



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. XI, NO. 11 November 2015



SPIRITUAL HEALING

By Annie Kopko

***“Everyone has something to teach me.
We have a purpose in being together.”***

~ Louise Hay

This is one of my favorite quotations from Louise Hay, longtime New Age spiritual teacher living in California. She is the author of many books, with a great following. I think she has it right when she affirms that until we heal spiritually, we do not heal physically.

So keep this idea in mind, how do we heal spiritually?

First of all, we have to remember there is nothing to heal because we are not sick. We never have been and we never will be. Simultaneously, however, our spiritual selves have indeed chosen to come forth in bodies and explore this amazing world we share with each other, and a huge part of this exploring includes our ego mind, which gets us into deep trouble, but also is instrumental in creating our individual healing consciousness for the healing of ourselves and of our world.

Our bodies are not meant to heal, only to continually reach for perfect balance, and they are fully equipped to do this without our interference. Realistically we do need to eventually interfere, because we have allowed ourselves to become quite profoundly out of balance. We continually interfere with the natural needs of the body in living the generally unnatural lives we lead, having fun driving around in cars and eating foods from all over the planet. We are meant to live in both joy and sorrow, expanding and contracting physically and energetically according to our wants and needs. We are also meant to remember that we are spiritual beings having a human experience. Alas, we forget.

Back to my quotation. Our best and most challenging opportunity for learning, healing, and change comes from being with other people. We are not always choosing our favorites because our least favorites teach us more. If you have met homeless people begging for money, you know what I mean. Our family members, close by and far away,

teach us more. Those people closest teach us the most. If you have ever had a partner, lover, roommate, etc., you know what I mean. They can bring the most angst and the most pleasure to our lives in an instant. We are not meant to lose ourselves in another person's emotions, but we usually do.

I try to welcome all who come into my presence and my consciousness, and be aware of any disparaging and negative thoughts I may be having. Each one has something to share and deserves my respect. My job is to be welcoming and to be aware of what I may be doing with the opportunity to “change the world, one consciousness at a time”- mine.

How can we ever expect our lives to become our highest vision of ourselves if we are not willing to confront our own fears? First we have to be willing to notice whenever we are afraid. Fear comes in many forms; anger, avoidance, dislike, upset stomach, tiredness, excuses of any kind, anxiety, stress, sleeplessness, etc. Fear hides in many of our unaware feelings and actions.

How do we handle all of this heaviness? Awareness first, then compassion, then understanding and allowing. We can choose to allow ourselves to experience all of our possible range of emotions without getting lost. At some point we may become aware of our own “divine witness” which is the part of our own being that is aware of, but not experiencing, our humanity, only our divinity. Like most of us, I have experienced a lot of drama in my life. By some miracle, I have also met my witness, who can say: “There I go again.”

All of these may be our fears, certainly we need to remember we are not our fears. We are spiritual beings having a fearful experience. That is how we heal spiritually.

How we choose to deal with our fears is important because we get to experience a fearful life or a peaceful positive life. I try to remember to breathe deeply. I give my fears a lot of space. I witness my fears, I do not fear them. I remember I am not my fears. When we deeply and frequently remember who we are, we have many less fears and we deal with them more easily. Life is good. Be Well.



Ministerial Miscellany

By Dave Bell



Dear Friends,

By now, I assume everyone knows of my retirement plans. Nineteen months will probably fly by in what seems like the twinkling of an eye. With the blessing of the Board, Pat Root and Lindsay Passmore have worked extremely hard at coming up with a diverse and dedicated search committee. They have sought input from Bob Hopkins and Craig Harvey who were deeply involved in the last go around. Their wisdom along with a list of best practices borrowed from the UU website have given us a great start on finding the ideal candidates. All along the road, congregational input will be sought. I hope you will be willing partners in this venture. After eighteen years of blood, sweat and tears, my most fervent desire is to see the Center continue to grow and flourish. I am behind this process 100%. Many thanks to Pat and Lindsay, the Board and members of the Search Committee.

On November 8th, after the service, we will be hosting an event called the "Conversation Sabbath." It will be facilitated by Khrystian Speelman. It is part of a nationwide effort by clergy of all faiths to encourage end of life care conversations between family members. As clergy, we have seen how difficult it is to have a meaningful conversation standing in the ICU. Hope is not a viable planning tool. There will be a conversation starter guide available as well as some helpful hints in having what seems to be a difficult conversation for many.

