



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

VOL. XII, NO. 12, December 2016



Thoughts from Clarissa Pinkola Estes

Submitted by Joy Pendelton

My friends, do not lose heart. We were made for these times. I have heard from so many recently who are deeply and properly bewildered. They are concerned about the state of affairs in our world now. Ours is a time of almost daily astonishment and often righteous rage over the latest degradations of what matters most to civilized, visionary people.

You are right in your assessments. The lustre and hubris some have aspired to while endorsing acts so heinous against children, elders, everyday people, the poor, the unguarded, the helpless, is breathtaking. Yet, I urge you, ask you, gentle you, to please not spend your spirit dry by bewailing these difficult times. Especially do not lose hope. Most particularly, because, the fact is that we were made for these times. Yes. For years, we have been learning, practicing, been in training for, and just waiting to meet on this exact plain of engagement.

I grew up on the Great Lakes and recognize a seaworthy vessel when I see one. Regarding awakened souls, there have never been more able vessels in the waters than there are right now across the world. And they are fully provisioned and able to signal one another

as never before in the history of humankind.

Look out over the prow; there are millions of boats of righteous souls on the waters with you. Even though your veneers may shiver from every wave in this stormy roil, I assure you that the long timbers composing your prow and rudder come from a greater forest. That long-grained lumber is known to withstand storms, to hold together, to hold its own, and to advance, regardless.

In any dark time, there is a tendency to veer toward fainting over how much is wrong or unmended in the world. Do not focus on that. There is a tendency, too, to fall into being weakened by dwelling on what is outside your reach, by what cannot yet be. Do not focus there. That is spending the wind without raising the sails.

We are needed, that is all we can know. And though we meet resistance, we more so will meet great souls who will hail us, love us and guide us, and we will know them when they appear. Didn't you say you were a believer? Didn't you say you pledged to listen to a voice greater? Didn't you ask for grace? Don't you remember that to be in grace means to submit to the voice greater?

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good.

What is needed for dramatic change is an accumulation of acts, adding, add-

ing to, adding more, continuing. We know that it does not take everyone on Earth to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.

One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire. To display the lantern of soul in shadowy times like these - to be fierce and to show mercy toward others; both are acts of immense bravery and greatest necessity.

Struggling souls catch light from other souls who are fully lit and willing to show it. If you would help to calm the tumult, this is one of the strongest things you can do. There will always be times when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it. I will not entertain it. It is not allowed to eat from my plate.

The reason is this: In my uttermost bones I know something, as do you. It is that there can be no despair when you remember why you came to Earth, who you serve, and who sent you here. The good words we say and the good deeds we do are not ours. They are the words and deeds of the One who brought us here. In that spirit, I hope you will write this on your wall: When a great ship is in harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for.

www.clarissapinkolaestes.com



Ministerial Miscellany

By Dave Bell



Dear Friends,

The major focus of my life for the last month is finding my way back to good health. It has been anything but a walk in the park. I started getting sick at the end of October. By Saturday, November 5, I was in bad enough shape to be admitted to the hospital with what turned out to be viral pneumonia. After spending a week there, I was discharged to rest at home. What is amazing to me, is how weak and listless I am on the day before Thanksgiving. I have just canceled my plan to be back in the saddle for this Sunday, the 27th. I am going to hibernate and see if complete rest won't do what needs to happen in getting back to normal.

I have really appreciated all of the cards, flowers, calls and visits. It really helps to know how much the community cares. Thank you from the bottom of my heart. I love you all.

I am really looking forward to returning to health and to the Center. Please forgive the brevity of this month's column.

Blessings,

David



*Community
Members
of the
Month*

Dynamic Duo

This month we are honoring the Ying and Yang of our Youth Ed department, Kellie Love and Heide Kaminski.

Quoting Heide, "I can tell you that we are like Ying and Yang. We are always 100% there for the kids. If one of us is down because of a life challenge, we still are 100% as a team. If one of us is at 10%, the other one picks up the 90%, if one is gone the other does 100%."

All of this year, Kellie and Heide have been focusing on teaching the children about serving others who are less fortunate. They have very successfully engaged the congregation in getting surgeries for children with cleft palates (Operation Smile), buying animals for hungry third world families (Heifer International), filling 15 backpacks for homeless children (AlphaHouse), putting together two complete welcome kits for Syrian refugee families arriving in Ann Arbor, getting 30 blessing bags for Ann Arbor homeless people together, and finishing the year with Chemo patient care packs. Every third month, the kids are also making and selling crafts to benefit our very own Caring Committee. All of this was done with not just learning but also a lot of fun for our Youthful Spirits!

Kellie and Heide also serve on the Caring Committee, Kellie instructs Center members on computer skills and Heide diligently puts the newsletter together every month.

Both also run their own businesses during the week. Kellie owns Love's Green Clean, a cleaning company and Heide owns the Flying Dragon, a thrifty gift store.

