



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. X, NO. 09 September 2014



Freedom to Choose Dave Bell

It is often said that "God has granted us free will." How can this possibly work? In order to discuss

free will, it is necessary to talk about who or what is choosing, or deciding. The human mind is a part of the Mind of God, but certainly not all of it. The conscious human mind is capable of self-knowledge, self-assertion; it has volition, will and may accept or reject. The human sub-conscious mind is the field of all thought action, rather than a thing itself.

The relationship between the human conscious mind and the sub-conscious mind may be thought of as similar to a computer-based analogy. Think of your sub-conscious mind as connected to the World Wide Web, and your conscious mind as the specific browser window that is open on your screen. The browser window can only reveal that which it is dialed into and can only go where it is directed to go. The Web is the repository of infinite possibilities. What this means is that humans can direct their sub-conscious mind to connect to the realm of infinite possibilities. What limits this access is the sense of limitation imposed by the conscious mind. In fact, there are no such limitations. All things are possible.

The Mind of God is infinite. The human mind is some part of this Infinite, Creative Mind. Therefore the human mind is just as infinite as its capacity to understand its true relationship to God or Spirit. The human mind is constantly unfolding, ever expanding its awareness of its connection to the Mind of God. The human conscious mind can only know what it has experienced, explored, or been taught. In other words, we don't know what we don't know. However, the sub-conscious mind has no such limitation. It is directly

linked with the collective sub-conscious mind. It is this connection with the infinite sub-conscious which opens up all possibilities. The sub-conscious mind does not have any filters nor does it have any limits imposed from outside. It is thus able to tap directly into the field of all possibility. Freedom then, requires us to ignore outside limits, to not recognize 'impossible' as truth, and to be willing to be totally open to infinite possibility.

The only limits that exist are the ones that we create through our belief in limitation, littleness, and lack. In order to actually exercise the freedom to choose, we must first be willing to give up what we thought was completely settled. In the realm of quantum possibility, there are an infinite number of possibilities. Until we let go of our self imposed limits, we will be bound by them. If the conscious mind does not believe it is possible, then the quantum field will affirm that belief by restricting the field of possibility. Quantum physics gives a whole new perspective to the phrase, "With God, all things are possible." Indeed, a field of infinite possibility must, therefore, contain all things!



Ministerial Miscellany

By Dave Bell



Friends,

Where has Summer gone? Seems like it was only a few weeks ago that we were bemoaning the brutal winter just passed. Now football is here and it's time to think about another year. I guess it really is true that time flies when you are having fun. It sure is fun to see all of the growth in awareness that is taking place. We are becoming what was dreamed about for years.

The Evening With the Monks was very successful. Between eighty and ninety people showed up. The monks were most gracious and very skillful in sharing their traditions. Their garb was elegant and the chanting mysterious. They left with a check for \$1200 for their building fund, plus the proceeds of merchandise sales.

The next offering of the Interspiritual Meditation class will begin on Tuesday, September 16th and run for six weeks through October 21st. The class is based on the work of Ed Bastian, a long time student of Buddhism and meditation. It is a seven-step process that draws from many of the world's spiritual traditions. It is expressly suited for groups from diverse backgrounds, as it is neither sectarian nor primarily drawn from any one tradition. Tuition is \$50 for the six week class. There is a course pack included in the cost. A sign up sheet is on the greeting table.

As Summer draws to a close, be sure to bring the water that you have accumulated on your adventures for the "Water Service" on September 14th. We will be blessing and mixing the water to commemorate our travels and to serve as blessing for your garden. You will be able to take a sample of the mixed and blessed water with you.

The next QCC is to beheld on potluck Sunday, the 7th, right after service. See you there!

Blessings,

David

Community
Member
of the Month



Nurturing Norah

For this month of autumn's arrival, with all the coming of color and spice, we have for our Community Member of the Month the lovely Norah Reilly who can certainly spice up any conversation.

Norah is generous in her giving to the Center, having been a Volunteer Coordinator, keeping us on track for all the many jobs that are needed to keep us a vital and viable Center. She still volunteers for various jobs that need doing even though her job at Costco keeps her busy. Having been a member of our community for a long time, she is a wealth of information on how things roll and flow. If you have yet to get to know her, take a few minutes to sit and chat with her. She's got that quirky sense of 'smart' humor that always tickles me, and she will give her honest opinion about just about anything you chat about. She gets to the point of the matter. I love that about her.

