



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. X, NO. 07 July 2014



Toward a Universal Spirituality *by Rev. David T. Bell*

In his 1999 book “The Mystic Heart”, Brother Wayne Teasdale proposed that we could discover a universal spirituality in the depths of the wisdom contained in the world's religions. He said, “Humanity stands at a crossroads between horror and hope. In

choosing hope, we must seed a new consciousness, a radically fresh approach to life drawing its inspiration from perennial spiritual and moral insights, intuition and experience. We call this new awareness interspiritual, implying not the homogenization of religion, but the recovering of the shared mystic heart beating in the center of the world's deepest spiritual traditions.

In this sweeping statement, Bro. Teasdale has issued a clarion call to all who dwell on this planet to awaken and take action before we end up killing each other, through overt hostilities as well as through callous disregard of human and environmental rights. What is required is no less than a radical departure from business as usual. We are no longer served by religious conflict and hate of the “other.” He maintains that a proper focus would be upon the deepest human values, which are contained within the mystical branches of all the world's religions. The founders of all religions were mystics who apprehended the direct experience of ultimate reality. Over time, the mystical roots of religion have lost their primacy.

These deepest of human values, contained in all mystical traditions, include Agape or unconditional love, compassion, kindness, ahimsa or non-harm to all others, sharing and the work to eliminate poverty, disease and hunger. We are called to bring these values into our lives, both individually and collectively. This can be accomplished only by individuals committed to “making a difference.” This can not be legislated or mandated by any authority. It can arise only through achieving a critical mass, one consciousness at a time.

In order to alter one's consciousness it is necessary to establish the intention to do so, and to engage in the actualization of these values. Primary in this process is establishing some form of regular spiritual practice. Such practice may consist of prayer, meditation, chanting, liturgy, singing, yoga, tai chi, spiritual reading, walking or communing with nature. The method is up to the individual. The important part is the regularity, and the intention to grow in understanding. Doing so in community is even better. Meditating with others, regardless of method or background of the participants, is a way to multiply the impact of the meditation.

It takes only the most casual glance at the world events of today, to conclude that something must be done. Be not discouraged. It was Margaret Meade who said, “Never doubt that a small group of committed individuals can change the world, for indeed, that is the only way for it to happen.”



<http://www.freedigitalphotos.net/>

[This is a reprint from the Crazy Wisdom Journal, May 2014](#)



Ministerial Miscellany

By Dave Bell



Friends;

The Solstice has passed and the weather is finally feeling like Summer. About time! We should not have to experience another brutal Winter like the one just past. Judy and I were lucky enough to have dodged most of the chilling cold. We plan to be here next January, delaying our Southern sojourn a month, hoping to catch better weather in Florida. My hip is taking its own time in healing. Not exactly what I had hoped. Everything will occur in Divine order. I wonder why I have trouble remembering that?

The Center has been doing fairly well these last few months from the financial standpoint. We have met our income goals, and spending is slightly under budget. Good news! One of the issues we face is keeping the topic of finances in our awareness, without seeming to be whining or complaining. One of the things we can do is jump in with both feet in supporting our annual Yard Sale. It has the potential to be our largest fundraiser of the year. Be sure to create a vacuum in your space by culling items that you don't use or really need. There are sign-up sheets on the greeting table. Lets all pitch in and make it the best sale yet!

Save the date of Saturday August 16th in the evening. We will be hosting the Monks of Gyuto who are Tibetan Buddhist exiles, living in India. They are associated with the Dalai Lama, and are practitioners of traditional chant, compassion teachers and delightful to be around. The details of their visit are being worked out presently, so stay tuned. They are on International tour, raising both awareness and funds for their work in exile.

Blessings,

David

*Community
Member
of the Month*



Tremendous Ted

By Heide AW Kaminski

Congratulations, Ted, for being the newest community member of the month! There are so many hats he wears at the Center and in his personal life; this space is too limited to point them all out!

So, let's condense it to a few. Ted is the manager-in-chief of the kitchen at the Center, but it does not stop there. Need a picture hung up? Ted's your man. Need to stock up the refrigerator? Ted to the rescue! Need stuff moved? Ted is there! Repairs, set-ups, take-downs, a shoulder to cry on, advice on health issues or life in general, Ted is available!

