

Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

VOL. XII, NO. 8, August 2016





Being Love in the Midst of Chaos By Nancy Ogilvie

My June article for the ICSG newsletter began: "In a time like ours,

we can't open a newspaper or listen to the news without being barraged by reports of terrorist attacks, climate change, widening income gaps, police and mass shootings, a presidential election that has gone beyond the pale... What is becoming of humankind...?" I didn't plan in June for this article to be a sequel, but it is certainly a continuation of the theme.

In the two short months since then, there have been even more terrorist attacks, even more shootings, even more revelations about the unequal impacts of climate change for the poor and people of color. In June, I would have bet money that I couldn't be any more outraged or shocked or alarmed by the presidential campaign – and yet I am. By all appearances, chaos is winning out over order. With each horrible, tragic event, there seems to be more fear and hatred in the air.

I also feel scared – terrified, even. I feel helpless, powerless. I feel frustrated and downright infuriated. I have also felt numb a lot, and spent untold hours in compulsive activities that distract me from being fully present to my feelings. I share a friend's description of her experience: that **her heart has been both broken and full to overflowing.** Let me elaborate with an example. Last Sunday, I participated in a "Day of Healing" sponsored by the Integrative Empowerment Group in Ypsi. They are a group of therapists who wanted to offer something to the community in response to the recent shootings. I was lukewarm about going, and decided to "check it out." Definitely Spirit nudging me to go!

They had a variety of healing activities set up, and I chose to start in one of the meditation rooms that had the most amazing and fabulous massage chair I have ever experienced – it felt like I was getting a real, live massage! And the next thing I knew, I was crying. Not just a couple tears... a flood. I guess the massage released emotion that was stored in my body... and I wept, hard. I had no advance indication that was coming.

When my time in the massage chair was up (20 minutes), I moved to another meditation space – a tiny room with an altar for the victims of the recent shootings, both civilian and police. I lit a candle and some incense, and my crying deepened into sobbing – waves of grief wracking my body, feeling like I was going to turn inside out. One of the therapists set a box of tissues for me next to the altar.

And the entire time, I knew God/ dess was holding me in Her everloving arms. **My heart was being broken**, spilling out all the pain and grief I hadn't known I was holding, and **being filled up with Spirit's**

abiding faith and love simultaneously.

That faith and love gave me the strength to do something out of my comfort zone: reach out for support. Two therapists were co-facilitating discussion/support groups for people of color and whites concurrently, and I joined the white group, still sobbing away. As I began engaging with others in trying to make meaning of so much violence in our world, I felt called to share a core tenet of my faith: "Every act is either an expression of love or a request for love." I hadn't thought of it explicitly for a long time, and it was a revelation to have it come up in this context.

Of course! In seemingly chaotic, frightening times like this, Spirit calls us to Be Love, to express love in response to acts that are requests for love. We are called to let our hearts break open in grief and pain so God/dess can fill them to overflowing with love and we can pass that healing love on.

This can be a daunting task, as we humans sometimes have very peculiar ways of requesting love! Often, those requests present as hate and violence – and if we can find the love to look through God's eyes rather than our human eyes, we'll see a different truth. Perpetrators are being driven by fear, and perfect love casts out all fear.

Will you join me in responding to God's call to Be Love in the midst of chaos?



Ministerial Miscellany By Dave Bell



Dear Friends,

It has been a warm summer so far. Summer Festival and Art Fair have passed. The month of vacations is upon us. What are your plans? Remember to take a bottle to fill with water from wherever you are for the Gathering of the Waters ceremony in September. This has become a much loved part of our tradition. Even if you stay home this summer, you might consider heading to the Huron River to get a bottle of water for the ceremony. People are invited to add the water to the bowl during the ceremony and share the significance it has in their life.

