



# Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

VOL. XII, NO. 7, July 2016



## Practice is the Key

*By Dave Bell*

There are several levels of meaning to the word

“practice.” We can speak of a medical practice or a law practice, referring to the business of engaging in one of those professions. We can speak of practice as a process of working to improve one's functioning in an endeavor, such as playing the piano or shooting three-point baskets. Lastly we can speak of a spiritual practice as a pattern of behavior that yields benefits beyond simply being a “better meditator” or one who demonstrates more compassion. In this article we will focus on the latter two uses of the word.

The first and foremost question to ask is why do we engage in these activities? What is the benefit? In the words of Dr. David Hawkins, whose seminal work in human consciousness earned a knighthood from the King of Denmark, says that the single most important thing an individual might do for the benefit of all mankind, indeed for all of life, is to raise his/her own consciousness level. What is consciousness you might ask? It is the individual's awareness of his/her relationship to the Divine. What that suggests is that we must understand who we really are. It is abundantly clear from even a casual examination of the condition of the world, that the vast majority of people do not understand that they, and all other beings as well, are expressions of Divinity. If more of us truly understood

who we really are, there would be a lot less competition and a lot more cooperation in the world. We would be moved to share what we have with those who have much less. Thousands of children die every day of starvation. A world populated with spiritually aware citizens would never allow such a condition to happen in the first place, let alone continue.

It must be obvious that we cannot stand around waiting for religious leadership to show us the way. Organized religion has had a fairly dismal record of success over the 5000 years or so since such concepts first sprung into existence. It would seem equally obvious that relying on political leadership to actually lead instead of bicker is a fruitless endeavor. That may be more true today than at any time in recent memory. Enough said about politicians. What then are we to do? May I suggest that we actually follow the advice of Dr. Hawkins. When enough people achieve an awareness of their Divinity, a critical mass will be reached. Once that critical mass is achieved, the whole process will speed up dramatically. Indeed, the energy field, once critical mass is achieved, will support many spontaneous enlightenments. That will spell a tremendous change in the way the world functions. It is the means by which heaven on earth will be manifested. It is, literally, the way that we may “save the world” from its headlong plunge into a path of destruction.

I invite you to become aware of the many different spiritual practices, those patterns of behavior that we alluded to earlier, that support a deeper realization on your part, of the actual presence of Divinity within you. There is no correct one, or best one, for anyone. The concept is designed to work best when the individual selects a practice that appeals to the individual, and, obviously,

one that the individual will actually enjoy and stay with. A complete listing is far beyond the scope of this article. One might choose from such practices as: being fully present; expressing compassion; forgiving everyone for everything; experiencing and expressing gratitude; being totally joyous for no reason at all; being the epitome of kindness; having openness as a creed to live by; generating peace in all ways, always; allowing silence to be a part of one's life; living life fully with zeal; meditating in one of the multiple ways that are possible. This short list contains enough possibilities to satisfy most appetites.

The next step is to develop a habit pattern of regularly engaging in your selected practice. There are five steps to help you take on a spiritual practice. The first step is to spend some time alone. Let go of the chatter of tv and radio. The voice for God or Divinity is a still small voice. Picking that voice out of a cacophony is very difficult. The second step is to develop daily rituals and spiritual study. A spiritual practice functions better when reinforced by daily reminders provided by ritual and study. The third step is to move your body. Movement entrains spiritual ideas into the cellular memory of the body. Step four is to align with other like-minded souls. The combined energies of a like-minded group is a powerful assist. The fifth step is to step out of your comfort zone. When confronted with new ideas and concepts, the ego mind wants to stay small and limited. Push the boundaries. Become bigger than you thought you could be. Only growth can result from such a method.

*Continued on page three*



# Ministerial Miscellany

By Dave Bell



Dear Friends,

Summer is in full swing and it is pretty hot. I think back to the days when we operated out of school auditoriums without air-conditioning. That was brutal. Not just the discomfort of the heat and humidity, but setting up and tearing down each week exacted a serious toll. The entry in my gratitude journal for today might be fairly obvious. I hope you are staying cool and enjoying the summer.

