



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
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SPIRIT EXPRESSING IN PHYSICAL FORM

by David Winfree

When learning to drive a car one sometimes over-steers, under-steers, lurches ahead, and jerks to a stop in a most unseemly manner. One has positive goals and good intentions and is trying to make progress, but the results are uneven. Let's contrast this to the kind of life experience one has when a well-intentioned Divine Ray of Expressive Awareness incarnates into the infant animal body of a human primate and is flooded with sensations of qualities, patterns, interactions, and relationships upon the lower mental, emotional, etheric, and physical planes. When a Ray of Divine Light incarnates into the body of an evolving primate, there is the experience of physical body sensations, built-in survival instincts, sex drives, herd instincts, social drives, neural circuits that seek to increase pleasure and avoid pain, fight/flight/fear responses, and all sorts of societal conditioning. When moving through life expressing and experiencing in such a vehicle (somewhat primitive and yet complex), along with seven billion other student drivers, who are driving similar vehicles, one should not be too surprised that the experience may not be complete bliss.

There are glimmers of awareness

of bright Divine Patterns and Qualities to be expressed in the midst of all that is taking place. One's personality is a composite of all of the above. Where is the ego in all of this? ***The key to understanding the ego is to realize that it is not a distinct entity or any single, specific, definite thing.*** It is useful to think of the ego as a bunch of accumulated clutter, especially a buildup of limiting concepts and erroneous beliefs, along with animal drives and instincts, and associated thoughts and actions, that are obstacles to the full expression of one's Higher Divine Qualities Archetypal Patterns.

It is important to realize that a degree of misunderstanding is natural at the lower microcosmic levels of existence, because each microcosmic aspect of the WHOLE does not have a big picture, eagle's eye view of all things, but has a sequential and limited view that can easily result in innocent and natural misunderstandings that in turn naturally result in actions that are not harmonious.

As limiting, negative, and erroneous understandings build up in the subtle mental body, associated dense accumulations of anxiety, fear, despair, anger and depression build up in the emotional body. Negative thoughts trigger negative emotions that trigger more negative thoughts, in a continuous chain. These impact the etheric subtle body and the physical body, influencing nerve synapses and over-sensitizing primitive hormonal flight or fight responses. All of this distorts perception, resulting in actions being taken that are sometimes disharmonious, out of balance, and detrimental to the individual, commu-

nity, and society. All of this blocks the full, free expression of Divine Qualities and Patterns.

Localized sense of self does not constitute ego. Sense of self arises naturally from the self-reflective nature of awareness, throughout all of the levels of existence. It is not the sense of self, but misunderstandings related to the sense of self that are major spiritual obstacles. The localized sense of self in a human being is fine as long as there is an innate understanding that it is not separate from the WHOLE, as when perceiving individual rivers and mountains, one knows these are not separate from the Earth. A diffuse sense of self, a dotted-line sense of self, or a provisional-figure-of-speech sense of self that know that one is constantly an integral aspect of the WHOLE are not obstacles.

It is likewise essential to understand that SPIRIT IS NOT SEPARATE FROM PHYSICALITY. All space, consciousness, energy, qualities, patterns, vibrations, levels, matter, and forms exist within SPIRIT and SPIRIT exists within them. It helps to think of all these as being aspects, forms, dimensions, or modes of SPIRIT. SPIRIT has two major qualities, awareness and expressiveness. SPIRIT does not just rest in sublime awareness, but also dynamically expresses. Physicality is an aspect of SPIRIT.

Continued on page 6



Ministerial Miscellany

By Dave Bell



Dear Friends,

August is a wonderful month. Summer is in full swing and the hints of an autumn to follow are in the air. I love Summer and I really love Fall. Judy and I have had a wonderful summer. We named it the summer of celebration. On August 8, 1965, we were married. To celebrate the Golden Year, we planned a trip to Europe and two parties, one hosted by our daughters for long-time friends and relatives, the other hosted by us at the Center for our other family, the Center community. The Center party is coming up on the 9th after the service. I hope you will plan to be there. Our trip to Europe was amazing, visiting Paris and its museums, the Normandy beaches and their museums, and finally traveling to Germany to visit Lauren, our granddaughter. We were able to be present for her wedding on July 2nd. What a joy!

