

# Interfaith Inspirer

#### **An Interfaith Center for Spiritual Growth News Publication**

VOL. X, NO. 10 October 2014





#### **Final Gifts**

by Nancy Ogilvie

Funny how one phone call can change your life dramatically in an instant.

On Thursday, May 30, 2013, a doctor at U-M hospital called to say my mother had been diagnosed with inoperable lung cancer. That was enough of a shock, and then he added the

prognosis – she likely wouldn't live through the summer. I was stunned; there had been no forewarning whatsoever, and she was never a smoker.

There's nothing quite like knowing you're about to lose someone you love to make life crystal clear. I had been in a time of questioning and doubt about my life, confused about what was next. I was immediately compelled to spend the rest of my mom's life with her and my dad. It took me a day to tie up the loose ends of my life in Santa Cruz, California, indefinitely, and I was on a plane to Ann Arbor on Friday, May 31.

That Saturday, my mom and I were sitting in her room in assisted living at Glacier Hills after dinner. At a lull in the conversation, she said to me: "I've been thinking about the adventure I have ahead of me and wondering what it'll be like."

Being slow to catch on for a moment, I suggested that we could start making a list of questions for the doctor. She smiled and with a twinkle in her eye replied, "Oh, so you think I should ask the doctor what heaven will be like. I don't think so."

So, two days after the shock of learning she had a terminal illness, two days after deciding not to seek treatment but to enter hospice care, she was thinking of herself as starting an adventure! And she sustained that attitude through the rest of her life, living to her fullest capacity, demonstrating extraordinary courage, curiosity, and faith, clearly at peace with her life and death. These are the final gifts she left me.

Witnessing her through that "adventure" was full of "final gifts" from her that I will treasure always. My aim in writing this essay is to highlight a few of those gifts, to pay tribute to this amazing woman who was (and in a different way, still is) my mother, and to share her story in hopes that it will be inspiring and perhaps comforting to others.

#### Final Gift #1: Living Life Fully

Even knowing she was dying, my mom found the courage to continue showing up fully for life. Our days were filled with the people and activities she loved: we celebrated my brother's birthday with take-out from the Gandy Dancer; good friends visited from Massachusetts and we had a picnic at Gallup Park; we read her favorite mystery writer, Ruth Rendell, and listened to choral music she had sung over her lifetime. Most evenings, I helped her get ready for bed, tucked her in, and prayed with her.

She continued the long-time ritual of cuddling on the sofa with my dad while they watched the evening PBS news. Wit-

nessing the deep love and affection between them after almost 63 years of marriage was intensely bittersweet.

As the disease progressed, she of course became weaker and increasingly dependent on help. She had more days when she just wasn't up to getting dressed – although very few when she stayed in bed. Even when she began to lose control of her "bodily functions," she kept her grace and dignity and continued to engage in life as fully as she was able.

#### Final Gift #2: Accepting the Truth

Rather than bemoan her fate or fight the inevitable, my mom chose to accept the truth of what was happening. She used her remaining time to deepen an already deep and abiding faith.

We had many conversations exploring her original curiosity about what heaven might be like. We read books about angels and the glimpses dying people give into what's after this life. She was certain she would be reunited with people who had gone before, and looked forward to seeing them again.

She had a long phone conversation with an Episcopal monk who had played a significant role in her spiritual life and development. She asked a dear friend who's a minister to help plan her memorial service. She told me more than once that she wasn't afraid to die, but that it was horrendous to contemplate leaving her family behind. Those were the only times I ever saw her sad or distressed.

At one point, she said to me, "I know I'm going on a long trip soon, and I feel like I should be packing, but I know I don't need to pack for this trip."

#### Final Gift #3: Simply Fearless Love

The end came abruptly, with no warning whatsoever. One week-end, Mom was going about living her life as fully as she could, accepting the truth of what is. She had been able to go to the dining room for dinner on Saturday, and my sister-in-law had taken her to Big Boy on Sunday for supper.

The following Tuesday, she had a dramatic downturn, and spent most of the day in bed. When the hospice nurse saw her around 5 p.m., she told me Mom had started her end-of-life phase, and that she likely wouldn't see the week-end.

