



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. XI, NO. 5 May 2015



image from
jane-domain.com

Sunday, February 15, 2015
**The Day I
Talked to a
Hawk**

by Peggy Lubahn

Thanks to having a complete bird cafeteria in our back yard, it's not unusual for hawks to visit, looking for their own kind of snack. This winter we've seen a Sharp-Shin Hawk several times, perching right on the branch that holds the main feeding station. I've begun to wonder whether he might be sick or injured, and looking for an easy meal.

Yesterday afternoon the hawk was there again. I went to the window and looked for identifying marks while I sent reassuring energies to the bird. It was so convenient that he was facing away from me, so I could see his tail and body colors. I noticed his legs were BRIGHT yellow, and he kept picking up his right foot and setting it down again, perhaps because it was so bitter cold that day and his branch was coated with icy snow.

I said: "Blessings to you, hawk friend! I bless both the hunter and the hunted. My name is Peggy. Will you share your name with me?"

The hawk shifted around some, and looked toward me inside the house (I don't know whether he could see through the glare on the patio door). I assured him I was harmless, and wished him well. I didn't feel any return messages. Finally he flew up to the neighbor's tree, then left.

So last night, I thought I would try again while I was in mid-sleep mode. I pictured the hawk in my mind, and asked if he would speak with me. This time I introduced myself as Winter Bear, and asked again if he would share his name. I heard the word "ankle".

Hmmm... An unusual name for a hawk, but maybe he was giving me a practical way to identify him. I asked him to confirm if that was his name, or he was describing an injury.

"Gowadji."

Wow! The hawk was very

specific about how to spell his name – the letters appeared in my mind as I heard his name. I thanked him and sent him good wishes, and asked if he would share whether he was male or female. I explained that knowing this would help me to communicate with him.

And I heard the word "pregnant"!

Gowadji knew exactly what she was doing all along, right down to positioning herself so I would have the best view of the field marks typical of her kind (on two occasions!). And she was patient enough to wait until I got the idea to try to talk to her.

I've contacted Gowadji once since that day, briefly. She assured me that her ankle had healed, and graciously declined my offer of human assistance. Since she went to some trouble to get my attention, I'd love to ask her whether she'd like to "meet" again. Even if she decides not to, I've still got a terrific story to share. I just wish I had been able to take some photos of this beautiful being, but maybe I'll get another opportunity!



Ministerial Miscellany

By Dave Bell



Dear Friends,

As I write this month, we are beginning to pack and clean up from our delightful sojourn to the sunny and very warm south. It has been a wonderful respite from everyday responsibilities and from the less than wonderful spring. I saw a FaceBook post that made me laugh. It was to the effect that "I would have celebrated Spring more vigorously if I had known it was only going to last three days!" I have sent several email messages back to Ann Arbor, exhorting recipients to make sure that the real Spring has arrived by May 2. Nevertheless, we are looking forward to a return to the Center and to our community.

The new board is full of new ideas and energy to take us forward to the next phase of our existence as a spiritual center. I am full of optimism and looking forward to getting back in the saddle. We have a couple of fund raising events coming up. Our traditional yard sale is coming up this summer and a service auction is scheduled soon. Both are opportunities to create income without taking cash out our pockets. I hope you will get involved. Speaking of income without taking cash out of our pockets, this is a perfect description of the grocery rewards program. Kroger, Busch's and People's Food Co-op have programs that generate cash for the Center. There really is no reason that we should not have close to 100% participation in this program. If you are not signed up, PLEASE see Craig Harvey get signed up. Its free money.

I have written an article for Miracles Magazine, published by Jon Mundy. It is a comparison of *A Course in Miracles* with the writings of Dr. David Hawkins. It will be published in the July-August issue. It was suggested and edited by Lorri Coburn. Thank you Lorri and Jon. I am hoping to get some more writing done in the next few months. I feel like there might be a book lurking inside me somewhere. It will be interesting to see what shows up.

See you on May 3rd.

Blessings,

David

Community
Member
of the
Month



Loving Lindsay

By Jeanne Adwani

The Lovely Lindsay is and has been a dedicated member of the ICFSG for many years. She is a board member, a mother of two beautiful teens, a chanteuse, a website wizard, a multi-tasking volunteer, and a truly heart centered, kind woman.

