

## Interfaith Inspirer

#### **An Interfaith Center for Spiritual Growth News Publication**

VOL. XI, NO. 9 September 2015





#### **Metaphysics**

An Introductory Class

By Rev.. Dave Bell

Have you ever wondered about the reason we are here? Have you ever felt like you were out of place

here on earth? The great existential questions that have caused humans to burn the midnight oil need to be answered. The principal reason we seek the answers to these questions is that without some answers, we have difficulty finding meaning in our existence. None of us are particularly thrilled to live a meaningless life. The only meaning that can exist is the meaning we each assign to events. Therefore, in order to come up with some semblance of order in our assigning of meaning, it is necessary to explore, in some depth, the classic questions. Humans are the only species that concern themselves with questions of existence and of meaning. All of the rest of creation lacks the capacity to explore these issues.

You might ask, "What is Metaphysics?" The short definition goes something like this. "The study of 'first causes.' The prefix 'meta' means beyond, after, higher or transcending. 'Physics' is that which deals with the physical world. Metaphysics refers to those laws which go beyond the delimitations of space and time and concerns itself with a 'higher' order of laws, or if you will, God's laws." Taken from Miracles magazine, published by Jon Mundy.

Beginning on September 9<sup>th</sup>, you will have the opportunity explore questions like these in a class setting. The class will run for eight weeks. There will be both a daytime and an evening class. Classes will meet from 1 to 2:30 p.m. and from 7 to 8:30 p.m. Tuition is \$35 for all eight weeks.

There are no "right answers" to these questions. We will explore some of the well known and some of the lesser-known teachers and authors. There is a wealth of material available to the student. We will barely be able to scratch the surface. I have a collection of several hundred books on the general topic of metaphysics. We will draw from as many as we have time for. Everyone will be invited to come up with their own conclusions. Who knows, you might even decide to write a book after being stimulated by these discussions.

Here is the list of topics that are in the Syllabus. The list is subject to additions, as each class may have different questions that they wish to discuss.

- What is Metaphysics?
- The Nature of the Divine
- The Nature of Creation
- What is Reality?
- Does Evil Exist?
- Are there Unforgivable Sins?
- What is a Soul
- What is Consciousness?
- What is the Role of Scripture?
- What is the Role of Compassion and Forgiveness?
- The Three Phases of Mind
- Prayer and Meditation
- Prosperity
- Does Reincarnation Occur?
- What is Mysticism?
- The Near Death Experience

This promises to be one of the best classes we have offered. I hope your interest has been piqued. The more people who sign up, the more diverse and interesting the discussions are likely to be. Hope to see you on the 9<sup>th</sup>.



#### Ministerial Miscellany

By Dave Bell



Dear Friends,

Gratitude is high on my agenda this month. The celebration of our 50<sup>th</sup> anniversary combined with the drawing for the service raffle was simply too wonderful to describe. There were so many friends, so much love and, above all, such abundant joy that Judy and I were simply overwhelmed. So THANK YOU to all who helped make it a such a memorable occasion. We will treasure these memories forever.

Not to be left out in the discussion of gratitude is the financial benefit to the Center for the three fundraising events held recently. The Yard Sale brought something over \$1700, the raffle just under \$1700 and the benefit concert \$625. July and August have been very good months from a financial point of view. Again, many thanks to all who contributed their time, their talents, and their treasure. Together we can move mountains!

Lastly, a giant thank you to the crew that helped cut a hole in the concrete block wall so that we could install an egress window in the far classroom. This will make it possible for the teen group to have their own space. This has been a dream for quite some time. We got permission from the landlord back in the spring. After lining up materials, assembling a crew, and picking a sunny day, Friday, August saw the crew in action. Check out their handiwork! Crew members included Rod Rodriguez, Terry Gliedt, Al Carter, Craig Harvey, Don Cody and yours truly.

Upcoming beginning in September is a basic class in metaphysics. For a complete description, see the front-page article. There will be both a daytime and an evening class. The class will run for eight weeks beginning on September 9. Tuition for all eight weeks in \$35. I think we will have some great discussions. I hope to see you on the 9<sup>th</sup>. On the 13<sup>th</sup>, the Sunday Service will be the Gathering of the Waters Ceremony. Bring water from your vacation travels, your favorite location in nature, or whatever moves you. If you have already vacationed and not brought water home with you, feel free to bring a sample of water as a stand-in for your actual trip.

