



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
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Letting Go

By Dave Bell

Most of us have tried any number of methodologies in order to reach a state of inner peace. We have been Rolfed, tapped ourselves using

EFT, tried acupuncture, yoga, tai chi, Werner Erhard trainings, psychotherapies, meditation, toning, drumming, shamanic journeying, hypnotherapy, had an aura reading, had our birth chart analyzed, joined anonymous groups and countless other things. We have searched high and low for the answer to our problems. Multitudes have followed spiritual pathways to alleviate their suffering. Even if they work for a while, the ego quickly jumps in to lead us back to pride, judgment, resentment and smugness.

Dr. David Hawkins' final book, published in 2012, suggests an elegantly simple method to solve all of our problems, even health issues. "Letting Go" describes an effective method by which to let go of the obstacles to enlightenment and to become free of negativity. The mechanism of surrender that Dr. Hawkins describes can be done in the midst of everyday life. It is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, relationships and spiritual growth.

The purpose of sharing this approach is to put you in touch with your own inner feelings and experiences. The process of surrender will begin automatically once the information is available, since it is the nature of the mind to seek relief from pain and suffering and to experience greater happiness.

What is it? Letting go is like having

the weight of the world suddenly lifted from your shoulders. It is accompanied by a feeling of lightness, increased happiness and freedom. It is literally noticing that you are experiencing a negative feeling, allowing it to be as it is, and then simply allowing it to dissipate. That is what this technique is all about: letting go consciously and at will. You are then consciously in charge of how you feel. All thinking arises first from feelings. We all carry around a huge quantity of accumulated negative feelings, attitudes and beliefs. The build-up of pressure from these negatives makes us miserable and is actually the source of many of our illnesses and problems.

Once we own a feeling, sit with it for a time and then allow it to drift away, it no longer gives rise to thousands of thoughts that may re-circulate for years and years. If we could surrender the underlying feeling, all of those thoughts would disappear instantly and we could forget the event that brought up the negative feeling.

Much attention and publicity has been given to stress. Stress is never caused from the outside, it is completely the result of how we handle feelings which arise. The readiness to dive into fear is one of the major causes of stress. Trying to relax stress, or soak it away in a hot tub is not helpful. That is trying to deal with the after-effects of stress rather than the cause. Stress arises from feelings which are suppressed, expressed, or avoided. Hawkins' method is designed to gently allow the feeling to be experienced, processed and then released. Letting go involves being aware of a feeling, letting it come up, staying with it, and letting it run its course without wanting to make it different or do anything about it. It means to simply let the feeling be there and to focus on letting out the energy behind it. One should just allow oneself to have the feeling without resisting it, venting it, fearing it, condemning it, or moralizing about it.

It is resistance that keeps the feeling going.

Coupling letting go with forgiveness, as suggested by A Course in Miracles, is an ideal way to achieve mastery over negativity and to make way for the kinder gentler you to show itself to the world. Self-awareness is greatly enhanced by observing feelings rather than thoughts. By continuously letting go, it is possible to stay in a state of freedom from negativity. Feelings come and go, and eventually you realize that you are not your feelings, but the real "you" is merely witnessing them. The real Self is much more apparent as you allow positive feelings to take charge of your life.

Many healings, some recognized as miraculous, have taken place by people who have used the technique of letting go. Multiple sclerosis has been healed, cancer has disappeared, heart disease has been completely dissolved, and perhaps most startlingly, near-sightedness and astigmatism have been completely removed. Not only physical healings have taken place, but emotional and psychological problems have been completely alleviated. Life-long phobias and blocks have been removed. Addictions and compulsions have been alleviated. Fear of just about every sort has been dispatched. Once these blocks have been removed, spiritual growth and a loving consciousness have replaced a limited view of life and "I can't" has been replaced with the very powerful "I can." There is virtually no problem whose remediation is beyond the power of this technique. As Pogo said, "We have identified the enemy, and it is us." More appropriately the enemy is our thinking.