My brother and sister and their partners assembled, and the five of us began sitting vigil around the clock at Mom's bedside, taking turns sleeping on the recliner or love seat or floor in her room. My dad joined us frequently.

Five very different adults sleeping in a single room together with their dying mother/mother-in-law for seven days and nights could have been disastrous, but the room was so filled with simply fearless love that we never exchanged even one cross word. My sister-in-law expressed it best – the love Mom had given us so freely for so many years was circulating back to her as we held her in love through her last days.

Continued on page three



## Ministerial Miscellany

By Dave Bell



Dear Friends,

We are in the midst of several great events. The Evening With the Monks was very successful and informative. The Monks were most appreciative of the \$1200 which was raised to aid their rebuilding program. The Benefit Concert and Chocolate Extravaganza is in the selling stages for both admission tickets and raffle tickets. It has the potential to raise several thousand dollars for the Center. A huge thank you to all the folks who have worked to make this a success. Then on Friday October 17<sup>th</sup>, we will be hosting Shantala, one of the best known Kirtan bands in the country. If you haven't had the chance to hear them, put it on your calendar as a "must." If you have heard them, you know you don't want to miss them.

The second round of the Interspiritual Meditation class is under way with ten students. It is an excellent way to get started on the meditation program. Having a daily spiritual practice is most helpful to achieve spiritual growth. It is also a very important factor in fostering greater health and wellness. It will be offered again next year. Highly recommended.

The Center is doing much better in terms of financial health. We have made great strides in restoring our working capital to its previous level. Thanks to everyone who has stepped up and participated in our financial wellness campaign. The Center is doing well because more members have adopted a stance of financial stewardship, which was an essential step in our growth and one which we think will continue to expand. For next year, we plan to begin setting aside funds in a "building fund" which will provide seed money for the day when we have to find a new home. There is no current need, but the "handwriting is on the wall" It is better to be prepared than to be "surprised."

It is hard to believe that this is October already. Can Christmas be far behind? Judy and I are going on a fall color tour in a rented motor home for a week. This will include a visit to our grandson Antonio, a freshman at Michigan Tech, for a week. We leave October 16<sup>th</sup>. We certainly hope that the Arctic blasts of last year hold off for a few more weeks.

Blessings,

#### David

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Community Members of the Month



# Joyful Jurgensens Joyful Jurgensens

This month we joyfully celebrate our duo Community Members and partners in life, Joyce and Paul Jurgensen. Of course, they deserve to win the award of "Couple of the Year" for all their tireless work that they do for us at the Center. (And they are very attractive too) They generously give of their time and energy to help us keep our finances in order and up to date.

Every week they make entries of what we receive from our Sunday offerings, they close out the books for each months book keeping, and keep Delyth and Pat Root on their toes with tapping-their-little-(collective) foot so that they enter all accounting information accurately and systematically. They also keep tabs on the payroll taxes, and any necessary financial reporting related to our state and federal Government regulations.

Truly, without the vigilance and loving intent of Paul's persistence and Joyce's guidance in getting our finances on a budgeted path, we might not now have in order and in the written word, Our Spending Plan, otherwise known in most circles as, The Budget. Please join me in a gracious and big old 'Whoopppeee."

Joyce and Paul are kind, caring members of our community, having offered their home for board retreats during their time serving on the board of trustees. They have gone out of their way to help other members with things such as dog sitting when some ones pet needed a loving hand, Joyce serving on the Caring Committee, being sure greeting cards get mailed to those in need. Both continue to serve us behind the scenes to be sure, we has a Community, are self sustaining and financially solvent.

Really, what Joyce and Paul have done to help sustain us is truly remarkable. Thank you, you two lovebirds, for all that you have done and still do to keep us viable and productive. We are blessed beyond measure to have you with us on this journey. Continued from page one:

As word started spreading that Mom was in her last few days, a parade of friends and Glacier Hills staff who had cared for her began coming to pay their final respects. Her minister friend called every day, and I'd hold the phone to my mom's ear while her friend spoke words of love and comfort.