Blessings,

## David

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|                               |       |                           |        |

Community Member of the Month



Joyous Jeanne

By Pat Root

Thanks Again Jeanne!

Jeanne Adwani is being acknowledged in this column twice this year. The first time, she was joined by Judy Sauer and Bob Hopkins as out-going board members who contributed so very much in 2014-15.

This time we applaud Jeanne's tremendous effort in making the Service Raffle such a fundraising success. It was Jeanne who maintained its vision for more than a year and backed up that vision with many hours of cajoling, writing, organizing and execution. I say cajoling because Jeanne had expectations for all of us -to offer services to be raffled, to volunteer time to the project in a myriad of ways, and to buy tickets for ourselves plus try to market them to friends, coworkers, and family members. Sometimes she was disappointed in our enthusiasm, but she never lost hers.

Jeanne, thanks for your never-sayno commitment to our beloved Center!



#### THE FINAL WORD ON THE DAILY PRAYER By Bob Hopkins

"I pray for peace and harmony."

I made a commitment about seven years ago that, in an effort to keep myself calm and focused throughout the day, I would say a prayer five times each day for and harmony. This was long before I had heard of the Islamic tradition of praying five times each day. I don't know why I chose the number five back then. I know that my intention in praying for peace was to affirm it within myself and to encourage me to be calm, get calm, and stay calm. I felt that such an affirmation would remind me that the world is a place of peace. The prayer was designed to be an affirmation that would help to center me when I was distressed and remind me that peace is a choice. I wanted to make the effort to get away from the stress of work and just remind myself of the infinite power to override discomfort, pain, and stress.

When I decided to affirm peace, harmony came along for the ride. It seemed that harmony was an elegant way to affirm that all works in accordance with the Divine plan for the right and perfect outcomes. Affirming harmony was designed to be a proclamation of the real state of the world. It was designed to insist that regardless of any appearance to the contrary, harmony was the true nature of things. As we insist so often at Interfaith, appearance is not the reality. Harmony is and will al-

ways prevail. The prayer phrased above (said five times a day) was to restore balance and equanimity in my life. Until the new daily prayer came into my consciousness, it was a struggle to slow down enough to pray for peace and harmony those five times per day. Now, these two important concepts get affirmed five times a day, routinely – just as I promised myself those many years ago.

"I pray in appreciation of being reminded of my connection to the oneness of all that is real."

This seems a fitting end to the prayer because the prayer itself has the intended result of taking me away from the busyness of the day and reminding me of what is truly important. I am a spiritual being having a human experience. I am but a portion of the vast oneness that is the reality of the universe. It has been a dominant feature of our nondogmatic belief system in the Center. We are spirit that is One. We are not separate. Separateness is but an illusion. In the hustle of the day, I need to be reminded of that reality. Thus, I am well aware of my connection to the oneness when I am in my right mind. However, the push and pull of daily life takes me away from this awareness. Therefore, the final part of this prayer expresses my appreciation of being reminded of the reality of what I sincerely believe to be true – but too often forget. So, my daily prayer (said five times per day) concludes on this appreciative note.

#### Mark your calendars!

#### CAFE 704 CONCERT SERIES Saturdays

Sept. 12: Don Allen and Band

Oct. 10: Laszlo Slomovits

Nov 14: Four Shillings Short

Dec. 12: Bliss

2016

Jan. 9: Madcat Ruth

Feb. 13: Spirit Singing Band

**March 12: Harmony Bones** 

April 9: TBA

May 14: TBA

June 11: Hold

July: NONE (Top of the Park

conflict)