This may be Dr. Hawkins' most practical book. It provides a technique which is yours to use as you see fit, which no one can take from you. I highly recommend that you read this book more than once.



Ministerial Miscellany

By Dave Bell



Dear Friends,

I am certainly glad to have missed the recent return of the so-called "Polar Vortex." Unfortunately it appears that Spring will not have arrived when I return on Monday, March 2. Complaining does no good, so I will just dress warmly. Hoping that you all have been able to tune in on Spirit and tune out the weather. The Grapefruit League gets under way next week, so Spring cannot be far behind.

Speaking of things related to the calendar, the annual meeting is set for the 8th, following the service. I hope you will all plan to stay and participate in creating the future of the Center. We will be electing board members and setting a course for the ideal future. Then on Saturday the 21st, we will be celebrating the 17th Birthday of the Center. Pat Root has taken on planning the Birthday celebration. Kudos to Patricia. I hope you will all come and celebrate. Part of the celebration is a fabulous bake sale. Yum! See you there.

On Wayne Dyer's recommendation, I ordered David Hawkins' last book, *Letting Go*. As you can read in the article on the front page, it was well worth the read. The thing that was most powerful was the utter simplicity of the concept. It is in alignment with much of both current and ancient thought. Simple and effective is good. Virtually everyone can release negativity and thereby create a new field of infinite possibility. However, the ego will find a way to resist and lead you back into negative thinking. Simply becoming aware of that possibility, allows one to let go of the resistance as well as the underlying negative thought patterns. I hope you get a chance to read the book. It is truly a "Big Deal – Worth It."

See you soon.

Blessings,

David

Community Member of the Month



Renovative Randall

By Heide AW Kaminski

Randall Counts, our newest CMM, is truly a man of many hats!

Whether he is officially scheduled to be a greeter or not, you can "counts" on a smile, a hug, and a few encouraging words from Randall. He not only greets, he also makes sure that we have a couple of equally welcoming greeters at the door every Sunday.

But this is not where it ends... not only does he start your Sunday at the Center off with a warm welcome, he recently also contributed a great deal tour facility looking more welcoming!

Randall got a carpet cleaner and a crew together and they spend almost all day shampooing the carpet! Additionally, he installed a crash bar on the back door, painted it, and replaced the pneumatic door opener to the social hall.

Rumor has it that he also ventured out into the cold and chopped some wood for a community member, so she could stay warm and cozy during these past gruesome winter weeks.

Tough handyman work is not the only talent Randall has. He can also put intricacy to work, when he creates beautiful jewelry. He donated one of his pieces to our recent fundraiser. He also stepped up to co-emcee the entertainment portion of the event with Delyth.

Until recently, Randall was a member of the Caring Committee. I remember looking forward to his well-thought-through and reflective comments he contributed at the meetings.

Randall, we love you!

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INTRODUCTION TO PRAYER CORNER

By Bob Hopkins

It is not clear that I have any way of teaching anyone anything about prayer. As I have come to understand it, prayer is a very personal exchange of communication between a person and the God of his or her understanding. How can anyone presume to suggest improvements or refinements to such a personal, deeply spiritual process.

You may feel insulted that I would even try to do so. It is not my intention to dictate a formula for another person to follow. I am just going to share some thoughts about what I have learned upon my observations of my prayer life, as I have continued the journey of prayer over my lifetime. If you find it instructive, interesting or inspirational, it will have been worth the telling of it.

It is possible that I was praying before I could walk. I was most certainly praying before I attended school. Since I turned 65 this past November, I have most certainly had 60 years of experience with prayer, interrupted only briefly with a 3-to-4-year sojourn into agnosticism. I was baptized Catholic before I was one month old. My earliest memory of prayer was of an old Catholic chestnut taught to children that goes like this:

Now I lay me down to sleep.
I pray the Lord my soul to keep
If I die before I wake.
I pray, the Lord my soul to take.

