



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
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Folding Up the Tent
By Marice Clark
(Reflections on Dave's
talk of January 17th,
2016)

Psalm 23 verse 4

Even though I walk through the
Valley of the shadow of death,

I will fear no evil,

For you are with me;

Your rod and your staff, they comfort me.

To all of us come experiences which trigger feelings of grief, guilt, anger, fear, loneliness, and discomfort. While we are walking through these experiences, many of us begin to feel overburdened from our thoughts and emotions and instead of continuing the difficult travel through the unfriendly landscape, we choose to pitch a tent in the "valley of the shadow of death". The situations we experience move through time; they happen to us in the NOW and then they are over. When we choose to live in the memory of the experience, we are living in its shadow and we are choosing to prolong our suffering.

Soon the guilt, grief, anger, or hurt begins to define us. We repeat the stories of our losses, griefs, and guilty acts until they are tightly woven into the fabric of our minds. We tell ourselves that if we attempt to dislodge these beliefs, our entire inner structure will falter and we will be annihilated. Who would we be without them? The more we re-live the memory of these unhappy events, the more likely it is that our psyches will build up many "protective" layers on the walls of our tents; our hearts may be insulated from further hurt but they will also be closed off from giving and receiving light. It is only in the taking down of

the tent and resuming our journey out of the valley that we can benefit from receiving the healing love and light that is always available.

Eventually some of us will begin to awaken to the fact that we have been camping out in the valley when we really need to be getting through it and on with our lives. We resolve to let the past go. We pack up our tents and begin to move on. But that tent is heavy and instead of putting it down and leaving it, we fear that we might need it again and keep dragging it behind us. It slows us down and as we tire we begin to desire to put it back up and just rest in it a little while. It is tempting to live in the shadow again because the pattern is so familiar.

It is in recognizing the pattern that the cycle of living in the shadow will be broken. Discerning the thoughts, emotions, and memories that trigger our desire to pitch the tent is important if we want to keep from picking it up again. There is so much joy, happiness, peace, and love we can experience in our lives if we can keep from getting stuck in the shadows. Recognizing the patterns and having ways to reorganize them can free our minds and emotions to gain more enjoyment from our lives.

I was always a very spiritual person. My mother encouraged me to form a close relationship with Jesus and the Holy Spirit and so I felt that there was always someone I could turn to during stressful times. Even so, when I joined Unity of Ann Arbor in the late 1990s, I was depressed and had low energy. I had woven a story about my life that would pull the strings of a stony heart. I told my sad tale to anyone who would listen and in Unity there were many who would. It seemed no matter how many times

I told my tale, my friends at Unity would listen patiently and give me love.

Eventually the love they were giving me began to break down the thick tent walls and then a funny thing happened. I began to hear what I was telling others. I began to get tired of hearing it and I began to wonder why, even though my experiences were all different types of loss, I experienced the same result from each one; a feeling of the loss of my personal power. I felt that everything happened *to* me and I was unable to do anything about it. I was unable to relieve the intense pressure I felt in my chest and the sadness I carried in my heart. I was unable to rekindle my passion and joy for life. Only death would bring me the relief I sought. I finally recognized that the experience of loss triggered deep depression and just as important I began to recognize the physical and mental changes that happened when I started to feel depressed.

Once I recognized this pattern, I wanted to break the cycle, but I wasn't sure how. Studying spiritual practices taught me many ways to effect life experiences. I began by creating affirmations. When I started to feel the change in my mental attitude toward myself or the tell-tell heaviness of heart that preceded the start of a downward spiral into depression, I would begin repeating the positive affirmations I had created to alleviate these symptoms. At first, this wasn't effective by itself but I enlisted the help of friends asking them to pray with me or remind me that it was just a story or in some way help me redirect my thoughts so I could continue through the valley and not stop to pitch my tent.