August 13: TBA

September 10: Hold

## \*\*\*\*\*\*\*\*\*\*\*\* PEACE GENERATOR



September 18

**Upcoming:** 

Metaphysics Class Sept. 9

> QCC October 11



| The Comice                                   |                                                |                                         |                                                              |                                       |                                   |                        |
|----------------------------------------------|------------------------------------------------|-----------------------------------------|--------------------------------------------------------------|---------------------------------------|-----------------------------------|------------------------|
| The Service begins at 10:45 a.m.             | Mon                                            | Tue                                     | Wed                                                          | Thu                                   | Fri                               | Sat                    |
| <i>T</i>                                     | The newsletter                                 | 1                                       | 2                                                            | 3                                     | 4                                 | 5                      |
| The speaker/<br>topic                        | submission                                     | <b>10:30 a.m.</b> The Power             | 1:30 a.m. Healing                                            | Noon—1:30 p.m.                        |                                   | 8:30 a.m. AA           |
| are in bold/<br>italic                       | deadline is<br>September 20                    | of Now Discussion<br>Group              | Circle                                                       | ACIM                                  |                                   | 7:30 p.m. Drum and     |
| R indicates the reader                       |                                                | 5:30 p.m. Community Gathering           |                                                              | 6:30—8:30 p.m. Science of mind        |                                   | Dance Jam              |
| M indicates the meditator                    | Board meeting this                             | <b>7—8:30 p.m.</b> Reiki                |                                                              |                                       |                                   |                        |
| MU indicates the musician.                   | month is on                                    |                                         |                                                              |                                       |                                   | Connie Snow            |
|                                              | September 20                                   |                                         |                                                              |                                       |                                   |                        |
| 6                                            | 7                                              | 8                                       | 9                                                            | 10                                    | 11                                | 12                     |
| Rev. Dave: Rec-                              | <b>6:45 p.m.</b> ACIM                          | 10:30 a.m. The Power of Now Discussion  | 1 to 2:30 p.m. and from 7 to 8:30p.m                         | Noon—1:30 p.m.<br>ACIM                |                                   | 8:30 a.m. AA           |
| ognizing Joy<br>R: Sally S.                  | <b>7 p.m.</b> Great Balanced View Video        | Group 5:30 p.m. Commu-                  | Metaphysics Class                                            | ACIM                                  |                                   | <b>8 p.m.</b> Café 704 |
| M: Malcolm S. MU: The Full Moon              | Meeting                                        | nity Gathering <b>7—8:30 p.m.</b> Reiki |                                                              |                                       |                                   |                        |
| Kirtan Band                                  |                                                | <b>r</b>                                |                                                              |                                       | Laurel Beyer                      |                        |
| Potluck                                      |                                                |                                         | Nicholas DePaul                                              |                                       |                                   |                        |
|                                              |                                                |                                         |                                                              |                                       |                                   |                        |
| 13                                           | 14                                             | 15                                      | 16                                                           | 17                                    | 18                                | 19                     |
| Gathering of the Waters                      | <b>6:45 p.m.</b> ACIM <b>7 p.m.</b> Great Bal- | of Now Discussion                       | 1 to 2:30 p.m. and<br>from 7 to 8:30p.m<br>Metaphysics Class | Noon—1:30 p.m. 7 p.m. Pea<br>ACIM tor | <b>7 p.m.</b> Peace Generator     | 8 p.m. Spiritual Cin-  |
| R: Craig H.<br>M: Dawn S.                    | anced View Video Meeting                       | 5:30 p.m. Community Gathering           | Wetaphysics Class                                            | <b>6 p.m.</b> Leadership Team Meeting |                                   | ema                    |
| MU: Interfaith Consort                       | WIU: Intertaith Con-                           |                                         | <b>1:30 a.m.</b> Healing Circle                              | 6:30—8:30 p.m.                        |                                   |                        |
|                                              |                                                |                                         | <b>7-9 p.m.</b> Shamanic                                     | Science of mind                       |                                   |                        |
| Debra Liberty                                |                                                |                                         | Journey                                                      |                                       |                                   |                        |
| 20                                           | 21                                             | 22                                      | 23                                                           | 24                                    | 25                                | 26                     |
| Rev. Annie:                                  | <b>6:45 p.m.</b> ACIM                          | 10:30 a.m. The Power of Now Discussion  | 1 to 2:30 p.m. and from 7 to 8:30p.m                         | Noon—1:30 p.m.<br>ACIM                | <b>7 p.m.</b> Sufi Prayer Service | 8:30 a.m. AA           |
| R: Bonnie D. M: Laurel E. MU: Marlena Studer | <b>7 p.m.</b> Great Balanced View Video        | Group 5:30 p.m. Commu-                  | Metaphysics Class                                            | 710111                                | Service                           |                        |
| Board Meeting                                | Meeting                                        | nity Gathering <b>7—8:30 p.m.</b> Reiki | <b>7:30 p.m.</b> Urantia                                     |                                       |                                   |                        |
| Doard Meeting                                |                                                | •                                       | Book Study                                                   |                                       |                                   |                        |
|                                              | Sue Booker                                     |                                         |                                                              |                                       |                                   |                        |
| 27                                           | 28                                             | 29                                      | 30                                                           |                                       |                                   |                        |
| Rev. Dave: Ag-                               | <b>6:45 p.m.</b> ACIM                          | 10:30 a.m. The Power of Now Discussion  | 1 to 2:30 p.m. and from 7 to 8:30p.m                         | -                                     | 2.4.1.                            |                        |
| ing not Required R: Pat R.                   | <b>7 p.m.</b> Great Balanced View Video        | Group  5:30 p.m. Commu-                 | Metaphysics Class                                            | i                                     | Birthdays are indicated in        |                        |
| M: Joy P. MU: Old Friends                    | Meeting                                        | nity Gathering 7—8:30 p.m. Reiki        |                                                              |                                       | bold/italic<br>Happy              |                        |
| CC Meeting                                   |                                                | k                                       |                                                              |                                       | Birthday!                         |                        |
|                                              | Harold Boog                                    |                                         |                                                              |                                       |                                   |                        |
|                                              |                                                |                                         |                                                              |                                       |                                   |                        |



