



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

VOL. XII, NO. 10, October 2016



THE ILLUMINATION PRAYER

by David Winfree

Prayer is an important part of my life. I have found a type of prayer that is exceptionally transforming. I would like to share it with you. It is from my new book, *In The Light of the SOLAR LOGOS: Path of Ascension*, coming out in November of this year.

Some prayers are highly expressive. Some are more meditative. GOD is highly **aware** and GOD is highly expressive. As Divine Beings, Rays of God Light, so are we. This prayer brings together our *Divine Receptive Awareness* and our innate capacity for *Divine Active Expression* and puts us in touch with GOD's *Receptive Awareness* and *Active Expression*. It is the fact that God hears and responds that makes praying this prayer one of the most wonderful and impactful things that you can ever do.

This prayer is highly interactive. This prayer is based on your capacity to intend and express and also on your capacity to be keenly attentive, aware, and receiving. You call on God and then you listen intently for the response. At first you may not be aware of any response. But, you will be aware of what you expressed. What was expressed may not be the clear, pure call that you intended. As your call is heard within your own consciousness, you may realize that it seemed flat, sharp, dull, uneven, reserved, tentative, or impeded. So you call again, seeking to refine and vitalize the call or signal that you are transmitting from the heart or inner core of your being.

As you continue to refine your call, it comes forth with greater refinement and clarity. As you continue, you also find something else happening. You feel the Divine response. It is as if a novice music student is voicing a particular musical tone, rhythm, or melody and a nearby advanced musician responds by singing it in a more refined way, so that the student may match it. The student hears it and seeks to match his or her voice to that of the advanced musician. They do this again and again, the advanced musician guiding the student, until the student matches the tone and phrasing of the teacher.

This is what happens with this prayer. A dynamic interaction between the Personality and the Higher Dimensions takes place. You intentionally and expressively initiate and cultivate this interaction. Persist with it to the best of your capacity. You will eventually be greatly heartened when you sense the response. The response comes in a multitude of ways. It may come as a sense that your being is expanding or rising, an awareness of white or golden light; great warmth; insight; reception of a specific beneficial qualities, or expanded awareness. It often takes one deeper into the heart of thankfulness.

The response often brings forth increased intuition, insights, and knowingness. You may feel a strong connection or unity with GOD. You may feel the Divine Presence radiating or flowing within you. You may also feel the Divine Presence encompassing you and standing forth like a column of light within you. The sense of the all-pervading unity of all things and the Divine Presence is multiplied. You may feel greatly vitalized and empowered. You may feel that you are being healed, transformed, cleared, refined, aligned, or transfigured. Energy or

vibrational qualities may seem to radiate from multiple points, levels, or dimensions. You may feel a sense of uplift, wonder, grace, love, power, and beauty. Initially, it may be subtle. Eventually, it begins to feel very powerful. Sometimes it is overwhelming.

This prayer is intensely expressive and active and yet at the same time brings about keenly focused and vastly expanded contemplative and meditative states, resulting in a dynamic fusion of dynamic interactive expression and receptive awareness. There is a deep communion between the wave and the ocean, the individualized ray, and the LOGOS that is its source, of microcosmic awareness and of expression and of macrocosmic awareness and expression. You may feel immersed and filled with GOD/LOGOS. When expanded awareness comes, contemplate it, rest in it, and enjoy it.

You realize that you are being tuned, enlarged, expanded, cleared, aligned, activated, and transformed. Awareness expands so that subtle qualities, insights, and relationships are revealed and you become more and more aware of the multi-dimensional, multi-level, interrelated nature of yourself and all that is. Substantial changes take place throughout your energy field at many different levels.

When you start a regular practice of this prayer, your life begins to change. Sometimes the shifts seem small. Sometimes they are very powerful. The point is to have a consistent, frequent practice. If done year in and year out, for several years, a great deal of transformation will take place.

You can read the prayer on page 11



Ministerial Miscellany

By Dave Bell



Dear Friends,

Just this week two old friends have let me know their books are just about ready for publication. Fred Sauer is in the final stages of pre-publication in his book on stress relief. I have an advance reading copy and it looks like it will be very helpful. Fred has been passionate about this subject for ten years. He has now completed an exhaustive study of the latest brain research and combined it with EFT techniques supplemented by his research. It looks to be a valuable addition to the self-help genre. The other notice was from Teri Tate a member of the first ACIM group I was part of back in 1984. (Ancient history) She has written a memoir about her journey through serious, life-threatening cancer. Her story is quite amazing. I look forward to getting a copy. It is being published by Sounds True. I wonder if the Universe is kicking me into gear to write something?