I am working on materials for an eight-week class in metaphysics to be offered this fall. Be sure and let me know if you have a preference for day and time. Topics will include existential topics around who we are, what we are doing here, prosperity, health and healing, and other interesting things.

As I write, we are wrapping up another successful yard sale and ticket sales for the service raffle are in full swing. In the next few weeks we will be installing an egress window in the back classroom so that the older youth can have a "place of their own."

I hope you enjoy the rest of your summer!

Blessings,

David

*Community
Members
of the Month*



Admirable Alaura

By Jeanne Adwani

Welcome Alaura as our Community Member of the Month!

Where to begin with all her talents, gifts, and her giving to the Center?

First, she is our Music director. That means she makes sure every Sunday that Music fills the Center; that poetry and dance fill the Center, that what inspires us, with what we receive, whatever the message shared on that Sunday, gives us the opportunity to feel it more deeply, and to experience it more viscerally.

Many musical events that occur during the year at the Center, have the gentle and strong backbone of her behind them, making sure that they unfold with ease, play, and joy.

Alaura is a songwriter, a music maker, a teacher, a loving pet mother to CoCo, and a partner to David. She is a woman of the forest, and all the elements that surround us. She channels all that into her daily life to feel grounded and at peace with the world.

Alaura is my friend. Her kindness and care, her gentle nature, all touch my heart. I am honored to perform with her and share the deep wisdom of her journey in this life.

BTW, there is a wonderful event at the Center on the 8th of August that you don't want to miss. She is who makes this happen. And she will be the first to tell you who without all of us that participate and give of our talents, the event would not happen. She only invites us in.

If you have yet to meet her, or have only had a brief hello with her, I invite you take a moment and give her a hello and a hug.

Thank you, Alaura, for all your care and Love. We honor you.

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STILL MORE ON THE STRUCTURE OF MY DAILY PRAYER

By Bob Hopkins

"I pray for the acceptance of all the blessings and miracles that have come into my life."

At its heart, this part of the prayer is relatively straightforward. I want to be open to the awareness of the various blessings that are the constants of my life and the unique blessings that each day provides. I have no question but that I often take these blessings for granted, and I think it is important to recognize that I have an ongoing need to accept these blessings and not dismiss them, forget about them, or experience ingratitude about them. I think I am praying as much for the acceptance as for the recognition and appreciation of the blessings themselves, as it is fully possible to go about my busy day and forget about my blessings as I make mountains out of molehills and spend more time in worry or anxiety than living in the blessings.

Miracles strike me as an everyday occurrence that I too often have taught myself to overlook as I go about the important business I have designated for myself each day. At its core, I believe miracles can be as simple as synchronicity as well as elegantly simple answers to seemingly complex problems. On more than one occasion, I have found myself confronted with a wealth of miracles in short span of time that makes it virtually impossible to ignore their prevalence. Unfortunately, I get back to business as usual and lose sight of the miracles that surround me as a regular occurrence in my life. The acceptance I am praying for is in appreciation of the blessings and wanting a more steady awareness, openness, and an honest desire to be more sensitized to

their significance and their dominant position in my life. Therefore, I pray in celebration of all the blessings and miracles I have accepted and all the wonders for which I am grateful.

Earlier parts of my prayer make specific mention of the blessing and miracles I aim to accept and of the wonders in the world and in the universe for which I am grateful. This particular little corner of the prayer would seem to be redundant, except that it reminds me to celebrate. As I thought about inclusion of celebration in the prayer, it was clear to me that wonders, blessings, and miracles are the most important things in my life. Certainly, I love my partner, Janet, and my family and my friends, especially here at Interfaith. I love my job, my home, my finely-tuned car, my hobbies, my dancing, my music collection, my artistic endeavors, and my life in general. However, in the interest of keeping my prayer to a manageable length, it occurs to me that all the people and circumstances and objects I just cited can easily be viewed as blessings, miracles or wonders. Those three also allow for the less constant phenomena in my life that light it up, make it worthwhile, cause delight, excitement and surprise. So I think that celebrating the blessings, miracles, and wonders is remarkably inclusive and puts the right sort of emphasis on these delights in my life that give me the cause to celebrate them.