At the QCC yesterday and at the visioning sessions there was a lot of talk about growing the community. It still seems that we are not well-known. Our financial situation would be greatly improved if we could spread the load over a larger base. We have come up with a plan to address the issue. We are setting Sunday, July 31<sup>st</sup> as a Visitor Day. To go along with that, we are asking everyone to participate in the invitation process. We are calling the campaign "Each One Reach One." If everyone brought just one guest we would be bursting at the seams. We will plan to have some special snacks and a team of "Ambassadors" to be available for conversation afterwards. Special music that Sunday will be "Algorithm." It should be a good day to welcome visitors. If you would like to be an ambassador, let me know. We will plan to have a short conversation about hospitality, ahead of time. Thanks in advance for your help in making this experiment a success.

There have been a number of requests for classes or workshops to provide a broader opportunity for expanding awareness of metaphysical principles. In answer to that suggestion, I will be doing at least two workshops this summer. The first, on Reincarnation, will be Saturday, July 24<sup>th</sup> from 10 till 2:30. There will be a refreshment break about noon. The class is open to anyone interested, so invite your spiritual friends to attend. There is a wealth of material on reincarnation. There are well-documented cases of children recalling details of past lives. There is biblical evidence that Jesus and his disciples believed in the concept. Near-death experiences shed some additional light on the subject. You will learn things that most people are unaware of. The cost, including refreshments, will be \$30. Hope to see you there.

Blessings,

*David*

*Community  
Member  
of the Month*

# Charismatic Curtis

By Jeanne Adwani

Our illustrious, talented, Community Member of The Month is Curtis Glat-ter. His personal accomplishments musically are very impressive. Check his website here, because I can't even begin to write them all down.

[www.castorandpolluxmusic.com/CG/](http://www.castorandpolluxmusic.com/CG/)

Which means for us Interfaith-ers that we have an exquisite talent among us! He brings us drumming circles, musical workshops to benefit the Center, and other musical evenings and experiences to the Center, that you know you want to go to. And isn't it about time, if you haven't yet, to take the time to come and be part of this talented young man's MAGIC?

Right now, he is a big part in the planning of our August Benefit concert at the Center. DO-NOT miss this one. Not only will you have a chance to come to an amazing and fun event, you will be benefiting the Center with your donations and contributions to us.

Be sure to introduce yourself to Curtis when you see him. Get to know this gifted musician. We love him.

Thanks, Curtis, for sharing your magic and music with us.

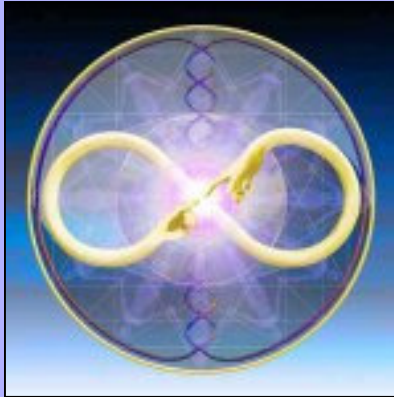
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## Practice is the Key

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Lastly, it is important to talk about the idea of practicing to get better. No one begins a new behavior as the premier person. Steph Curry did not just happen to become a skilled shooter of three-point baskets. It took hours of practice. Bill Gates did not just decide one day to become the creator of a new operating system for computers. He began his preparation as a thirteen-year-old boy in 1968, who just happened to have unlimited access to a computer terminal. Malcolm Gladwell, in his book "Outliers" suggests that truly world-class people spend a minimum of 10,000 hours "practicing." That computes to twenty hours a week for ten years. I am not suggesting that you should commit to such a plan. I merely point out that beginning a spiritual practice and expecting an abundance of miracles in the first few weeks is probably unrealistic and might well lead to disappointment.

I encourage you to adopt a practice that appeals to you and do it with some serious regularity. Read about others who have done so. Take a class. Hang out with others who are engaged in similar activities. Pretty soon, you will be making a giant contribution to the saving of the world. What more could you ask?



## Reincarnation

**July 23**  
**10 a.m.—2:30 p.m.**  
**\$30 (includes refreshments)**

Would you like to learn more about this concept that is part of the spiritual teaching of the vast majority of people on the earth? The Workshop being offered on July 23 from 10 to 2:30 at the Center is just the ticket. There are well-documented cases of children remembering details of previous lifetimes. There are Bible verses that suggest that Jesus and his disciples may well have believed in reincarnation. Near-death experiences often point to reincarnation. Reputable physicians practice past life regression as a healing modality. Learn about the efforts on the part of the Roman Catholic Church to stamp out the belief in reincarnation. Everyone is, of course, free to reach their own conclusion on the subject. Cost is \$30 including refreshments. Offered by Dave Bell.