The next one day workshop will be held on October 15th from 10 a.m. to 2:30 p.m. The subject is a survey of the world's religions. We will spend some time on Hinduism, Buddhism, Confucianism, Taoism, Islam, Judaism, Christianity, Shamanism, New Thought and Interspirituality. There will be a refreshment break at noon. Class fee is \$30. No one turned away for lack of funds. There is a wealth of information that could take a whole semester to study. Our goal is to build a base of understanding that will allow you to understand enough to be comfortable in any discussion of the "other."

Judy and I are blessed to have Jacob as a freshman at U of M. To round out the good news, we are expecting Lauren and her husband to visit from Germany the week of November 5th. Can't wait to see them again. Blessings,

David

*Community
Members
of the Month*



Dynamic Danielle

By Jeanne Adwani

Our lovely Danielle Cassetta is our Community Member of the Month. With her great enthusiasm and wonderful charm, she has made her way into our hearts quickly.

She helped the board in getting our Community Partnering Program off the ground and served as secretary to the board.

In her other life outside of the Center, she has run a preschool called Acorn Glen Cooperative Preschool. As a mother she is always on the cutting edge of child care and education.

She studied Global and International studies at the University of California, Santa Barbara.

She cares deeply for this planet and all of us that abide here. A woman with many passions and an articulate voice With her loving and generous heart, and big winning smile, we are so glad to have her be present in our Community.

Thanks Danielle for your magic and wonder. WE miss you when you're not with us.

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“Loving Creation: People of Faith and Climate Change” Workshop

By Nancy Ogilvie

What’s the world you envision for your children and grandchildren, or future generations generally? I imagine it’s filled with the multiple blessings you’ve enjoyed – loving relationships, rewarding work, relative safety and security, natural beauty. Opportunities to learn and grow and serve. Given the world we live in today, do you sometimes wonder if that future is really possible for them?

You see headlines about global warming just about every day... and the evidence that we’re already experiencing its effects is mounting. Increased frequency and intensity of wildfires, storms, floods and droughts... heart-breaking pictures of scrawny polar bears clinging to a tiny island of ice... increased incidence of disease outbreaks and air pollution-related illnesses... coral reefs dying. It can seem like an endless list. Whether you believe the climate science or not, it’s clear something dramatic is changing – that the “good old days” are gone forever and that we’re consuming the Earth’s resources at an unsustainable rate. Did you know that if you have food in your refrigerator,

clothes in your closet, a bed to sleep in, and a roof over your head, you’re better off than 83% of the world’s population? Yes – eighty-three percent of the world’s people do not have at least one of those four basic necessities.

In every world faith tradition, God calls humanity to be good stewards of the Earth. So what do we, as spiritual people, do with this information? How can we cope with the overwhelming feelings that come up? And is there really anything we can do to make a difference for the future of our children and grandchildren? What is our individual and collective responsibility for preserving and protecting Creation for future generations?

If these questions are resonating in your life, please join me at “Loving Creation: People of Faith and Climate Change” from 1-2:15 on Sunday, October 9. We’ll begin exploring some responses and new perspectives, and you’ll leave with restored hope, grounded in your heart, connected with your love of God and Creation, and inspired by your desire to co-create a just, sustainable and fulfilling world for future generations. A free will offering will be collected on behalf of ICSG.



Interfaith Consort performing on September 11
Craig Harvey, Nancy Bean, Don Allen, Nancy Ogilvie, Dave Bell, Mike Bratcher, Marice Clark, and Lisa Salisbury.

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**

**October: Katie Geddes
November: Marlena Studer
December: Bliss!**

**PEACE
GENERATOR
October 21**



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.