On Wednesday, Mom was still relatively alert and aware – enough to ask, "What's happening? Why are all these people coming to see me?" When my brother told her they were saying their good-byes because it seemed like she wasn't going to be with us much longer, her response was, "I know. I'm not afraid."

By Thursday, she no longer had the energy to speak, but continued interacting with us by raising her eyebrows or smiling or squeezing a hand, or occasionally frowning in mock disapproval of what we were saying. Words weren't necessary to express the love that was so palpably present in the room.

That evening, we were gathered around her bed sharing stories, laughing and crying together while Mom slept. She woke up, clearly wanting to join the conversation, and tried to speak, but just couldn't. Yet she stayed engaged with us without words. The grief on her face was poignant. I realized later how much energy and love it must have taken for her to wake up and be so present, even nonverbally.

For the next few days, Mom was clearly "between the worlds", seemingly talking with loved ones who had gone before her. She called out "Daduh", her name for her father, and "Bampi", her grandfather, at different points. In one of those conversations, she said clearly, "Not now", like she was telling someone she wasn't ready to cross over yet. Several times we thought her death was imminent, and several times she surprised us.

She died peacefully on Tuesday, August 20, at 10:40 a.m. The time between her breaths simply got longer and longer until there were no more.

From start to finish, and especially when my siblings and partners joined in during Mom's final week, our journey together was a profoundly sacred experience for me. We saw beyond our humanity to the spiritual Being that lives in each of us. I beheld her divinity, and she mine, and we were expressions of Divine Love in our interactions with each other. What a legacy she left me! For the rest of my life, I will have the inspiration of her modeling these three gifts: living life fully, accepting what is, and simply fearless love. I hope I can follow her example!

This was Mom's final gift: simply fearless love, that quality of Divine Love that is ineffable and self-renewing. This Love never ends.

www.nancylogilvie.blogspot.com

#### October 31st is Halloween

Spooky creatures, creepy crawlers, and haunted houses come to mind. But Halloween might also be known as the day that kids all over the US are getting pumped up to put on their costumes and consume copious amounts of candu.

Did You Know?

- The correct spelling of 'Halloween' is actually 'Hallowe'en'.
- Halloween celebrations date back 2000 years to pagan celebrations.
- Halloween has several different names: All Hallows Eve, Samhain, All Hallowtide, The Feast Of The Dead, All Saints Eve. El Dia de los Muertos

#### Halloween Fun Factoids

The tradition of wearing masks comes from Welsh and Celtic traditions that claim the dead visit the living on October 31st. The masks are intended to keep the dead from recognizing the living. In America in the 1800's, the end of the harvest season was celebrated by wearing costumes, eating sweets, and playing practical jokes on one another.

The tradition of Halloween pranks started to turn ugly in the 1930's and a movement began to substitute kids going door to door for candy instead. Bubbing for apples started with a Roman tradition to honor the goddess Pamona, the goddess of fruit trees. Jack-o-lanterns originated in Ireland as hollowed out turnips with candles in them to ward away the sprits. The color orange represents the harvest and the color black represents the darkness at Halloween. About 99% of all pumpkins sold are used for jack-o-lanterns. In the US, black cats are believed to be bad luck, as they were thought to be subordinates of witches. In England, white cats are thought to be bad luck. In the US, about 2 billion dollars worth of Halloween candy is sold annually.

For more cool facts, go to www.edudemic.com/

#### Mark your calendars!

#### CAFE 704 CONCERT SERIES Saturdays

8:00 p.m.—10:30 p.m.