Mark your calendars!

CAFE 704 CONCERT SERIES Saturdays

August: Algorithm

**Sept. 12: Don Allen and
Band**

Oct. 10: Laszlo Slomovits

Nov 14: Four Shillings Short

Dec. 12: Bliss

2016

Jan. 9: Madcat Ruth

Feb. 13: Spirit Singing Band

March 12: Harmony Bones

April 9: TBA

May 14: TBA

June 11: Hold

**July: NONE (top of the park
conflict)**

August 13: TBA

September 10: Hold



PEACE GENERATOR August 21



<div>The Service begins at 10:45 a.m.</div>	Mon	Tue	Wed	Thu	Fri	Sat
The speaker/topic are in bold/italic R indicates the reader M indicates the meditator MU indicates the musician.	<div>The newsletter submission deadline is Aug. 23</div>	<div>Board meeting this month is on Aug. 16</div>	<div>Birthdays are indicated in bold/italic <i>Happy Birthday!</i></div>			1 8:30 a.m. AA 7:30 p.m. Drum and Dance Jam
2 Rev. Dave: Namaste R: Marlana S M: Janet F. MU: Algorithm Potluck	3 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	4 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering 7—8:30 p.m. Reiki	5 1:30 a.m. Healing Circle	6 Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of mind Alex Penn Barb Fisher		8 8:30 a.m. AA 8 p.m. Café 704
9 Rev. Dave: Heart on Fire R: Judy B. M: TBA MU: Laurel Federbush	10 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	11 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering 7—8:30 p.m. Reiki Esther Reilly	12 	13 Noon—1:30 p.m. ACIM	14 	15 8:30 a.m. AA 8 p.m. Spiritual Cinema Lorna Brown
16 Rev. Delyth R: Esther R. M: TBA MU: Mike Fedel Luciana Lampert	17 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting Lisa Smith	18 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering 7—8:30 p.m. Reiki Eileen Grady David Winfree	19 11:30 a.m. Healing Circle 7-9 p.m. Shamanic Journey	20 Noon—1:30 p.m. ACIM 6 p.m. Leadership Team meeting 6:30—8:30 p.m. Science of mind	21 7 p.m. Peace Generator Diane Gledhill	22 8:30 a.m. AA
23 Rev. Dave: Believe in Yourself R: TBA M: TBA MU: TBA	24 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	25 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering 7—8:30 p.m. Reiki Cathy Dyer	26 7:30 p.m. Urantia Book Study	27 Noon—1:30 p.m. ACIM	28 7 p.m. Sufi Prayer Service	29 8:30 a.m. AA
30 Rev. Dave: Transcending Appearances R: M: MU: Laz Slomovits	31 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting					



Peggy's Profiles

MESSAGE FROM AN EIGHT-LEGGED MAMA



I was sweeping the sidewalk when I noticed an unusual spider on the pavement. I said hello, and asked it to move along to a safer location so I could finish my work before our guests arrived.

She moved here and there, but seemed confused about which way to go. As she paused, I stopped sweeping and took a good look at her.

She was a wolf spider mama, about 3/4 of an inch long, carrying dozens of pinhead-sized babies on her back. There were so many babies, in fact, that I could only see the tips of mama's long legs!

I could see their teensy little eyes looking up at me, wondering who in the world that huge being could be.

Interfaith Pop

*Selected by Rob Fagerlund
(well, not this time... editor too the liberty to fill in)*

Send Me an Angel

By the Scorpions

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

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

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

Here I am
Will you send me an angel
Here I am

In the land of the morning star

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

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

Editor's note: I want this played at my funeral.