Birthdays are
indicated in
bold/italic
***Happy
Birthday!***

The newsletter
submission
deadline is
October 23

Board
meeting this
month is on
October 23

1

8:30 a.m. AA

Drum and Dance
Jam

2

3

4

5

6

7

8

**Rev. Dave: A
Searching and Fear-
less Inventory**

R: Mary Alice T.
M: TBA
MU: Katie Geddes

potluck

6:45 p.m. ACIM
7 p.m. Great Bal-
anced View Video
Meeting

10:30 a.m. The Power
of Now Discussion
Group

5:30 p.m. Commu-
nity Gathering/
Potluck and Reiki
Share

7-9 p.m. Dynamic
Transformation

Pat Ramsey

Noon—1:30 p.m.
ACIM

6:30—8:30 p.m.
Science of Mind

7:15—8:45 p.m.
Speaking Circle

7:30—8:30 p.m.
**Belly Dance Fitness
with Oana**

Jeff Smith

8:30 a.m. AA

8 p.m. Café 704

9

10

11

12

13

14

15

**Rev. Lauren Zinn,
An Interspiritual
Look At Forgiveness**

R: TBA
M: TBA
MU: TBA

**Workshop with
Nancy Ogelvie**

6:45 p.m. ACIM
7 p.m. Great Bal-
anced View Video
Meeting
7-9 p.m. Dynamic
Transformation

Joyce Jurgenson

10:30 a.m. The Power
of Now Discussion
Group

5:30 p.m. Commu-
nity Gathering/
Potluck and Reiki
Share

Noon—1:30 p.m.
ACIM

7:15—8:45 p.m.
Speaking Circle

7:30—8:30 p.m.
**Belly Dance Fitness
with Oana**

8:30 a.m. AA
10 a.m. -2:30 p.m.
World Religions
Workshop
8 p.m. Spiritual
Cinema

Judy Bell

16

17

18

19

20

21

22

**Rev. Dave: Spiritual
Practices**

R: TBA
M: TBA
MU: Shekinah
Errington and Jim
Cooney

6:45 p.m. ACIM
7 p.m. Great Bal-
anced View Video
Meeting

10:30 a.m. The Power
of Now Discussion
Group

5:30 p.m. Commu-
nity Gathering/
Potluck and Reiki
Share

7-9 p.m. Dynamic
Transformation

7:30 p.m. Urantia
Book Study

Noon—1:30 p.m.
ACIM

6:30—8:30 p.m.
Science of Mind
7:15—8:45 p.m.
Speaking Circle

Lorri Coburn

7:30—8:30 p.m.
**Belly Dance Fitness
with Oana**

Peace Generator



Jill Crane

23

24

25

26

27

28

29

**Rev. Dave: From
Problem to Answer**

R: TBA
M: TBA
MU: Eden West

CC meeting

Dick Durham

6:45 p.m. ACIM
7 p.m. Great Bal-
anced View Video
Meeting

7-9 p.m. Dynamic
Transformation

10:30 a.m. The Power
of Now Discussion
Group

5:30 p.m. Commu-
nity Gathering/
Potluck and Reiki
Share

Noon—1:30 p.m.
ACIM

7:15—8:45 p.m.
Speaking Circle

7:30—8:30 p.m.
**Belly Dance Fitness
with Oana**

8:30 a.m. AA

Craig Harvey

30

31

**Rev. Dave: Optimis-
tic Despite Head-
lines**

R: TBA
M: TBA
MU: Bliss!

Brad Nelson

6:45 p.m. ACIM
7 p.m. Great Bal-
anced View Video
Meeting

Summary of September QCC

Submitted by Sally Searls

Thirty three community members attended the Sept. 25 Quarterly Conversation with Community (QCC). The following information was discussed:
A Halloween party is scheduled for Saturday, October 29 at the Interfaith Center. A planning committee will meet at the Oct. 2 potluck; anyone interested in helping with the party is welcome to attend the planning meeting.

Lindsay Passmore, on behalf of the Ministerial Selection Committee (MSC), reported that the Senior Minister position was posted the first week of August. The deadline for receiving the applica-

tions is Oct. 1. Only a few applications have been received at this time. Several community members encouraged the MSC to be patient and wait for the right and perfect person. Lindsay thanked Lorri Colburn for work on contacting interfaith seminars. Lindsay also acknowledged Anna Marie Henrich and Jack Koepfgen who identified interview questions and led the MSC through a mock interview session.

Heide Kaminski, Esther Reilly and everyone who contributes were thanked for producing the Inspirer Newsletter each month. They reminded everyone to submit material on time. Interfaith Center events are also listed on the Interfaith Center website, interfaithspirit.org, under "events," on the calendar, featured events page

and Cafe 704 listing.

