



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

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Reflections on the Women's March

*By Marice
Clark*

Saturday started out gray and overcast. As I walked up Fifth St. toward Liberty, I passed more and more people headed that way. Once I got to the corner, I called my daughter to see where she was. She was close by and I made my way over.

The sun came out as the march started. There were thousands of people caring placards with many different sayings. "Love Trumps Hate," said one. "Tweet others as you would like to be tweeted," said another. There were many that said "Nasty Woman" and others that said "Men of quality don't fear equality." Everywhere there were vibrations of anger, fear, and mistrust of what expectations the new administration's policies might try to set for our nation.

The speakers reinforced the tone of the march. Everyone called for the participants to get involved in activism; to make known their resistance to any display of racism, sexism, or discrimination of any sort by the new administration. Although the march was physically peaceful, the speakers stirred up the emotions of the marchers until

their thoughts were anything but peaceful.

Later on that evening I reflected on what I had witnessed. It seemed to me that even though this was a "peaceful" march, the idea was to get people stirred up enough that they would join together to block or resist policies which they felt did not reflect the principles that are the heart and soul of our nation. Great strides have been made in promoting civil rights and freedom and justice for all and now it seems our nation has begun a backwards slide.

But what we resist persists and I began to feel as if we really missed the point. What should have been a march encouraging us to meet our circumstances with love and a knowledge of our unity not only with those whose mindset was the same as ours but also with those who presented a view with which we couldn't agree became a forum to enlarge the fear and anger many were feeling. As I thought that, this meditation came to me:

Take all the time you need to relax your body and your mind. Breathe slowly and deliberately opening your mind to this vision:

It is a dark night and you are in a dark cloak carrying a wand made of the finest wood and walking through a forested landscape. You see a clearing and go into it and from the side of your

eye you see a movement. You turn to face your worst fear about the future of our great nation.

Your fear is facing you with a malevolent grin; it is also in a dark cloak carrying a wooden wand. You raise your wand with a flash of anger. The anger travels down the wand and shoots out the tip toward your fear. Your fear mimics you and you find yourself locked together with your fear; a lightning bolt of anger running between your wands. The energy hisses and spits increasing in strength. First one gets pushed back but rallies and pushed the other back. Slowly you begin to get the upper hand and push back your fear moving toward it inch by inch. As you get closer the energy increases in strength and vibration when suddenly there is a loud explosion and the earth cracks and shakes. You shield your head and when the noise subsides, you open your eyes. There is a huge dark crater where your fear once stood. The earth is cracked and scorched. You whirl around at the sound of popping and crackling. The forest around you is on fire. You have won the battle but in the process, destroyed everything around you.

This scene fades – take a deep and soothing breath. Release it slowly; relax and open your mind again. Take another breath and quiet your heart.

Continued on page 3





Ministerial Miscellany

By Dave Bell

Dear Friends,

As I write this month's column, we are packing for our annual trek to Florida. I will be in Florida for the month of February, home for March, and back to Florida for the first two weeks of April. This year, I am looking forward to the warm sunshine, with a view toward healing the last of my health challenges. I will see you on March 5th.

Saturday's outpouring of marchers for civil rights was an amazing display of the power of an idea. It was encouraging and a signal to all that some of the despair and feeling of overwhelm that many had been experiencing was, in some measure, alleviated. Many have expressed optimism that the display of unity can have a continuing and positive influence on the course of events in the coming Trump administration. Commentators were suggesting that it was the largest outpouring of protesters since the civil rights and Viet Nam protests of the 60's and 70's. There is no question that the legislative branch is heavily influence by public opinion. It is, however, important for all citizens to be well informed and to be aware that disinformation exists. An amazing poll was recently taking wherein people were asked if the Affordable Care Act was better than "Obamacare". An astronomical percentage of the people polled answered in the affirmative. Of course they are just two names for the same legislation.