Continued on page three

Ministerial Miscellany

By Dave Bell



Dear Friends,

As I write this month, we are in the final preparations of our space for the production of "The Electric Baby." Much cleaning and organizing has taken place. It is hard to recognize that so much space is now useable. Many thanks to volunteers, whose presence and willingness is such a blessing. Speaking of the play, I hope you will take the opportunity to see it. It is steeped in spiritual principles that are universal. Be advised that adult language is in use, so age appropriateness should be a consideration. If you decide to see it, we have a need for ambassadors for each performance. It is a non-paying position, whose principal job is to answer questions about the Center, and perhaps to locate paper goods supplies. If you do sign up for a vacant slot on the ambassador duty roster, we will provide you with a pass for two to a Cafe 704 of your choice.

Judy and I are packing up for our annual trek to Florida. We are both looking forward to our down time. Because my retirement date is approaching, I thought it would be a good exercise for the community to get used to me not being around so much. Consequently, we will be away for three straight months. This is the first time for such an extended sabbatical. I am sure that everything is under control and all will be well. My email and cell phone are always in range.

I recently bumped into an expression used by Neale Donald Walsch, the author of the "Conversations With God" series of books. The expression he used is the "civil rights movement for the soul." He uses the idea as a description of the movement to remove much of the negative and judgmental aspects of living that are fostered by much of organized religion. If we could adopt a new understanding of the nature of God, or whatever descriptive terminology people use, it would make such a huge difference in the ways of the world. We would be able to give up the need to be right. We would be able to see that we are not different from each other, rather parts of each other. It would give us, perhaps, a new energy to be in the world but not of it. Anyone for becoming a freedom rider, a freedom marcher?

Blessings,

David

*Community
Member
of the Month*



Lovely Laurel

A big bright welcome to our February CMM, Laurel Emrys. We are so lucky and blessed to have her as a member of our community.

Laurel is a beautiful, unique, and an extraordinary musical woman. Music is clearly what is her sacred art and deep relationship to Spirit. It is her MAGIC. She plays a multitude of instruments: a flute to entice us into other worldly realms, a piano to feel and understand musical theory and the rhythm of those keys. She writes lyrics to share her story, she plays the harp to call us to what might be an angelic celebration. There is magic in this woman and she can not wait to share it with you.

With all these musical gifts, it is no surprise that she is a teacher of all of these wondrous instruments as well as a vocal coach. And if you need your piano tuned, she is the woman for that job. She will gladly wrap you up in the understanding of how a musical life can heal and celebrate you.

One of her especially wonderful teachings is that of how to heal your 'pain body' with her program of "Being IN Harmony". I share with you her website so that you can seek for yourself the many offerings Laurel shares. And even better, take some time at the Center to have a chat with Laurel. She will graciously share herself with you.

<http://www.laurelemrys.com/>

**Thank you Laurel for being with us
and sharing your gifts. You are
LOVED!**

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I read a lot of spiritually-based books and attended lectures whenever people like Neale Donald Walsh and Marianne Williamson were in town. It helped that my husband and daughter were trying to incorporate the same beliefs into their lives and that we were developing a network of spiritually-minded friends. I began to feel strong and sure in the light of love with which my family and friends surrounded me. My life still seemed stressful but I handled it differently and saw more good flowing to me.

Now much of my past has been laid to rest and I can look at it as the learning experience it was meant to be. But what of the experience that seems it will never end? The person who brings out the worst in me and doesn't look like he will be out of my life any time soon? Again, it is important to recognize the pattern. When I first met this person, I reserved judgment. But the longer I knew him, the more his actions earned my disapproval and then my loathing. Thoughts of him incited immediate anger in me and his actions caused me to think of him often. It got to the point that upon waking I would get in the shower and start speaking aloud a litany of his sins working myself into a frothy anger.

This went on until I recognized the pattern I had formed. I was stunned at the negativity with which I was starting my day. I replaced my anger with affirmations. I monitored my thoughts throughout the day and when I realized I was dwelling in angry thoughts of

him, I redirected my thoughts to more pleasant ones. I also started studying forgiveness practices and created forgiveness prayers. It was at this time that The Course in Miracles became very important to me and I began to seriously study it. Recognizing the pattern again brought more focus to spiritual practice in my life.