Ho'oponopono, an ancient Hawaiian practice of forgiveness, was suggested as a way for praying for the world's leaders.

The Building Fund currently has \$5230 plus \$1500 in pledges. The purpose of the Building Fund is to be prepared in case the Interfaith Center has the opportunity to purchase the current building or another location. Several participants spoke about the importance of not reducing one's weekly tithe in order to give to the Building Fund.

Sunday December 4 is the next QCC.

Peggy's Corner

By Peggy Lubahn

AN ELEPHANT MANIFESTO



From "Animals as Guides for the Soul," by Susan Chernak McElroy.

Barbara was kidnapped from her herd and spent the first 14 years of her life in a U.S. circus. She was then sent to a breeding farm and over the next 12 years, her health declined. She was finally taken to the Elephant Sanctuary in Hohenwald, Tennessee; but even there, she did not thrive. Susan McElroy com-

municated with Barbara over 16 months before she wrote this message from Barbara for humankind.....

"I speak as a single manifestation of the ones you call Elephant. I am an emissary for those of my kind who have no voice. When we are together nothing can separate us but the ropes and guns and greed of humankind. We care deeply for each other, and we move and breathe as one great gray and luminous heart.

"Our wild brothers and sisters have failed to attract your attention, so some of us volunteer to enter your civilization through the darkness of the circuses, wending our way into positions of influence and visibility to draw your attention to the suffering of Mother Earth and all life upon her. Please listen! We have allowed

ourselves to be torn from our mothers' underbellies, to endure indignity, to be swallowed up in depression and despair – all in hopes of finally being heard.

"Life is a symphony, with each living being contributing its own special note, without which the symphony loses its great depth and beauty. We the elephants sound a deep note, so low that your ears cannot hear it. It is the bass note in the symphony of life around which all other beings sing their own unique songs. We sing this deep note continuously to Mother Earth to balance, soothe, and nurture her.

Continued on page 6



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

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Continued from page 5

"If one were to listen from space to the music of Earth, one would hear the great low "Om" sound of the elephants overlaid with a magnificent symphony of voices and notes of a splendor heard nowhere else in the universe. Captive elephants suffer great depression from being robbed of their ability to sing their deep note. It takes five of us in one place to create such a resonance, and often in captivity we are solitary. Then we feel not only the deep personal sadness of unfulfilled purpose, but the deep sadness of Earth herself as she struggles to shift into a higher frequency of being.

"Some elephants become enraged and kill their human keepers. This rage arises from a panic and urgency shared by elephants all over the Earth as our numbers are diminished by humans. With increasingly fewer elephants, we are less able to perform our sacred service of ministering to earth. This is what we are here for. Without elephants,

Mother Earth will not fare well. Each species of animal serves the earth in a unique and irreplaceable way; each is part of a sacred ministry.

"Please hear us! The elephants hold the frequency, the framework, in which all of the other animal species hold their own. We speak not for ourselves, but for Mother Earth and all of life upon her."

Susan continues: "As Barbara communicated her thoughts and feelings, she began to heal physically and emotionally. Two weeks after our first communication, I was told that Barbara had trumpeted, perhaps for the first time in her life, and was observed playing joyfully in a mud hole. Now she looks forward to each new day, joyfully anticipating the arrival of two new elephants, who will bring their numbers to five, the number required to tone to the Earth."

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/interfaithinsp->

interfaithinsp-ir.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
- Ray Fix, member
- Rob Fagerlund, member
- Lindsay Passmore, member
- Jeff Alden, member
- Steve Orłowski, member
- Scott Alf, alternate member
- Board email address is 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

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- 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 Meeting Minutes

Submitted by Pat Root, Chair

We were very happy to have four community members attend the meeting on September 25!

The first item of business was a review of financial reports. For only the third time this year, income exceeded expenses (by over \$1800) in August, and our cash balance is higher than on January first. Based on earlier years, it is common for income to increase towards the end of the year. Board member Jeff Alden has been compiling 2008-present data in a forward-looking spreadsheet intended to help us foresee our financial future. (Note: we remain debt-free and all bills are paid on time.)

Regarding our physical location, Dave is currently talking to real estate developers who might be interested in purchasing nearby buildings for condominium use. We might be able to buy our building through this plan.