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:

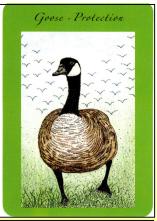
Every Tuesday 7:00 p.m.—8:30 p.m. Reiki Share with Malcolm Shaffner

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October 4
Special Musical Fundraiser
for ICSG



The Service begins at 10:45 a.m.	Mon	Tue	Wed	Thu	Fri	Sat
The topic of the service is in bold/italic R indicates the reader M indicates the meditator MU indicates the musician.	Board meeting this month is on October 12	The newsletter submission deadline is October 19	1 7:15 p.m. Speaking Circle	Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of mind	3 Peace Genarator	4 8:30 a.m. AA 6:30 p.m. Benefit Concert (see flyer on page 8)
5	6	7	8	9	10	11
Rev. Dave Bell: Tips for Your Best Life R: Mary Alice T. M: Dawn S. MU: Laurel Emrys	<b>6:45 p.m.</b> ACIM <b>7 p.m.</b> 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	<b>7:15 p.m.</b> Speaking Circle	Noon—1:30 p.m. ACIM		8:30 a.m. AA
Potluck						
		Jeff Smith			Joyce Jurgensen	
12	13	14	15	16	17	18
Rev. Dave Bell: Enthusiastic Living R: Tracy W. M: Pat S. MU: Suzanne Willetts Brooks	<b>6:45 p.m.</b> ACIM <b>7 p.m.</b> 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	<b>7-9 p.m.</b> Shamanic Journey <b>7:15 p.m.</b> Speaking Circle	Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of mind	<b>7 p.m.</b> Shantala Kirtan	8:30 a.m. AA 8 p.m. Spiritual Cinema
Board Meeting						
			Judy Bell			
Rev. Delyth Balmer: TBA R: Esther R. M: TBA MU: Laz Slomovits	20 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	7:15 p.m. Speaking Circle 8:30-10 p.m. Urantia book study group	23 Noon—1:30 p.m. ACIM	24	25 8:30 a.m. AA
		Lorri Coburn	Jill Crane			
26	27	28	29	30	31	
Rev. Dave Bell: Loving What is R: Jan P. M: Hosain Mosavat MU: Hosain Mo- savat	<b>6:45 p.m.</b> ACIM <b>7 p.m.</b> 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	7:15 p.m. Speaking Circle  Craig Harvey	Noon—1:30 p.m. ACIM  Robert VanDyke	Ansarudeen—Sufi Prayers (time TBA)	Birthdays are indicated in bold/italic Happy Birthday!
				Brad Nelson	- FIGHTWEEN.	



#### Goose

Inspiration: Protection Healing Colors: White and

Black

Message: Protection helps to preserve your life.

journey will be swift and safe.

Bird Vision: The familiar "V" shape of flying Canada geese allows the leader clear vision ahead. Then, when the leader drops back to rest in the rear of the formation, another bird moves up to take the lead. Can you both lead and follow? We often have to perform both duties in our daily lives.

#### Peggy's Profiles

# ORACLE CARD DECK AND CARD READING FOR OCTOBER

Bird Wisdom: Geese

well known to be aggres-

sive protectors of their

nests and families. If

you plan to travel and

you choose the Goose

card for inspiration, your

If you see the V formation in the sky, think about what the V might mean in your life. What "vision" does the goose want you to see? The V sign is a symbol of both peace and victory. Are you victorious because you protected someone? Goose gives you a honking ovation!

#### ABOUT THE DECK:

Bird Signs: Guidance and Wisdom from our Feathered Friends, Written by G.G. Carbone, illustrated by Mary Ruzicka

"Birds appear in our lives for a reason." The first line of the Introduction in the handbook encourages us to take notice when birds choose to capture our attention in order to convey a message to us. Once you start using this deck, you'll find that the birds around you are no longer just part of the background to your busy life. This set will help you "explore the deeper side of our avian companions, presenting them as gateways to self-knowledge." Each bird's characteristics, as they relate to the human experience, are detailed in the description.

#### **About Oracle Cards:**

Oracle card desks are designed to be positive and supportive, as they provide guidance and inspiration. From Angels to crystals to wild flowers, you can find a deck to suit any need or interest!