Spiritual principles are a critical ingredient in being positive agents for change. Remember, everyone is an expression of Divinity. Seek to engage in discourse based on respect, even if such is not returned. Everyone is always doing the best they can given their understanding of how the world works. Non-violence is a crucial piece of the engagement process. That includes not reacting in anger, not engaging in shouting matches, and not dismissing the other side as somehow backward or ignorant. As Gandhi said, Hate does not supplant hate, only Love can do that. I hope we can all join in a campaign to bring justice, peace and prosperity to the top of everyone's political agenda.

See you in a month.

Blessings,

David



*Community
Member
of the Month*

Rocking and Reading Rob

Rob Fagerlund is our CMM this month and we are grateful for his energy, inspiration, and playfulness.

Rob came to us from a fundamentalist background that still holds some goodness for him in the tradition of Jesus with the love and compassion He symbolizes, and Rob honors and believes in. After an injury that left Rob with closed head injury issues, he notice that upon his return to his church there wasn't the kind of openness and acceptance he wanted and believed in. The idea that there is/was only 'OneWay' to God seem limited and without Choice. It wasn't working for him.

"I feel I matter here...It is so healing for me" When we do the community Namaste' during the service, Rob feels his connection to each one of us as he gazes into our eyes and sees our divinity as well as his own. "God is Love and it is with this I feel I can be most loving and helpful."

Rob is a bit of a punster in case you haven't noticed. Just a natural silly guy, with a Groucho Marx and Bugs Bunny kinda silly. (He told me that) "Why not 'goofy' as a spiritual practice?" YES, why not!! I say the more play and joy the better. Thanks Rob for that. Rob has been supporting and serving the Center's as our Librarian for awhile now. He will pick out a book and give us all a little review of it each Sunday. I love that he does this. It's inspiring and motivational.

He has also been a board member which is soon to come to closure. Thanks for that Rob. It's an important position in our community and not an easy one to be part of the visioning of our Center.

Thanks Rob. We are so happy to have you with us.

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Women's March *Continued from page 1*

Again you are walking through the forest in a dark cloak and carrying a wooden wand. You turn into the clearing and confront your worst fear. It is wearing a dark cloak and carrying a wand. Your heart is still as you gaze upon it and suddenly it leaps forward lightning spitting from the tip of the wand toward you. You open your heart and surround yourself with a field of love and light and the lightning is absorbed by your field. Your fear throws another bolt and again your field expands. As you add more love and your fear throws more lightning, your field expands and expands and even though your fear keeps backing up, your field engulfs it.

Your field is suddenly huge and radiates to engulf the forest. It extends toward the heavens where it is met and joins with a light field that fills everything with peace and joy. Breathe in that peace. Breathe in that joy. Hold it within you and feel the hand of the Creator cradling you close to its heart. Feel the love that the Creator has for all its creations.

The fear is gone for it was never real. Only love exists. Only love can join all of us in common purpose. Hold that peace in your mind and know that you are never alone. You are never alone to deal with your fear. All situations and circumstances can be used by

the Holy Spirit for good and there are no mistakes only opportunities. Breathe deeply, relax and become aware of your surroundings again.

I can only wonder how the energy would have shifted if we had all held hands and envisioned a world of equality; of freedom, justice, peace, and joy for all. I think that a march in which we had all practiced loving kindness would have done more to bring about the changes we are seeking. I'm not saying that the march wasn't a good idea for it helped us voice our concerns. I'm just saying there may be a better way to bring about change but we will never know it until we try it.



11,000 people took to the streets in Ann Arbor



Heide and Kellie were there!