Peggy's Profiles

#### **MESSAGE FROM AN EIGHT-LEGGED MAMA**

Last month a portion of this story was accidentally left off. So here is..."the rest of the story!"

I was sweeping the sidewalk when I noticed an unusual spider on the pavement. I said hello, and asked it to move along to a safer location so I could finish my work before our guests arrived.

She moved here and there, but seemed confused about which way to go. As she paused, I stopped sweeping and took a good look at her.

She was a wolf spider mama, about 3/4 of an inch long, carrying dozens of pinhead-sized babies on her back. There were so many babies, in fact, that I could only see the tips of mama's long legs!

I could see their teensy little eyes looking up at me, wondering who in the world that huge being could be.

The wolf spiders are favorites of mine: athletic, nomadic hunters with much keener vision than their web-dwelling relatives. Mama lays her eggs on a special silk sheet, wraps it into a bag, and carries it attached to her spinnerets so she can protect her precious brood. For the next two weeks, she must keep her rear end hoisted in the air so the bag won't drag on the ground. When the eggs hatch, the babies climb right up to mama's back. They will hold on tight to her bristly hair and travel with her until they are big enough to hunt on their own!

The spiritual message of the wolf spider combines elements from the messages of wolves (Guidance and Protection) and of spiders in general (Protection and Creativity). Wolf spiders encourage us to pursue new opportunities; but to protect new projects and allow them to develop until they are ready to share with the world.

By now, those little babies I saw that day are off on their own adventures. I like to think they paused to thank their mother for taking such good care of them before they scattered. And after she waved goodbye, I'll bet mama then found herself a lovely quiet nook where she could take a nice, long nap!

Interfaith Pop

As recommended by Rob Fagerlund

Within You Without You

by George Harrison as recorded by the Beatles

We were talking about the space between us all And the people who hide themselves behind a wall Of illusion

Never glimpse the truth, then it's far too late, when they pass away

We were talking about the love we all could share When we find it, to try our best to hold it there With our love

With our love

With our love, we could save the world, if they only knew They are can make you change

And to see you're really only very small

And life flows on within you and without you

We were talking about the love that's gone so cold And the people who gain the world and lose their soul They don't know, they can't see, are you one of them?