We had a very successful workshop on Reincarnation in July. Fifteen participants were engaged in an inquiry that stimulated a lively discussion. We are planning another one-day workshop on Prosperity. Prosperity is much more than the balance in your bank account. Come and experience the wisdom of the ages, learn about the law of attraction, and create a vision for your prosperous future. This workshop will be held on Saturday, August 27th. The format will be the same as previously. From 10:00 am till 2:30, at the Center, with a break at noon with refreshments provided. The cost is \$30, and no one will be turned away for financial reasons. A sign-up sheet will be available on the greeting table.

It has been a difficult summer to be a citizen of this world. There seems to be such gratuitous violence, discord and outright expressions of fear and hate, even in the world of election politics. How are we to keep from expressing fear and outrage ourselves? Two of the topics for August will address this issue head on. On Sunday the 7th, the topic will be "Abiding Peace." On Sunday the 28th, the topic is "Imagine A World That Works For Everyone." There are answers, of course, but they exceed the space limitation for this monthly column. Come and hear the message and add your comments during open mic time.

Blessings,

David

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This month we would like to honor all of you!

Those of you who have been featured in the newsletter before.

Those of you who work quietly and almost unidentified, yet your presence makes a positive difference.

Those of you who show up almost every Sunday.

Those of you who show up occasionally.

Those of you who left due to circumstances that created a need to leave, yet you still stay in touch, though Facebook, phone calls, occasional visits.

Every moment you spend thinking in a positive way about the Center, every moment you set foot in the door to celebrate the positive energy at this place, every moment you smile at a fellow community member or say kind words, every moment you check out the website or our Facebook page because you care about this place and its events, you contribute to the wonderful energy at the Interfaith Center for Spiritual Growth.

We celebrate each other, remember to say a word or two of thanks to a fellow Interfaither next time you see one.

Namaste



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Prosperity Workshop August 27 10 a.m.—2:30 p.m. **\$30** (includes refreshments)

Facilitator: Rev. Dave Bell





Peggy's Corner By Peggy Lubahn

ORACLE CARD FOR AUGUST, 2016: THE COW

THE DECK: Beasts of Albion by Miranda Gray

Albion is the ancient name for Britain, and this magnificent deck features 29 animals that have starring roles in British legends, folk-*

lore and magical traditions.

Mythology and Folklore:

Early British culture was built on a foundation of cattle, which were part of every aspect of life. Cows were associated with the Earth Mother, while their curved horns connected them with moon goddesses. They were so treasured by the tribes that many believed them to have come from the Otherworld. The Faeries had their own beautiful cattle, which they sometimes gifted to human friends.

Characteristics: Gentleness, fertility, domesticity, parenthood, love, caring, nurturing, well-being, talent, self-worth, wealth, nourishment

Spiral Path Meaning: The Nurturer

The cow teaches a willingness to share your talents and gifts with others, and the capacity to take on the role of nurturer in the confidence and certainty of your ability to provide.





The Service begins at 10:45 a.m.	Mon	Tue	Wed	Thu	Fri	Sat
The speaker/ topic are in bold/italic R indicates the reader M indicates the meditator MU indicates the musician.	1 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	2 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck	3	4 Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of Mind	5 7:30—8:30 p.m. Belly Dance Fitness with Oana	6 8:30 a.m. AA 2-3 p.m. Belly Dance Fitness with Oana Benefit Concert
7 Rev. Dave: Abiding Peace R: Mary Alice M: Cynthia M. MU: Interfaith Drum- mers Potluck	8 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	9 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck	10	11 Noon—1:30 p.m. ACIM	12 7:30—8:30 p.m. Belly Dance Fitness with Oana	13 8:30 a.m. AA 2-3 p.m. Belly Dance Fitness with Oana No Café 704 this month
14 <i>Rev. Annie</i> R: TBA M: TBA MU: Mike Fedel	15 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	16 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck	17 7:30 p.m. Urantia Book Study	18 Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of Mind 6-7 p.m. Leadership Team	19 7 p.m. Peace Generator 7:30—8:30 p.m. Belly Dance Fitness with Oana	20 8:30 a.m. AA 2-3 p.m. Belly Dance Fitness with Oana 8 p.m. Spiritual Cinema
21 <i>Rev. Dave: Prosperity</i> R: Nancy O. M: TBA MU: Kevin Gilson	22 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	23 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck	24	25 Noon—1:30 p.m. ACIM	26 7:30—8:30 p.m. Belly Dance Fitness with Oana	27 8:30 a.m. AA 2-3 p.m. Belly Dance Fitness with Oana
28 Rev. Dave: Imagine A World That Works For Everyone R: Marilyn A. M: TBA MU: Laurel Feder- bush	29 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	30 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck	31	Birthdays are indicated in <i>bold/italic</i> <i>Happy</i> <i>Birthday!</i>	The newsletter submission deadline is August 21	Board meeting this month is on August 21