She sings with the Threshold Choir; a group of woman that go to Hospices and sing for the families and their loved one during the difficult time of transition.

She has been a board member going into her second term, sharing and giving of her visionary wisdom to the community.

She helps develop websites for others.

AND, her most recent and truly incredible gift to the Center is the magnificent new website we have. We are all beside ourselves with joy. Thank YOU Lindsay for such an amazing gift. Please take a moment, if you have not already done so, to visit it.

It is easy to laud Lindsay. My heart is big for her. If you have yet to share a moment with her, please stop and give her a big hug. You will immediately feel the love and warmth that naturally eases from her.

Thanks, Lindsay, for your great gifts, your magic, and your love and support.

WE LOVE YOU!

The Day I talked	pg. 1	Caring Committee	pg. 10
Ministerial Miscellany	pg. 2	Service flyer	pg. 11
CMM	pg. 2	Places of Faith	pg. 12
Prayer Corner	pg. 3	Advertisements	pg. 13
Calendar	pg. 4	World Peace Clock	pg. 14
Peggy's Profiles	pg. 5		
Nature Notes	pg. 6		
Board Minutes	pg. 7		
Café 704	pg. 8		
Youthful Spirits	pg. 9		



MY DAILY PRAYER

By Bob Hopkins

By Bob Hopkins

When I decided to pray 5 times per day, in keeping with the Islamic tradition of such prayer, I decided to consult my co-worker, one Mohammed Abdulhaqq, who is a Sunni Muslim. I wanted to know the specific time of day that the Islamic prayers are said. He described that the prayers vary, based on one's geography and the time of the year. Here is how he described each of the five prayer times. The first one occurs at the first ray of sunshine to usher out of the Eastern sky. Clearly this is well before the sunrise, it is in reality the first sign of the sunrise which is about to end the full darkness of night. The second time of day is when the sun is directly overhead. He described that one might mistake this as noon. However, it is going to vary based on where one is in terms of the time zone. The time in New York City will not match the time in Ann Arbor due to our being so much further to the west. The third time corresponds to time when the sun is equidistant from directly overhead and the western horizon. Clearly, this time is going to come much earlier in the winter than in the summer and will vary the further north one goes from the equator. The fourth time will be at dusk. He described this time with a little less precision than the others. I could infer that it is the exact moment when the sun has left the western sky, but he was not that precise. The last time was the least precise of the five. He talked about it being anywhere from two hours into the night to as late as the middle of the night. To be honest, the last two times he gave me seem to lack the precision of the first three and I am suspicious of their authenticity.

However, the five times he gave me seem good enough for my purposes. I was determined to pray five times per

day and I wanted a guide, not a mandate – as I have been unable to be anywhere near perfectly consistent with these times. However, I have been about 98% consistent in praying five times per day since I decided to enact this practice in July, 2013.

The prayer I have designed was influenced by Vernon Sylvester and I experimented with the words when I first began. However, I have settled on the following words and I will merely write out the words for your consideration. I will share their significance to me in the next installment of this column.

O Wonderful Creator of the Universe, who was manifested in Jesus Christ, Buddha, Confucius, Gandhi, Krishna, Moses and Mohammed; whose Spirit spreads and reigns throughout the world, I pray in gratitude for all the wonders of the world and wonders of the universe. I pray for release from all negativity, all distorted thinking and all inappropriate judgments. I pray for commitment to the highest good, commitment to the truth and commitment to love. I pray with acceptance of all the blessings and miracles that have come into my life. I pray in celebration of all the blessings and miracles I have accepted and all the wonders for which I am grateful. I pray for peace. I pray for harmony. I pray in appreciation of being reminded of my connection to the Oneness of all that is real.

So each day, I attempt to make this prayer at the 5 times I have described above and if I forget I will make sure that I pray this prayer at least 5 times before I go to bed each night.



Mark your calendars!