When you've seen beyond yourself then you may find Peace of mind

Is waiting there

And the time will come when you see we're all one And life flows on within you and without you

And the time will come when you see we're all one And life flows on within you and without you

They don't know, they can't see, are you one of them?

When you've seen beyond yourself then you may find Peace of mind

Is waiting there

And the time will come when you see we're all one And life flows on within you and without you



#### Caring Committee **Contact List**

Image from peaceseeds

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#### With Gratitude From Alaura

The August 8th Benefit Concert for Interfaith was a wonderful experience. All the poets and musicians donated their time and a generous amount of money was contributed to the Center.



The music, poetry, decorations, Moon visuals, desserts and the warm, receptive audience who came to support Interfaith made the evening memorable!





#### The Interfaith Round Table of Washtenaw County

will host another

series of visits and conversations in its "Places of Faith" program. This October begins with three visits to Beth Israel Congregation giving others in our community the opportunity to deepen understandings for other faith traditions.

#### - Wednesday, 10/14, 7:30 p.m.

Participants will meet at Beth Israel with a small group from the congregation. The conversation will center around "what it is like to practice Judaism in Ann Arbor and Washtenaw County."

#### - Saturday, 10/24, 10 a.m.

Participants will meet at Beth Israel to experience a Sabbath service with the synagogue community.

#### Tuesday, 10/27, 6:30 p.m.

Participants and the small group of Beth Israel congregants will share a meal

Conversations around the table will include follow-up from the first meeting, questions arising from the Sabbath service and additional issues that are appropriate in fostering understanding and mutual respect.

Cost: \$35 per person

#### Register:

soon to be online (www.irtwc.org) OR via email gbrides@umich.edu

#### **Questions:**

call George Lambrides at 734-649-0107

#### **August Board Minutes**

Present: Pat Root, Chair; Sally Searls, Secretary; Jeff Alden, Danielle Cassetta, Diane Gledhill, Lindsay Passmore, Rob Fagerlund, Dave Bell and Annie Kopko, Ministers; Delyth Balmer Minister/ Administrator and Community Members Esther Reilly, Beth Rockwell, Idgie Patterson.

Dave Bell is working on a syllabus (14 questions/topics to be considered) and creating a reading list for the Metaphysics class. The class will be on Wednesday nights from 7pm - 8 pm; probably starting the second week of Sept. He reported that on Friday, Aug 21 a window will be put into the teen room.

Delyth Balmer highlighted the Financial Reports for July. Income from rentals and classes continues to be lower than last year. Expenses are staying within budget. Thanks to the Yard Sale fundraiser which raised \$1775+, July revenue exceeded our budget target. This helped to make up part of the deficit from previous months. As for August fundraisers, the Benefit Concert income was \$622 and Raffle income was \$1669. Delyth also explained we are trying to increase publicity about renting the Interfaith Center. A statement will be added to our Crazy Wisdom advertisement including the fact that we have space to rent. Danielle acknowledged the abun-

dance that is flowing in, and Lindsay underscored that acknowledging and appreciating these gifts is a powerful spiritual practice that keeps us open to receiving more.

The Membership and the Publicity committees reported that they will be meeting soon. Danielle Cassetta created Facebook event pages for the ACIM meetings and Tuesday Potluck. She also created QR codes that can be placed on our literature and advertising to take users to the ICSG website and Facebook page.

Pat Root and Lindsay Passmore reported on the information they have gathered and proposed a timeline for the Ministerial Search Committee. It was decided that on a Sunday this fall Dave's retirement will be officially announced and a presentation of the plan for moving forward to replace him will be given.

A QCC will be scheduled soon after the announcement so the community has the opportunity to give feedback and ask questions.

The next Board meeting is scheduled for Sunday, September 20, 2015. Board meetings are open to all of the Interfaith Center for Spiritual Growth community. 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 <a href="mailto:mommyk@tc3net.com">mommyk@tc3net.com</a> 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 <a href="http://lists.interfaithspirit.org/listinfo.cgi/interfaithinspirer-interfaithinspirer.org">http://lists.interfaithspirit.org/listinfo.cgi/interfaithinspirer-interfaithinspirer.org</a> to subscribe.