Norah is a gifted and talented artist who brings beauty and interest to her photography. If you have a chance to come to one of the Cafe 704 events, which I highly recommend you do, you will likely find Norah as one of the artists who shares and sells her work during the festivities of the evening.

We love our Norah and cherish her. Thanks, Norah, for being our CMM of the month.

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Nature Notes

By Rob Fagerlund

HOW A CROW CHANGED MY LIFE

I have always been fond of Crows. I appreciate their attitude. They seem to really enjoy being Crows. (And why wouldn't they? I would!)

Crows are members of the Corvid family, along with Ravens, Jays and Magpies. A couple of years ago I started studying Crows in depth and was amazed at what I discovered. Did you know that Crows...

- Not only caw, but also coo, rattle and click.
- Are not always solid black – the African Crow is black and appears to be wearing a white, sleeveless vest.
- Are the most intelligent bird there is.
- Have baffled animal intelligence researchers by demonstrating reasoned decision-making, rather than just following the predictable behavior of genetic coding.
- Have, on some specific intelligence tests, beaten chimpanzees.
- Mate for life.
- Go through courtship every year, to sort of "renew their vows."
- Not only use tools, but also make them, and store them for later use.
- Have been observed solving seven-step problems to achieve a goal, such as acquiring food.
- Are perhaps the most observant of all birds – when you see one sitting atop a tree, you are being watched and studied.
- Have a memory of at least two years.
- Recognize and remember individual human faces.
- Teach their young and their Crow

neighbors which humans are "bad news," and these Crows in turn teach their children, even without having a personal experience of their own with the "bad news" humans.

- Have a complex language of their own.
- Have regional accents, just like southern and northern humans do. Gather in broods (large temporary gatherings) to exchange information about food and safety availability and to find mates.
- Share the raising of the young with the young of an earlier brood. Often stay with their parents for a few seasons, even after they have acquired the skill of flying.
- Maintain extended family relationships.
- Think scarecrows are silly.
- Actually do farmers a service by eating insects – preferable to plants and seeds – that do the real damage.
- And reportedly taste completely unpalatable, so there is really no reason whatsoever to shoot them!

Now, what does all this mean to me personally? When I began thinking about the ideas I'd heard at the Interfaith Center, and began considering mindfulness, I realized that this Crow consciousness exists in the same plane of reality as I do. And if there are more consciousnesses than just mine, there are probably innumerable consciousnesses (including yours, dear reader). Our consciousness includes how we construct our view of this reality. The opportunities before us, then, are far more than can be contained in religious dogma or socially accepted folkways.

And that, my dear friends, is what the Crow taught me.

Call it an example of...caws and effect.

Mark your calendars!

CAFE 704 CONCERT SERIES

Saturdays

8:00 p.m.—10:30 p.m.

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

24-Hour PEACE GENERATOR September 19

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 21
 Time: 1-3 p.m.
 Location: ICSG

| The Service begins at 10:45 a.m. | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|-------------------------|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| <i>The topic of the service is in bold/italic</i> R indicates the reader M indicates the meditator MU indicates the musician. | 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting | 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering 7—8:30 p.m. Reiki 7-8:30 p.m. Open Mic with Dave Bell | 7:15 p.m. Speaking Circle | Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of mind | | 8:30 a.m. AA 7:30 p.m. Drum for Wellness |
| | | | | | Connie Snow | Amy Advey |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| <i>Building Character</i> R: Jan P. M: Laurel E. MU: Chris Hadly, Jose Diaz, Scott McWhinney (DSM) | 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting | 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering 7—8:30 p.m. Reiki 7-8:30 p.m. Open Mic with Dave Bell | 7:15 p.m. Speaking Circle | Noon—1:30 p.m. ACIM | | 8:30 a.m. AA 8 p.m. Café 704 |
| Potluck | | Michael O'Shea Nicholas DePaul | | Laurel Beyer | | Debra Liberty |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| <i>Water Service</i> R: Jeanne A. M: Craig H. MU: Shekinah Errington, Griff Griffin, Gary Williamson (Old Friends) | 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting | 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering 7—8:30 p.m. Reiki 7-8:30 p.m. Open Mic with Dave Bell | 7-9 p.m. Shamanic Journey 7:15 p.m. Speaking Circle | Noon—1:30 p.m. ACIM 6 p.m. Leadership Team Meeting 6:30—8:30 p.m. Science of mind | 24 Hour Peace Generator | |
| Board meeting | | | | | | 8:30 a.m. AA 8 p.m. Spiritual Cinema |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| <i>Rev. Annie Kopko</i> R: TBA M: TBA MU: Bliss | 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting | 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering 7—8:30 p.m. Reiki 7-8:30 p.m. Open Mic with Dave Bell | 7:15 p.m. Speaking Circle 8:30-10 p.m. Urantia book study group | Noon—1:30 p.m. ACIM | | 8:30 a.m. AA |
| Sue Booker | | Mary Seibert | | | | |
| 28 | 29 | 30 | | | | |
| <i>The Infinite Mind</i> R: TBA M: TBA MU: Algorithm | 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting | | | | | |
| CC meeting | | | | | | |
| Harold Boog | | | | | | |