CAFE 704 CONCERT SERIES Saturdays

May 9: Shekinah & Friends

**24- Hour
PEACE
GENERATOR**
May 15-16



MISCELLANEOUS EVENTS:

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

UPCOMING
24-Hour Peace Generator
May 15,16

Volunteer Opportunities

Alpha House Breakfast
May 9

Baby Shower
May 31st after the service

The Service begins at 10:45 a.m.	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<i>The speaker and topic are in bold/italic</i> R indicates the reader M indicates the meditator MU indicates the musician.	<div>The newsletter submission deadline is May 24</div>	<div>Board meeting this month is on May 17</div>	<div>Birthdays are indicated in <i>bold/italic</i> <i>Happy Birthday!</i></div>			8:30 a.m. AA 7:30 p.m. Drum and Dance Jam
					Kellie Love	
	3	4	5	6	7	8
Scott Grace, Guest Speaker: Manifesting With Ease R: Bonnie D. M: Joy P. MU: Scott Kalechstein Potluck	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 Judy Sauer		Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of mind Karen Jones		8:30 a.m. AA 8 p.m. Café 704
	10	11	12	13	14	15
Rev. Dave: The Future of God R: Melissa W. M: TBA MU: Dancers for Life Cayla Tshalo	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. Spiritual Cinema 24-Hour Peace Generator Rob Michaelowski Craig Brann
	17	18	19	20	21	22
Rev. Delyth: Why We Don't Forgive R: Becky K. M: TBA MU: Eleni Kelakos 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 Dave Bell	7-9 p.m. Shamanic Journey	Noon—1:30 p.m. ACIM 6 p.m. Leadership Team meeting 6:30—8:30 p.m. Science of mind Marilyn Alf	7 p.m. Sufi Prayer Service Lisa Pappas	8:30 a.m. AA
	24	25	26	27	28	29
Rev. Dave: Surrender – A Practice R: Marlana S. M: TBA MU: Katie Geddes Baby Shower Rose Wisniewski Idgie Patterson	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 Tommy Kaminski	7:30 p.m. Urantia Book Study	Noon—1:30 p.m. ACIM		8:30 a.m. AA
	31					
Rev. Dave: The Joy is Yours R: M: MU: Hosain Mosavat (poetry) CC meeting						





image from diaryofacountrywife

Peggy's Profiles

HAWTHORN The Enchanted Tree of May

Harry Potter fans know that Draco Malfoy's wand was carved from Hawthorn. Christian traditions say that the Crown of Thorns was fashioned from Hawthorn, and that Joseph of Arimathea's Hawthorn staff sprouted into a tree whose descendants still grow on Glastonbury Tor. Wiccans, Druids, and shamans use it for spells, rituals, food, and medicine. Hawthorn's relationship with humankind truly goes back to the beginning; and it is deeply embedded in the world's myth and folklore as well as spiritual and healing traditions.

Relatively few people know that there are more than 200 kinds of Hawthorn in North America. But in Britain it's one of the best-known native trees due to its traditional use as a hedge plant, its starring role in May Day and Beltane festivities, and its association with fairies. Hawthorn belongs to the rose family, which is appropriate since roses represent love and the heart; and Hawthorn has long been used as a tonic and remedy

for heart conditions (even in modern hospitals).

Billows of sweet-smelling Hawthorn flowers are a sure sign of spring, and are so closely connected with May Day that Hawthorn is known as "Mayflower." (And yes, that's where the Pilgrims got the name for one of their ships.) Flowers were woven into crowns, garlands, and wreaths, some of which were hung on the doors of houses and barns to keep out evil spirits. Because of its protective magic, Hawthorn was also planted at sacred wells; and in farmyards where it protected the buildings from lightning.

In days past, everyone knew it was wise to leave Hawthorns alone – especially the twisted, ancient solitary trees -- because they are sacred to the Fae. Before cutting flowers, country people would ask permission and offer gifts in exchange. To get an idea what can happen if you ignore this courtesy, see the June 16, 1999 New York Times article called "If you Believe in Fairies, Don't Bulldoze their Lair".