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 atmos-  
phere and structure to foster  
and stimulate our individual  
and collective spiritual growth.*

**Mark your calendars!**

**CAFE 704 CONCERT  
SERIES  
Saturdays**

**July: PATH**  
**August 13: TBA**  
**September 10: TBA**  
**October: Katie Geddes**

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**PEACE  
GENERATOR  
June 15**



<div>The Service begins at 10:45 a.m.</div> <div>MonTueWedThuFriSat</div>						
<div>The speaker/ topic are in bold/italic</div> <div>R indicates the reader M indicates the meditator MU indicates the musician.</div> <div>Board meeting this month is on July 17</div> <div>The newsletter submission deadline is July 24</div> <div>Birthdays are indicated in bold/italic Happy Birthday!</div>					1	2
						8:30 a.m. AA  7:30 p.m. Drum and Dance Jam
3	4	5	6	7	8	9
<div>Rev. Dave: A Force for Good R: Judy B. M: TBA MU: PATH Potluck</div>	<div>6:45 p.m. ACIM  7 p.m. Great Balanced View Video Meeting</div> <div>happy 4th July</div>	<div>10:30 a.m. The Power of Now Discussion Group  5:30 p.m. Community Gathering/Potluck</div>		<div>Noon—1:30 p.m. ACIM  6:30—8:30 p.m. Science of Mind</div>		8:30 a.m. AA  Café 704
10	11	12	13	14	15	16
<div>Rev. Dave: What Do You Mean by God? R: Esther R. M: Janet F. MU: Tom Voiles</div>	<div>6:45 p.m. ACIM  7 p.m. Great Balanced View Video Meeting</div> <div>Randall Counts</div>	<div>10:30 a.m. The Power of Now Discussion Group  5:30 p.m. Community Gathering/Potluck</div>		<div>Noon—1:30 p.m. ACIM</div>	<div>7 p.m. Peace Generator</div> <div></div>	8:30 a.m. AA  Spiritual Cinema
17	18	19	20	21	22	23
<div>Rev. Dave: Free to Be R: Ana H. M: TBA MU: TBA</div> <div>Board Meeting</div>	<div>6:45 p.m. ACIM  7 p.m. Great Balanced View Video Meeting</div>	<div>10:30 a.m. The Power of Now Discussion Group  5:30 p.m. Community Gathering/Potluck</div>	<div>7:30 p.m. Urantia Book Study</div>	<div>Noon—1:30 p.m. ACIM  6:30—8:30 p.m. Science of Mind  6-7 p.m. Leadership Team</div>		8:30 a.m. AA
24	25	26	27	28	29	30
<div>Rev. Delyth: Why Do We Come to Inter-faith? R: TBA M: TBA MU: Jill Halpern</div> <div>CC meeting</div>	<div>6:45 p.m. ACIM  7 p.m. Great Balanced View Video Meeting</div>	<div>10:30 a.m. The Power of Now Discussion Group  5:30 p.m. Community Gathering/Potluck</div>		<div>Noon—1:30 p.m. ACIM</div>		8:30 a.m. AA
31	<div>Rev. Dave: Practice Authenticity R: TBA M: TBA MU: Algorithm</div> <div>Margie Hough</div>					





## Peggy's Corner

By Peggy Lubahn

### TAROT CARD OF THE MONTH

#### Temperance and New Perspectives

**THE DECK:** The Celtic Dragon Tarot by D.J. Conway, illustrated by Lisa Hunt

My dragon friends Lucy, Silura, Skunchi and Juqin have been reminding me that they'd like me to spend more time with them, so I wasn't a bit surprised when I felt encouraged to draw a card from this deck for the July newsletter! I asked for a card that would have special meaning to everyone who reads this column, and judging by the satisfied smirks on four scaly faces looking over my shoulder right now, I think this card will deliver the goods! Blessings to all from Peggy River Singer and the gang.