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

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

## Scenes from the annual lake party, hosted by Dawn Swartz and Andy Walker



Music, food, and fellowship

It was also Larry and Annie's Anniversary! Congratulations!



#### **BOARD OF TRUSTEES**

Pat Root, Chair Sally Searls, secretary Rob Fagerlund, member Lindsay Passmore, member Jeff Alden, member Diane Gledhill, member Danielle Cassetta, member

Board email address is board@interfaithspirit.org

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David Bell, Minister
Delyth Balmer, Administrator and Associate Minister
Annie Kopko, Associate Minister
Laura Massaro, Music Director
Heide Kaminski and Kellie Love, Youth Education
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Tommy Kaminski, Alex West, Nursery

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## Café 70g

# Full Moon Kirtan Band

Saturday September 12th, 8:00 - 10:00 pm

Café 704

704 Airport Blvd. Ann Arbor 48108

How many names of the Divine One can you ecstatically chant and dance in one evening? Come join us and find out!

The Full Moon Kirtan Band led by Pritam Hari Eller brings their high energy call and response Kirtan to Café 704 on Saturday Sept. 12!

Doors open at 7:30. Suggested donation \$8.00 per person or \$15.00 per couple.







What an amazing August we had! We learned about living modestly, how to be confident, assertive and courteous. Our biggest lesson, was one of

service. We made Blessing Bags for the homeless, Chemo Care Kits for people fighting cancer and our yearly service project of collecting backpacks and school supplies to donate to families at Alpha House. THANK YOU, THANK

YOU, THANK YOU for your generous support and contributions to help fulfill our goals.



Chemo Kleenex Care Bag Journal **Contents:** Disposable Hard candy/ Toothbrushe gum Hand sani-Snacks/ tizer Candy bars Lotion Plastic uten-(unscented) sils Bottled wa-Lip balm



Homeless Care sanitizer
"Blessing" Toothbrush and paste
Tuna and crackers
Fruit cups



Back to school Kleenex bags: Pens Notebook Crayons, pencils snack Glue stick Colored

Joy Pendleton delivered **eight** backpacks to the Alpha-House for us. They were delighted! THANK YOU, Joy!!!

September is going to be super! We will be learning about the following virtues... enthusiasm, cleanliness, gentleness and reliability.

We look forward to another fantastic fall with all of our youthful spirits!

Dave and some awesome angels put a window into the storage room, so the teens can create a space for them in that room! They would like a 10x13 carpet (very thin, so the door can shut). If you have something in storage that could be put to use for this, please bring it to the Center! Thanks.

Love, Light, and Laughter Heide, Kellie, Tommy, and Alex Upon request of community members, here is a printed invites you to keep growing closer to it. version of the August 30 Meditation

#### MEDITATION

Transcendence is a *creative process*. I invite you to give yourself permission to transcend limitations.

Close your Eyes. Take a *deep breath in*. Slowly exhale.

Now *plant your feet* firmly to the ground. As you draw in your next breath, give your imagination permission to create vibrant images in your mind.

Imagine! You remember your beginnings as a **seed** lifted from the branches of a beautiful Michigan Maple tree. A wild gust of wind picked you up and took you on a marvelous adventure through the sky, sending you rolling and tumbling on the earth until you ended up at the exact place you are now.

You never needed to question why you ended up in this precise little place in the earth. You simply felt *gratitude* for the joy of being alive and connected to all the earth.

And you did what you were here to do. You allowed yourself to sink *deeply* into the earth and feel *nourished* by its rich texture. You waited *patiently* for the *spring rain* to soak into your skin and invite you to come out of your tiny shell. You knew this is the place you would make your earthly home.

Take in a deep breath, wriggle your toes and remember the feeling of your first roots reaching deep into the soil for nourishment. You were filled with gratitude with that first taste of water. And now, open your palms to the sky, and remember the moment your first leaves opened up to the light.

From the very beginning, you knew the <u>light</u> was your source of strength and vitality.

You knew how to bathe in the light and draw from it as your life-source.