Perhaps you have noticed recent emails highlighting the coming week's activities and Sunday service. Delyth and board member Ray Fix are behind this effort, and the expectation is to expand it beyond our immediate community to encourage others to visit the Interfaith Center for Spiritual Growth.

Danielle Cassetta's life situation has improved, and so the board appointed her to fill the balance of the term (through March 12), the vacancy which was created by her resignation.

Kevin Gilson, chair of the Leadership Team, reported about and offered minutes from its August and September meetings. The leaders of committees and teams, who do not already have vision/ mission statements, are being asked to create them. The LT is in search of a Volunteer Coordinator.

Dave's October 15 workshop will include a survey of the world's religions plus interfaith and interspiritual.

The day before the board meeting, Annie and Delyth attended an LGBTQ workshop on building an inclusive church. They spoke about it with great enthusiasm and will present a full report at the October board meeting.

Board member Lindsay Passmore outlined the status of the ministerial search. The deadline for applications is October 1, and a flurry of responses may come in the next week. The search committee has spent much of the intervening time, since the job was posted in early August, working with Anna Marie Henrich and Jack Koepfgen on how to conduct effective interviews without being intimi-

dating and geared to revealing what is in the heart of each interviewee.

The next board meeting will be Sunday, October 16, at 1:00 p.m.

Creation Unfolding

By Jeanne Adwani

**We are Creation unfolding
A magnificence's of All that is.
A drama of chaos and Nebula
A Dream of star kisses and
dances with the Northern lights
We are a nightmare trembling
We are Stewards of the land and sea.
We are elements testing each other
we are the improbable mixing with the unlikely**

~

**We are the color of green rising,
We are the pot at the end of the rainbow
We are the breath of death on a battle field
We are the forgivers and the forgiven
We are the angry and the damned if we do
We are the tender moments of surrender
living on the edge of ourselves wondering
living in the All of ourselves questioning
Living as if everything matters
living as if nothing ever did
Living the Hallelujah and the praise be to**

~

**We are an abyss of laughter and tears
filling up on the blackest of nights
embracing the bright thrill of a new day
We roll in the twilight of what is to come
On our knees held to a story of salvation
We are lights to lead the way
We are the dark begging to be seen
We are what remains in the bottom
of Pandoras Box.**

~~

**We are creation unfolding
Perfect in all our same and different
Exquisite creatures of Dualities gifts
Authentic to each moment
consciously
Authentic to each moment
without knowing
Choice is our battle cry
Change pushes at our hard and soft
Love is the Truth that calls us to Be.**



Café 704

Café 704 presents Katie Geddes

October 8, 2016

8 pm – 10:30 pm

Doors open at 7:30 pm

Suggested Donation: \$8/person or \$15/couple



Katie sings traditional and contemporary folk, country-folk, and folk-pop tunes. A deft interpreter of beloved songs, her captivating voice and velvety-smooth delivery bring new life to the compositions of writers such as John Prine, Buffy Sainte-Marie, Michael Nesmith and Lennon and McCartney. Katie's 2010 CD release, *We Are Each Other's Angels*, features an inspired roster of guest artists including Michael Johnson, Mary McCaslin, Don Henry and Small Pota-

toes, and is receiving extensive airplay across the country and around the world. When not doing her own gigs, Katie has been known to "moonlight" singing harmony for folk-rock legend Melanie and local favorite Matt Watroba. Katie is also part of close-harmony vocal trio All About Eve (Katie, Deb Wood, David Vaughn).

Interfaith Center for Spiritual Growth, 704 Airport Blvd. 48108 Directions to
Interfaith Center for Spiritual Growth

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

For more information: 734-327-0270



Youthful Spirits



Welcome Fall! September was super! Our first week of September, we talked about the "winds of change" and even listened to the song by the Scorpions. We prepared a "life changing" potluck recipe and a song for the congregation to enjoy. The second Sunday, we discussed the importance of water in our lives, how it connects us (oceans connect different countries, continents, cultures, races...), we made lots of wishes playing our water fountain game and contributed to the congregations water bowl ceremony. For the 3rd Sunday, we learned about how peace affects other aspects of our lives. Check out the picture of Professor James Archer as he took over the lesson for a bit.

The last Sunday of the month, we imagined a world of peace that begins with our power within. We talked about some super powers that we already possess and some we wish we had. The service ended with our rendition of My Peace, My Peace. Thank you Dawn for helping us!