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

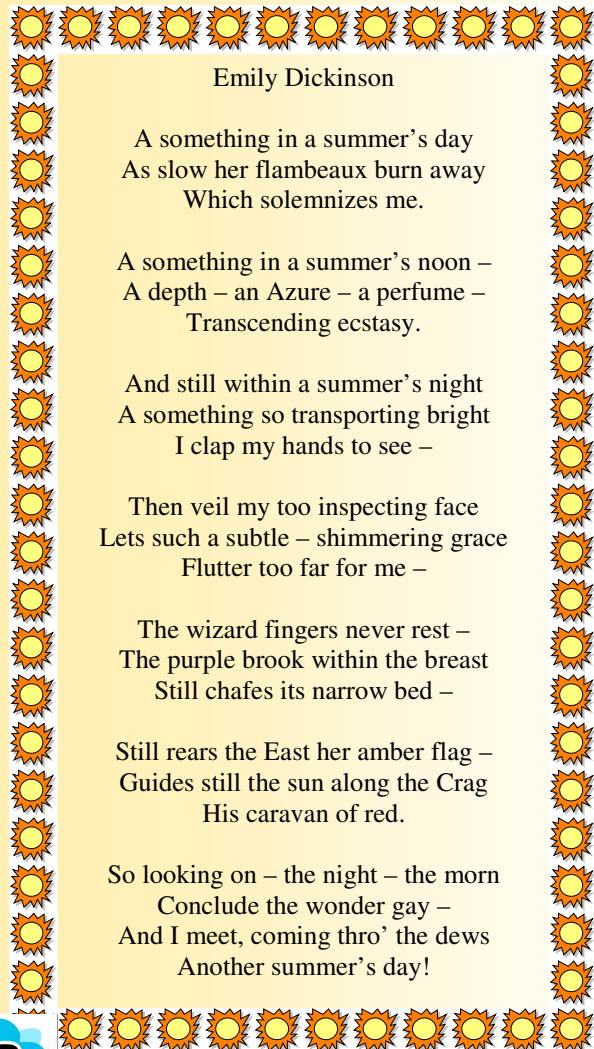
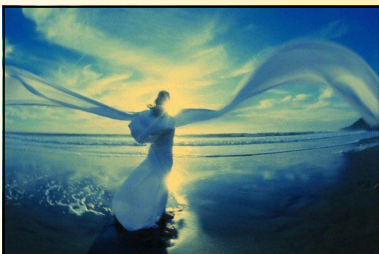
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Spirit Expressing—by Dave Winfree (Continued from page one)

The slow evolution of plant and animal life on this planet is the work of SPIRIT. The intentional incarnation of Higher Divine Qualities and Archetypal Patterns into animal form, when homo sapiens evolved to the point where these could begin to be received and expressed, is also the work of SPIRIT. These two works of SPIRIT combine in humanity. The Divine Rays of Light, called the Soul, express their Divine Qualities and Patterns upon the physical plane, through the animal vehicle, over the course of many lifetimes, thereby speeding evolution, and bringing alignment, fusion, and unity between the higher levels and the lower. The highest qualities and patterns in Divine Mind are eventually fully expressed across all levels. All are constantly being prompted, guided, and lifted toward their Highest and Fullest Divine Expression.



Emily Dickinson

A something in a summer's day
As slow her flambeaux burn away
Which solemnizes me.

A something in a summer's noon –
A depth – an Azure – a perfume –
Transcending ecstasy.

And still within a summer's night
A something so transporting bright
I clap my hands to see –

Then veil my too inspecting face
Lets such a subtle – shimmering grace
Flutter too far for me –

The wizard fingers never rest –
The purple brook within the breast
Still chafes its narrow bed –

Still rears the East her amber flag –
Guides still the sun along the Crag
His caravan of red.

So looking on – the night – the morn
Conclude the wonder gay –
And I meet, coming thro' the dew
Another summer's day!

August 2015 Unique Holidays

From: <http://www.holidayinsights.com/moreholidays/august.htm>

Month:

Admit You're Happy Month
Family Fun Month
Peach Month
Romance Awareness Month
Water Quality Month
National Picnic Month

Weekly Events:

Week 1 National Simplify your Life Week
Week 2 National Smile Week
Week 3 Friendship Week
Week 4 Be Kind to Humankind Week

Daily Holidays, Special and Wacky Days:

1 National Mustard Day first Saturday
1 National Raspberry Cream Pie Day
2 Friendship Day - First Sunday in August
2 International Forgiveness Day - First Sunday in August
2 National Ice Cream Sandwich Day
2 Sisters Day - First Sunday in August
3 National Watermelon Day
4 U.S. Coast Guard Day
5 Work Like a Dog Day
6 Wiggle Your Toes Day
7 National Lighthouse Day
8 Sneak Some Zucchini onto Your Neighbor's Porch Day - now that's nasty!
9 Book Lover's Day
10 Lazy Day
10 National S'mores Day
11 Presidential Joke Day
11 Son and Daughter Day
12 Middle Child's Day
13 Left Hander's Day
14 National Creamsicle Day
14/15 V-J Day - which date do you mark the end of WWII?
15 Relaxation Day - now this one's for me!
16 National Tell a Joke Day
17 National Thriftshop Day—Yeah!

