



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. XI, NO. 7 July 2015



When it Looks Like Change

By Annie Kopko

When it looks like
change, it probably is.

I am after a “new to me” car this week, because mine has 224,000 miles on it and I don’t want to be surprised by a sudden demise. It is hard to let go of an old friend, the car I am used to driving, and take on the new and unknown vehicle.

Change is happening in my office, with a new lease to sign, and accepting new members of our Center LLC so that we may expand our services and use more social media.

Change is necessary on many levels for all kinds of reasons. Change is necessary for us to move forward in our lives. Change is always in appearances, not in our essential spiritual self. That part of who we are will never change.

I am just trying to deal with the daily changes, as others among us are truly out there in a profound way that most of us never think of. Thank goodness for those people willing to speak and act on a global level.

In the Gift of Change, Marianne Williamson writes, “The times in which we live call for fundamental change, not merely incremental change. Millions of people feel called in their souls to the task of global transformation, wanting to

be agents in a shift from a world of fear to a world of love. We can feel the time is now, and we know we are the ones to do it.”

Every new day, and every new moment of each day, is full of ideas that offer us the opportunity to open our eyes to the world, look right through it, and have everything new. What comes through, whenever a true sense of the new comes to me, it shows how much I truly love the world. And then I immediately notice all the mindless ways we have created to obscure the truth that all of us love each other. We love the world, and are wishing it were much easier to share and express those feelings.

Well, unless we find the courage to let go of our fear so that it might not even exist right here and right now, then love will not find its way into our reality. It is interesting to me how many structures of our society exist in such a way as to obscure the universal experience of love: our medical system, our judicial system, and, unfortunately, our educational system. As time goes on, I notice the structures are changing, and I am feeling hopeful.

Here is a quote I have heard many times. “If you keep doing what you have always done, you’ll get what you’ve always gotten.”

We keep doing the same things and expect different results. I know I do. It tells us that unless we “step out of the box” of our limited

thinking, it is very hard to experience what good things await our courageous steps, including spiritual growth.

If I am to be willing to do something I have never done, can I also be someone I have never been? Can I be new each day? Can I go to work and not know what might happen? Can I relax and let my life evolve in spirit?

Most of us know we are unlimited beings, growing, changing, and awakening to our aliveness all the time, unless we unconsciously, and sometimes consciously, choose to resist, resulting in stress and disease, and we frequently blame the world outside of us for our problems.

Deep down, beneath our ego self and all of its troubles and fears, we believe in love, in courage, in our growth, and in the mystery. It is healthy to remember that we will never know everything, or even control much of anything. Mystery is good. It fosters hope.

It is important to remember that in times of change we are pushed to realize that we have reserves of strength and genius we have not yet uncovered.

I suggest we stop giving energy to things that don’t matter to a spiritual consciousness, and take some time to relax at home with God.



Ministerial Miscellany

By Dave Bell



Dear Friends,

I am writing this month on the 15th of June. I almost never do things well in advance of when they need to be done. Heide may faint when this email arrives two weeks before the deadline. What's up? We are packing for our trip to France and Germany, departing next Monday, the 22nd. Consequently, I need to accelerate my planning. This trip is part our Summer of Celebration, celebrating fifty years of marriage. I am nominating Judy for Canonization. Putting up with me for fifty years is clearly sufficient for sainthood. Speaking of the Summer of Celebration, please plan to attend our Open House after the service on August 9th. We will be sharing the festive occasion with the winners of the Service Raffle. Lots to keep us on our toes.

July brings us the opportunity to raise some serious money with our umpteenth annual yard sale. Please consider sharing your little-used treasures with the Center. We have need for salable merchandise, (no clothing) and volunteers to set up, staff, and clean up. We will be holding the sale at Connie Snow's again. Set-up is Wednesday the 22nd. The sale runs Thursday, Friday, and Saturday morning. There will be sign-up sheets for workers.

We will be holding a multi-week class in Metaphysics this Fall. I am beginning to work on the syllabus and course pack materials. If you are interested in taking this class, please let me know what your preferred time slot would be. I will try to accommodate as many folks as let me know. Topics will include the Nature of Divinity, Humanity, Prayer, Prosperity, Reincarnation, Consciousness, and the Meaning of Life. We should have some really good discussions.