For the months of October and November, we will be focusing our service projects on helping the homeless and cancer patients going through chemo treatment, as we did last year. We will be making "blessing bags" and "chemo care packs." Please see below for a list of items that we will need to make these care packages.... We are TRULY grateful for all of the contributions that we continue to get to help us with our service projects. It is so wonderful to see how generous our community is! THANK YOU!

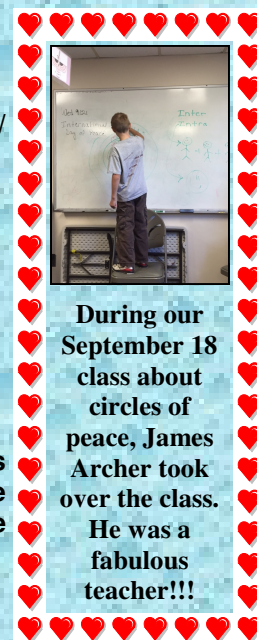
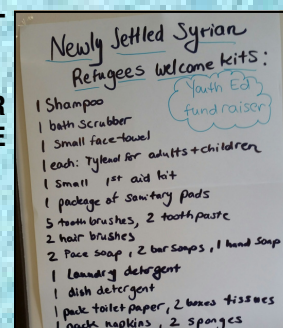
Blessing Bags

Gallon size zip lock bags
HAND-WARMERS. BAG OF QUARTERS
BOTTLE OF WATER. BAND-AIDS
BABY WIPES. HAND SANITIZER
WASH CLOTH
FIRST AID KIT (TRAVEL-SIZED)
TOOTHBRUSH, TOOTHPASTE. FLOSS
DEODORANT, COMB
PERSONAL HYGIENE ITEMS FOR WOMEN
SUNSCREEN. CHAPSTICK
NEW SOCKS, NEW UNDERWEAR
INEXPENSIVE GLOVES
INSTANT OATMEAL PACKS
GRANOLA BARS

ENERGY BARS
TUNA/CRACKER PACKS
TRAIL MIX, RAISINS
PEANUTS, FRUITAPPLE-
SAUCE (WITH SPOON)
GUM/HARD CANDY
HOT COCOA/SPICED CIDER
MIXES, ON-THE-GO COFFEE
MIXES, TEA PACKETS
BEEF JERKY STICKS
NOTE OF ENCOURAGEMENT
LIST OF LOCAL RESOURCES
PREPAID PHONE CARD
GROCERY STORE GIFT card

Chemo Care Packs

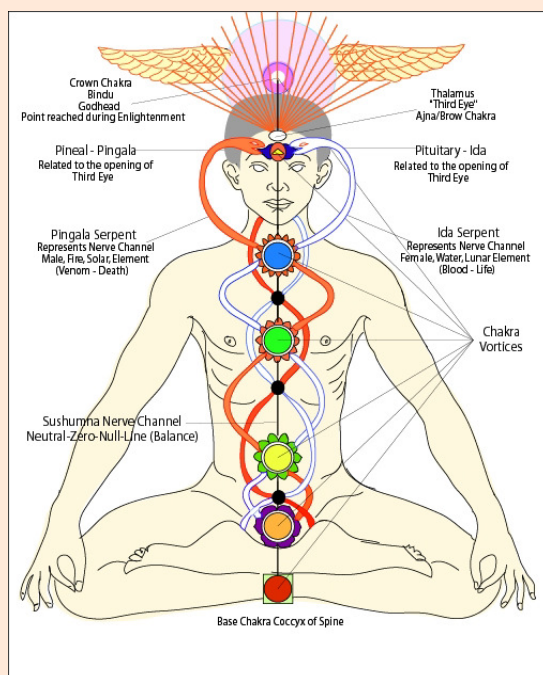
Larger size Gift bags
Plastic Utensils
Sugar free Lemon drops/mints/
gum
Hand sanitizer
Unscented lotion
Lip balm
Bottled water
Travel size Kleenex
Notebooks/Coloring books
Pens/Colored pencils
Warm socks/blanket
Music gift cards
And don't forget the Syrians, as well as the trinkets for sale (money for these will go to the CC).



During our September 18 class about circles of peace, James Archer took over the class. He was a fabulous teacher!!!