Interfaith Pop

As recommended by Heide Kaminski

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Image from peaceseeds

Caring Committee Contact List

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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 <u>mom-</u> <u>myk@tc3net.com</u> 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 <u>http://</u> <u>lists.interfaithspirit.org/</u> <u>listinfo.cgi/</u> <u>interfaithinspirer-</u> <u>interfaithinspirer.org</u> to subscribe.

Want to hear from us throughout the week? Receive or send email through Interfaith Yahoo by going to <u>http://groups.yahoo.com/</u> group/InterfaithSpirit/

Namaste from your newsletter team: Heide, Esther, Deane and Lindsay.

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BOARD OF TRUSTEES

Pat Root, Chair Danielle Cassetta, secretary Ray Fix, member Rob Fagerlund, member Lindsay Passmore, member Jeff Alden, member Steve Orlowski, member

Board email address is

Deborahking.com

board@interfaithspirit.org STAFF David Bell, Minister Delyth Balmer, Administrator and Associate Minister Annie Kopko, Associate Minister Laura Massaro, Music Director Heide Kaminski and Kellie Love, Youth Education Directors

Tommy Kaminski, Nursery

NEWSLETTER/WEBSTAFF Heide Kaminski, *Editor-in-Chief* Esther Reilly and Deane Erts, *Proofreaders* Lindsay Passmore, Steve Lyskawa, *Webmasters* NEWSLETTER ADDRESS Heide AW Kaminski heide.kaminski@interfaithspirit.org



Board Highlights submitted by Pat Root, Board Chair

The first half of the July 17, 2016, board meeting was focused on finalizing the creation of the Community Partnership Program (CPP) to share with our ICSG community and roll it out to potential "partners."

At its working retreat in April, the board identified the CPP as its number one priority because this program is expected to help meet two important goals — increase both income and visibility. It was the inspired idea of board secretary, Danielle Cassetta.

With the help of all of you, we are identifying individuals and groups (in the wider community) who may be in need of space for classes and all kinds of events but who are not aware of our beloved center. Space is available on either a pure rental basis (very moderate rate) or on a 30/70 split where the Center receives just the 30 percent.

Please join us in this important and kind-offun project. Think of ALL the people you know and ALL the groups of which they might be part of. Maybe some of them are candidates for the Community Partnership Program!!!

All you need to do is give them an informational packet which includes a warm and welcoming cover letter from Dave. For regular mail or hand-delivery, hard copies are available at the Center. To forward the packet via email, a digital copy will be sent to you via the Yahoo Group on August 1.

As Administrator and keeper of the Center's master calendar, it is Delyth who will be responding to inquiries from potential "partners". If you have questions about CPP, please talk with Delyth or me (Pat Root).