It is not the best thought to plant in the head of a child going to sleep, but it fit the Catholic thinking of the era. Once I began attending parochial school in the first grade, the education in prayer began in earnest. We learned the Lord's Prayer, the Hail Mary and a prayer known only as the Glory Be. Perhaps more importantly, we learned how these three prayers fit into the rosary.

We were taught an Act of Contrition to go with confession. They also taught an Act of Faith, Act of Hope and Act of Love prayer. We were taught prayers for awakening in the morning, prayers before meals and prayers after meals. We were in-

structed in prayers suitable for the stations of the cross during Lent and prayers to make before communion.

All in all, the Catholic experience for me was one of learning the proper rote prayer for the proper occasion. This was not a diet of prayers that would lend itself to creativity or free form of expression to be in communication with God.

This indoctrination to prayers to suit every and particularly special occasions has continued to impact on my prayer life. In my next installment of the Prayer Corner, I want to talk about some of the ways I have structured my prayers and my prayer life in more recent years.

The Power of Prayer

Submitted by Annie Kopko

Drummond's Bar began construction on an expansion of their building to increase their business.

In response, the local Baptist Church started a campaign to block the bar from expanding with petitions and prayers. Work progressed right up until the week before the grand reopening when lightning struck the bar and it burned to the ground!

After the bar burned to the ground by the lightning strike, the church folks were rather smug in their outlook, bragging about "the power of prayer," until the bar owner sued the church on the grounds that the church... "was ultimately responsible for the demise of his building, either through direct or indirect actions or means."

In its reply to the court, the church vehemently denied all responsibility or any connection to the building's demise.

The judge read through the plaintiff's complaint and the defendant's reply, and at the opening hearing he commented, "I don't know how I'm going to decide this, but it appears from the paperwork that we have a bar owner who believes in the power of prayer, and an entire church congregations that now does not." True story.

Published in the August 2011 issue of the
Crazy Wisdom Magazine

Mark your calendars!

CAFE 704 CONCERT SERIES

Saturdays

March 14: Harmony Bones
(Jeanne Mackey)

**April 11: Lisa Pappas/
Michael Weiss**

May 9: Shekinah & Friends

PEACE GENERATOR

MISCELLANEOUS EVENTS:

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

March Thank You Sound System

Volunteers There never seems to be any drama around the scheduling and commitment of the sound system volunteers, and that helps to keep our Sunday celebrations going smoothly (except for very occasional equipment issues!). Special thanks to Jill Crane for coordinating the whole shebang and to all these wonderful people:

Week 1: Craig Brann

Week 2: Rick Savin



Week 3: Dawn Swartz

Week 4: Diane Gledhill

Week 5: Jill Crane

SUBSTITUTES: Laurel Emrys, Steve Lyskawa, Rod Rodriguez, Martin Stenzel Kudos to you all! Job well done!!!

Pat Root
Volunteer Coordinator

The Service begins at 10:45 a.m.		Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7	
Rev. Annie Kopko: R: Dawn Schwartz M: TBA MU: Lenore (flute) Potluck Lance Clark	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		Noon—1:30 p.m. ACIM		8:30 a.m. AA 7:30 p.m. Drum and Dance Jam Janet Fry	
8	9	10	11	12	13	14	
Rev. Dave Bell: Letting Go R: TBA M: TBA MU: Harmony Bones Board meeting	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		Noon—1:30 p.m. ACIM		8:30 a.m. AA 8 p.m. Café 704	
15	16	17	18	19	20	21	
Rev. Dave Bell: Live Free R: TBA M: TBA MU: Algorithm	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 	7-9 p.m. Shamanic Journey	Noon—1:30 p.m. ACIM 6 p.m. Leadership Team meeting 6:30—8:30 p.m. Sci- ence of mind	7 p.m. Peace Genera- tor	8:30 a.m. AA 8 p.m. Spiritual Cinema Bonnie Dede	
22	23	24	25	26	27	28	
Rev. Dave Bell: The Best is Yet to Come R: TBA M: TBA MU: St. Paul, Saline, Youth Choir Tommie Parker	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	7:30 p.m. Urantia Book Study	Noon—1:30 p.m. ACIM	7 p.m. Sufi Prayer Service	8:30 a.m. AA	
29	30	31	<div>Board meeting this month is on March 8</div> 		<div>Birthdays are indicated in <i>bold/italic</i> <i>Happy Birthday!</i></div> <div>The newsletter submission deadline is March 22</div>	The speaker and topic of the service are in bold/italic R indicates the reader M indicates the meditator MU indicates the musician.	
Rev. Dave Bell: Intimacy With the Divine R: TBA M: TBA MU: Arts in Motion CC meeting	6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	Donna Kendall- Cooper					