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





Dynamic Transformational Meditation - An Introduction

Your Body-Energy as Map, Compass & Ingredients for Human-Spirit Awakening & Metamorphosis

You are invited to join me, Anna Marie Henrich, for a 3-session class to begin to experience how the wisdom of our body, energies, and spirit show us the way to nurture our spiritual metamorphosis and transform ourselves into refined, radiant, fully-activated spirit-humans manifesting complete Oneness simultaneously with the polarity necessary to pulse life. Practices (from many spiritual/mystical traditions & modalities) will be based on cultivating deep mindfulness/awareness

and using simple movements, sounds and visualizations to bring your complete self into a harmony that invites deep unfolding and transformation and works with the Universal Awakening energies currently underway. You will also be shown how your body-energy complex provides you feedback to let you know when you need practice and how well it is working.

Teacher: Anna Marie Henrich

Dates: Every Other Wed., 7-9 p.m. – Oct. 5, 19, Nov. 2, Drop-In: Nov 16, 30, Dec 14

OR Every Other Mon. 10 a.m.—noon – Oct. 10, 24, Nov 7, Drop-In: Nov 21, Dec 5

Location: Interfaith Center for Spiritual Growth - Classroom

Fee: \$10 Building Fee, Freely Offered—Love Offerings Welcome, Drop-In Dates – Interfaith Donation

Register: Contact spiritualinquiry@yahoo.com by Sept. 11 to register ***Make-up:** Attend sessions from alternate day

Teacher Bio: Anna Marie is a teacher of human-spirit transformation from: 1) emotional fear to love, 2) physical electrical polarity to crystalline unity, and 3) experiencing spirit energies as separate to “knowing” and manifesting all energies and physicality as One. She is committed to join with the Universe and Spirit to help beings and the planet in the shift into their higher, more coherent, love-based, energy/crystalline forms. She has been studying diverse mystical traditions since childhood and actively practicing them for the past 25 years. She has been teaching Vipassana meditation and mystical spiritual practices for transforming / letting go of duality for 15 years. She trained for nine years as a Teacher of Buddhist Meditation practices and Non-Duality with Deep Spring Center. During her own transformation process, she has remembered and experienced practices and unfolding from Egyptian and Western Esoteric mystery schools and the quantum physics & body changes of Transformation. These experiences inform her teachings. She actively works with her Higher Self and other love-based Spirit beings congruent with her intentions. She & her husband held Spirit, Energy and Crystal-based group meditations and transformations for three years.

**THE ILLUMINATION
PRAYER
SHORT VERSION**

Oh Highest Light! Illuminate me! Shine in every aspect of my being. I seek to be of service. Prepare and use me. Be your Light, Love, and Life in me. Bless all beings! Lift everyone to their highest Divine Expression! May we all be lifted together!

FULL VERSION

Oh Highest Light! Illuminate me! Shine in every aspect of my being I desire to be of service. Make me useful!
Transfigure me. Align me with your Self
Clear me, refine and purify me.
Raise my vibration and my consciousness.
Transfigure me that I may be of service and be a blessing in this world. Be your Light, Love, Joy, and Life in me
Express in me the highest patterns, qualities, and ideas
that the Highest Mind of God would express in, and as, and through me. Lift me to your Highest Divine Expression!
Clear and remove from me all things that would
impede you from shining clear and bright in me.
Make me a clear space in which you may stand and shine forth!
May you stand in me and be your Self in me, as me and through me, in this world.
Refine and purify this space to the highest degree and fully merge me into you.
Melt and subsume all of me into the burning heart of God.
Drench me! Grace me! Saturate me! Fill me to running over with your Presence, Receptive Awareness, and Divine Expression!
Let your Divine Joy, Love, Peace, Grace, and Vitality radiate in me!
May my awareness be expanded and may my mind be lifted and merged ever more with the Divine, to behold

all things as the Divine Mind beholds them.

When I hear and see others may I deeply see, hear, and receive them as your Divine Awareness holds, receives, and knows them.

Help me see you shining in all beings.

Help me see you within them and them within you.

Help me see you in all aspects of the vast Field Of Your Infinite Self.

Let it be you who stands within this space, in every thought, feeling, word, and action.

May others see and feel your countenance radiating forth.

When this voice speaks, may it be your voice that is heard.

When this touches, may you be present in the touch, so that others are touched by you.