There are some interesting facts about him that you might not know even if you have chatted with him.

For example, Ted always uses invocation for water. He is a violet flame promoter i1.ytimg.com/vi/hNaIWzwqG3E/mqdefault.jpg and practices **Ho'oponopono** (ho-o-pono-pono), which is an ancient Hawaiian practice of reconciliation and forgiveness. The powerful words to this ritual are simply: I Love You, I'm Sorry, Please Forgive Me, Thank You. en.wikipedia.org/wiki/Ho%CA%BBoponopono



He is also a stained/beveled glass artist!

Thank you, Ted, for being the blessing for the Center who you are!!!

Universal Spirituality	pg. 1	Caring Committee	pg. 10
Ministerial Miscellany	pg. 2	Service flyer	pg. 11
CMM	pg. 2	Advertisements	pg. 12
Yard-sale Flyer	pg. 3	World Peace Clock	pg. 13
Calendar	pg. 4		
Peggy's Profiles	pg. 5		
Community Submissions	pg. 6		
Pat's Favorite Quotes	pg. 7		
Café 704	pg. 8		
Youthful Spirits	pg. 9		



The violet flame in this instance is not one which is projected but it is something that is summoned into your dimension to create a fiery carriage which burns away all pain from the past and activates the deadened memories you carried with you into this life

ICSG Annual Yard Sale

Thursday, July 24rd, Friday, July 25th
9:00 a.m. – 3:00 p.m.
Saturday, July 26th
9:00 a.m. – 12:00 noon

at

1201 Hutchins, Ann Arbor
Corner of Hutchins and Potter
(2 blocks North of W. Stadium, 3 blocks West of Main)

Let's ALL pitch in and help raise funds for our
Center. Many hands make light work.
Everyone can do something.

DONATE

YOUR NO LONGER NEEDED, GENTLY USED ITEMS TO THE SALE.
(NO CLOTHING PLEASE!) NO NEED TO PRICE YOUR ITEMS.

VOLUNTEER YOUR TIME

- pick up donations
- set up Wednesday, July 22nd, 5:00 p.m. til finished
- help "cashier" during the sale
- clean up Saturday, July 25th, 11:30 a.m. til finished

Contact Delyth at 734-657-5384, email ibalmer4@gmail.com

Mark your calendars!

CAFE 704 CONCERT SERIES

Saturdays

8:00 p.m.—10:30 p.m.

July 12: Spirit Singing Band
August 9: Jim Cooney and
Friends

September 13: Scott
McWhinney

October *No Café in October,*
see alternative below

November 8: Lisa Pappas &
Michael Weiss

December 13: Bliss

January 10, 2015: Madcat
Ruth

Feb. 14: Spirit Singing Band

March 14: Harmony Bones
(Jeanne Mackey)

April 11: Lisa Pappas/
Michael Weiss

May 9: Shekinah & Friends

June 13: TBA

PEACE
GENERATOR
July 18, 7-9 p.m.

MISCELLANEOUS
EVENTS:

Every Tuesday
7:00 p.m.—8:30 p.m.
Reiki Share with
Malcolm Shaffner

August 30
Baby Shower

October 4
Special Musical Fundraiser
for ICSG



The Service
begins at
10:45 a.m.

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4

5

***The topic of
the service is
in bold/italic***

R indicates the
reader
M indicates the
meditator
MU indicates the
musician.