**Description:** "In perfect harmony, three dragons coil and turn through the skies, weaving strands of spiritual energy with their claws. The sky itself holds repeating patterns of spirals, symbolizing the primal matter of creation-destruction that is all around us. One dragon is blue; another is shades of red; the third, shades of green. Red symbolizes vibrant life energies and the sexual drive; green, the productiveness of the mind; blue, the watery instability of emotion. All these must be twined together in equal parts in order to temper and modify life experiences, so that what is out of balance (intemperate) can be corrected. An elongated, golden lemniscate (a figure eight) of eternal life twines through the spinning circle of dragons, representing that a balanced life cannot exist without the important element of spirit."

**Divinatory Meaning:** "This card may presage a period of creative inspiration, or a time of harmony and peacefulness. Self-control and inner guidance will get you through difficulties. A trip gives you a new perspective on an old issue. You need to adapt to new circumstances."

## Interfaith Pop

As recommended by Rob Fagerlund

### Powder Your Face With Sunshine

by Carmen Lombardo and Stanley Rochinski as sung by the great Dean Martin

Powder your face with sunshine  
Put on a great big smile  
Make up your eyes with laughter  
Folks will be laughing with you in a little while  
Whistle a tune of gladness  
Blue never was in style  
The future's brighter when hearts are lighter  
So smile smile smile

Powder your face with sunshine  
Put on a great big smile

Make up your eyes with laughter  
Folks will be laughing with you in a little while

Whistle a tune of gladness  
Blue never was in style  
The future's brighter when hearts are lighter

Future's brighter, hearts are lighter  
When you're wearing a great big smile



CommentsYard.com



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

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### 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](mailto: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/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 Lindsay.

#### BOARD OF TRUSTEES

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Ray Fix, member  
Rob Fagerlund, member  
Lindsay Passmore, member  
Jeff Alden, member  
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## Board and QCC Highlights — July 2016

June was a very busy month for the board with two regular meetings plus a QCC. Almost every minute regarded the work of the Ministerial Search Committee!!!

### Board consideration of Job Description for next senior minister

Board members, ministers and visiting community members advised the MSC to make wide-ranging changes — including:

- delete required participation in the Leadership Team
- not just minister taking initiative but promoting and motivating the community to take initiative
- limit the expected degree of involvement in the Center's social activities
- add supporting members who wish to share gifts and talents
- don't specify the number of office hours
- be more specific about "administrative responsibilities"
- change expectation regarding fundraising from "leading" to "participating in"
- clarify IRS limits on housing allowance
- reconsider the entire compensation package (especially the part about a commission for offering workshops and classes)
- extended discussion regarding whether or not to include a chart from last winter's Survey

### Board consideration of Ministerial Selection Framework

Board members, ministers and visiting community members advised the MSC to make over-arching changes — especially:

- make it more upward, heartfelt, and light-seeking
- get rid of the underlying sense of fear and seeming need to control and replace it with a sense of love and trust
- assuage the fear felt by some community members
- eliminate or, at the very least, move the "background" section and keep the emphasis on the process
- include a mechanism for dealing with an ideal candidate appearing at the beginning or midway through the process
- get rid of Phase 6 which was regarded as anticipating the process to fail
- discussion of how to allow for members to (1) vote without being present and (2) participate in on-line surveys without being technically liberated.
- suggestion to take some of these questions to next week's QCC

### Quarterly Conversation In Community (38 attendees)

Only three items on the community-created agenda:

- Finances

- Change in members since January

- **Ministerial Search Committee matters** (discussed first)

Overall there was a very vigorous discussion about the job description and very limited reference to the Ministerial Selection Framework. Some themes:

- identify required responsibilities & qualifications and consider the others desired
- reduce responsibilities to keep them in line with \$15,000 salary
- "make the job match the pay scale or the pay scale match the job"
- excellent public speaking was the #1 item in last winter's survey
- we don't have to choose between spiritual prosperity and financial prosperity
- what does it mean to "grow"
- discussion regarding timing — ramifications of finding someone terrific before Dave's retirement date
- the MSC should build flexibility into the Selection Framework and be aware they can always go to the board for latitude

### - **Finances**

Kevin Gilson wants the membership, and especially the board, to pay more attention to the financial situation of the Center which he thinks is "on the way to insolvency unless something changes". Administrator Delyth Balmer and board member Danielle Cassetta explained the "Community Partnership Program" identified by the board as the top priority for this year, which will generate more income without putting too much pressure on our community to give more. Board member Ray Fix asserted the need to create stability, especially during this time of spiritual leadership transition.