Blessings,

David

*Community
Members
of the Month*



Bye-Bye Board Buddies

Say Hello and goodbye, and Hello again to these lovely board members, Judy Sauer, Bob Hopkins, Jeanne Adwani; our Community Members of the Month.

Still active and excited to be a dynamic part of the Center's activities, they are now members of Interfaith's community of Wise Ones. Much got done for our community during the time this band of three were part of the Board. You now have a budget that is working, a handicap parking spot, a beautiful garden, fundraising possibilities, and many many visionary ideas crafted for our community. Way too many bits of goodness to share here.

Bob moves on to helping create and sustain our new Welcome Table for our new membership community. Thanks, Bob. And, of course, he drums and dances with great enthusiasm and undulations as often as possible. For sure you have seen him bopping in the back during our services that engage with music. You are sure to find him every summer dervishing about at the Top of the Park, engaging all who will meet the thrill of the dance. Bob must move those feet and twirl that body!

Judy was our fearless Board Chairperson. She continues to volunteer and share her wisdom with many Center events and experiences. There is bravery in being the Chair of any board, so thank you, Judy, for holding the space of keeping us on task.

Jeanne, that's me, leaves the board to help with the Service Raffle fundraiser, and helping Bob with the Welcome Table. And she/me, still likes to tickle the humor out of anyone and everyone she can.

All of us have great care for the Center. We feel we have served our community with integrity and the sharing of our knowledge and wisdom to help sustain and create the Highest and Greatest Good for us all.

I applaud the three of us for being here for you. Please take the time to get to know us and to ask questions that we may be able to help you with.

We love you. (I think I can speak for Judy and Bob on this one).
Namaste

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MY DAILY PRAYER

By Bob Hopkins

"I pray for release from all negativity, all distorted thinking, and all inappropriate judgments."

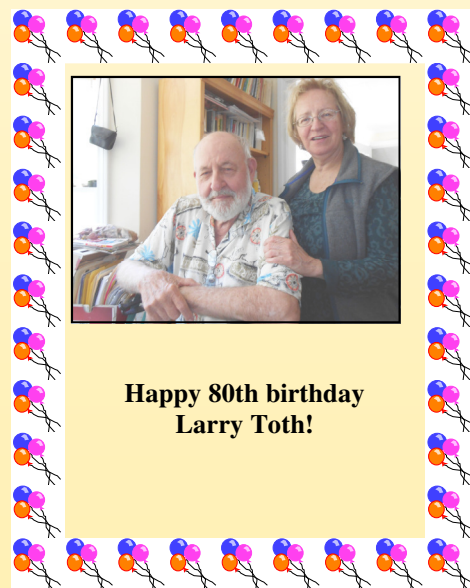
Praying for release arises from the formula provided by Dr. Vernon Sylvester. I thought for some time to settle on what I would chose for release. I want foremost to be released from negativity. I have no use for it. It brings me down, slows me down, fills me with self-doubt, and serves no constructive purpose. However, it seems to continue to survive in my life like a weed that cannot be uprooted. So I think it is useful to affirm five times each day that I wish to be released from it. I use the word "all" in the prayer because I would like all of the negativity to be gone. Similarly, I want all distorted thinking to be gone. I ask for release full in the knowledge that I cannot always discern my own distorted thinking. If I could, I believe I would not hold the thoughts that are distorted. However, my self-interest, my ego, my misperceptions and misunderstanding are legion. I can only ask God to relieve me from the thoughts that are generated by these, since I am not capable of seeing all of them. I was intrigued when I decided to add inappropriate judgments to the mix. I recognize that I have the potential, like many people, to be judgmental. However, I also recognize that we need to exercise good judgment to function well in the world. So, I felt that the distinction between being judgmental and exercising good judgment could be best served by asking for release from all inappropriate judgments.

"I pray for commitment to the highest good, commitment to the Truth, and commitment to love."

My experience with AA helped to build my appreciation of the highest good. I know that I am not always aware of the highest good and, therefore, I find it useful to affirm its existence and strive to achieve it, even if I am not quite clear what it looks like. Being committed to it has the added benefit of making sure that I do not settle for less and recognize that the highest good is not always, in fact it may not even often be what is best for me or what I think is best. There is an element of surrender to

the highest good which is useful for my humility. I would like to believe that I am desirous of knowing and experiencing the Truth. However, I have had many debates about the nature of truth, including the one that asserts that there is no real Truth, just a subjective interpretation of it. I am, again, affirming something I want to believe. I want to believe that there is the Truth, even if I am unable to see it or rarely experience it. I want to believe it is out there, or maybe in here, and want to remain committed to the pursuit of it. A commitment to love may, indeed, require no explanation. But with all the distractions that the world may offer, I want to keep my eye on the prize and reaffirm at least five times per day the importance of love, of being an expression of love and of trying to live a life full of love and to support others who need love, to pursue love and live in love. Of the three, I think that my commitment to love is the most important.