18 Bad Poetry Day
19 Aviation Day
20 Chinese Valentine's Day/Daughter's Day - 7th day of 7th Lunar Month
20 National Radio Day
21 Senior Citizen's Day
22 Be an Angel Day
22 National Tooth Fairy Day - and/or February 28
23 Ride the Wind Day
24 Vesuvius Day
25 Kiss and Make Up Day
26 National Dog Day
26 Women's Equality Day
27 Global Forgiveness Day
27 Just Because Day
28 Race Your Mouse Day -but we are not sure what kind of "mouse"
29 More Herbs, Less Salt Day
30 Frankenstein Day
30 Toasted Marshmallow Day
31 National Trail Mix Day

Interfaith Holidays

1 - Fast in honor of Mother of Jesus - **Orthodox Christian**
- Lammas - **Christian**
- Lughnassad (Northern Hemisphere) Imbolc (Southern Hemisphere) **Wicca Pagan**
6 - Transfiguration of the Lord - **Orthodox Christian**
- 13-15
- Obon - **Shinto**
15 - Assumption of the Blessed Virgin Mary - **Catholic Christian**
- Dormition of the Theotokis - **Orthodox Christian**
29 - Raksha Bandhan - **Hindu**
Beheading of John the Baptist - **Christian**

Definitions for these can be found at

www.interfaithcalendar.org/2015.htm

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

CAFÉ 704: August 8, 2015 Benefit Concert for Interfaith Center for Spiritual Growth

8:00 pm – 10 pm Doors open 7:30 pm



An Eclectic Night of Music, Poetry, Improvisation and Fun!

Featured artists will be Algorithm, musicians/vocalists/
poets: Jeanne Adwani, Craig Brann, Cindy Reedy, Laurel Emrys, Cur-
tis Glatter, Bill Stobby and Alaura Massaro.

Location: Interfaith Center for Spiritual growth, 704 Airport Blvd., A2,
48108 located in a converted warehouse,
(behind Motel 6; across from Costco)

Cost: Donation of \$8.00 or \$15/2

Check out: Interfaithspirit.org/coffee-house

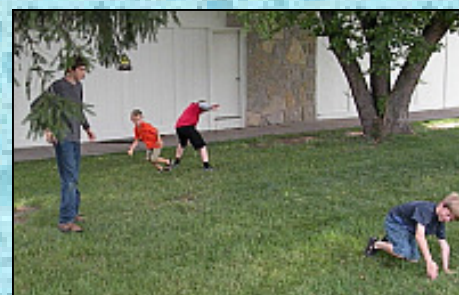


Youthful Spirits



Hello all!

July was a great month, we had a ton of fun! Check out some of our pictures, we had a great time playing and learning. August will be awesome! We will explore the following virtues. **Courtesy-** Courtesy is being polite and having good manners. When you speak and act courteously, you give others a feeling of being valued and respected. **Confidence-** Confidence is having faith in someone. Self-confidence is trusting that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things, without letting doubts or fears hold you back. When you have confidence in others, you rely on them. **Service-** Service is giving to others, making a difference in their lives. You consider their needs as important as your own. Be helpful without waiting to be asked. Do every job with excellence. When you act with a spirit of service, you can change the world. **Assertiveness-** Being assertive means being positive and confident. You are aware that you are a worthy person with your own special gifts. **Modesty-** Modesty is having self-respect and not being showy or boastful.