Board
meeting this
month is on
July 13

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

5:30 p.m. Commu-
nity Gathering

7—8:30 p.m. Reiki

7-8:30 p.m. with
Dave Bell

7:15 p.m. Speaking
Circle

Lynne Spencer

Noon—1:30 p.m.
ACIM

6:30—8:30 p.m.
Science of mind



8:30 a.m. AA

7:30 p.m. Drum for
Wellness

6

7

8

9

10

11

12

***“Even Mystics
Have Bills To
Pay!”***

R: Craig H.
M: Marice C.
MU: Lisa Pappas
and Michael Weiss

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
7—8:30 p.m. Reiki
7-8:30 p.m. with
Dave Bell

Michelle Cody

7:15 p.m. Speaking
Circle

*Diane McPhar-
lin*

Noon—1:30 p.m.
ACIM

Randall Counts

8:30 a.m. AA

10 a.m. Meditation
Class

8 p.m. Café 704

Kathy Arnold

13

14

15

16

17

18

19

***Dissolving
Obstacles***

R: Cathy D.
M: Pat Ra.
MU: Heart's Com-
pass

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
7—8:30 p.m. Reiki

7-8:30 p.m. with
Dave Bell

7-9 p.m. Shamanic
Journey

7:15 p.m. Speaking
Circle

Noon—1:30 p.m.
ACIM

6:30—8:30 p.m.
Science of mind

**Peace Generator
7-9 p.m.**

8:30 a.m. AA

10 a.m. Meditation
Class

8 p.m. Spiritual
Cinema

20

21

22

23

24

25

26

***Be Impeccable
With Your Word***

R: Rob F.
M: Janet F.
MU: DSM Trio

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
7—8:30 p.m. Reiki
7-8:30 p.m. with
Dave Bell

*Scott McWhin-
ney*

6 p.m. Yard Sale set-
up

7:15 p.m. Speaking
Circle

8:30-10 p.m. Urantia
book study group

9 a.m.-3 p.m. Yard
Sale

Noon—1:30 p.m.
ACIM

9 a.m.-3 p.m. Yard
Sale

*Maureen
McMahon*

8:30 a.m. AA

9 a.m.—noon Yard
Sale
10 a.m. Meditation
Class

27

28

29

30

31

***Freedom to
Choose***

R: TBA
M: Linda B.
MU: Tom Voiles

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

7—8:30 p.m. Reiki

7:15 p.m. Speaking
Circle

Laura Roberts

Noon—1:30 p.m.
ACIM

Margie Hough

The newsletter
submission
deadline is
July 20

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

If you prefer a black and white copy for your own printing
purposes, please let Heide know at
heide.kaminski@interfaithspirit.org



YOUR OPPORTUNITY TO MAKE A DIFFERENCE

Unless you have received assistance from the Caring Committee, you may be unaware of the activities of this group of hardworking and dedicated folks in our community. With compassion, competence, and commitment they find ways and means to respond to varied needs of individuals and families, primarily within the ICSG circle. Assistance is of a practical nature, such as transportation, temporary meal preparation/housekeeping shopping/ visiting/ massage/energy work for ill or recuperating persons, yard work, small home repairs, etc; emotional support in times of bereavement, stress; financial assistance to help with emergency needs; and support of our community by sponsoring Thanksgiving, Easter, and Christmas meals and assisting with special functions at ICSG.

The Caring Committee has been funded by the generosity of individual donors and 5% of our Sunday offering. When ICSG declared a need for belt-tightening, the

committee voted to do its part by reducing by half the weekly contribution from the offering. Now, until ICSG gets on a more sound footing, this source of income must be discontinued entirely.

This means the Caring Committee will continue to care but with greater emphasis on services. We are contemplating alternative ways to maintain our a small emergency fund and we need to be much more selective in the use of it. On occasion, we may request a special Sunday collection to meet a specific need.

YOUR OPPORTUNITY TO MAKE A DIFFERENCE

Please be aware of the basket on the Greeter's Table labeled Caring Committee. Drop into it whatever you can, whenever you can. Even a few coins can combine to reach out meaningfully to a member of our ICSG family. Who knows? That person might even be you!

Namaste
Marilyn



Peggy's Profiles **Warrior Goddess** **Scathach, Patron of** **Highland Games**

One of the oldest and most popular Scottish traditions is the gathering of the clans on the second weekend in July to celebrate their heritage with games

of skill, and contests of strength and artistry (including bagpipe and dancing competitions). Here in Michigan, the Saline Celtic Festival will be held July 11 to 14. It's always attended by thousands of people, but few are likely to know about the goddess who is honored at these events.