This continuing analysis of my daily prayer will be resumed in the next column.



Mark your calendars!

CAFE 704 CONCERT SERIES Saturdays

July: DMC

PEACE GENERATOR July 17



MISCELLANEOUS EVENTS:

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

Annual Yard Sale

July 23, 24, and 25



<div>The Service begins at 10:45 a.m.</div>	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
	<i>The speaker/ topic are in bold/ italic</i> R indicates the reader M indicates the meditator MU indicates the musician.	<div>Board meeting this month is on July 19</div>	<div>The newsletter submission deadline is July 19</div>	11:30 a.m. Healing Circle Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of mind		8:30 a.m. AA 7:30 p.m. Drum and Dance Jam
	5	6	7	8	9	10
	<i>Rev. Delyth:</i> <i>What is Freedom</i> R: Rob F. M: Joy P. MU: DSM Potluck	6:45 p.m. ACIM 7 p.m. Great Bal- anced View Video Meeting	10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Commu- nity Gathering 7—8:30 p.m. Reiki		Noon—1:30 p.m. ACIM	8:30 a.m. AA 8 p.m. Café 704
	12	13	14	15	16	17
	<i>Rev. Dave: Love Holds no Griev- ances</i> R: TBA M: TBA MU: Jill Halpern QCC	6:45 p.m. ACIM 7 p.m. Great Bal- anced View Video Meeting	10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Commu- nity Gathering 7—8:30 p.m. Reiki	11:30 a.m. Healing Circle 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	7 p.m. Peace Genera- tor 8:30 a.m. AA 8 p.m. Spiritual Cinema
	19	20	21	22	23	24
	<i>Rev. Dave: All Events are Neu- tral</i> R: TBA M: TBA MU: Tom Voiles Board meeting CC meeting	6:45 p.m. ACIM 7 p.m. Great Bal- anced View Video Meeting	10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Commu- nity 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
	26	27	28	29	30	31
	<i>Rev. Dave:</i> <i>Bring Peace to the World</i> R: M: MU: Laurel Em- rys, Curtis Glatter, Alaura Massaro	6:45 p.m. ACIM 7 p.m. Great Bal- anced View Video Meeting	10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Commu- nity Gathering 7—8:30 p.m. Reiki		Noon—1:30 p.m. ACIM	<div>Birthdays are indicated in <i>bold/italic</i> <i>Happy Birthday!</i></div>
	<div>  </div>					<div> <i>Laura Roberts</i> </div>
						<div> <i>Margie Hough</i> </div>



Peggy's Profiles A Turtle called Tonka

On Sunday, May 18, I took the bus to Interfaith, and got off near the McDonald's on State Street. As

I started to wade through the thick, overgrown strip of lawn between the Motel 6 and our parking lot, I almost stepped on a young snapping turtle hunkered down in the grass.

She didn't react to me at all, and I thought she might be dead; but she managed to hiss at me when I picked her up. She was in a bad way, overheated and so dehydrated that she couldn't even pee on me to make me let go.

I figured she'd been looking for a place to lay her eggs and had fought her way through that thick grass as far as she could, and just couldn't go any farther. So, I carried her into the building and set down my stuff while the folks standing around chatting at the door asked about my unusual guest. Randall was Greeting that day, and when he heard that the turtle needed to get to water immediately, he reached for his car keys.

Minutes later, I set the little snapper in the shallow water at the edge of the pond across from

Costco; and Randall and I anxiously watched her float to the sandy bottom. After a few moments, she poked her head out and started to look around; then she took a long, long drink of that blessedly cool water. Soon she turned and headed slowly toward the safety of deeper water. She was still a little shaky, but she was so determined to LIVE that even a Great White Shark would not have dared to get in her way!

And the Spirit of the pond welcomed this little refugee to her loving embrace and whispered that all would be well...