Such admirable energy!

Thoughts	pg. 1	Dynamic Meditation	pg. 11
Ministerial Miscellany	pg. 2	Caring Committee	pg. 12
CMM	pg. 2	Service flyer	pg. 13
CC Holiday Events	pg. 3	Advertisements	pg. 14
Calendar	pg. 4	World Peace Clock	pg. 15
Peggy's Corner	pg. 5		
Misc.	pg. 6		
Board Minutes	pg. 7		
Café 704	pg. 8		
Youthful Spirits	pg. 9		
Misc, Announcements	pg. 10		

Caring Committee Holiday Happenings

We are in the process of planning our December special meal and giving to the community.

We are always grateful for these wonderful opportunities. However, we cannot do this all without your help.

Here is what we would like to get you involved in for the Christmas celebration on Christmas Day after the service

- sign up, so we know how many people to expect (count all the loved ones you want to bring along!).
- Bring a dish to share (the turkey will be provided by us thanks to the generous donation by Meijer and thanks to Jan Peacock who always gets Meijer involved!).
- Volunteer to set up, serve, and clean up.

- However, if you cannot attend, but would like assistance with obtaining a ham for your own family, please contact Marilyn Alf or any member of the CC.

Additionally, as we always give out hams and gift cards.

If you or someone you know would like assistance with obtaining a ham, please contact Marilyn or any member of the CC.

If you, or anyone you know, would benefit from a gift card for the holidays, please do the above as well.

If you do not need assistance and/or cannot attend, there is still a way for you to help out! You could donate the money for one—or more—gift cards. Please contact Delyth if that's the option you choose!

Thanks so much for all your support!

Power and the Glory by Phil Ochs

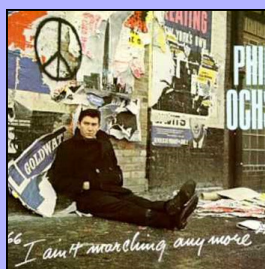
Submitted by Rob Fagerlund

Come and take a walk with me thru this green and growing land
Walk thru the meadows and the mountains and the sand
Walk thru the valleys and the rivers and the plains
Walk thru the sun and walk thru the rain

Here is a land full of power and glory
Beauty that words cannot recall
Oh her power shall rest on the strength of her freedom
Her glory shall rest on us all (on us all)

From Colorado, Kansas, and the Carolinas, too
Virginia and Alaska, from the old to the new
Texas and Ohio and the California shore
Tell me, who could ask for more?

Yet she's only as rich as the poorest of her poor
Only as free as the pad-locked prison door
Only as strong as our love for this land
Only as tall as we stand



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!

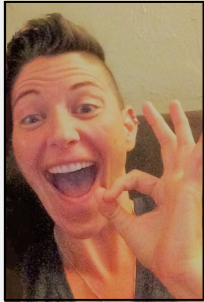
CAFE 704 CONCERT SERIES
Saturdays

December: Marlena Studer

PEACE
GENERATOR
December 16



The Service begins at 10:45 a.m.	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>The speaker/ topic are in bold/italic</i></p> <p>R indicates the reader M indicates the meditator MU indicates the musician.</p>	<p>The newsletter submission deadline is December 18</p>	<p>Board meeting this month is on December 18</p>	<p>Birthdays are indicated in <i>bold/italic</i> Happy Birthday!</p>	<p>1 Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of Mind</p>	<p>2</p>	<p>3 8:30 a.m. AA 7:30 p.m. Drum and Dance Jam</p>
<p>4 Rev. Annie: TBA R: TBA M: Marlena Studer MU: Marlena Studer Potluck QCC 12:45—2:45</p>	<p>5 10-noon Dynamic Transformation 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting</p>	<p>6 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck and Reiki Share 7 p.m. Diamond Approach</p>	<p>7 6:30-8:30 p.m. Crea- tive Writing Work- shop 7-9 p.m. Dynamic Transformation</p>	<p>8 Noon—1:30 p.m. ACIM</p>	<p>9</p>	<p>10 8:30 a.m. AA 8 p.m. Café 704</p>
<p>11 Rev. Dave: A Season for Doing Better R: Carol B. M: Rebecca R. MU: Max Kestrel Utti Swartz 2:30– 4:30 p.m. Re- membering Whole- ness with Charlotte Bowers Young</p>	<p>12 10-noon Dynamic Transformation 6:45 p.m. ACIM</p>	<p>13 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck and Reiki Share <i>Andrew Walker</i></p>	<p>14 6:30-8:30 p.m. Crea- tive Writing Work- shop 7-9 p.m. Dynamic Transformation 7-9 p.m. DSC Aaron's Christmas Stories</p>	<p>15 Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of Mind</p>	<p>16 7=9 p.m. Peace Generator </p>	<p>17 8:30 a.m. AA 8 p.m. Spiritual Cin- ema</p>
<p>18 Rev. Dave: The Meaning of Christ- mas Youthful Spirits Christmas Program R: Janice B. M: Nancy O. MU: Interfaith Con- sort</p>	<p>19 10-noon Dynamic Transformation 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting <i>Valoree Sprentall</i></p>	<p>20 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck and Reiki Share 7 p.m. Diamond Approach</p>	<p>21 6:30-8:30 p.m. Crea- tive Writing Work- shop 7-9 p.m. Dynamic Transformation</p>	<p>22 Noon—1:30 p.m. ACIM</p>	<p>23</p>	<p>24 8:30 a.m. AA 7 p.m. Christmas Candlelight Service</p>
<p>25 Rev. Dave: The Birth of Christ Conscious- ness R: Luke S. M: Steve O. MU: Christmas Ser- vice CC Christmas Din- ner 1-2:30 Remembering</p>	<p>26 10-noon Dynamic Transformation 6:45 p.m. ACIM</p>	<p>27 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/Potluck and Reiki Share</p>	<p>28 6:30-8:30 p.m. Crea- tive Writing Work- shop 7-9 p.m. Dynamic Transformation 7:30 p.m. Urantia Book Study</p>	<p>29 Noon—1:30 p.m. ACIM</p>	<p>30</p>	<p>31 8:30 a.m. AA</p>