On November 22nd Barbara Brodsky and Aaron will be our guest speakers. They will talk on remembering wholeness. If you have not had the opportunity to hear Aaron speak, I highly recommend that you be here. At 1 o'clock, Barbara and the brothers and sisters of light will be presenting a "Remembering Wholeness" experience. It is quite similar to what happens at the Casa de Dom Ignacio in Brazil, where John of God does his healing work. Again, it is a wonderful experience and worth your time. There is no cost and love offerings are accepted.

Blessings,

David



*Community
Member
of the Month*

Joyous Jill

Jill Crane is our CMM for the month of November and it goes without saying that she is a soft, quiet, petite power house. She brings all that to the Center making herself busy assisting in making the room full of words and music with her audio skills. For a long while she held the center spot for making our audio systems work on Sundays, and other celebratory events here, at the Center. She now passed that wand to others, still giving her expertise when needed and giving of her time in other actives.

I gathered a few words from others about Jill and I was tickled when Dave, spoke with a giggle to a meeting some years ago around strategic planning. The group was invited to share what it would take to speak in front of a group, Jill, with no reserve said, "medication." Thus, it's easy to see why Jill likes to nestle herself in the corner promoting the verbal and musical skills of others. And, when you get her in conversation, one on one, she is very bubbly and enthusiastic.

If you have not settled in to a conversation with her on a Sunday, I invite you to ease on over to her and find out a little more about her.

Thank you, Jill, for all you do and have done to support us here. We love you.

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MORE ON THE MORNING PRAYER

By Bob Hopkins

My morning prayer continues in the following fashion:

I bless the love and spiritual wholeness and welfare of myself and my family, my friends and their family members, each of my ex-wives, ex-lovers, ex-girlfriends and all of their family members, everyone with whom I've lived and been neighbors and all of their family members, everyone with whom I've gone to school or taken classes and all of their family members, everyone with whom I've gone to church or attended services at Interfaith, everyone who has belonged to any of the churches I have belonged to or been a member at Interfaith and all of their family members.

I bless everyone with whom I have worked: co-workers, superiors, subordinates, anyone who has benefitted from the work I have done – directly or indirectly and all of their family members. Everybody that I know from AA, SAA, MasterMind, Course in Miracles and all of their family. Everybody who has lived or worked in any of cities and towns that I have lived or worked in and all of their family members. Everyone else in world.

I seek the guidance of the Holy Spirit so that I may be guided by love, warmth, compassion, tolerance, empathy, goodness, kindness and forgiveness. Rather than be guided by anger, resentment, hatred, fear or attack.

I'll continue to seek the guidance of the Holy Spirit so that I may be truly useful, helpful and constructive to everyone I encounter throughout the day.

(To be continued)



**Interfaith Round Table
of Washtenaw County**

The Interfaith Round Table of Washtenaw County will host another series of visits and conversations in its **"Places of Faith"** program giving others in our community the opportunity to deepen understandings for other faith traditions.

**NOVEMBER – THE ZEN
BUDDHIST TEMPLE**, 1214
Packard Rd, Ann Arbor

Tuesday, 11/10, 7:30 pm

Participants will meet at the Zen Buddhist Temple with a small group from the congregation.

The conversation will center around "what it is like to practice Buddhism in Ann Arbor and Washtenaw County".

Sunday, 11/15, 10 a.m.

Participants will meet at the temple to experience a Sunday Buddhist service.

Tuesday, 11/17, 6:30 p.m.

Participants and the small group of temple members will share a meal together. Conversations around the table will include follow-up from the first meeting, questions arising from the Sunday service and additional issues that are appropriate in fostering understanding and mutual respect.

Cost: \$35 per person

Register: on line – use donate button (www.irtwc.org) OR via email (gbrides@umich.edu)



Mark your calendars!