That evening, I called the turtle to ask how she was doing. Right away, she showed me a tiny red Tonka truck lying on its side on the carpet in somebody's living room; and I heard "three days". So my first guess had been partly right: someone caught Tonka after she laid her eggs and was exhausted and vulnerable. Later, that someone turned her loose at the motel when they realized that even a small snapping turtle makes a risky "pet". This is why Tonka was so close to death when I found her.

I'm hoping to keep in touch with Tonka, and maybe visit her pond. For now, every time I think of her, I hear her giggling with joy, blowing streams of tiny bubbles out her cute little nose in the green depths of her new home!

Interfaith Pop

Selected by Rob Fagerlund

Tomorrow Never Knows

by the Beatles

Turn off your mind, relax and float down stream

It is not dying, it is not dying

Lay down all thoughts, surrender to the void

It is shining, it is shining

Yet you may see the meaning of within
It is being, it is being

Love is all and love is everyone
It is knowing, it is knowing

And ignorance and hate mourn the dead
It is believing, it is believing

But listen to the color of your dreams
It is not leaving, it is not leaving

So play the game "Existence" to the end
Of the beginning, of the beginning

Of the beginning, of the beginning

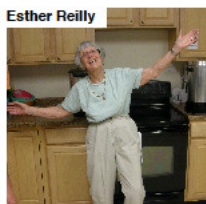




Rod Rodriguez



Ashton, Mart Stenzel, Dawn Swartz and Pat Root



Esther Reilly



Janis Beard
and Maggie Burkit



Lance Clark



Ted Poprasky



Brad Nelson



Max Swartz



Marice Clark



Craig Harvey



Archer and Randall Counts



Bob Hopkins



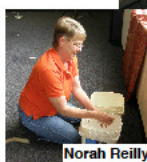
Bill Stobby

Thank you to Randall for
planning & coordinating this
cleaning event.
Thank you to all who helped.

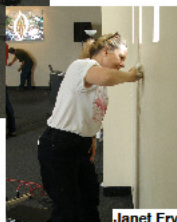


Sue Booker

Not Pictured
Andi Anderson
Delyth Balmer
Al Carter
Lorri Coburn
Tommy Kaminski
Jack Richards
Andy Walker
Kiyoe



Norah Reilly



Janet Fry



Jill Crane, Scott McWhinney and Craig Brann

Thank you ALL for helping with the purchase and set up of
our new speakers! What would we do without you!



Image from peaceseeds

Caring Committee Contact List

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Idgie Patterson, bdgidg@gmail.com

Maggie Burkit maggieburkit@gmail.com



June Board Meeting Minutes

Submitted by Sally Searls

Membership

Our new welcome table has been set up for the last several Sundays after the service in the fellowship room. Bob Hopkins has been welcoming new people. The Board recommends that we gather names and emails from newcomers. The Growing Membership Committee (Diane Gledhill, Rob Fagerlund, Jeff Alden, and Bonnie Dede) are interviewing members to get ideas on how we can be more welcoming and encourage people to return.

Finances

The Center is not doing as well financially as had planned. We may not hit the \$10,000 for June income. So far in 2015 we have low revenue from rentals, concerts and events. However the Drum Circle and grocery coupons income are above budget. Our two summer fundraisers, the Service Raffle and the Yard Sale, are very important revenue generators. The Board continues to monitor the budget and has asked the Finance committee to provide us feedback on financial trends, concerns, and anything unusual in the financial reports.

Ministers

Dave (and Judy) Bell will be out of the country until July 9. Annie Kopko is speaking June 28 and Delyth Balmer on July 5. Delyth is considering an "open mike" service when anyone can respond to the topic

"What is Freedom?" Delyth mentioned Francis "Pat" Petraitus who was ordained as a minister in June. Dave painted handicapped places in our parking lot. He is working on putting a window in the teen room. Annie reported that Greg Weathers is pulling the weeds in the ICSG garden.

The Board decided on the process for evaluating the Head Minister and Administrator for 2015. Dave and Delyth will be asked to complete a self-evaluation, then Board members will have a conversation with them about how they can move forward more effectively. The goal is to complete this process by the end of October.

Board Calendar

- QCC is scheduled for July 12, to start at 12:45 p.m.
- July 19 Board Meeting
- Service Raffle begins June 28 and ends Aug 9
- Yard Sale: set up July 22, yard sale July 24 and 25, and clean-up at end of sale on July 25
- Judy and Dave's Celebration 50th on Aug. 9th Anniversary Open House at Center; includes service raffle drawing for winners
- August 16 Board Meeting

Board meetings are scheduled for the third Sunday of each month. Meetings are open and everyone is welcome to attend. For more information contact Sally Searls, Board Secretary, at 734-482-1897.