Peggy's Profiles

Image from: journeyingtothegoddess.com

CELEBRATE SPRING WITH THE GODDESS GAURI!

One of the most beloved Hindu goddesses, Gauri is the wife of Shiva and the mother of Ganesh, the elephant-headed god of writing and of working through tough challenges. Gauri is worshipped throughout India as a fertility goddess who grants power, courage, and confidence to her followers. Her themes include beauty, humor, protection, wishes, and fairness.

Gauri is usually depicted as a lovely young woman with milk-white skin. Her name means "Golden One," and she is associated with the sun, rice and wheat, and anything that is gold-colored.

Gauri and her son Ganesh are honored in the hugely popular *Holi Festival*, or *Festival of Colors* that takes place in the spring, traditionally starting on the full moon before the Spring Equinox.

(Several celebrations are scheduled in the Ann Arbor area, including one on Saturday, March 14 by Ann Arbor Marathi Mandal.) The *Holi Festival* represents the victory of good over evil, the arrival of spring, and the end of winter. Take advantage of this day's ancient traditions and plan to play and laugh, forgive and forget, and repair damaged relationships.

Although she is an ancient being in human terms, Gauri is just as vibrant and active today as she has always been. She brings the freshness of Spring to our soul, stirring up and blowing away stale energies, so we can make a new start.

Interfaith Pop

(as recommended by Rob Fagerlund)

Here Comes the Sun

by George Harrison

Here comes the sun
Here comes the sun, and I say, it's all right

Little darling
It's been a long, cold lonely winter
Little darling
It feels like years since it's been here

Here comes the sun
Here comes the sun, and I say, it's all right

Little darling
The smiles returning to the faces
Little darling
It seems like years since it's been here

Here comes the sun
Here comes the sun and I say, it's all right

Sun, sun, sun, here it comes!
Sun, sun, sun, here it comes!

Little darling
I feel that ice is slowly melting
Little darling
It seems like years since it's been clear

Here comes the sun
Here comes the sun, and I say, it's all right

Here comes the sun
Here comes the sun
It's all right
It's all right





Image from peaceseeds

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Nature Notes by Rob Where Are All the Ducks?

Where are all the ducks?
That's what I thought when I looked across
the frozen river at Gallup Park. The Sea Gulls,
the Swans, the Canada Geese and the Mal-
lards were all gone!

The river at Gallup Park is wide. The current is not
strong, and although the water flows under the ice, it still
makes it difficult for waterfowl to feed on the river bottom.
So, I discovered, they have flown to Fuller Park where the
river is narrower and the current is stronger. It does not
freeze over, even in the bitter cold that we've had in Febru-
ary.

Fuller Park is off of Maiden Lane in Ann Arbor, and I
encourage you to drive by. Even from your car the birds can
be seen – forgive me – goosing and ducking around on the
river. Don't miss the Sea Gull who perches on the street light
near the entrance of the park. He is the sentinel of the
park...although he understandably disappears when a Red-
Tailed hawk flies overhead.

Ducks will eat just about anything. Small fish and fish
eggs, snails and other mollusks, worms, crustaceans, grass
and weeds, algae and other aquatic plants and roots, frogs
and other amphibians, aquatic and land insects, seeds and
grain, small berries, fruits and nuts all contribute to the var-
ied diet of waterfowl.