Board meeting this month is on September 14

The newsletter submission deadline is September 21

Birthdays are indicated in *bold/italic*
Happy Birthday!





Water Bowl Ceremony

Summertime sees us disperse to various places on vacation, whether it's 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. Wherever 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

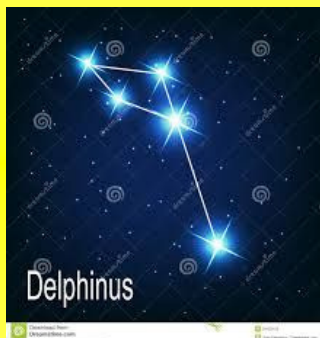
Regan



Family and Friends
are invited to
"Meet Our Baby"

Sunday, Sept. 21
1-3 p.m.
Interfaith Center
for Spiritual Growth
Cake and Punch

Photo: Avery Elizabeth with
Proud Grandmother Susan Dunkelberg-
Booker and Mother Kalli Booker



dreamstime.com

Peggy's Profiles

DELPHINUS THE DOLPHIN

About Delphinus

Delphinus may not be the brightest group of stars (it's kind of faint), or the largest (it's pretty small); and it can't boast of having any star clusters or other exotic features. Even so, for thousands of years it has been a favorite of countless stargazers of all ages, because it actually does look like a dolphin leaping out of the water.

Who is Delphinus?

This constellation reminds us that humans and dolphins have shared a long, long relationship. One of the best-known Greek versions of the story of this constellation is that it represents a dolphin who saved the life of Arion, the most famous singer/musician of his time.

Like today's music stars, Arion traveled to many lands to present concerts to his fans. While he was on his way to Greece after a successful tour of Sicily, his ship was captured by pirates. He begged to be allowed to sing one last song before they killed him, and he truly sang for his life; so sweetly that dolphins gathered around the boat and sang along with him.

Knowing that dolphins often help drowning humans, Arion realized that they were his only chance to survive, so he jumped overboard. Delphinus, the leader of the dolphin group, gave him a ride all the way back to Greece. The Greek gods honored Delphinus for his compassion by placing him in the night sky, where he still sings his beautiful silvery songs on clear summer evenings.

Finding Delphinus

(You may need to look at a star map, but it will be worth the trouble!) Face southeast and look for the Summer Triangle formed by the brightest stars of Cygnus, Lyra and Aquila. Then look to the lower left of Altair (in Aquila) for a diamond shape formed by four stars, with the fifth star forming the dolphin's tail.





Image from peaceseeds

Caring Committee Contact List

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Chuck, 734-788-1054
Connie

Peace Generator Drop-in World Healing Circle

*** 24-hrs, 6 p.m. Fri Sept 19 to
6 p.m. Sat Sept 20 ***

WITH Special Guest Music:
Meditative Sitar & Flute Music by
Tom Voiles, 8-9 p.m. Friday

- * Join this healing circle at any time in the silence of inner & outer harmony.
- * Stay for a few minutes or for the whole time.
- * At the beginning, we will introduce ourselves, and each person can say something about their intentions.
- * At closing time we'll join hands and you can share anything about your experience.
- * Allow yourself to be cradled in the light of peace for your own healing
- * Let your heart embrace the world
- * Be part of a worldwide conduit of healing love energy.

These are free, but any donations to the Center are gratefully accepted.
<http://peacegenerator.org>



Interfaith Pop

(as recommended by Rob Fagerlund)

Nothing More by the Alternate Routes Lyrics

To be humble, to be kind
It is a giving of the peace in your mind
To a stranger, to a friend
To give in such a way that has no end
We are love, we are one
We are how we treat each other when the day is done.

We are peace, we are war
We are how we treat each other and nothing more
And to be bold, to be brave
It is the thinking that the heart can still be saved
And the darkness can come quick
The danger's in the anger and in the hanging on to it.