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

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Lindsay Passmore, member
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Diane Gledhill, member
Danielle Cassetta, member

Board email address is board@interfaithspirit.org

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

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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



DSM plays flat-out fantastic music, blending catchy, original melodies with witty lyrics to create a performance that has rhythm, style, and humor. If you're partial to the sweet shades of Vance Joy, the latin passion of Rodrigo y Gabriela and can't resist the rowdy fun of OK GO, consider yourself in a high-risk group for having way too much fun with these guys. Check them out. You deserve no less.

Café 704 is live music performance series held monthly at the Interfaith Center for Spiritual Growth. 704 Airport Blvd, Ann Arbor 48108

www.interfaithspirit.org/cafe704

Café 704

Saturday, July 11, 2015

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

Donation: \$8/person or \$15/per couple



Youthful Spirits



Hello all!

Happy July!!

We had a great June, celebrating the men in our lives with some treats "fishing" them a happy Father's Day. The first virtue we talked about was courage, Christopher Robin said to Pooh, "Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think." We made a "worry warrior" to give all of our worries to and read a fantastic book based on a poem by Maya Angelo, "Life Doesn't Frighten Me". We also learned about the virtues of purposefulness and learned how to focus on step to reach our goals. We learned about obedience and how those that love us and care about us set boundaries to keep us safe and how important it is to follow those guidelines. Another virtue we learned about was consideration. We learned that it is important to consider the needs of others and ways to be considerate to others.

LIFE DOESN'T FRIGHTEN ME

By: Maya Angelou

Shadows on the wall
Noises down the hail
Life doesn't frighten me at all
Bad dogs barking loud
Big ghosts in a cloud
Life doesn't frighten me at all.

Mean old Mother Goose
Lions on the loose
They don't frighten me at all
Dragons breathing flame
On my counterpane
That doesn't frighten me at all.

I go boo
Make them shoo
I make fun
Way they run
I won't cry

So they fly
I just smile
They go wild
Life doesn't frighten me at all.

Tough guys in a fight
All alone at night
Life doesn't frighten me at all.
Panthers in the park
Strangers in the dark
No, they don't frighten me at all.

That new classroom where
Boys pull all my hair
(Kissy little girls
With their hair in curls)
They don't frighten me at all.

Don't show me frogs and snakes
And listen for my scream,
If I'm afraid at all
It's only in my dreams.

I've got a magic charm
That I keep up my sleeve,
I can walk the ocean floor
And never have to breathe.

Life doesn't frighten me at all
Not at all
Not at all
Life doesn't frighten me at all.

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





GOLDEN RULE

'Do unto others as you would have them do unto you.'

- Matthew 7:12



The Golden Rule Workshop

Sunday, July 26

1-2:30 p.m.

*Interfaith Center
for Spiritual Growth*

Explore

- the message of the Golden Rule
- the message of the Golden Rule for you
- the Golden Rule & its implications for society

with meditation, discussion, and videos

Cost: whatever the Golden Rule guides you to give

Contact: Heide Kaminski

(517) 423 9001



The Caring Committee



*Marilyn,
Chair*



*Heide,
Secretary*



*Delyth,
Liaison*



Judy



Idgie



Malcolm



*Annie,
Liaison*



Diane



Beth



*Tommy,
Youth Ed rep*



Jack



Kellie

*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

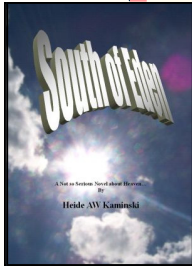
Other _____

Limitations and additional information:

I currently have need of (be specific):



Help Support Your Interfaith Family Businesses!

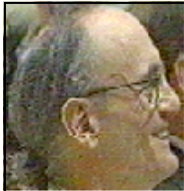


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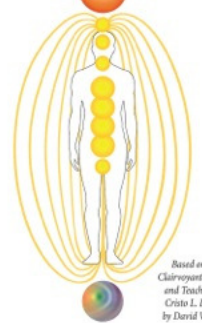
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THE GOAL: To have EVERY PERSON ON EARTH performing this event

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/>