Hawthorn's spiritual message is beautifully described in gaiasgifts.blogspot.com: "The beautiful fierce thorns coupled with soft delicate flowers speak to us of being tender and showing our inner beauty, but with strong defenses to guard the way. She teaches us awareness of where to place ourselves to avoid being hurt, of how to move carefully, and of the rewards of sweetness, transformation, and connection with powerful spiritual forces of the land and the Fae."

Interfaith Pop

(selected by Heide this month in honor of Mother's Day)

Mama

By the Spice Girls

She used to be my enemy and never let me be free
Catching me in places that I knew I shouldn't be
Every other day I crossed the line, I didn't mean to be so bad
I never thought you would become the friend I never had

Back then I didn't know why
Why you were misunderstood
So now I see through your eyes
All that you did was love

Mama, I love you, Mama, I care
Mama, I love you, Mama, my friend
You're my friend

I didn't want to hear it then but, I'm not ashamed to say it
now
Every little thing you said and did was right for me
I had a lot of time to think about, about the way I used to be
Never had a sense of my responsibility

Back then I didn't know why

Why you were misunderstood
So now I see through your eyes
All that you did was love

Mama, I love you, Mama, I care
Mama, I love you, Mama, my friend
You're my friend, you're my friend

But now I'm sure I know why
Why you were misunderstood
So now I see through your eyes
All I can give you is love

Mama, I love you, Mama, I care
Mama, I love you, Mama, my friend
Mama, I love you, Mama, I care
Mama, I love you, Mama, my friend
You're my friend, you're my friend

Ooh, my Mama my love
Ooh, my Mama my love

In love in you, in love in me
And love is true and guaranteed





Image from [peaceseeds](http://peaceseeds.com)

Caring Committee Contact List

Marilyn Alf, Chair sd2aa@hotmail.com,
734-761-6698
Heide Kaminski, secretary mommyk@tc3net.com,
517-423-9001
Tommy Kaminski, Youth Ed Rep.
germanator1776@gmail.com, 517-423-9001
Judy Bell dabellsj@comcast.net, 734-994-0018
Annie Kopko revanniekopko@gmail.com,
734-358-1328
Malcolm Shaffner mshaffne@gmail.com,

734-709-4205
Connie Snow cwons@aol.com, 734-663-7212
Andy Walker walkerandy@gmail.com,
734-788-8119
Kellie Love kellie.love@interfaithspirit.org
Diane Gledhill diane82103@yahoo.com
Dana Aras arasdanat@gmail.com, 734-994-3933
Delyth Balmer, delyth.balmer@interfaithspirit.org
Tracy Worcester, tracy.worcester@gmail.com, 734-239-4400
Chuck, chuck7_11@msn.com, 734-788-1054
Jack Richards, handymanjack45@gmail.com,
734-489-5703
Beth Rockwell, rocksnotes@aol.com
Idgie Patterson, bdgidg@gmail.com



Nature Notes by Rob

*When the red red robin comes bob-bob-
bobbins' along
There'll be no more sobbin' when he
starts throbbin' his old sweet song.*

~ Al Jolson

Whether or not Nature is part of your Spiritual Path, the out-of-doors is a perfect place to find peace and joy.

"I saw the first Robin today!" This statement is often given as a happy promise of Spring. They are freshly returned from Mexico, the south or the west coast, and it may be a Robin who first coined the old joke, "I just flew in from the coast, and boy are my arms tired!" (Sorry.)

The unmistakable reddish orange chest identifies it as the state bird of not only Michigan, but Connecticut and Wisconsin as well.

The Robin is actually one of the most common birds in the country. The male is seen more often than the female, and like many female birds, she is less brightly colored, but still as lovely.

Robins are one of the first birds to start singing in the morning, and one of the first to hatch babies from beautiful pale blue eggs.

American Goldfinches are very plentiful, but they are often missed because they dart around at

lightening speed. They are dazzling yellow with sharp looking black wings. If you have a birdfeeder you will likely see them.

Red-Winged Blackbirds are another Spring bird. In their black suits and bright red wings, they have always looked to me of sophisticated ambassadors of Birdland. They like marshes and wetlands, and the males perch on the top of cattails and other high growing marsh plants.