## **Interfaith Pop**

(as recommended by Rob Fagerlund)

#### Send Me An Angel by the Scorpions

The wise man said just walk this way
To the dawn of the light
The wind will blow into your face
As the years pass you by
Hear this voice from deep inside
It's the call of your heart
Close your eyes and you will find
Passage out of the dark

Here I am
Will you send me an angel
Here I am
In the land of the morning star

The wise man said just find your place
In the eye of the storm
Seek the roses along the way
Just beware of the thorns

Here I am
Will you send me an angel
Here I am
In the land of the morning star

The wise man said just raise your hand
And reach out for the spell
Find the door to the Promised Land
Just believe in yourself
Hear this voice from deep inside
It's the call of your heart
Close your eyes and you will find
The way out of the dark

Here I am
Will you send me an angel
Here I am
In the land of the morning star

Listen to the song at YouTube





Image from peaceseeds

#### **Caring Committee Contact List**

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Nature Notes by Rob Fagerlund Sea Gulls

Sea Gulls

Here are a few things you may not have known about Sea Gulls. They are extremely intelligent. They have discovered that if they want dinner, they can stamp their feet on the ground to make worms come up and see who's stamping on the roof. And, like Crows, they have discovered the exact height to drop mollusks (clams, snails, etc.) on a hard surface to crack their shells. They are very protective of their young, and newborns do not leave their nest until they are almost full-grown. They can drink salt water. They have a gland right above their eyes that allows them to filter the salt in their

system out through their bills. Sea Gulls are incredible flyers. They have been clocked at 28 miles an hour! They fly by using air currents to fly quite high with very little cffort. With their keen eyesight, they can keep an eye out for both danger and food from very high up. Sea Gulls fly as high as cloud base – the bottoms of the clouds that we see. In the United States they have been seen as high as 8,000 feet!

Sea Gulls are amazing in other ways, as well. They have four cones in their eyes, not just three like we have. Our three cones allow us to see our primary colors, red, green and blue.

A Sea Gull's fourth cone allows them to see

infrared color! That is why sky looks lavender to

infrared color! That is why sky looks lavender to them, and it explains why the coloring on a female Gull is obvious to them, but is invisible to us! (I wonder if teen-age Sea Gulls have blacklight posters in their room?)

Now, here's where it gets really interesting.

My eyes are formed in a certain way so the sky is blue, or so it seems to me. A Sea Gull's eyes are formed a certain way so the sky is lavender to it. Which of us is correct? This knowledge proves that perception is subjective. What else is there in the reality I perceive that is subjective?

At the end of the song, "A Day In the Life," the last song on the Beatles' Sgt. Pepper's Hearts Club Band album, Paul McCartney blew a high-pitched dog whistle. Dogs can hear it, but Paul and I can't. Physical perception alone will not allow us to perceive this existing reality.

Sea Gulls have confidence in themselves and in their innate ability to reach amazing heights using their own strengths and powers, flying in the air, the Grace of God that they know full well will always be there. I believe they don't just take up space, they become One with the air and the space they take up, which is the entire sky!

Do we have such confidence? I believe we can if we are courageous enough to choose to. The Sea Gull chooses, and by choosing, Is!





### Meet Marlon Dunlap

(pictured with his lovely wife, Jennifer)

#### What do you do at Interfaith?

I volunteer as a greeter.

# 2) What was your original spiritual path?

I was raised a Jehovah's Witness. As a teenager I took the road less traveled and chose to expand my spiritual awareness, beyond the box of dogmatic limitation.

#### What is your spiritual path now?

I am a student of ever flowing spirit, I look at life as a canvass, me being the artist, and the external world being merely my own projection, I work towards total acceptance and forgiveness daily, not just from a personal perspective, but it also involves forgiving those whom the world may label unforgivable.

#### Do you meditate?

I meditate, and practice yoga daily.

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

Oso is my favorite author.

# What brings you the most satisfaction spiritually?

I have a diverse group of friends from various spiritual backgrounds, and belief systems. I maneuver around what most would label differences, I like to see people as being in various stages of spiritual evolution, I rejoice in that rather separate than criticize.

# What are you celebrating right now?

Jennifer and I are celebrating the completion of another year of peace, harmony and marital bliss.

# Next month, you will hear from Jennifer!



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 <a href="mailto:mommyk@tc3net.com">mommyk@tc3net.com</a> 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 <a href="http://lists.interfaithspirit.org/">http://lists.interfaithspirit.org/</a> <a href="listinfo.cgi/interfaithinspirer-interfaithinspirer.org">listinfo.cgi/interfaithinspirer.org</a> to subscribe.