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





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Who: Students Aged 14-18 Years

Cost: FREE for Students
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When: August 19, 2015

Registration: 8:30 AM

Program: 9AM-4PM

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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

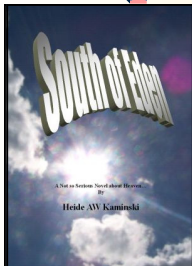
Other _____

Limitations and additional information:

I currently have need of (be specific):



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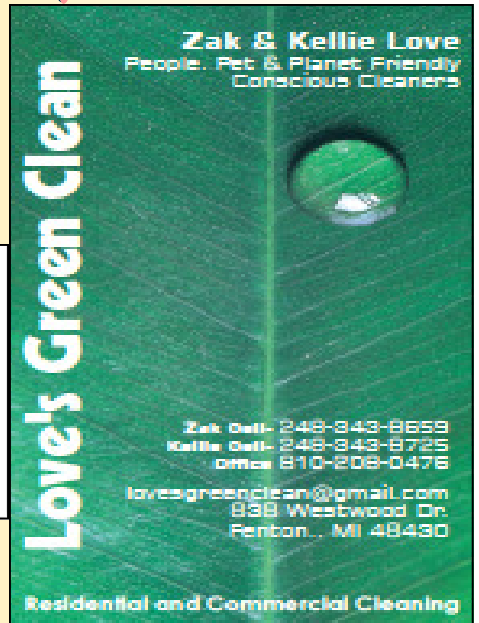
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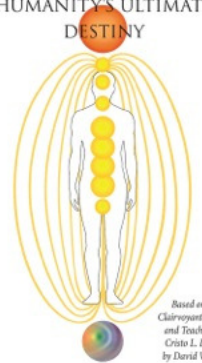
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toys, books, cool crafts, and what-nots you can't
resist. MUST SEE! Trip to Tecumseh is worth it!



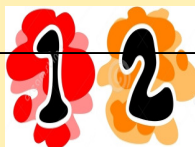
A-2 Handyman
Jack Richards

drywall repair
plumbing and elec-
tric
carpentry repairs
roofs to basements
basic repairs

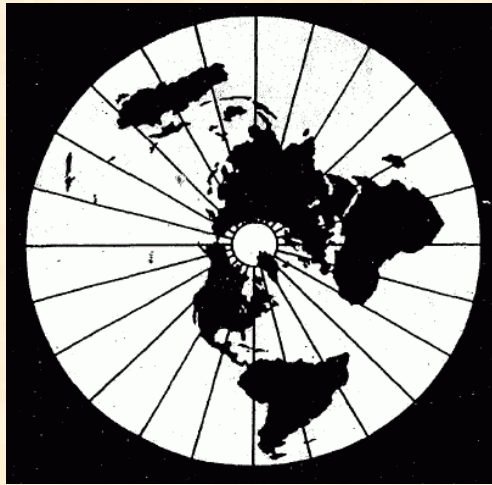
VERSATILE SKILLS

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Well referenced, low rates
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JACK OF ALL TRADES



**Peace in Our Lifetime
"The Peace Clock"**



Swedish: **FREDSKLOCKAN** Starting Now:
Wherever you are, perform a silent meditation for world peace
EVERY DAY AT 12 NOON FOR ONE FULL MINUTE

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

Synchronized Intention is the Key

- With an alarm, a bell, a note or any other method that works for you - remind yourself when it is noon in your time zone.
 - Acquire the active participation of your company, your school, community, city, state and nation.
- Involve radio and television - have them broadcast the PEACE CLOCK name, slogan and logo accompanied by one minute of silence every day.
 - Above all - approach all interactions with others in peaceful, constructive and creative ways.
 - Copy and share this information with as many people as you can.

PDF Fliers:

- Arabic: ساعة السلام Chinese: 和平默禱 Dutch: VREDESKLOK
- English: PEACE CLOCK French: UNE HORLOGE POUR LA PAIX
- German: FRIEDENS UHR Hebrew: שעון השלום
- Hungarian: BÉKEÓRA Italian: OROLOGIO DI PACE
- Japanese: ピース クロック Korean: 우리의 삶에 평화가 깃들길
- Pharsee: زمان نماي صلح Polish: ZEGAR POKOJU
- Portuguese: Hora da Paz Romanian: CEASUL PĂCII
- Russian: ЧАСЫ МИРА Spanish: UN RELOJ POR LA PAZ
- Swahili: SAA YA AMANI <http://peaceclock.org/>