Over 500,000 marched in Washington, D.C. Roughly 3,000,000 all around the world

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**

February 11 Spirit Singing Band

**PEACE
GENERATOR
February 17**



<div>The Service begins at 10:45 a.m.</div>	<div>Mon</div>	<div>Tue</div>	<div>Wed</div>	<div>Thu</div>	<div>Fri</div>	<div>Sat</div>
<div><i>The speaker/ topic are in bold/italic</i></div> <div>R indicates the reader</div> <div>M indicates the meditator</div> <div>MU indicates the musician.</div>	<div>Board meeting this month is on February 12</div>	<div>The newsletter submission deadline is February 19</div>	<div>1</div> <div>6:30-8:30 p.m. Creative Writing Workshop</div> <div>7-9 p.m. Dynamic Transformation</div>	<div>2</div> <div>Noon—1:30 p.m. ACIM</div> <div>6:30—8:30 p.m. Science of Mind</div>	<div>3</div>	<div>4</div> <div>8:30 a.m. AA</div> <div>7:30 p.m. Drum and Dance Jam</div>
<div>5</div> <div>Randall Counts: Your Authentic Self</div> <div>R: Johanna N.</div> <div>M: Nancy O.</div> <div>MU: Spirit Singing Band</div> <div>Potluck</div>	<div>6</div> <div>10-noon Dynamic Transformation</div> <div>6:45 p.m. ACIM</div> <div>7 p.m. Great Balanced View Video Meeting</div>	<div>7</div> <div>10:30 a.m. The Power of Now Discussion Group</div> <div>5:30 p.m. Community Gathering/ Potluck and Reiki Share</div> <div>7 p.m. Diamond Approach</div>	<div>8</div> <div>6:30-8:30 p.m. Creative Writing Workshop</div> <div>7-9 p.m. Dynamic Transformation</div>	<div>9</div> <div>Noon—1:30 p.m. ACIM</div>	<div>10</div> <div>Angela Wyse</div>	<div>11</div> <div>8:30 a.m. AA</div> <div>8 p.m. Café 704</div> <div>Delyth Balmer</div>
<div>12</div> <div>Bob van Osterhout: Always Choose Love</div> <div>R: Esther R.</div> <div>M: Delyth B.</div> <div>MU: Algorithm</div> <div>Simona Paicu</div>	<div>13</div> <div>10-noon Dynamic Transformation</div> <div>6:45 p.m. ACIM</div> <div>7 p.m. Great Balanced View Video Meeting</div>	<div>14</div> <div>10:30 a.m. The Power of Now Discussion Group</div> <div>5:30 p.m. Community Gathering/ Potluck and Reiki Share</div>	<div>15</div> <div>6:30-8:30 p.m. Creative Writing Workshop</div> <div>7-9 p.m. Dynamic Transformation</div>	<div>16</div> <div>Noon—1:30 p.m. ACIM</div> <div>6:30—8:30 p.m. Science of Mind</div>	<div>17</div> <div>7-9 p.m. Peace Generator</div> <div></div>	<div>18</div> <div>8:30 a.m. AA</div> <div>8 p.m. Spiritual Cinema</div>
<div>19</div> <div>Laz Slomovits: Song Sermon</div> <div>R: Marie Alice</div> <div>M: Joy P.</div> <div>MU: Laz Slomovits</div>	<div>20</div> <div>10-noon Dynamic Transformation</div> <div>6:45 p.m. ACIM</div> <div>7 p.m. Great Balanced View Video Meeting</div>	<div>21</div> <div>10:30 a.m. The Power of Now Discussion Group</div> <div>5:30 p.m. Community Gathering/ Potluck and Reiki Share</div> <div>7 p.m. Diamond Approach</div> <div>Don Cody</div>	<div>22</div> <div>6:30-8:30 p.m. Creative Writing Workshop</div> <div>7-9 p.m. Dynamic Transformation</div>	<div>23</div> <div>Noon—1:30 p.m. ACIM</div> <div>7:30 p.m. Urantia Book Study</div>	<div>24</div>	<div>25</div> <div>8:30 a.m. AA</div>
<div>26</div> <div>TBA</div> <div>R: Norah R.</div> <div>M: TBA</div> <div>MU: Kevin Gilson</div>	<div>27</div> <div>10-noon Dynamic Transformation</div> <div>6:45 p.m. ACIM</div> <div>7 p.m. Great Balanced View Video Meeting</div>	<div>28</div> <div>10:30 a.m. The Power of Now Discussion Group</div> <div>5:30 p.m. Community Gathering/ Potluck and Reiki Share</div> <div>Melissa Whitney</div>		<div>Birthdays are indicated in bold/italic Happy Birthday!</div>		