We then turned attention to our financial situation and the need to increase income. We focused

primarily on two topics: how to entice our ICSG community to attend more often, and how our website might attract more visitors. First, there was energy around emailing a weekly preview of what's going on at the Center - on Sunday specifically but also beyond. The idea is to remind people of the benefit they receive when they come to the Center. Lindsay will train two techsavvy people "with a good eye" in how to use MailChimp. Second, we started to consider the possibility of paying for Google ads in order to have ICSG show up above others when potential visitors are searching online without using words like "new thought", "interfaith" or "interspiritual" (which is so often the way people find us online).

The next topic was about recent traumatic events in the world and whether we, as a place of love and unity, might acknowledge those events. One board member said, "It is getting harder to live in this world and hold a higher vision, and we need help." Another said, "Sometimes I feel that because of the new thought component, we don't actually talk about these things because we don't want to perpetuate them, but some of us are spiritual in a different way, and that means facing what is here and now. We need to provide space for both." And another said, "Perhaps we need something like a time and a place to talk." It was decided to leave this matter in the hands of the ministerial team --- Dave, Delyth, and Annie. A board member responded, "I do identify two segments in the population at Interfaith. Some are trying not to react because it is all illusion, and some are saying wake up and react, so it will be interesting to see how the ministerial response holds space for both of that."

In his report, Dave conveyed that our part of the complex is not being turned into business condos, and he will inquire about buying the entire building.





An Evening of Music, Dance, Poetry, Story Telling and more... 3rd Annual Benefit Concert for the Interfaith Center for Spiritual Growth Saturday, August 6, 2016 8:00 p.m. (doors open at 7:30 p.m.)

Featuring Barbershop quartet-Algorithm musician-Alaura Massaro, musician-Craig Brann, poet-Jeanne Adwani, multi-instrumentalist-Laurel Emrys, poet/storyteller-Jill Halpern, dancer-Irena Nagler, composer/percussionist-Curtis Glatter and many more surprise guests...

ALSO: CHOCOLATE EXTRAVAGANZA Chocolate Treats of all Kinds and a 50/50 Raffle



704 Airport Blvd. Suite 1, Ann Arbor, MI 48108 Cost: \$20.00 suggested donation per person.

For more information call 734-327-0270 or go to www.interfaithspirit.org



Youthful spirits 08.2016

July was hot and eventful! We started out with learning about the Dalai Lama and..... We had a wonderful time learning about the different aspects of Spirit. Our magnet experiments showed us there are invisible forces of energy that we cannot see but know are there. Our light over darkness experiment went well showing that our light can drive out darkness. Thank you to Jeanne Adwani for the idea posted on her Face book page. We discussed how blessed we are to have the freedom to get an education and how difficult it can be to go to school when odds are against you or there is no opportunity. We continued to raise money and supplies for our Alpha House Backpack Project. THANK YOU for your generous donations so far. Heide will keep you posted as to what supplies we still need. Please let her know if you purchase supplies so we can update the list. Another topic of discussion was the concept of interfaith and how we can all perceive the same thing in many different ways. We at Interfaith choose to focus on the common threads of all spiritual paths such as The Golden Rule. We had a great time making "Golden Rulers" for the backpacks. The last weekend in July will be about being unique. Everyone made a flag that represented their uniqueness.

Don't forget to check out our table with little home and garden accessories for sale for the fundraiser! Items were donated by the Flying Dragon and New Hope Thrift Stores in Tecumseh. Please donate at least \$1.50 per item :-) THANKS!!!



Watch this incredible phenomenon: a flame (light) has NO shadow!!!

Love, Líght, and Laughter Heíde, Kellíe, and Tommy

*************** ☆ $\overset{\frown}{\sim}$ Thanks to all of you for your ☆ contributions to the AlphaHouse ☆ Backpack project!!! ☆ ☆ We filled FIFTEEN backpacks. ☆ Next month, all donations to our projects \bigstar will go towards the Caring Committee. $\frac{1}{2}$



Happenings at the Center in August

Discovery Series at Interfaith with Curtis Glatter

Curtis Glatter will host a onehour 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 Doors open at 7:00 States. pm. \$5 requested as donation at the door. For more information call 734-972-6098 or go to 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 or by phone at (248) 802-8755 This study group is now officially affiliated with the Centers for Spiritual Living.