Let all action, be your action, all thought your thought, and all may all feelings be the feelings of the Divine. When I meet others may they feel themselves to be fully met and received by you!

May they be held by you within this heart and within this mind.

When these arms embrace another, may they feel themselves held and embraced by you!

Encompass them and fill them and shine brightly within them!

Illuminate and bless others through me.

Illuminate and transfigure them!

May you shine upon me through those that are around me.

May you come to me in each of them.

May I see you and greet you in every step I take and in each one I meet!

Heal all beings! Bless all beings!

Guide all to the highest that you hold in mind for them!

Lift all beings to their Highest Divine Expression!

May the waters, the air, the earth and all forms of life within them be blessed!

May the Earth be blessed and may all bright beings that assist with the life and evolution of humanity and this planet be blessed!

May those who have graced this prayer with their presences and energy

be blessed!

May the Highest Light be adored and blessed by those who are held within it!

May the Light within all Light; the Light within all form, space, being, and consciousness; the Light within every point of all that is; may that light clearly shine in, and as, and from, and to, and through all things! Light shining upon Light, upon Light, upon Light!

Divinity shining upon itself! Beholding and perceiving itself! Receiving itself!

Divinity shining in, and as, and through, each individuated ray!

May all that is in the Highest Mind and Heart of God be expressed, established, fulfilled.

May the higher fill the lower!

May the lower be lifted and merged with the higher!

May all be brought into highest unity!

May all be blessed, transfigured, aligned, and lifted together, standing forth as your Highest Divine Expression, your Fullest Presence, and your Deepest Receptive Awareness!

May the highest path for each one be energized and established.

May you be the path, and the walking of it, and may we meet you at every step along the way!

Blessings on all beings! Blessings on all life, all energy, all consciousness, all space, and all form; in all dimensions, domains, worlds, and universes!

May all that is be blessed and attain its highest Divine Expression!

Blessings on the LIGHT within all Light!

Blessings, Love, and Appreciation to the HIGHEST LIGHT AND SOURCE OF ALL!

Blessings on the ONE! Blessings on the ALL IN ALL

Blessings on ALL THAT IS!

Thank you! Thank you! Thank you! Thank you! Thank you! Thank you! Thank you!

**(REACH OUT AND TOUCH GOD
WITH EVERY WORD
AND PHRASE AND FEEL GOD
TOUCHING YOU!)**



*Marilyn,
Chair*

The Caring Committee



*Heide and Kellie,
Co-chairs*



*Tommy,
Youth Ed rep*



Mike



Khristian



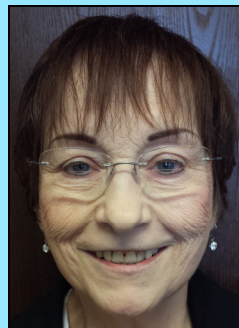
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*Delyth,
Liaison*



Idgie



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:

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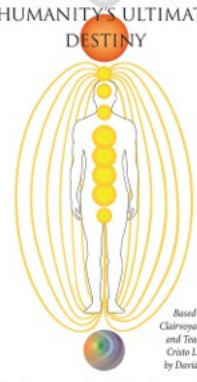
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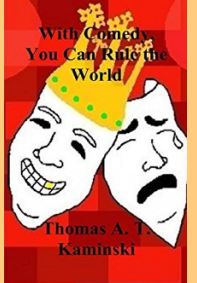
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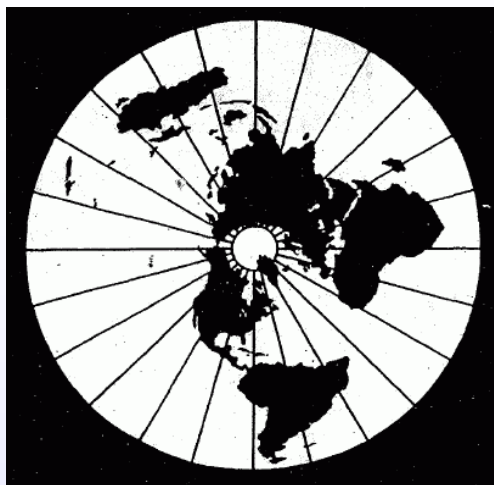
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- Pharsee: زمان نماي صلح Polish: ZEGAR POKOJU
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