The warrior goddess Scathach (She Who Strikes Fear) was so respected that the best warriors from all the Celtic nations traveled to the Isle of Skye to study with her. Cuchulain, Ireland's greatest warrior hero, was one of her students. The ruins of her castle training center, Dun Scaith (Fort of Shadows), can still be seen.

This goddess of war has many responsibilities including military skills, sports, physical and emotional strength, excellence, kinship, art, tradition, magic, protection and victory. As an expert blacksmith and healer, she is also the patron of blacksmiths (who make weapons) and healers (who work with the consequences of weapons).

After a battle, Scathach sets aside her warrior nature and becomes the mother goddess and healer. She collects the souls of the dead from the battlefield and makes sure they reach the Land of Eternal Youth safely. Though she focuses on finding the shades of warriors, she is also known to help any wandering soul who has gotten lost on its way to Paradise.

In today's world, Scathach offers her unique combination of strengths and skills to support soldiers, sailors, medics, pilots, ambulance drivers and all others engaged in combat. And she particularly wishes to guide and lovingly support the bereaved who mourn lost military friends and loved ones, and help them to heal their grief.





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

Caring Committee Contact List

Marilyn Alf, Chair sd2aa@hotmail.com,
734-761-6698
Heide Kaminski, secretary mommyk@tc3net.com,
517-423-9001
Tommy Kaminski, assistant secretary
germanator1776@gmail.com, 517-423-9001
Judy Bell dabellsj@comcast.net, 734-994-0018
Annie Kopko revannickopko@gmail.com, 734-358-1328



www.baysidewest.com/wp-content/uploads

Malcolm Shaffner mshaffne@gmail.com, 734-709-4205
Connie Snow cwons@aol.com, 734-663-7212
Jack Richards handymanjack45@gmail.com, 734-757-5178
Andy Walker walkerandy@gmail.com, 734-788-8119
Kellie Love kellie.love@interfaithspirit.org
Diane Gledhill diane82103@yahoo.com
Dana Aras arasdana@aol.com, 734-994-3933

My Sweet Crushed Angel

From "I Heard God Laughing, Renderings of Hafiz"
By Hafiz

You have not danced so badly my dear,
Trying to hold hands with the Beautiful One.
You have waltzed with great style my sweet, crushed
angel,

To have even neared God's heart at all.
Our Partner is notoriously hard to follow, and even
His best musicians are not always easy to hear.
So what, if the music has stopped for a while.
So what, if the price of admission to the Divine is out of
reach tonight.

So what my sweetheart, if you lack the ante to gamble
for real love.
The mind and the body are famous for holding the heart
ransom,
But Hafiz knows the Beloved's eternal habits. Have
patience,
For He will not be able to resist your longings and
charms for long.

You have not danced so badly, my dear,
Trying to kiss the Magnificent One.
You have actually waltzed with tremendous style,
My sweet, O my sweet, crushed angel.

Translated by Daniel Ladinsky

Baby Shower!
For: Kallie Booker
When: August 30
Time: TBA
Location: ICSG
Details: TBA

**Contact Kellie or Heide if you have ideas
and/or contributions :-)**



At One With Wasps

By Greg Weathers

Living across the
street across the street
from the community
college, I often used

the parking lot as the driveway to Huron River Rd. one day while passing through, I came upon one of my fellow grounds worker in peril. His lawnmower was running while over a wasps' nest. He had a few stings. That would normally land him in the emergency room. He is highly allergic. With a few waves of my hand the effects of the stings disappeared. Now, he was faced with another dilemma. There was his lawnmower engaged over the top of the wasps' nest. There was what looked like a tornado of hundreds of wasps, very agitated. Other crew members found their way to the spot. None knew how to move the lawnmower from the spot. From survivor experience with fire ants in Florida, I had confidence that I could find myself at one with the wasps. With this in mind, I told the wasps, I meant them no harm. I walked into the swarm and walked the mower out. The wasps left me unharmed.





Pat's Favorite Quotes

by Pat Spriggel

"Who am I? Questioning Our Own Narrative."