Want to hear from us throughout the week? Receive or send email through Interfaith Yahoo by going to <a href="http://groups.yahoo.com/group/">http://groups.yahoo.com/group/</a> InterfaithSpirit/

Namaste from your newsletter team: Heide, Esther, Deane and Steve.

#### **BOARD OF TRUSTEES**

Judy Sauer Chair Jeanne Adwani, secretary Sally Searls, member Bob Hopkins, member Lindsay Passmore, member Pat Root, member Diane Gledhill, member

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Laura Massaro, Music Director
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# 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: imfry785@gmail.com

www.interfaithspirit.org



734-327-0270



Happy Autumn!

We hope you have had a chance to enjoy this beautiful time of year.

We have an exciting October planned. We will learn about Yom Kippur Sukkot and learn about the traditions that the Jewish people participate in as they celebrate these important holidays.

We also look forward to learning about the Hindu festival of light, Diwali and of course celebrating Halloween.

Heide and Kellie plan to dress up and observe All Hallow's Eve on Sunday 10/26/14. Please join us in the festivities and dress up too. We will have plenty of candy!

We are still looking for help with our "sweet, little ones." We have been approved to pay someone once a week so there is a small reward besides the biggest reward of playing and having fun. It will not be for every Sunday, as Tommy and Pat are also available.

Please see Kellie, Heide, or Pat if you would like to help.

Have an outstanding October!!



#### We would like to participate!!!

**CROP Hunger Walks are community-wide events** sponsored by Church World Service and organized by local congregations or groups to raise funds to end hunger at home and around the world. With its inception in 1969, CROP Hunger Walks are "viewed by many as the granddaddy of charity walks," notes the Los Angeles Times (Oct. 26, 2009).

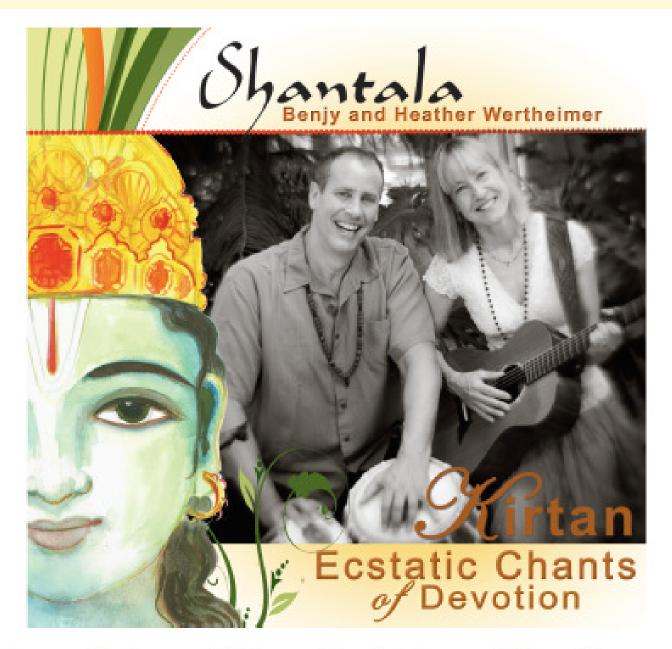
On October 17, 1969, a thousand people in Bismarck, ND, walked in what may have been the start of the hunger walks related to CROP - and raised \$25,000 to help stop hunger. As far as we know, York County, Penn., was the first walk officially called the CROP Walk for the Hungry - and that event has been continuous since 1970. Several other CROP Hunger Walks occurred soon thereafter, and before long there were hundreds of Walks each year in communities nationwide. Currently, well over 2,000 communities across the U.S. join in more than 1,600 CROP Hunger Walks each year. More than five million CROP Hunger Walkers have participated in more than 36,000 CROP Hunger Walks in the last two decades alone.

hunger.cwsglobal.org/site/TR/CropWalks/

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

We already passed out information a few weeks ago. PLEASE let Heide know as soon as possible, if your child/family can participate. We can walk or perform other volunteer duties :-)