It is not always easy to recognize when we are dwelling in the valley of the shadow of death. Experiences are meant to be lived through and emotions are meant to be felt. But when we re-live an unhappy experience without a sense of relief or release or we continue to attract the same type of negative experience to us over and over again albeit in different disguises, it is time to look for patterns. We cannot always overcome our unhelpful patterns by ourselves. Often a physical or mental health professional can aid us on our journey. Developing friendships with like-minded people who understand our struggles and are willing to be supportive is very beneficial. Getting involved in activities we enjoy giving us less time to dwell on unhappy events or joining spiritual study groups to get ideas for pattern-breaking resolutions strengthens our confidence in our ability to navigate a joyous journey through our lives.

God's gift to us is our lives. Our gift to God is what we make of them. Make yours one of love and light to yourself as well as to others.

Namaste.

Sunday Celebration Services
are held at 10:45 a.m. at
704 Airport Blvd.,
(off S. State Street) near I 94



MISSION STATEMENT

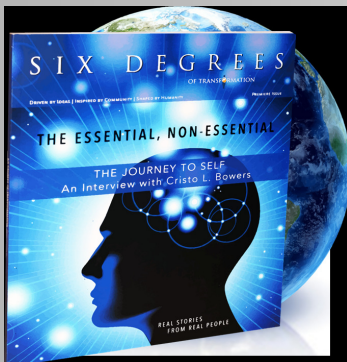
Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.

Mark your calendars!

CAFE 704 CONCERT SERIES Saturdays

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 February 19



Six Degrees Magazine

Purchase at: Crazy Wisdom Bookstore, Amazon, 6degree-softtransformation.com

Six Degrees of Transformation magazine is about the journey we all make towards self-discovery. The idea came from a desire to create something that everyone could relate to. Inspiring stories give us hope that the impossi-

ble is truly possible, but many of these stories remain untold. Six Degrees magazine begins with a story of how one person has influenced 2 people in their life. From there, those two people describe their life story and how they influenced two people as a result of their journey to self-discovery. It is a family tree of humanity with self-discovery as the unifying force. ISBN: 978-0-9971708-0-1

Bren Hill
A Lightworker's Journey
<http://alightworkersjourney.com>

<div>The Service begins at 10:45 a.m.</div>	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
<i>The speaker/topic are in bold/italic</i> R indicates the reader M indicates the meditator MU indicates the musician.	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 Kickshaw Theatre Presents The Electric Baby	Kickshaw Theatre Presents The Electric Baby	8:30 a.m. AA 7:30 p.m. Drum and Dance Jam Kickshaw Theatre Presents The Electric Baby Jim Melby Dorothy Nichols
	7	8	9	10	11	12
<i>Rev. Delyth/TBA</i> R: TBA M: TBA MU: Mike Fedel Potluck 7:30—9 p.m. Drum and Dance Jam Kickshaw Theatre Presents The Electric Baby	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	Kickshaw Theatre Presents The Electric Baby	Noon—1:30 p.m. ACIM Kickshaw Theatre Presents The Electric Baby	Kickshaw Theatre Presents The Electric Baby	8:30 a.m. AA Café 704 Kickshaw Theatre Presents The Electric Baby
			<i>Angela Wyse</i>	<i>Delyth Balmer</i>	<i>Simone Paicu</i>	
	14	15	16	17	18	19
<i>Open Mic</i> R: TBA M: TBA MU: Jeannie Adwani Kickshaw Theatre Presents The Electric Baby 	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 Kickshaw Theatre Presents The Electric Baby	7 p.m. Peace Generator Kickshaw Theatre Presents The Electric Baby	8:30 a.m. AA NO SPIRITUAL CINEMA Kickshaw Theatre Presents The Electric Baby (Final Performance)
	21	22	23	24	25	26
<i>Laz Slomovits Song Sermon</i> R: TBA M: TBA MU: Laz Slomovits Board Meeting Don Cody	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
	28	29				
<i>Rev. Annie/TBA</i> R: TBA M: TBA MU: Arts in Motion CC Meeting Melissa Whitney	6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	<div>Board meeting this month is on February 21</div>	<div>The newsletter submission deadline is February 21</div>	<div>Birthdays are indicated in bold/italic Happy Birthday!</div>		

The Electric Baby

By Heide Kaminski

I promised to do a quick shout-out for the Kickshaw Theatre "The Electric Baby" performance.