There are two kinds of ducks, dabblers and divers.

Dabblers are the ones you see doing the funny "bottoms
up!" to feed off the river bottoms. Mallards are dabblers.

Because the river is shallower near the banks, they tend to
stay close to shore to make it easier to get food.

Divers, as the word imply, actually dive under the water,
swim to the bottom, and get food off the river bottom. They
stay out in the middle of the river where the water is deeper
and the diving is easier. Buffleheads and Redhead ducks are
divers. When they dive, they lurch upward a bit then thrust
themselves, bill first, into the water. They stay underwater for
about ten seconds, which is actually quite a long time for a
duck. It gives them enough time to scout around and grab a
mouthful of food.

Mallards, I said, are dabblers. That's what the bird books
all say, but I have seen them diving! They don't stay under-
water as long as the divers, but they do dive. Whether they
figured this out themselves or they learned from watching the
Buffleheads and Redheads I don't know, but it does point out
Nature's infinite variability and unpredictability.

The ducks live there in a wonderful community of water-
fowl there on the river. There is never a fight, and there is
only an occasional cross word – cross quack – to be heard.

By the way, please don't feed the waterfowl. They are
wild animals, and bread is junk food to them. It is carbohy-
drates with no nutritional value that they can use. It fattens
them, makes flying difficult, trains them to rely less on their
natural foraging, and increases their vulnerability to disease.

If you *must* feed them, and it is really better if you don't,
then cracked corn, wheat, barley or similar grains, uncooked
oats or rice, birdseed, grapes cut in half or defrosted frozen
peas. Make all the pieces of food duck-bite size.

Waterfowl are beautiful. They, like ourselves, are expres-
sions of God. We can see in them beauty and grace, and de-
lightful humor as well.

And Spring is coming! Ducklings and goslings!





Meet Anita Wolf

While Anita is not a member of the Interfaith Community here at the ICSG of Ann Arbor, our paths have crossed numerous times over the past year.

Anita own and runs the NEW HOPE THRIFT STORE in Tecumseh, and she is a long-time friend of Heide. Anita runs the store full-time as a volunteer. All proceeds go back into maintaining and operating the building. She networks with local schools to assist children in need.

During the past year, Anita has made many donations

through the Caring Committee to people in need in our community.

She has helped with clothes, furniture, and small appliances. More often than not, dear Malcolm chauffeured people to Tecumseh to be welcomed with open arms by Anita.

Recently, when her OPEN flag succumbed to several years of weather, the Caring Committee stepped up and donated a new flag for her store. Youth rep CC



member, Tommy, even put together and installed the new flag for Anita.

If you need anything she might be able to help with, contact any CC member and let us know. Who knows, there might even be the added enjoyment of an afternoon with Malcolm's company in it ;-)



Check out Anita's store's Facebook at: [NewHopeCareMinistries](http://www.facebook.com/NewHopeCareMinistries)

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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Café 704

Flyer_VERT

Harmony Bones



Tom Voiles, Linda Teaman, Jeanne Mackey, Laz Slomovits, Eric Fithian

Harmony Bones is a quintet of Ann Arbor folk music veterans who offer traditional, contemporary and original folk songs. Rich vocal harmonies and an array of instruments -- guitar, mandolin, bass, flute, pennywhistle, fiddle, banjo, percussion, sitar -- that's Harmony Bones!

Inspired by an acupuncture point that harmonizes imbalances and promotes clarity, the band's name reflects the quartet's love of harmonies you can feel in your bones!

Saturday, March 14, 8 p.m.