CAFE 704 CONCERT SERIES Saturdays

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
November 20**



The Service begins at 10:45 a.m.		Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7	
Rev. Annie: Day of the Dead R: TBA M: TBA MU: Potluck Children's Halloween Party	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 6:30—8:30 p.m. Science of mind		8:30 a.m. AA 7:30 p.m. Drum and Dance Jam	
<i>Sally Searls</i>							
8	9	10	11	12	13	14	
Rev. Dave: Let's Talk About End of Life R: Esther R. M: TBA MU:	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: We Are All Mystics R: Maggie B. M: TBA MU: Board Meeting 2-3:30 Laurel Emrys Workshop Bob Hopkins	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 6:30—8:30 p.m. Science of mind	7 p.m. Peace Generator	8:30 a.m. AA 8 p.m. Spiritual Cinema	
				<i>Rod Rodriguez</i>			
22	23	24	25	26	27	28	
Barbara Brodsky & Aaron: Remembering Wholeness R: TBA M: Janet F. MU: CC Meeting 1-3:30 Remembering Wholeness Joy Pendleton	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	
				<i>Al Carter</i>			
29	30						
Rev. Dave: Gratitude R: M: MU:	6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	The speaker/topic are in bold/italic R indicates the reader M indicates the meditator MU indicates the musician.			<div style="border: 1px solid blue; padding: 5px; text-align: center;"> The newsletter submission deadline is November 22 </div>	<div style="border: 1px solid green; padding: 5px; text-align: center;"> Birthdays are indicated in bold/italic Happy Birthday! </div>	<div style="border: 1px solid yellow; padding: 5px; text-align: center;"> Board meeting this month is on November 15 </div>

Start a new family tradition:
ANGEL CARD READINGS for the new year!

As the end of the year approaches, I am once again offering special readings for the year ahead. One-third of all fees will be donated to Interfaith, which makes it a win-win situation! Here are two popular options:

♥ A 12-card reading, with a card for each month of 2015. The fee for this kind of reading is \$35.

♥ A 3-card reading showing the past month, the present month, and the next month to help gain perspective and understanding on a particular issue or concern. The fee for this kind of reading is \$25.

It's great if we can sit down together for a reading; but I can also do a reading on your behalf, email you the results, and then we can talk about them when you have time. You will receive a written summary of our session, including scans of the oracle cards we used. And yes, I will negotiate the fee if you are in a difficult financial situation!

For more information, please give me a call: Peggy Lubahn at 734-548-0194

ORACLE CARD FOR NOVEMBER

THE CARD: **The Messenger**

THE DECK: The Heart of Faerie Oracle by Brian and Wendy

Froud

The Messenger represents confusion, mischief and gossip. He flits between the Faerie courts delivering messages and whispering gossip and news to all. He can be a force for good intentions or for mischief. There is nothing he likes more than a complication where one isn't necessary!

Forever ready to tell you what someone else thinks (especially about you), he causes trouble but always with the excuse, "I just thought you should know," or "I'm just trying to be helpful," while making sure that whatever it is he tells you causes dismay or confusion. The Messenger loves a good laugh at someone else's expense. If you look closely at the card image, you'll see a little smirk on his face as he stamps on the head of one of his victims. This astonished-looking individual probably just found out what other people are saying about him, which THEY heard from You Know Who!

If he turns up in your reading, make sure you verify what people are telling you, especially about how someone else feels or about any aspect of your relationship. Gossip can be irresistible, but the hurt it causes is not so easily mended. Be aware of the messenger in your life, and take what he tells you with more than a grain of salt. And once you have everything sorted out, take a moment to thank this mischievous spirit for reminding us to be alert to the ideas and energies we take in from others without thinking them through for ourselves!



Interfaith Pop

Selected by Heide this month ☺

Moondance

By Van Morrison

Well, it's a marvelous night for a moon dance

With the stars up above in your eyes
A fantabulous night to make romance

'Neath the cover of October skies
And all the leaves on the trees are falling
To the sound of the breezes that blow
And I'm trying to please to the calling
Of your heart-strings that play soft and low

And all the night's magic seems to whisper and hush

And all the soft moonlight seems to shine in your blush

Can I just have one more moon dance with you, my love

Can I just make some more romance with you, my love

Well, I want to make love to you tonight

I can't wait 'til the morning has come
And I know now the time is just right
And straight into my arms you will run
And when you come my heart will be waiting

To make sure that you're never alone
There and then all my dreams will come true, dear

There and then I will make you my own
And every time I touch you, you just tremble inside

And I know how much you want me that you can't hide

Can I just have one more moondance with you, my love

Can I just make some more romance with you, my love

Well, it's a marvelous night for a moon dance

With the stars up above in your eyes
A fantabulous night to make romance

'Neath the cover of October skies
And all the leaves on the trees are falling

To the sound of the breezes that blow
And I'm trying to please to the calling

Of your heart-strings that play soft and low

And all the night's magic seems to whisper and hush

And all the soft moonlight seems to shine in your blush

Can I just have one more moon dance with you, my love

Can I just make some more romance with you, my love

One more moon dance with you in the moonlight

On a magic night

La, la, la, la in the moonlight

On a magic night

Can't I just have one more dance with you my love





Caring Committee Contact List

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

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 Kellie Love, co-chair kellie.love@interfaithspirit.org, 248-343-8725
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 Mike Bratcher, mebratcher@yahoo.com, 734-429-2371

Behind the Scene



Memorable Moment from the QCC

Our youngest member is not yet interested in the discussions... (or, she feels safe with us and trusts our decisions!)