You knew you were one with the light, as it expresses its glory through your leaves and

As you grew, you *allowed your roots* to reach deeper and deeper into the earth, meandering through rocks and finding their way to nourishing streams and nutrients. Each year, your roots have become anchored more firmly, and you have felt stronger and wiser.

You have now experienced many seasons of change. With each season you have gained greater wisdom.

Elegantly, daringly; You have experienced dancing with the wind.

Serenely, gracefully; You have experienced acceptance.

Fearlessly, courageously; You have experienced holding firmly onto the earth as you await the end of a long, cold winter.

Unflinchingly, valiantly; You have experienced *letting go* as violent, raging storms stripped away what were once meaningful parts of you.

Gracefully, gallantly; You have experienced growing more glorious limbs and leaves to replace those that you lost.

Shamelessly, boldly; You have experienced flowering and creating new life.

And invincibly, resurgently; you have experienced passing it on, giving the wind permission to scatter your essence - your seeds - over the earth.

This is the source of your *instinctive wisdom*; seeing that you pass on a seed of yourself in each season – in each breath of the wind. You **know** how you are connected to the past, to the future and to every living thing.

When you open your eyes, you will remember all that you have experienced. You will remember that you are elegant, daring, serene, graceful, fearless, courageous, valiant, shameless, bold, invincible, resurgent, strong, grateful and wise.

And you will pass it on.



Marilyn, Chair







Heide and Kellie, Co-chairs



Judy



Mike



Malcolm



Diane



Idgie



Tommy, Youth Ed rep



Jack



Delyth, Liaison



Beth



If you have a service to offer, please contact Marilyn



Jan



#### **Interfaith Caring Committee Survey**

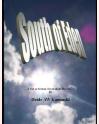
We are looking for your participation and support of fellow Interfaith members <u>in crisis</u> in any way that is appropriate for you. If you are called on by a caring committee member to support a particular need, you always have the opportunity to decline if it doesn't work for you at that time. Please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

| Name:City/Part of town you live or work in:                                        |  |  |  |  |  |  |
|------------------------------------------------------------------------------------|--|--|--|--|--|--|
| Phone:e-mail:                                                                      |  |  |  |  |  |  |
| Best way to contact you: Best times to contact you:                                |  |  |  |  |  |  |
| Check all areas that you are willing to participate in and specify any limitations |  |  |  |  |  |  |
| Driver (Interfaith/appointments)Craft Teaching (type)Counseling (type)             |  |  |  |  |  |  |
| Medical Equipment loan (type)Meal PrepConsulting (type)                            |  |  |  |  |  |  |
| Child CareErrandsCleaningYardworkSnow Shoveling                                    |  |  |  |  |  |  |
| Healing/energy workHousehold DonationsClothing Donations                           |  |  |  |  |  |  |
| Caregiver BreakSend CardsComputer HelpHealing Music                                |  |  |  |  |  |  |
| Fun Companionship                                                                  |  |  |  |  |  |  |
| ListeningPrayersRespite CareJoin Caring Committee                                  |  |  |  |  |  |  |
| Other                                                                              |  |  |  |  |  |  |
| Limitations and additional information:                                            |  |  |  |  |  |  |
|                                                                                    |  |  |  |  |  |  |

I currently have need of (be specific):



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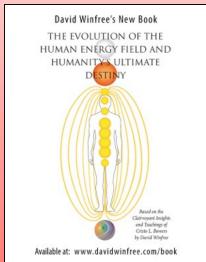
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## Peace in Our Lifetime "The Peace Clock"



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: 和本 默稿 Dutch: VREDESKLOK

  \* English: PEACE CLOCK French: UNE HORLOGE POUR LA PAIX

  \* German: FRIEDENS UHR Hebrew: DUVU

  \* Hungarian: BÉKEÓRA Italian: OROLOGIO DI PACE

  \* Japanese: ピース クロック Korean: 우리의 삶에 평화가 깃들길

  \* Pharsee: Polish: ZEGAR POKOJU

  \* Portuguese: Hora da Paz Romanian: CEASUL PĂCII

  \* Russian: UACЫ МИРА Spanish: UN RELOJ POR LA PAZ
- Swahili: SAA YA AMANI http://peaceclock.org/