### - **Membership growth**

In the first five months of the year, 83 people signed the guest book; 7 of them are attending regularly. Brief discussion of the possible impact on attendance during the spiritual leadership transition.

### **Closing comments:**

MSC looking for someone with professional interviewing experience

CPP should be launched asap

Growing membership volunteers needed

Leadership Team needs new members

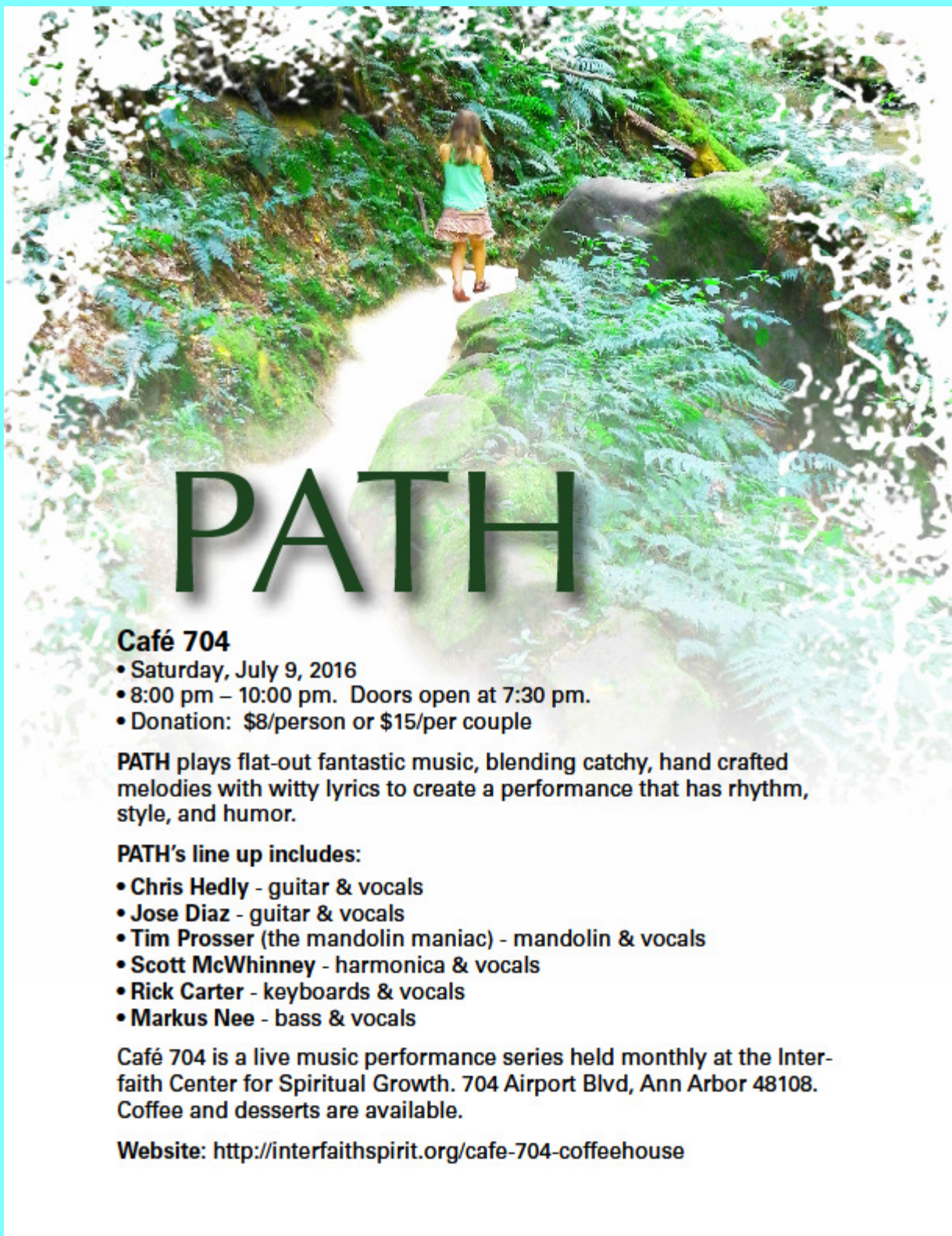
Volunteer Coordinator needed

Communication help needed





# Café 704



## PATH

### **Café 704**

- Saturday, July 9, 2016
- 8:00 pm – 10:00 pm. Doors open at 7:30 pm.
- Donation: \$8/person or \$15/per couple

PATH plays flat-out fantastic music, blending catchy, hand crafted melodies with witty lyrics to create a performance that has rhythm, style, and humor.