Walking in Someone Else's Shoes

It was a lot easier for Ruby to walk in Kellie's boots than it was the other way around!

THE INTERFAITH ROUND TABLE OF WASHTENAW COUNTY

The ITC will hold its twenty-first Annual Interfaith Thanksgiving Celebration on Sunday evening, November 22, at 7 p.m., at the Church of Jesus Christ of Latter-day Saints, 1385 Green Road, Ann Arbor, 48105. Join us in a spirit of gratitude with readings, music, meditations and other unique presentations from a wide variety of faith traditions. Light refreshments following the celebration. Donations accepted for non-perishable food or turkey money to help those in need in our community. 2016 Interfaith Calendars also available. For more information, call Rev. George Lambrides at 734-424-1535 or Susan King at 734-678-5616.



October Board Meeting

The Interfaith Center Board discussed the Ministerial Search Committee procedures. The decision was to keep the slate of members announced at the QCC. Once the committee convenes, they will be asked to create a timeline, to identify best ways to get input from the ICSG community and to ensure they communicate their activities to the community. We will need another committee to develop 1) a plan to come up with funds needs for search process and 2) a creative way to pay the minister.

The finance committee has begun the process of preparing the 2016 budget. The first draft of the budget will be presented for the November board meeting to allow for time to identify priorities and changes needed. The final budget will be proposed to the board for approval January 17, 2016. The current YTD financial statement shows that rental, classes and events revenue is down compared to last year. Delyth reported that plans are moving along with Kickshaw Theatre rental. The Halloween party is planned by Beth, Kellie, Idgie and Delyth and will include dancing, games and 50/50 raffle.

Jeff Alden reported that the Membership committee is working on a charter and Pillars of Increasing membership. Diane Gledhill reported for the Leadership Team, indicating that Community Members of the Month have been identified through March. Danielle Cassetta would like to find members of the community to work with her on pub-

licity for the Center. Please contact her if you are interested.

Dave Bell reported that the window in teen room will be completed this week, then the Youth Education staff can decide on the floor covering. Dave described the idea of a Conversation Sabbath when community might get together to discuss relevant end of life issues. Dave also said that he would investigate purchase or rental of property so we will be prepared if we have to move out of the current location. The Board indicated that we want to ensure that ICSG is a weapon/gun free zone. Dave Bell is investigating the law and any notices we need to post.

Board meetings are open to all community members. The next board meeting is scheduled for November 20, 2015.

Calendar

Oct. 25 through Nov. 1 - Day of Dead Altar

Nov 1 Potluck and Day of Dead Feast

Nov. 22 - Barbara Brodsky speaker for Sunday Service and Remembering Wholeness Workshop in the afternoon

Nov 29 - Decorating the Center for the holidays

Dec. 13 - QCC

Dec. 20 Christmas service with Santa

Dec. 24 - Christmas Eve, Service

Dec. 27 - Burning Bowl Service

March 13 or 21 Annual Meeting

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

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Rob Fagerlund, member

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Danielle Cassetta, member

Board email address is board@interfaithspirit.org

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Annie Kopko, Associate Minister

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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

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THE CELTIC YEAR
MUSIC, POETRY & STORIES FROM THE CELTIC WHEEL OF TIME

SATURDAY: NOVEMBER 14 8:00 - 10:00PM

CAFÉ 704 @Interfaith Spiritual Center

704 Airport Blvd., Ann Arbor, MI

248/515-4644

Suggested Donation \$8



Youthful Spirits



Hello all!

What an outstanding October!

We played lots of games demonstrating the virtues of cooperation and patience.

We learned how to be a good Samaritan and put ourselves in others' shoes learning about the virtue of compassion. Check out our picture on page 6.