And their call is unmistakable! It's two rapid chirps, then a clear, loud trill, sort of like a recording of marbles rattled together and then played back at very high speed. It's unforgettable, joyous and quite distinct.

Out at Gallup Park there are Barn Swallows everywhere! They are aerodynamically shaped, and they fly incredibly quickly by flapping their wings, then they soar beautifully without losing speed. It's easy to see them in the late afternoon and early evening, where they fly with their beaks open devouring gnats.

Speaking of Gallup Park, I have seen a muskrat and rabbits grazing, and Cardinals. I look forward to cygnets, goslings and ducklings (baby swans, geese and ducks.)

And speaking of little know bird facts, Crows have one less pinion feather than Ravens. In differentiating between a Crow and a Raven, it's a matter of opinion.



April Board Minutes

Submitted by Sally Searls

The ICSG Board of Trustees met on Sunday, April 19, 2015. Paul and Joyce Jurgensen attended the meeting to answer questions about the current budget. Paul distributed a review of the revenue and expenses from 2007-2014. We continue to appreciate the accounting work Paul and Joyce do each month as volunteers for the Center.

Ministers Delyth Balmer and Annie Kopko scheduled the speakers for April. Dave Bell will be back for May 3. Concern was expressed that speakers and response may have run too long on several Sundays. Several trustees express interest in more time for responses, however we don't need mini sermons. It was suggested that the speaker announce "time for short feedback" and that the speaker does not respond to each person.

As administrator Delyth Balmer arranged the nametags by first name and made larger signs to help people find their nametag. She and Bob Hopkins created a list for welcome packets and Delyth updated the materials. Newcomers get a free ticket to Cafe 704, starting May 10. Delyth purchased laundry bags for dirty tablecloths, so tablecloths won't get tossed out with garbage. She also set up a chart for correct arrangement of chairs in sanctuary, which will be shared with renters and groups.

Leadership Team (LT) chair, Diane Gledhill, reported that Dave Bell got permission from the building owner to put a window in the teen room. The cost will be a total of \$450. The Board decided that LT will identify Community Members of the Month (CMM) and the Board will approve their decision. In

order that the honoree will be surprised, the CMM will be presented the last week of month and an article about the person will be in the next month newsletter. (Thank you to Jeanne Adwani for writing the CMM articles.) The Service Auction Fundraising is being revamped and a new date will be announced. If you would like to help with this fundraiser, see Diane Gledhill or Jeanne Adwani.

The Board members prioritized action items identified at retreat, and discussed results. Each group was asked to bring back information and identify possible committee members. The groups and liaisons are as follows: Membership Growth (Rob, Diane, Jeff, Daniella), Dave's Retirement/Replacement (Lindsay and Pat), Business Plan (Sally and Kevin Gilson) and New Home/ Development (Dave, Marlena Stuber, Danielle). Contact any liaison if you are interested in helping on any committee.

Additionally the Board reviewed the Board Role Definition Policy. These are the four parts of this policy: Enhance connection with membership (two-way communication); Establish broad written policies; Improve evaluation process for minister and administrator 2015; and Create board self-monitoring.

The next board meeting is scheduled for May 17. All board meetings are open to the ICSG community.

Board Members: Jeff Alden; Danielle Cassetta; Rob Fagerlund; Diane Gledhill; Lindsay Passmore; Pat Root, Chair; Sally Searls, Secretary

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.

BOARD OF TRUSTEES

Pat Root, Chair
Sally Searls, secretary
Rob Fagerlund, member
Lindsay Passmore, member
Jeff Alden, member
Diane Gledhill, member
Danielle Cassetta

Board email address is board@interfaithspirit.org

STAFF

David Bell, Minister
Delyth Balmer, Administrator and Associate Minister
Annie Kopko, Associate Minister
Laura Massaro, Music Director
Heide Kaminski and Kellie Love, Youth Education Directors

NEWSLETTER/WEBSTAFF

Heide Kaminski, Editor-in-Chief
Esther Reilly and Deane Erts, Proofreaders
Steve Lyskawa, Webmaster
NEWSLETTER ADDRESS
Heide AW Kaminski
heide.kaminski@interfaithspirit.org