We are love, we are one
We are how we treat each other when the day is done
We are peace, we are war
We are how we treat each other and nothing more
And tell me what it is that you see
A world that's full of endless possibilities
And heroes don't look like they used to
They look like you do.

We are love, we are one
We are how we treat each other when the day is done
We are peace, we are war
We are how we treat each other and nothing more
We are how we treat each other and nothing more
We are how we treat each other

Listen to the song at
<https://www.youtube.com/>



Unusual September Holidays

Upon request I occasionally publish weird and wacky holidays. Here is a shortened list for this month. I had to cut out a LOT in order to fit them into this space! Enjoy, the Editor.

Building and Code Staff Appreciation Day: 1
 Labor Day: 1
 National Wildlife Day: 4
 Newspaper Carrier Day: 4
 Bring Your Manners To Work Day: 5
 International Day of Charity: 5
 National Lazy Mom's Day: 5
 Google Commemoration (Founded) Day: 7
 Grandma Moses Day: 7
 Grandparent's Day: 7
 National Attention Deficit Disorder Awareness Day: 7
 International Literacy Day: 8
 Pardon Day: 8
 Fetal Alcohol Spectrum Disorders Day: 9
 (World) Suicide Prevention Day: 10
 National Day of Service and Remembrance: 11
 Patriot Day: 11
 Remember Freedom Day: 11
 International Day for South-South Cooperation: 12
 Stand Up To Cancer Day: 12
 National Celiac Awareness Day: 13
 National Day of Remembrance for Aborted Children: 13
 Roald Dahl Day: 13
 National Pet Memorial Day: 14
 Capitol Hill Day: 15
 Google.com Day: 15
 Greenpeace Day: 15
 International Day of Democracy: 15
 LGBT Center Awareness Day: 15
 International Day for the Preservation of the Ozone Layer: 16
 Mayflower Day: 16
 Stepfamily Day: 16
 Citizenship Day: 17
 Constitution Day: 17

National Rehabilitation Day: 17
 VFW Ladies Auxiliary Day: 17
 National HIV/AIDS and Aging Awareness Day: 18
 National Respect Day: 18
 World Water Monitoring Day: 18
 Clean Up The World Weekend: 19-21
 National POW/MIA Recognition Day: 19
 AKC Responsible Dog Ownership Day: 20
 International Eat An Apple Day: 20
 International Coastal Cleanup Day: 20
 Puppy Mill Awareness Day: 20
 International Day of Peace: 21
 Wife Appreciation Day: 21
 World's Alzheimer's Day: 21
 Autumnal Equinox (Autumn): 22 at 10:29 p.m. EDT
 Car Free Day: 22
 Family Day: 22
 Family Day - Be Involved. Stay Involved: 22
 International Day of Radiant Peace: 22
 Celebrate Bi-sexuality Day: 23
 National Voter Registration Day: 23
 National Women's Health & Fitness Day: 24
 Punctuation Day: 24
 Rosh Hashanah: 24
 Banned Websites Awareness Day: 24
 World Pharmacists Day: 25
 Hug A Vegetarian Day: 26
 Love Note Day: 26
 Ancestor Appreciation Day: 27
 Family Health and Fitness Day USA: 27
 Gay Men's HIV/AIDS Awareness Day: 27
 Google's Birthday: 27
 Kids Day (Kiwanis Clubs): 27
 R.E.A.D. in America Day: 27
 RAINN (Rape Abuse Incest National Network) Day: 27
 National Good Neighbor Day: 28
 International Right To Know Day: 28
 World Heart Day: 28
 Gold Star Mother's Day: 28

For links about these days, go to
brownielocks.com/september.html

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/interfaithinspinner-interfaithinspinner.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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Café 704

Café 704 with DSM

Saturday, September 13, 2014

8:00 pm – 10:00 pm Doors open at 7:30 pm

704 Airport Blvd, Ann Arbor, MI 48108

Suggested Donation \$8/person or \$15/two people

DSM plays flat-out fantastic music blending catchy, original melodies with witty lyrics to create a performance that has rhythm, style and humor. If you're partial to the sweet but rowdy fun of Bare Naked Ladies or Okay Go, consider yourselves in the high-risk group for having way too much fun with DSM. Check them out. You deserve no less!



Youthful Spirits



Hello all!

We are so excited that we compiled 12 filled backpacks (including water bottles, stuffed little animals, and a snack) for the Alpha House children! Thank you for all your donations!!! We delivered them on August 31 and they were very welcomed.