I went to see the preview show and was nailed to my seat with fascination from beginning to end. I also got very emotional many times, as the play very much touched my heart. That's all I am going to say, because I do not want to give anything else away. You have to go and see for yourself!

Namaste
Heide

And More Theater!

Craig Harvey as director and his cast, Heide Kaminski, Marlon Dunlap Idgie Patterson, Marilyn Alf, Marlena Studer., Randall Counts, and Ollie Carter, are putting together a performance in the format of a reader's theater about "Restorative Justice."

The play will be performed on March 20, 1—3 p.m.

Cost: love offering
More details next month!

Peggy's Parade

By Peggy Lubahn

ODE TO THE FEBRUARY BLAHS

If you think the parade of life has passed by,
Don't let yourself mope, or whine, or cry!

There's a great big world of glorious things
that you can be, and learn, and sing!

So throw the doors of your heart open wide,
set free the wonder and joy inside!

And let these words on your heart be signed:
No one is EVER left behind!

Inspired Rhymes by Peggy River Singer

Interfaith Pop

As recommended by Rob Fagerlund
and sometimes Heide Kaminski

"Somewhere Over The Rainbow / What A Wonderful World"

Rendition by
Israel Kamakawiwo'Ole

Somewhere over the rainbow
bow

Way up high
And the dreams that you
dreamed of

Once in a lullaby

Somewhere over the rainbow
bow

Blue birds fly
And the dreams that you
dreamed of

Dreams really do come true
ooh oh

Someday I'll wish upon a
star

Wake up where the clouds are
far behind me

Where trouble melts like
lemon drops

High above the chimney top
That's where you'll find me

Oh, somewhere over the
rainbow bluebirds fly

And the dream that you dare
to,

Oh why, oh why can't I?

Well I see trees of green
and red roses too,

I'll watch them bloom for me
and you

And I think to myself

What a wonderful world

Well I see skies of blue
And I see clouds of white
And the brightness of day
I like the dark

And I think to myself
What a wonderful world

The colors of the rainbow
so pretty in the sky

Are also on the faces of people
passing by

I see friends shaking hands
Singing, "How do you do?"

They're really singing, "I...I
love you."

I hear babies cry and I watch
them grow,

They'll learn much more than
we'll know

And I think to myself
What a wonderful world

Someday I'll wish upon a
star,

Wake up where the clouds are
far behind me

Where trouble melts like
lemon drops

High above the chimney top
That's where you'll find me

Oh, somewhere over the
rainbow way up high

And the dream that you dare
to, why, oh why can't I? I?

Watch this beautiful video!

[youtube.com/watch?
v=V1bFr2SWP1I](https://www.youtube.com/watch?v=V1bFr2SWP1I)





Image from
[peaceseeds](#)

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January Board Meeting Summary

The ICSG Board met on Sunday, January 17, 2016. Four members of the Interfaith community were present, as was member Kevin Gilson, volunteer consultant to the Board. A community concern was brought forward about recent hacking of interfaithspirit.org generally and use of Paypal via that website specifically. [Update: Lindsay Passmore sent an explanatory Yahoo Group email clarifying the situation and assuring readers that use of Paypal is completely secure.]

The Board reviewed financial documents, including Administrator Delyth Balmer's comment about increased attendance and "nice" income in December and January shaping up well too. There was discussion about the possible need for a development/fundraising strategy, keeping in mind the necessity to prioritize tasks the Board turns over to staff. The February 21 Board meeting agenda will include consideration of the language used when talking to our community about finances.

Delyth invited Board members (and members of the community!) to step up to to serve as ICSG "ambassadors" at the Kickshaw Theatre production of "Electric Baby" which runs through February 20. It entails being available to answer questions and respond to any needs. The sign-up sheet is on the table near the front door.