Instant Karma

By John Lennon

Instant Karma's gonna get you
Gonna knock you right on the head
You better get yourself together
Pretty soon you're gonna be dead
What in the world you thinking of
Laughing in the face of love
What on earth you tryin' to do
It's up to you, yeah you
Instant Karma's gonna get you
Gonna look you right in the face
Better get yourself together darlin'
Join the human race
How in the world you gonna see
Laughin' at fools like me
Who in the heck d'you think you are
A super star?
Well, how right you are

Well we all shine on
Like the moon and the stars and the sun

Well we all shine on
Ev'ryone come on
Instant Karma's gonna get you
Gonna knock you off your feet
Better recognize sisters an' brothers
Ev'ryone you meet
Why in the world are we here
Surely not to live in pain and fear
Why on earth are you there
When you're ev'rywhere
Come and get your share

Well we all shine on
Like the moon and the stars and the sun
Yeah we all shine on
Come on and on and on on on
Well we all shine on
Like the moon and the stars and the sun
Yeah we all shine on
On and on and on on and on
Well we all shine on
Like the moon and the stars and the sun
Well we all shine on
Like the moon and the stars and the sun

Rob Continued

By Heide AW Kaminski

Funny thing happened... When I hadn't heard from Jeanne about her CMM write-up, I asked Rob if he had talked to her about the CMM column. He said, no, so I interviewed him and wrote one. Lo and behold, the next day, after writing what is below, I received an article from Jeanne!

Rather than changing the newsletter around from scratch, I decided to keep my write-up for the empty space on this page! There are a few things that are similar to the article Jeanne wrote, but there are also a lot of differences. So...ENJOY!

Rob Fagerlund is our Center's very own 50's and 60's music and reading guru! (He calls himself a fanatic).

Rob's spirituality is his connection with nature and personal experiences of himself and others. His spirit animal is a crow, because they are the most intelligent of all the birds. They have a very tight family structure. Sometimes you see one all

alone, but that is a watch bird or one that is meditating. Their families are called roosts and Rob says, he has a little bit of crow spirit in him. *Instant Karma* by John Lennon really expresses his spirituality quite well. (See the lyrics on page 3!)

Rob has been on the board for almost two years. He is very involved in Center activities.

Rob thinks of himself as a little grain in the sand at the beach who has a marvelous view on life and is utterly grateful for being a part of it.

When he was awarded the CMM honor, he was looking at the audience and thought we are ALL special.

Rob also loves classic Hollywood movies, such as *Casablanca*.

Rob has two cats, Squirrel and Baby.

Rob loves Vaudeville, old time comedians, silliness, bad jokes, and puns. Marx Brothers are his all-time favorite. "They make no sense, but they are doing it with such passion!"

Thank you, Rob, for being who you are and for being a part of our Center "Roost."



SWEET SYNCHRONICITY! *By Peggy Lubahn*

Synchronicity: *When two or more elements unexpectedly seek each other out and dance together exactly when you need them to.*

A few weeks before Christmas, my sister and I swapped gift ideas. She suggested that instead of a subscription to Birds and Blooms, she would get me a new mattress!

We talked about holiday stuff for a while, then she asked, for a joke: "So is there anything else you'd like besides the mattress?" And I said, "As a matter of fact, YES! I'd like a 2017 Jeep Patriot with all the bells and whistles. Green!" We had a good laugh over that one.

Two days later my sister called and said, "How about a car instead of the mattress?"