An interesting thing happens when we start to question and investigate in

an open, curious, and systematic way who we are and where we are going. Do we actually know with any clarity or certainly "who" we are, or are we simply creating a gigantic and usually convincing (up to a point) narrative for ourselves that we live inside of without examining?

When the story seems to be going well, perhaps we feel happy and have a sense of moving full speed ahead into whatever is next. But if the narrative takes a different turn because conditions change or because, perhaps from early childhood, it has been a story with major elements of sadness, abuse, neglect, or not having been seen, then our internal narrative might be one of being inadequate, unworthy, unlovable, or unintelligent - or in which there's no real hope for us.

What mindfulness can do to help in such circumstance is very simple. It reminds us that this internal narration of ours is entirely based on thought. It is a construct, a fabrication that we have gotten comfortable with. It may be an amazing, convincing, absorbing story a good deal of the time. It may also be horrific or boringly normal. But it is a confabulation all the same. *Jon Kabat-Zinn: Mindfulness for Beginners, reclaiming the present moment - and your life, page 66*

"An Affectionate Attention"

While mindfulness is about cultivating bare attention, discernment, clear seeing, and wisdom, at the same time it is impor-

tant to bring an "affectionate" quality to the attending - an openness to whatever may arise, along with a degree of kindness and a willingness to extend our intrinsic compassion to embrace even ourselves.

Again, this is not something that we need to force to strive to acquire. Rather it is a quality of being that we might realize is already part of who we are. All we need to do is keep it in mind from time to time for it to come more into the foreground in any moment. *Pg. 53*

Abiding nowhere, the heart comes forth. *Zen Koan*

Distracted from distraction by distraction. *T.S. Eliot*

It's easy to think external stimuli are the problem. But noises are just noises, sights are just sights, smart phones are just smart phones.

We don't just react to things outside us - we ourselves are continually creating distractions. We cook them up and keep them going. They are our companions, our pets.

What lies behind these endless distractions is the boundless space of awakened mind. *From SHAMBALA SUN, May 2014, an article about Distraction, and Monkey Mind, pp. 45-48*

The first door of liberation is emptiness. Emptiness is not a philosophy; it is a description of reality.

... There is a verse that's sometimes recited before bowing to a statue of the Buddha that goes:

The one who bows
and the one who is bowed to
are both by nature empty.

Therefore the communication between us is inexpressibly perfect. *"The Doors of Liberation" Thich Nhat Hanh p.58*

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.

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-irer-interfaithinsp-irer.org> to subscribe.

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

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

BOARD OF TRUSTEES

Judy Sauer Chair
Jeanne Adwani, secretary
Sally Searls, member
Bob Hopkins, member
Lindsay Passmore, member
Pat Root, member
Diane Gledhill, 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

NEWSLETTER/WEBSTAFF

Heide Kaminski, Editor-in-Chief
Esther Reilly and Deane Erts, Proofreaders
Steve Lyskawa, Webmaster

NEWSLETTER ADDRESS

Heide AW Kaminski
heide.kaminski@interfaithspirit.org





Café 704

FUSION CHANT

TRANCE JAMS

SACRED SONG

*with YOU

MUSIC + MEDITATION SPIRIT SINGING

Sat. July 12th 8pm

Café 704, Interfaith Center

704 Airport Road, Ann Arbor

spiritsingingband@gmail.com

Tkts: suggested donation \$8

Youthful Spirits



Hello all!

Happy July!! We sure had a jam-packed June! We learned about the Jewish holiday of Shavuot and made butter to enjoy on Challah bread. We discussed Ramadan and learned about the lunar cycle using oreos and making lanterns to help light the way. Light was the theme when we celebrated the Summer Solstice by making sun-catchers. We celebrated Father's Day by making "corny" popcorn bowtie snacks for the wonderful "pops" in our lives. We also celebrate Best Friends Day by making "Friendship Survival Kits" that included friendship bracelets because we would "knot" be the same without our friends. The kits also included...