August was a month of learning a lot about the Hindu religion. September will be more of a mix of different spiritualities, as we will talk about the following important days: Labor Day, September 911 Remembrance Day, International Peace Day (UN), Autumnal Equinox, Rosh Hashanah, Native American Day, and Positive Thinking Day. The overall connection between these days will be peace.

We are still looking for one more nursery worker (a paying position) to share responsibilities with Pat and Tommy. Please contact Kellie, Heide, or Pat if you are interested!

Love, Light, and Laughter
Kellie, Heide, Tommy,
and Pat



Thanks to all of your wonderful donations we filled 12 backpacks for the children at the Alpha House!



A Night Of Music

Benefit Concert For Interfaith Center For Spiritual Growth



6:30 pm

Music, Raffle and Chocolate Extravaganza

Saturday, October 4

**Come enjoy music by Ann Arbor musicians plus a
chance to win raffle and silent auction items and
enjoy some great chocolate!**

Musicians include:

**Algorithm
Laurel Emrys
Old Friends**

**Jeanne Adwani
DSM-Trio**

**Bliss
Lisa Pappas
Michael Weiss**

Suggested donation: \$20.00

Tickets on sale at www.Interfaithspirit.org, Sunday Services and at the door.

**Benefit Location: Interfaith Center For Spiritual Growth,
704 Airport Blvd, Ann Arbor**



For information contact: fddlr2003@yahoo.com

To donate items for the raffle contact: jmfry785@gmail.com

www.interfaithspirit.org

734-327-0270

The Caring Committee



*Marilyn
Chair*



*Heide
Secretary*



*Joyce
Treasurer*

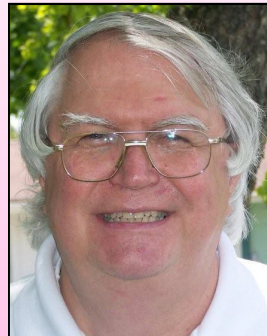


*Delyth
Liaison*



Judy

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



Malcolm



Andy



Diane



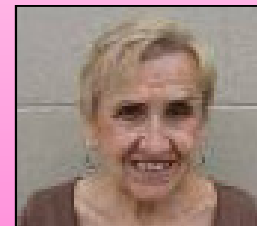
*Annie
Liaison*



*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

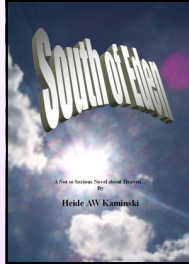
Other _____

Limitations and additional information:

I currently have need of (be specific):



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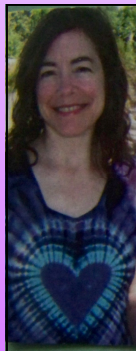
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(734) 531-0156 f
info@amyadvey.com

2030 Packard St., Suite B
Ann Arbor, MI 48104

Love's Green Clean
Zak & Kellie Love
People, Pet & Planet Friendly
Conscious Cleaners

Zak Cell: 248-843-8659
Kellie Cell: 248-843-8725
Office 810-208-0478
lovesgreenclean@gmail.com
838 Westwood Dr.
Fenton, MI 48430
Residential and Commercial Cleaning



Melanie Fuscaldo, LPC, NCC
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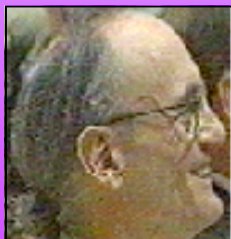
Craig Brann

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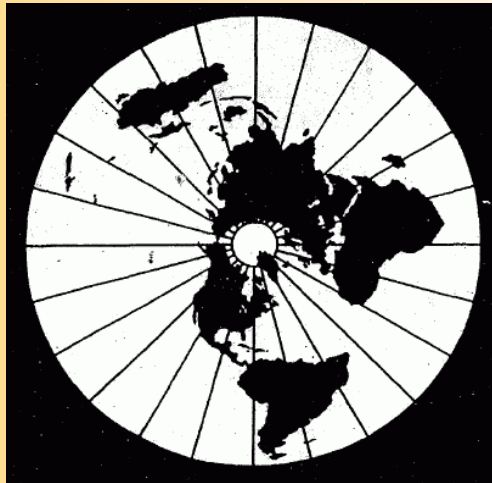
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VERSATILE SKILLS **JACK OF ALL TRADES**

**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.

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/>