#### **PATH's line up includes:**

- Chris Hedly - guitar & vocals
- Jose Diaz - guitar & vocals
- Tim Prosser (the mandolin maniac) - mandolin & vocals
- Scott McWhinney - harmonica & vocals
- Rick Carter - keyboards & vocals
- Markus Nee - bass & vocals

Café 704 is a live music performance series held monthly at the Interfaith Center for Spiritual Growth. 704 Airport Blvd, Ann Arbor 48108. Coffee and desserts are available.

Website: <http://interfaithspirit.org/cafe-704-coffeehouse>





# Youthful Spirits



**Jumping Jupiter, It's already July!! We are halfway through our year of service projects!**

**We have completed two outreach projects. During the third month of each quarter we raise funds for the ICSG Caring Committee.**

**The first project was for Operation Smile. We raised \$191 and the Caring Committee added the remaining funds needed for a surgery at a cost of \$240.**

**The second project was for Heifer. We raised \$250 and bought a water buffalo, an irrigation system, two flocks of ducks and chicks, and honey bees for families in need. Thank you so much for your contributions!**

**Our next project is filling backpacks for the children at Alpha House. We will be doing fundraisers over the next two months to buy supplies but can also use donations for new and gently used backpacks and miscellaneous school supplies. We will post a list of items we would like to fill the backpacks with and cross off when we get what we asked for to avoid too many of one thing and not enough for another. If you see any good deals, feel free to pick some items up and bring them in. THANKS in advance.**

**There will be a little collection of trinkets donated from The Flying Dragon and New Hope thrift stores on display for you to purchase for a donation which will be applied to our backpack project. We are aiming to**

**fill 10-15 backpacks!**

**In July, we will start off with a patriotic themed potluck and learning about the Dalai Lama. We also plan to tie in our lessons with the themes during the service. The second week, we will talk about what Spirit is to us. On the 17th we will talk about how we are free to be and learn. On the 24th, we will discuss why we come to Interfaith and how our program helps others while also learning about the many different faiths. We will also be asking the kids what areas of spirituality they would like to explore. On the 31st we will talk about how to be authentic to ourselves and others. Stay cool!**

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

Thank you so much to everyone who attended our double-graduation ceremonies! We are heading to Germany from July 6-20 as a reward for our hard school work. As Tommy is enrolled at U of M for the fall, he will stay on as our nursery worker (and many little ones will be very happy about that!)

Love

Heide and Tommy



## Happenings at the Center in June

### Discovery Series at Inter-faith with Curtis Glatter

July 1, 2016 @ 7-9 p.m.  
Sanctuary

Curtis Glatter will host a one-hour workshop featuring an award winning invention called the Innovatroncia2010 that was premiered at The Henry Ford Museum for Detroit Maker Faire in 2010 and the New York World Maker Faire. Inspired by Thomas Edison and various film music, The Innovatronica2010 is an invention that incorporates the use of a computer laptop, gongs and cymbals, found objects, an electronic mixer and electronic pedal and an amplifier. Glatter began building a multi-instrumental setup for a workshop in Ypsilanti in 2007 for the purpose of easy travel and easy performance purposes at local and national venues around the United States.

Doors open at 7:00 pm. \$5 requested as donation at the door. For more information call 734-972-6098 or go to [www.facebook.com/glattercurtisav1972](http://www.facebook.com/glattercurtisav1972)

### Science of Mind Study Group facilitated by Noreen Keller

First and third Thursday each month at 6:30 - 8:30 p.m.

Our study group meets on the first and third Thursday of each month. We are studying the Science of Mind by Ernest Holmes. This is a good time to meet with like-minded beings and share practice. In order to assist in a meaningful discussion and practice, we will each share something on the topic of the month from Science of Mind or other source (can be found on-line, in Science of Mind books, magazine, etc.). We will also share prayer treatments at each session.

For more information please contact Science of Mind Practitioner, Noreen Keller, via email as follows:

[nlkelleru8@aol.com](mailto:nlkelleru8@aol.com)  
or by phone at (248) 802-8755  
This study group is now officially affiliated with the Centers for Spiritual Living.