Café 704, 704 Airport Blvd., Ann Arbor

Donation \$8 or 2 for \$15

Info: [jmackey50 \[at\] gmail.com](mailto:jmackey50@gmail.com). <http://www.interfaithspirit.org/cafe704.html>

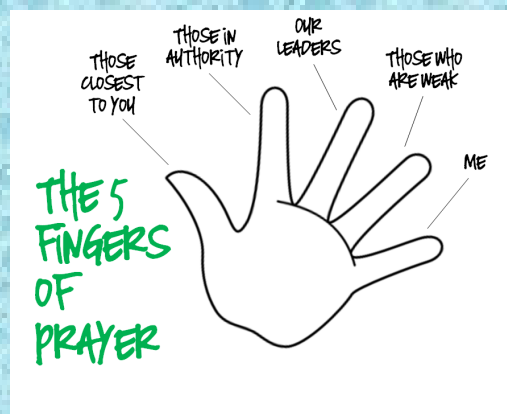


Youthful Spirits



Hello all!

What a fantastic February we had! We did some really fun things and talked about Love, Caring, Kindness and Prayerfulness. We started out the month making fun valentines for people we love. We also discovered that our “ice decorations” turned out wonderfully and placed them at the entrance to the center. We also discovered that someone else was inspired and made some star shaped ones as well. We talked about caring and kindness too and how a small act of kindness can spread to many others. The last topic we talked about was prayerfulness and how we can always take time to pray. If one is looking for things to pray for, here is Pope Francis’ 5 finger prayer that we shared with you after the service.



1. The thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember.

2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God’s guidance.

4. The fourth finger is the ring finger. Even that it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.

We hope you enjoy what March has in store....

The Heifer Foundation approached us and asked if we would do another fundraiser for them this week, as we did so in the past years in the spring. So, in March we will be working on this service project.

We will be conducting this fundraiser with the virtue of GENEROSITY. In alignment with the Sunday topics, we will also explore the virtues of FLEXIBILITY, HUMILITY, PRESERVERANCE, and UNDERSTANDING.

And don't forget: Happy St. Patrick's Day!



*Love, Light, and
Laughter
Heide, Kellie, Tommy,
and Alex*



Party Time



17 years

Hey, Hey...

We say it's our birthday!

Saturday
March 21, 2015
6:00 p.m.

Potluck -- sign up sheet in the Social Hall or by email to Pat Root.

Think Spring! decorations by Marice Clark

Birthday Cake by Diane Gledhill

Bake Sale coordinated by Pat Spriggel & Annie Kopko

Game show by Delyth Balmer & Randall Counts

For more information, please contact
pat.root@interfaithspirit.org



The Caring Committee



*Marilyn,
Chair*



*Heide,
Secretary*



*Joyce,
Treasurer*



*Delyth,
Liaison*



Judy



Idgie



Malcolm



Andy

Diane



Dana



*Annie,
Liaison*



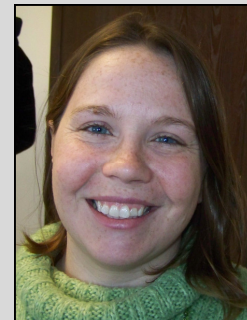
*Tommy,
Youth Ed rep*



Chuck



Jack



Kellie



Beth

*If you have a service to offer,
please contact [Marilyn](#)*



Interfaith Caring Committee Survey

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

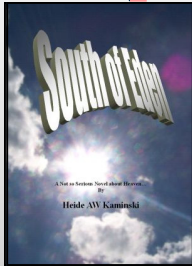
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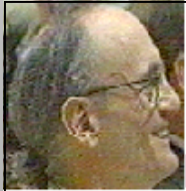
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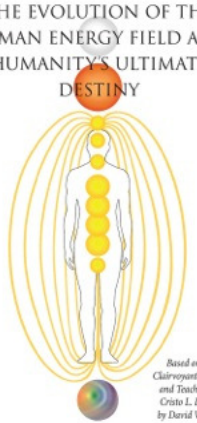

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- Involve radio and television - have them broadcast the PEACE CLOCK name, slogan and logo accompanied by one minute of silence every day.
 - Above all - approach all interactions with others in peaceful, constructive and creative ways.
 - Copy and 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
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- Swahili: SAA YA AMANI <http://peaceclock.org/>