Friendship survival kit

- Confetti hearts- For all our heartfelt conversations
- Candle- Remember to share your light with others
- Starburst- When you are bursting with love for you or You are always a shining star
- Life saver- A reminder that sometimes our friends need our help
- Sourpatch kids- Sometimes friends can be sour to each other but it is worth it in the end
- Tissue- To wipe away tears of joy or pain
- Stick of Gum- Because friends "stick" together
- Jewel- Because you are very valuable to me
- Eraser- To remind you that every day can start with a clean slate or To rub out mistakes
- Cotton ball- Cushioned support for any bumpy roads ahead
- Rock- to remind you of the stability of our friendship
- Rubber band- A reminder to be flexible
- Clothespin- To remind you to "hang" in there
- Band-aid- For any hurt feelings
- Tootsie roll- To let things "roll" off your shoulders
- Hugs and Kisses- When you need them
- Balloon- Start your day off with a bang or as Heide pointed out, to not "blow" things out of proportion

Our kits did not include these items but you might want to add them to one if you make one...

- Flower- If friends were flowers... I'd pick you
- Heart candy- Because you are loved so much
- Seed- For all the seeds of wisdom you have sown
- Watch- A reminder to enjoy every minute
- Puzzle Piece- because you are an important part of

my life... I am not complete without you

- Felt tip pen- To make your day colorful and bright
- Marbles- To replace the ones you've lost along the way.
- safety pin- For the unexpected
- Button- "Sew" you know we will always be together or As a reminder to sometimes "button our lips"
- Paper clip- for the times you helped me hold everything together

Looking forward to July, we will learn about Independence Days around the world. We will continue our discussion of forgiveness and learn about Nelson Mandela. We also plan to gather school supplies and backpacks for the children at Alpha House so please bring any items that you can donate to Heide and Kellie by the end of the month.

*Love, light, and laughter
Kellie, Heide, and the "sweet, little
ones" volunteer Angels*

PS. We are still looking for once a month volunteers to play with the "sweet, little ones". It is a fun and easy opportunity! Please see Pat Root or Heide or Kellie if you would like to play with us.

Now collecting:

- **Backpacks**
- **Pencils, erasers**
- **Markers, crayons**
- **Book covers**
- **Scissors, glue sticks**
- **Notebooks**
- **Notebook refill paper**
- **Anything else you can think of for school**



The Caring Committee



*Marilyn
Chair*



*Heide
Secretary*



*Joyce
Treasurer*



*Delyth
Liaison*



Judy

*If you
have a ser-
vice to of-
fer, please
contact
[Marilyn](#)*



Malcolm



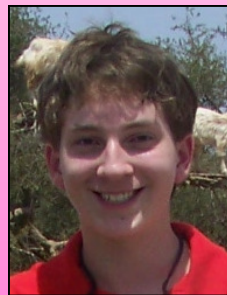
Andy



Diane



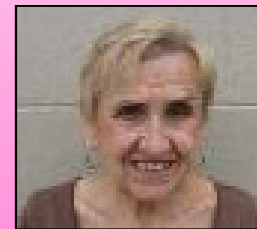
*Annie
Liaison*



*Tommy
Youth Ed rep*



Jack



Dana



Connie



Kellie



Interfaith Caring Committee Survey

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

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

Phone: _____ e-mail: _____

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

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

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

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

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

___ Healing/energy work ___ Household Donations ___ Clothing Donations

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

___ Fun Companionship ___ Pet Care ___ Massage ___ Money Donation

___ Listening ___ Prayers ___ Respite Care ___ Join Caring Committee

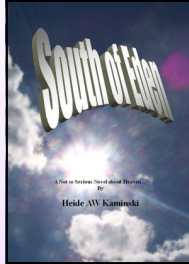
Other _____

Limitations and additional information:

I currently have need of (be specific):



Help Support Your Interfaith Family Businesses!



