & Adults](#): July 16-Aug. 1, 2014

Led by Carlo Pozzoli, Matlakala Bopape, John Harrison

Rehearsal period in Belisio Sofare, Marche Province, Italy. \$1600

[Oregon Cascades Adult Camp](#): July 27-Aug. 3, 2014 (7 days)

Led by Larry Gordon, Mary Cay Brass, Suzannah Park

In residence at St. Benedict's Lodge, McKenzie, Oregon. \$700

[Midwest Teen Traveling Camp](#): July 31-Aug. 17, 2014 (18 days)

Led by Mollie Stone, Emily Miller, Gideon Creveshoy

Rehearsal week at Ronora Lodge, MI, followed by a 10-day performance tour from Michigan through northern Illinois, rural Iowa and Minnesota. \$1150

[New England Teen Traveling Camp III](#): July 1-Aug. 19, 2014 (20 days)

Led by Patty Cayler, Bongani Magatyana, David Oliver

Rehearsal week at Stump Sprouts Center, Hawley, MA, followed by a 12-day performance tour around New England. \$1350

[New England Teen Residential Camp](#): Aug. 8-17, 2014 (9 days)

Led by Larry Gordon, Mary Cay Brass, Heidi Wilson

In residence in Ashfield, MA. Rehearsal week followed by two concerts. \$775

[25th Anniversary Celebration](#): Friday Aug-29-Monday Sept. 1, 2014

A gala 3-day reunion for VH alumni of all ages to come together from around the world to our Labor Day Weekend celebration at the Windridge Camp in Roxbury, VT. The 3-day event will be jam-packed with singing & dance workshops, big-group sings, dances & concert performances.