Now, the 1999 Jeep Cherokee that a friend gave me was in very rough shape, with bald tires and a noisy exhaust system. It was time to donate it, and go back to taking the bus. Getting a newer car would change my life! All I had to do now was find the RIGHT car...

Meanwhile, since I enjoy finding clever license plates, I took a photo of this one from a car dealership in Cheboygan because I liked the sound of the name **Fernelius**:

I've always been fascinated by names. Looked this one up and found out it's Swedish; my grandfather was from Sweden.

A friend had a VW Jetta he wanted to sell. I didn't know anything about them, but I happened to spot one in a parking lot; so I could see right then that it wouldn't work for me. Same thing happened several days later when I was thinking about getting a GMC Terrain.

On Christmas Eve Saturday, my sister and I had lunch at Uptown Coney Island on Jackson Road. We talked about the car search and my sister said, "I know someone at Germaine Honda who's transferred to the Mini dealership across the road. Let's go over after lunch."

Kristin Malik happened to be in her office, and available to talk to us. She found a couple of Ford Escapes

in the inventory, but they had really high mileage. "Oh, wait! I just thought of something!"

That "something" was a 2014 Escape, low mileage, a former lease car; and it just happened to be in the Mini parking lot! It was GREEN. It was beautiful. It took my breath away. This is my car.

But wait -- there's MORE: This car was originally leased by FERNELIUS Toyota up in Cheboygan!

Now I had a million things to figure out: a used car inspection, insurance, title transfer, donating the Jeep; and of course the next day was Christmas. We expected the financial arrangements to be settled by the end of the week, so I had some time.

Then on Tuesday morning after Christmas, I got a phone call: Finances were all set, we could buy the car any time we wanted. Oh no! I wasn't ready! I've rarely gotten so many things done in such a short period of time...

The car went to a local service shop for an inspection on Thursday, and we were devastated to be told it needed \$1300 in repairs before it would be safe to drive; this would be a deal-breaker. We knew we could trust Kristin's integrity; she was baffled by the unfavorable inspection report on a car that was supposed to be in perfect condition. The mechanics at Mini found only one very minor issue which they took care of, and we purchased the car that day.

There's more to the story, but I've told you enough to illustrate my point: When you live in tune with Spirit, wonderful things can happen, even when you forget to ask for help because you're so stressed out. Complicated issues are gently unsnarled, rocky roads are lovingly smoothed, light/Light beams through the darkest clouds and brings hope. Of course, you'll still make mistakes and embarrass yourself now and then, but that'll just remind you how sweet life is!

One more thing: Remember I said the car is green? Not just green, but the silvery green you see on the sides of a minnow when it flashes through the water after nibbling your bare toes and making you giggle...



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 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/interfaithinspirer-interfaithinspirer.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.

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meditation / trance chant / songs

Feb. 11th
2017,
8 PM

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

Cookies, tea, and hot chocolate provided.
<http://interfaithspirit.org/cafe-704-coffeehouse/>

Youthful Spirits



Let Pictures Speak a Thousand Words!



For	Energy	appearing	reason
Face	Excuses	and	Recover
Faith	evidence	and	Respond
Focus	Expectations	and	Relax
Finding	Everything	appearing	reasons



Love, Light, and
Laughter
Heide, Kellie,
Tommy, and the
Youthful Spirits





Board Meeting Minutes

Board Highlights for February 2017 *by Pat Root*

The board met on January 15. Community members present were Michael Oshea, Johanna & Tony Nader, and Kevin Gilson (leadership team chair).

Financial: With a few expenses and donations not yet recorded, we are about \$6,771.20 in the black for 2016. Last year was \$4,731, so this is good news indeed.

LGBTQ: This meeting immediately followed the guest talk of Rev. Julie Nemecak, and there was a lot of discussion regarding how we can improve our welcoming of members of the LGBTQ community. As a start, a rainbow is being added to our website, rainbow stickers will be

available for our name tags, and perhaps a rainbow flag will be displayed. Also, a small workgroup was formed to consider drafting a policy for board consideration at the February meeting.