The Deep Spring Center will be renting space from us starting in March. Delyth explained Deep Spring is a mediation center for spiritual inquiry "like our brothers and sisters ever since we started" and that "Their schedule works out pretty well with ours, and we will barely see them." The financial arrangement is a 30/70 percent split with ICSG receiving 30%

of Deep Spring's total income.

Lindsay Passmore presented the Ministerial Search Committee's report, most of which appears elsewhere in this newsletter entitled "Ministerial Search Committee Update" There was predominantly favorable reception to MSC's request to modify its Timeline.

At a previous meeting the Board created a "Compensation (Think Outside the Box) Team" which includes Dave Bell, Board member Jeff Alden and two members of the community. Its charter is to arrange funding for the ministerial search project and develop a creative compensation package (going beyond salary which is limited due to our financial situation) in time for advertising the ministerial position. Dave reported its first and only meeting so far consisted of a discussion about linking the ministerial search process with a drive to create a new ICSG home. At the February Board meeting, Jeff will propose expanding the charter to include developing a plan for a new place, which might attract candidates plus increase our profitability. There was some discussion about whether this kind of matter would be better arising from the community and not "in a back room".

The Agenda for this meeting was not completed, and the remaining items will be considered February 21. Board meetings occur on the third Sunday of each month from 1-3:00pm. Everyone is welcome to attend.

Submitted by Pat Root, Chair



Ministerial Search Committee Update

Submitted by Pat Root

There's a lot of momentum and enthusiasm in the Ministerial Search Committee — both in its meetings and in the advance work being done by the committee's two board members Lindsay Passmore and Pat Root. We are pleased to share with you about our activities.

VISIONING

At the January 8 meeting of the entire MSC, we discussed hosting a Visioning Event for the whole ICSG community. Lindsay & Pat met with an amazing person, recommended by former ICSG member Rev. Erin Fry, who will facilitate our Visioning. We have since come to see this as more than one event, and we anticipate hosting them in March. Standby for details about these important spiritual opportunities to help attract the right and perfect minister to our beloved Center. We know it is our CONSCIOUSNESS which will bring that person to us.

WE WANT TO HEAR FROM YOU!!!

Soon after this newsletter is published, two surveys from the Ministerial Search Committee will be sent via the Yahoo Group email. One is devoted to demographic information of our members, needed as part of the "Profile" document which will be available to potential applicants to give them a sense of who and what we are. (It's a very extensive document being coordinated by Lindsay with MSC members Michael Bratcher, Jennifer Dunlap and Tommie Parker.) The other survey includes questions to reveal the community's preferences regarding our next senior minister. Maureen McMahon has been the creative and driving

force behind the survey team which also included Michael Bratcher, Lisa Salisbury and Pat.

COMING TOGETHER

Friday evening February 19 will kickoff an MSC "retreat" with a casual dinner and facilitated visioning opportunity which will include members of both the board and the Compensation (Think Outside the Box) Team, Delyth Balmer, Annie Kopko and volunteer board consultant Kevin Gilson. It will be just the MSC the following day. Our activities will include getting to know each other (better than possible during agenda-driven regular meetings!!!) so as to determine how best we can work together. Another activity will turn the goal-focused Timeline document into a sort of "flow chart" whereby we can see "what needs to be done and when" in order to accomplish each goal on time.

PLEASE MARK YOUR CALENDAR

Sunday, March 13, 1-3:00 p.m.

Annual Meeting & Election of Board Members

Sunday, June 12, 1-3:00 p.m.

Quarterly Conversation in Community

As always, pizza & salad will be available by donation after the service.

The Ministerial Search Committee remains committed to keeping communication flowing with the entire ICSG community.

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 mommyk@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/interfaithinspирer-interfaithinspирer.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 Lindsay.

BOARD OF TRUSTEES

Pat Root, Chair
Sally Searls, secretary
Rob Fagerlund, member
Lindsay Passmore, member
Jeff Alden, member
Diane Gledhill, member
Danielle Cassetta, member
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Annie Kopko, *Associate Minister*
Laura Massaro, *Music Director*
Heide Kaminski and Kellie Love, *Youth Education Directors*

Tommy Kaminski, Alex West, *Nursery*

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Café 704

SPIRIT SINGING BAND

meditation / trance chant / songs

THE SUBJECT IS LOVE

Sat. Feb. 13th
8pm

Join us!