Peace Generator EveryThird Friday of the Month

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 doormirror 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



Rwandan Art- The world in Harmony (WIH) By Oana

In 2006, I graduated from Indiana University, with a Bachelor degree in Business. After finishing my studies, I was lost thinking "what should I have to do with my degree now?!?". Hervette, my best friend and roommate I've met at Indiana University, was going back to her native country, Rwanda, in the east of the African continent. She invited me to come with her to meet her family and discover Africa. It was a good occasion for me to relax and change my thoughts, get new ideas, expand my vision. At that time I did not realize that this trip to Africa was going to change the way I look at life forever.

We stayed in Rwanda three weeks, in the capital, Kigali, and I fell in love with Rwandan culture, and African lifestyle in general. I learned many things from the people I met in Rwanda. Most of them were so endearing and likeable, with an amazing heart, but the entrepreneur women I saw in that country stayed in my mind. Many of them were single mothers or orphans, nevertheless they were generating income only from their artwork. Basketry is one of the antique Rwandan art work practiced mostly by women. During my trip to Rwanda, I visited women workshops. From them I learned three things:



First: be patient. I've liked earrings made with banana leaves, and I wanted to see the work that is behind this jewelry. Rwandan women are champions in having patience, because they take time to make one piece of jewelry. I was impressed by that capacity of sitting still, taking the time and making sure that the object becomes a soulful object of art.

Second: be hopeful. The time those women spend on their work, without knowing where the customer will come from, addressed my fear of tomorrow. Many times I complain about how life is hard, I am scared about tomorrow, my mind doesn't stop asking: "what will happen if..." In Rwanda I met women who are hopeful of tomorrow even if they have half of the benefits I have in my life.

Last lesson from Rwandan women: a job done well always pays. Yes, nothing is new. But those women taught me that from the banana leaves, animal horns, small pieces of polished wood, fabric leftovers from tailor shops, glossy paper and beads you can make jewels which will pay your children's school fees and feed a family of five, sometimes even more. As scientists say, in the universe nothing is lost, everything is transformed. And I would add: "The World is in harmony". Rwandan women are teachers of that harmony.

My contribution

I went back to Rwanda three consecutive times, and I came back with the idea that I can contribute to that harmony in becoming an advocate of those handcraft entrepreneurs. I share with my friends the beauty of Rwanda through the handmade work of their daughters and their mothers. The "World in Harmony" project (https://www.facebook.com/ <u>WIHRwanda/</u>) started from my search for hope, love and creativity and, just by being on the path the Divine gave us; we can achieve things we never dreamed are possible. Hope, love, and patients are amazing ingredients of life. Namaste!





Marilyn, Chair

The Caring Committee





Heide and Kellie, Co-chairs



Tommy, Youth Ed rep



Mike



Khristian



Annie



Delyth, Liaison





Idgie



Jan







Beth

Judy



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 <u>in crisis</u> 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 PrepConsulting (type)
Child CareErrandsCleaningYardworkSnow Shoveling
Healing/energy workHousehold DonationsClothing Donations
Caregiver BreakSend CardsComputer HelpHealing Music
Fun CompanionshipPet CareMassageMoney Donation
ListeningPrayersRespite CareJoin Caring Committee
Other
Limitations and additional information:

I currently have need of (be specific):







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JACK OF ALL TRADES

Peace in Our Lifetime "The Peace Clock"



Swedish: FREDSKLOCKAN 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: Marabic: Thinese: 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 نمای صلح <u>ZEGAR POKOJU</u>
- Portuguese: Hora da Paz Romanian: CEASUL PĂCII
- Russian: ЧАСЫ МИРА Spanish: UN RELOJ POR LA PAZ
- Swahili: SAA YA AMANI http://peaceclock.org/