In preparation for Halloween and the holidays, when discussing the virtue of moderation, we did a fun activity enjoying "the pleasure of a kiss." Try it at home... Take a Hershey kiss or special candy, observe your treat, and appreciate its beauty or presentation. Put it in your mouth and do not chew it. Allow it to melt in your mouth, how does it feel and taste? Did you enjoy it more than if you were eating a whole bunch, really fast? When you use moderation, you enjoy things more.

In November, we will talk about

HONOR- Honor is living with a sense of respect for what you believe is right. It is living by the virtues, showing great respect for yourself, other people, and the rules you live by. When you are honorable, you don't have to feel ashamed of who you are or what you are doing. You are worthy of respect. You set a good example. <http://hhes.ccs.k12.nc.us/files/2012/06/Honor.pdf>

TACT- Tact is telling the truth kindly, considerate of how your words affect others' feelings. Think before you speak, knowing what is better left unsaid. When you are tactful, others find it easier to hear what you have to say. Tact builds bridges.

<https://www.facebook.com/CFVirginIslands/posts/1067835019899180>

LOYALTY- Loyalty means unswerving allegiance in what you do. It is in your mind and heart. Loyalty can be demanding and involve sacrifice. Loyalty is a form of LOVE. It is directed to another person or cause.

<http://virtuefirst.org/virtues/loyalty/>

COMMITMENT- Commitment is caring deeply about something or someone. It is the willingness to give your all to a friendship, task, or something you believe in. It is the ability to make decisions and follow through on them. It is keeping your promises.

<http://hhes.ccs.k12.nc.us/files/2012/06/Commitment.pdf>

TRUTHFULNESS-Example: Buddhism

"In whom are truth, virtue, harmlessness, restraint and control, that wise man who is purged of impurities, is, indeed, called an Elder." ~ Dhammatthavagga
Abdu'l-Baha

<http://www.thegiftofvirtues.com/lesson06.html>

HAVE A GREAT THANKSGIVING!

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



The Caring Committee



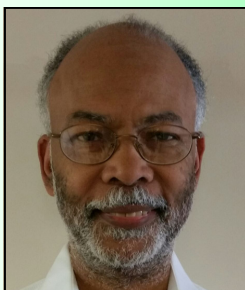
*Marilyn,
Chair*



*Heide and Kellie,
Co-chairs*



Judy



Mike



Malcolm



*Annie,
Liaison*



Diane



Idgie



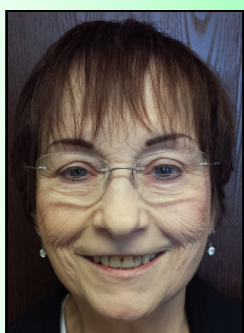
*Tommy,
Youth Ed rep*



Jack



*Delyth,
Liaison*



Beth



Jan

*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

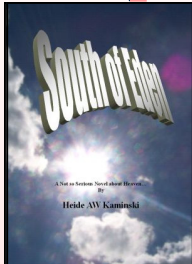
Other _____

Limitations and additional information:

I currently have need of (be specific):



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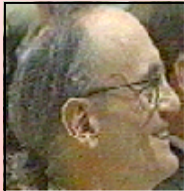
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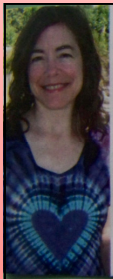
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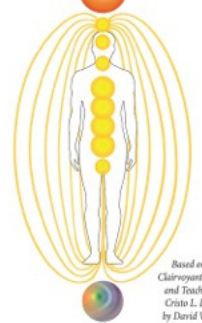
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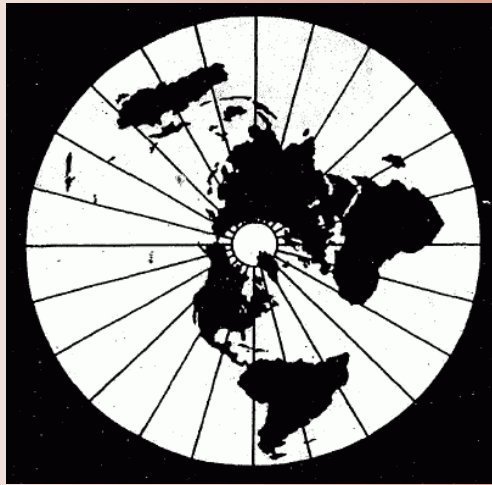
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 - Acquire the active participation of your company, your school, community, city, state and nation.
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 - Copy and share this information with as many people as you can.

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/>