Interfaith Center for
Spiritual Growth
704 Airport Blvd



Youthful Spirits



Hello all!

January was the first month that we started our year long focus on service. This first quarter of 2016, we plan to focus on and raise money for Operation Smile, a group that helps do restorative surgery for children born with cleft palets. <http://www.operationsmile.org/vision/why-we-exist>. We had lots of fun working on beads and bird feeders to sell as a fundraiser. So far, we have raised \$75 towards our goal! Thank you so very much!

Each quarter we will raise funds for two months for the designated charity and one month for the Caring Committee.

February will be fabulous as we plan to continue to work on service projects for our Operation Smile campaign and for our ICSG community. We will do these projects in the themes of love, laughter and kindheartedness.

On Feb 7, the plan is to make (with love, of course) a delicious potluck to share with you. While also learning about the Chinese New Year.

Feb 14, will be a day filled with love and kindness as we celebrate St. Valentine's day and prepare for Random Act of Kindness Day on Feb 17.

On Feb 21 we are excited for Laz's visit and hope to have a performance for you to celebrate how music can help us bring a smile to our face and bring people together.

On Feb 28- in preparation for the rare, Leap Day- We will talk about taking advantage of every moment, being in the moment and valuing those moments. Many memorable moments are when you are smiling and laughing so we plan to a lot of that throughout the month. We look forward to spending it with you.

Our teen room is coming along nicely! Thank you to everyone that helped get it together! Randall Counts did a lot of prep work after Dave and crew put in the window. Ashton taped up the ceiling and borderline, Tommy and Heide painted the border, and Scott Alf painted the rest. A carpet was donated. At the moment we are sharing the room with the Kickshaw theatre, so the next step for the room will be put on hold until they are done with their performances. Thanks to Ted, Jack, and Randall for helping us clean out the room for Kickshaw and to Gabrielle and Evan for dusting the shelves!

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



The Caring Committee



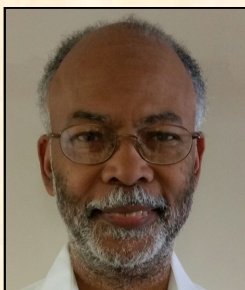
*Marilyn,
Chair*



*Heide and Kellie,
Co-chairs*



*Tommy,
Youth Ed rep*



Mike



Khristian



Annie



*Delyth,
Liaison*



Idgie



Beth



Judy



Malcolm



Jan



Jack



Dawn

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

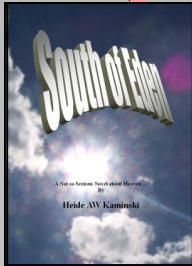
Other _____

Limitations and additional information:

I currently have need of (be specific):



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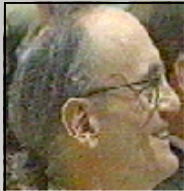


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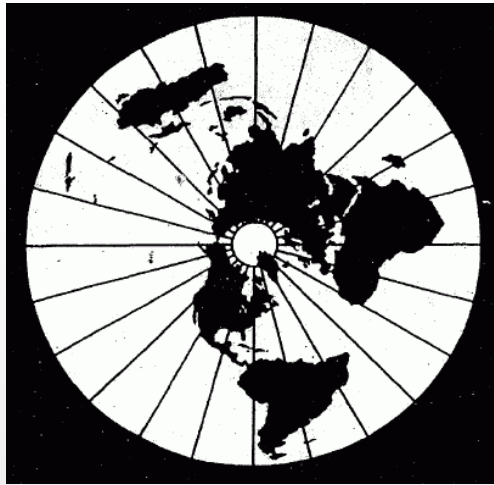
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- With an alarm, a bell, a note or any other method that works for you - remind yourself when it is noon in your time zone.
 - Acquire the active participation of your company, your school, community, city, state and nation.
- Involve radio and television - 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/>