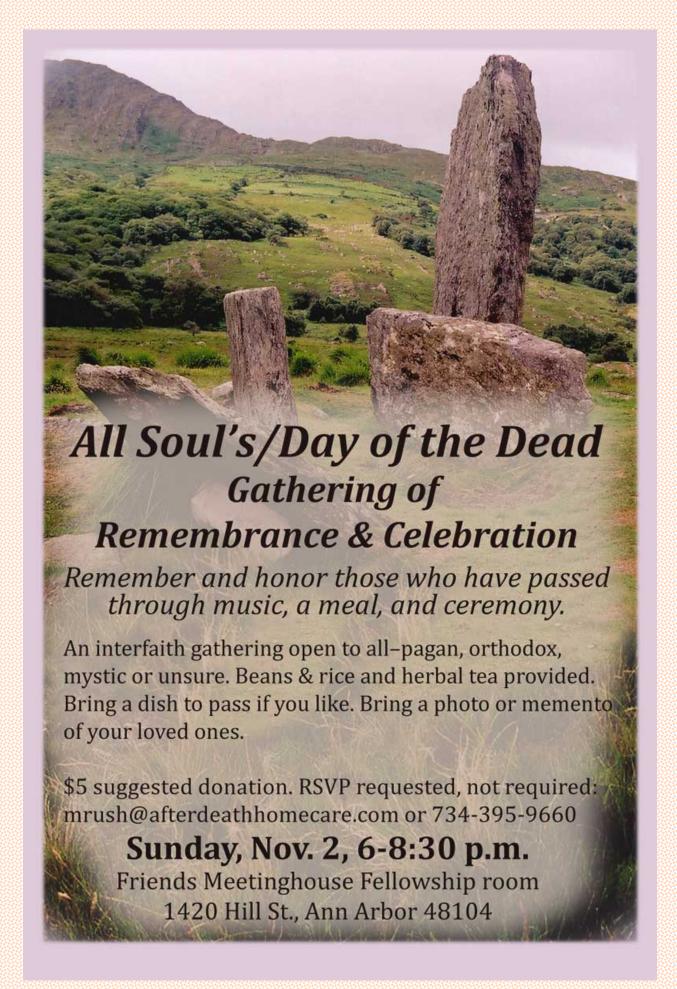
# Ann Arbor MI ~ October 17~ 7 pm

Presented by Interfaith Center for Spiritual Growth 704 Airport Blvd. Suite 1, Ann Arbor, MI 48108

Tickets: \$20.00 in advance, \$25 at the door For more information please call 734-657-5384 or email delyth.balmer@interfaithspirit.org

www.interfaithspirit.org www.shantalamusic.co





# The Caring Committee



Marilyn Chair



Heide Secretary



Joyce Treasurer



Delyth Liaison



Judy



Idgie

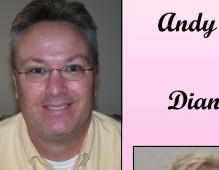


Malcolm





Chuck



Dana

Diane



Tracy



Annie Liaison



Tommy Youth Ed rep

Jack



Kellie







Connie



### **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!

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/appointmer	nts)Craft Teaching (type)Counseling (type)				
Medical Equipment loan (type)Meal PrepConsulting (type)					
Child CareErrands	CleaningYardworkSnow Shoveling				
Healing/energy work	Clothing Donations				
Caregiver BreakSend	CardsComputer HelpHealing Music				
Fun Companionship	Pet CareMassageMoney Donation				
ListeningPrayers					
Other					
Limitations and additional information:					



I currently have need of (be specific):

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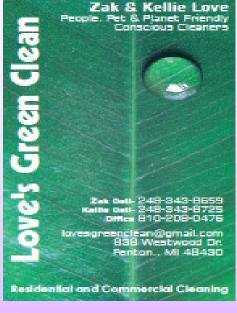
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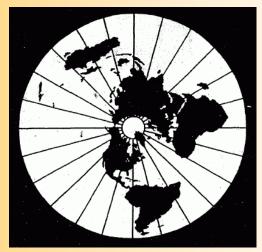
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# Peace in Our Lifetime "The Peace Clock"



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: 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 نمای صلح 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/