Café 704



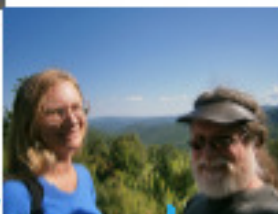
Shekinah & Friends

Café 704
Saturday, May 9, 2015
 8:00 - 10:30 p.m.*

Shekinah's Concert Theme:
 "From Darkness Into Light"

Shekinah E., vocalist
 4shekinah@bigglobal.net OR
www.facebook.com/pages/Shekinah-E/138579786080722

Shekinah & fellow bandmembers (4 bands) invite you to enjoy our songs—originals & covers—of Shekinah's selection, to musically explore the mystery, humor, and resilience of the human psyche.



Griff 'n Shek
 Shekinah Errington & Griff Griffin



Old Friends

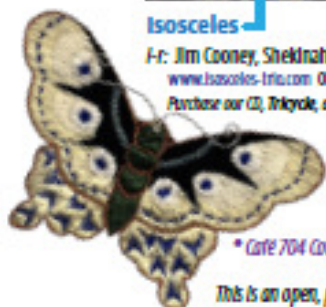
f-r: Gary Williamson, Shekinah, Griff Griffin
www.facebook.com/pages/Old-Friends/373068529424061

Café 704 Inquiries:
cafe704@gmail.com OR (734) 327-0270
 Check-out each month's featured Café artist at: www.cafe704.org
 * Driving Directions & Map at: www.interfaithspirit.org/contact



Isosceles

f-r: Jim Cooney, Shekinah, Tim Beria
www.isosceles-trio.com OR www.facebook.com/isosceles-trio
 Purchase our CD, *Tricycle*, at the concert! (\$70) featuring 15 of our originals



* Café 704 CoffeeShop's Doors Open @ 7:30 p.m.

This is an open, public, music venue located at:
 Interfaith Center for Spiritual Growth (ICSG)
 704 Airport Blvd. / Ann Arbor, MI 48108

Admission by Donation—Suggested Amount:
 \$8 or "2 for \$15" BRING a FRIEND—or THREE!



West Park Music Society

f-r: Charles Dayringer, Tim Beria, Jim Cooney,
 front row: Shekinah, Kip Godwin
www.west-park-music.com (with ReverNation access)
www.facebook.com/westparkmusic



Youthful Spirits



Hello all!

What an awesome April we had!! We are excited for a marvelous May! We had a lot of fun learning about trust and trustworthiness. We did an experiment showing how difficult it is to cover up a lie and also played a game of trust and let ourselves fall into the safety of our friends. Talking about determination, we planned some goals, discussed steps to reach those objectives, including visualizing ourselves reaching those goals. Gentleness was another topic that we had a good time making a little bit of a mess in the meantime.

May will be magnificent! Celebrating the women in our lives and learning about the following virtues (in alignment with the Sunday services):

Confidence: in order to manifest our dreams we have to have confidence that we CAN accomplish our dreams.

Unity: the future of God greatly depends on unity. As all of the world religions or spiritual paths have a different understanding of God, or our higher power, we need to unite in the spirit of embracing each other's understandings and working together at a peaceful world rather than letting the differences tear us apart.

Tolerance: in order to forgive others we need to practice tolerance among each other. If we understand the actions of others it might be easier to forgive.

Self-Discipline: surrendering means a lot and it does not have to be a negative thing. Surrendering something we cling to in a unhealthy way means self-discipline.

Joyfulness: what a better way to live your life than to fill it with joy! There are so many ways to find a good in every situation and a joyful heart can make even a gloomy day bright!