Ministerial search committee:
The committee conducted interviews the day before this board meeting and expect to invite two applicants to each individually appear for a "candidate weekend" in March, with a Saturday workshop and a Sunday morning talk.

Flyer for posting on bulletin boards:
This flyer is still in flux, but there is hope of having it finalized at the February board meeting.

Other: The board met in executive session, with only board members and ministers present, during which it was decided to increase the administrative assistant position by 3-4 hours each week for the purpose of event scheduling assistance.

The next board meeting will be 1-3 p.m. on Sunday February 19. You are welcome to attend.





*Marilyn,
Chair*

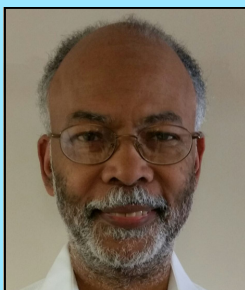
The Caring Committee



*Heide and Kellie,
Co-chairs*



*Tommy,
Youth Ed rep*



Mike



Khristian



Annie



*Delyth,
Liaison*



Idgie



Michael



Beth



Judy



Jan



Jack

If you have a service to offer, please contact [Marilyn](#)



Interfaith Caring Committee Survey

We are looking for your participation and support of fellow Interfaith members in crisis in any way that is appropriate for you. If you are called on by a caring committee member to support a particular need, you always have the opportunity to decline if it doesn't work for you at that time. Please fill out this survey as completely as you are able. All gifts, skills, and talents are appreciated. Thank you for taking the time!

Name: _____ City/Part of town you live or work in: _____

Phone: _____ e-mail: _____

Best way to contact you: _____ Best times to contact you: _____

Check all areas that you are willing to participate in and specify any limitations...

___ Driver (Interfaith/appointments) ___ Craft Teaching (type) ___ Counseling (type)

___ Medical Equipment loan (type) ___ Meal Prep ___ Consulting (type)

___ Child Care ___ Errands ___ Cleaning ___ Yardwork ___ Snow Shoveling

___ Healing/energy work ___ Household Donations ___ Clothing Donations

___ Caregiver Break ___ Send Cards ___ Computer Help ___ Healing Music

___ Fun Companionship ___ Pet Care ___ Massage ___ Money Donation

___ Listening ___ Prayers ___ Respite Care ___ Join Caring Committee

Other _____

Limitations and additional information:


I currently have need of (be specific):



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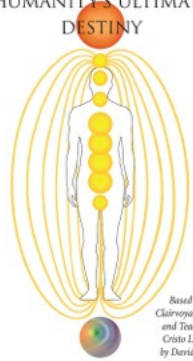
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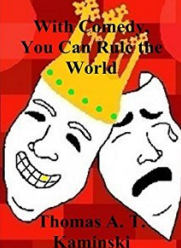


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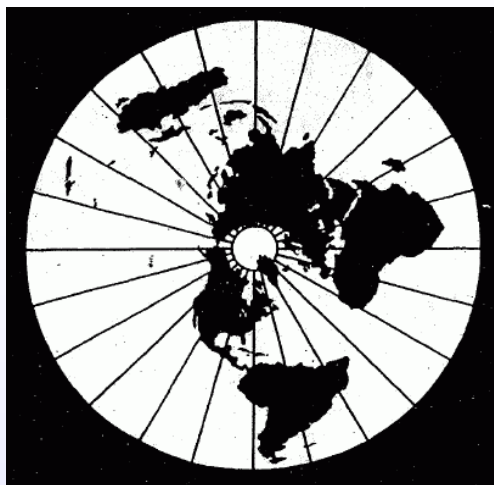
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 - Acquire the active participation of your company, your school, community, city, state and nation.
- Involve radio and television - have them broadcast the PEACE CLOCK name, slogan and logo accompanied by one minute of silence every day.
 - Above 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
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