### Peace Generator

July 18

Join the circle of silence of inner and outer harmony. Stay for a few minutes or for the entire time. In the first few minutes we will introduce ourselves, and each person can say something about their intentions.

In the closing at 9 p.m. you can share anything about your experience of silence.

- Meditate on Loving Kindness among all people.
- Pray for World Peace.
- Offer Healing Energy to anyone open to it.
- Create inner space for Forgiveness to grow.
- Envision Miracles across the globe.
- Hold our planet in the Light.

### Belly Dance Fitness with Oana Popa

(Note: bringing your own door-mirror is highly suggested)

This workshop will expose us to songs and beats from very diverse backgrounds, with the main purpose of dancing together, moving and feeling the joy of life through dance. The acoustic trip throughout the whole world and being exposed to many cultures will demonstrate that happiness (love) is the same for all humans no matter the background,

nationality, color, or religion.

Oana Popa is a citizen of the world, in this life incarnated as an American of Romanian origin, who started belly-dancing 20 years ago being influenced by Balkan musical beats from the southeast of her native country, and capital city, Bucharest. In the USA she discovered firsthand the beauty of diversity and learnt history, music, dance moves and customs by interacting with friends from many countries, first at the Indiana University International center in Bloomington, Indiana, where she attended classes as an undergraduate and graduate student.

Let's celebrate our similarities as humans! Some of the musical selections will include Arabic belly-dance music, Kurdish, Israeli, Palestinian dabke, Persian beats, Gypsy music from Eastern Europe, Rwandan and other east African music. By loving a certain song, we start to empathize with the people from that particular culture, to understand what they feel, how they translate love into action, into reaching the divine and realizing we are more similar than we are different.

The world is so beautiful! We are all ONE and we can reach peace if we all want it. Namaste!

Class meets from 2:00 - 3:00 p.m.  
Drop ins welcome.

Fee: Love offering





*Marilyn,  
Chair*

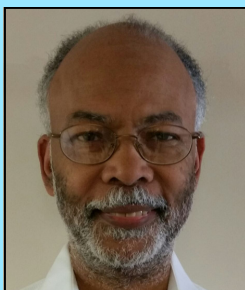
## *The Caring Committee*



*Heide and Kellie,  
Co-chairs*



*Tommy,  
Youth Ed rep*



*Mike*



*Khristian*



*Annie*



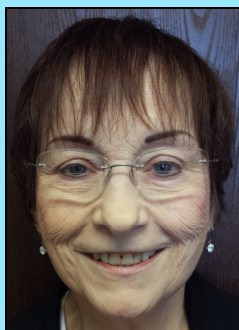
*Delyth,  
Liaison*



*Idgie*



*Luke*



*Beth*



*Judy*



*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

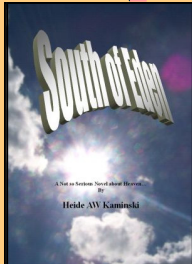
Other \_\_\_\_\_

Limitations and additional information:

I currently have need of (be specific):



# Help Support Your Interfaith Family Businesses!

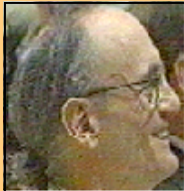


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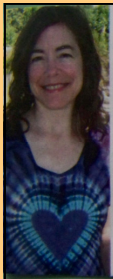
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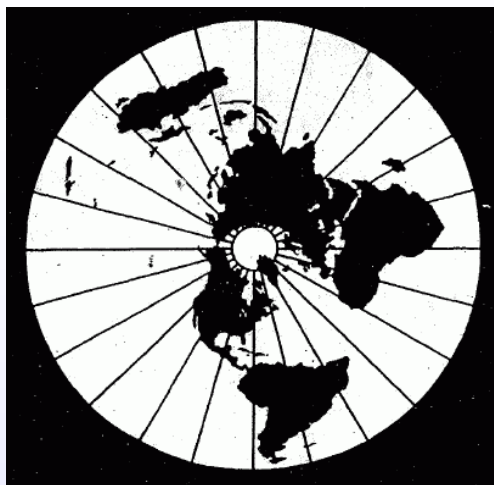
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Swedish: **FREDSKLOCKAN** Starting Now:  
Wherever you are, perform a silent meditation for world peace  
EVERY DAY AT 12 NOON FOR ONE FULL MINUTE

**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/>