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



The Caring Committee



*Marilyn,
Chair*



*Heide,
Secretary*



*Joyce,
Treasurer*



*Delyth,
Liaison*



Judy



Idgie

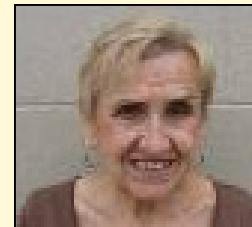


Malcolm



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

Other _____

Limitations and additional information:

I currently have need of (be specific):



THE INTER-FAITH ROUND TABLE OF WASHTENAW COUNTY
PRESENTS



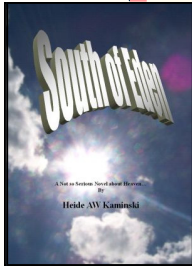
PLACES OF FAITH #2 • SPRING 2015
5 TUESDAYS: 4/7, 14, 21, 28, 5/5 (7-9PM)
ZION LUTHERAN CHURCH, 1501 W. LIBERTY, AA 48103

In-depth coverage of major themes in the world's religions:
The Story of Creation, The Meaning of Life,
What Happens After Death, Why We Suffer,
Love-Forgiveness-Compassion-Peace-Wisdom
Learn • Share • Explore • Together

\$75 EACH
25 SPOTS

RESERVE! gbrides@umich.edu IRTWC.ORG 734.424.1535

Help Support Your Interfaith Family Businesses!




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

Zak & Kellie Love
People, Pet & Planet Friendly
Conscious Cleaners

Love's Green Clean

Zak Cell: 248-843-8659
Kellie Cell: 248-843-8725
Office: 810-208-0476
lovesgreenclean@gmail.com
838 Westwood Dr.
Farmington Hills, MI 48334

Residential and Commercial Cleaning


Amy Advey, MSW, LMSW
Psychotherapy & Sex Therapy
Individuals & Couples

(734) 585-4746 p
(734) 531-0156 f
info@amyadvey.com

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



Mac Assistance
from **Nicholas**
Ann Arbor's Neighborhood Mac hanic
(734) 945-1246 See what I can offer you at:
AppleNicholas.com

Melanie Fuscaldo, LPC, NCC
Career, Life & Spiritual Coach

Live your dreams and
enhance your joy!

FREE initial consultation

1945 Pauline, Suite 10
Ann Arbor, MI 48103
(734) 668-2733 www.melaniefuscaldo.com


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

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

Valoree Sprentall
www.valoreesprentall.com
734-340-6245 home
734-604-9890 cell

Guitar/Piano Lessons


Craig Brann

- Bachelor of Arts
- Music and Music Education
- Classical/Rock/Blues/Country
- Songwriting
- Suzuki 4 Kids

Discover Music! Try it out with a free lesson.

(734) 929-0632 <-> cbrann.guitar@gmail.com

Admit One
Free Lesson
Guitar Or Piano

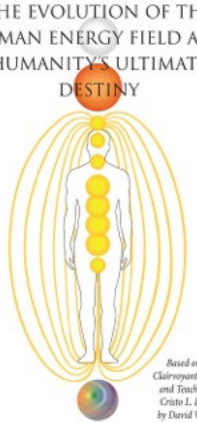

A-2 Handyman
Jack Richards

Insured, Reliable - 35 years in Ann Arbor
Well referenced, low rates
(734) 757-5178
handymanjack45@gmail.com

- drywall repair
- plumbing and electric
- carpentry repairs
- roofs to basements
- basic repairs

VERSATILE SKILLS JACK OF ALL TRADES

David Winfree's New Book
THE EVOLUTION OF THE
HUMAN ENERGY FIELD AND
HUMANITY'S ULTIMATE
DESTINY

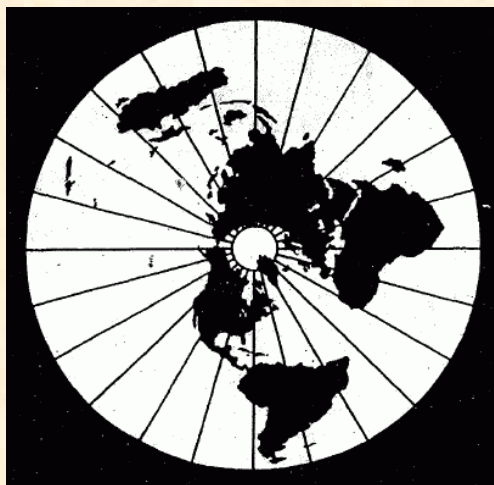


Based on the
Clairvoyant Insights
and Teachings of
Cristo L. Bowers
by David Winfree

Available at: www.davidwinfree.com/book



**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/>