Now available on
Amazon.com
\$14.49
ISBN 1452061262 Paperback
and
\$9.99
ASIN: B0047DWAFO Kindle



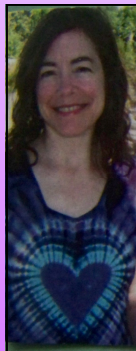
Amy Advey, MSW, LMSW
Psychotherapy & Sex Therapy
Individuals & Couples

(734) 585-4746 p
(734) 531-0156 f
info@amyadvey.com

2030 Packard St., Suite B
Ann Arbor, MI 48104

Love's Green Clean
Zak & Kellie Love
People, Pet & Planet Friendly
Conscious Cleaners

Zak Cell: 248-843-8659
Kellie Cell: 248-843-8725
Office 810-208-0478
lovesgreenclean@gmail.com
838 Westwood Dr.
Fenton, MI 48430
Residential and Commercial Cleaning



Melanie Fuscaldo, LPC, NCC
Career, Life & Spiritual Coach

Live your dreams and
enhance your joy!

FREE initial consultation

1945 Pauline, Suite 10
Ann Arbor, MI 48103

(734) 668-2733 www.melaniefuscaldo.com



**Vital Spirit
Enterprises**

Creating Very
Special Environments
for your peace of mind and
easy living

Guitar/Piano Lessons

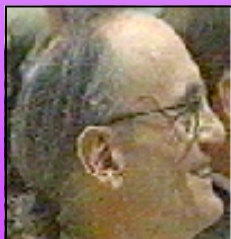
Craig Brann

• Bachelor of Arts
• Music and Music Education
• Classical/Rock/Blues/Country
• Songwriting
• Suzuki 4 Kids

Discover Music!
Try it out with a
free lesson.

(734) 929-0632 <>
cbrann.guitar@gmail.com

Admit One
Free Lesson
★★★★★
Guitar
Or
Piano



Mac Assistance

from **Nicholas**

Ann Arbor's Neighborhood Mac hanic

(734) 945-1246 See what I can offer you at:

AppleNicholas.com



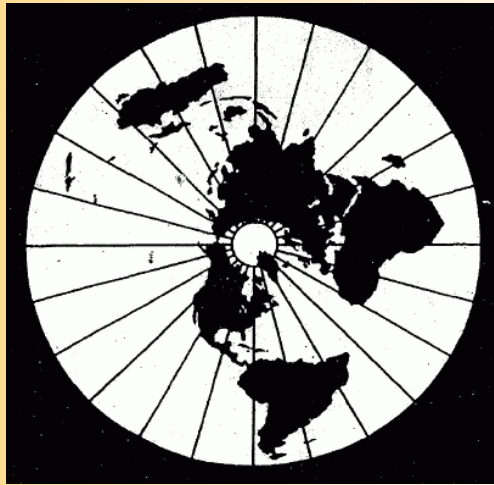
A-2 Handyman
Jack Richards

- drywall repair
- plumbing and electric
- carpentry repairs
- roofs to basements
- basic repairs

Insured, Reliable - 35 years in Ann Arbor
Well referenced, low rates
(734) 757-5178
handymanjack45@gmail.com

VERSATILE SKILLS **JACK OF ALL TRADES**

**Peace in Our Lifetime
"The Peace Clock"**



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

THE GOAL: To have EVERY PERSON ON EARTH performing this event

Synchronized Intention is the Key

- With an alarm, a bell, a note or any other method that works for you - remind yourself when it is noon in your time zone.
 - Acquire the active participation of your company, your school, community, city, state and nation.
- Involve radio and television - have them broadcast the PEACE CLOCK name, slogan and logo accompanied by one minute of silence every day.
 - Above all - approach all interactions with others in peaceful, constructive and creative ways.
 - Copy and share this information with as many people as you can.

PDF Fliers:

- Arabic: ساعة السلام Chinese: 和平默禱 Dutch: VREDESKLOK
- English: PEACE CLOCK French: UNE HORLOGE POUR LA PAIX
- German: FRIEDENS UHR Hebrew: שעון השלום
- Hungarian: BÉKEÓRA Italian: OROLOGIO DI PACE
- Japanese: ピース クロック Korean: 우리의 삶에 평화가 깃들길
- Pharsee: زمان نماي صلح Polish: ZEGAR POKOJU
- Portuguese: Hora da Paz Romanian: CEASUL PĂCII
- Russian: ЧАСЫ МИРА Spanish: UN RELOJ POR LA PAZ
- Swahili: SAA YA AMANI <http://peaceclock.org/>