Make a Friend at Interfaith! (Dyads, Duos, Partners, Pairs)

Meaningful connections increase our quality of community and engage us more deeply in life. Get to know someone at Interfaith a little better and deepen your sense of belonging by joining a Dyad!

In sociology, a Dyad (Sanskrit "Dayadaha") is (loosely) two people of similar kind or nature interacting face-to-face around mutual ideals, queries, and curiosities concerning life and living. Participation in an Interfaith Dyad is voluntary, rewarding, and super simple.

Each month, two members will be randomly paired and put in touch with one another (email or phone). At your convenience, set up a day and time for the two of you to meet that month (a coffee, a walk, a beverage, a meal, an event you don't want to go to alone). A

monthly talking topic will be selected among suggestions and announced at Sunday service. When you meet, talk briefly or at length using guiding "soul quest-ions," or abandon them completely and be with whatever comes up!

DECEMBER'S DYAD THEME: Friendship **SOUL QUEST-IONS:**

- 1.) How are you? No, really. How are you? Do a mind, body and spirit scan.
- 2.) What behaviors or assumptions do you feel foster a meaningful friendship?
- 3.) What do you need to know about me; and what do I need to know about you?

Look for a sign-up sheet at the Sunday table or get in touch for more information! This will be fun.

Your friend,
Sarah Matteo alternateteacher@yahoo.com



P.S. – Wear your nametag.



Peggy's Corner *By Peggy Lubahn*

WASPS AT INTERFAITH: THE REST OF THE STORY

Before the service started on Sunday, August 7, someone asked whether I could do anything about the paper wasps building a nest in the window right next to the main door. During Announcements, I asked everyone to help while I addressed the queen, and their wonderful wave of positive energy supported and uplifted this very special inter-species conversation.

I assured the queen that we respected and appreciated her people, and that we wished to find a win-win solution. I explained that this was a busy entryway, and our comings and goings might cause the wasps to feel we were a threat to the safety of their babies. I

asked the queen to consider moving to the window at the other end of our building, where there would be less disturbance.

The response from the queen was amazing! Because we addressed her respectfully and ASKED for cooperation, she was seriously considering our suggestion even though a few of her people were furious at the whole idea.

A week later the queen contacted me and asked that the nest be displayed at Interfaith in a nice glass box frame, as a tribute to the diplomatic agreement reached between our two peoples in this place of peace. The queen particularly liked the idea of making sure our Interfaith youngsters understand the significance of this event.

Wasps are very proud beings who are not accustomed to asking anyone for anything, but the queen chose her words carefully and expressed them with regal respect. I got the feeling that cooperating with humans is very rare in her ex-

perience, so it deserves to be publicly honored.

Delyth agreed with me; however, wasps were still working on the nest. I wasn't sure what to do next, so I decided to step back and let things take their natural course.

Here is The Rest of the Story... Most of the family moved to another site, construction stopped, the brood cells remained empty. A few wasps stayed at the nest, like security guards; but one by one they and their sisters have perished from the cold. I'd like to take down the nest and find a nice display box for it, as the queen requested. As for the queen herself, by now she is sound asleep in a cozy den, dreaming of the warm breezes of spring.

Each of us can feel proud of what was accomplished that day in August, even if you were not present. It represents Interfaith's people and our mission at their finest!



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

Caring Committee Contact List

Marilyn Alf, Chair sd2aa@hotmail.com,
734-761-6698
Heide Kaminski, secretary and co-chair,
mommyk@tc3net.com,
517-423-9001
Kellie Love, co-chair
kellie.love@interfaithspirit.org,
248-343-8725
Tommy Kaminski, Youth Ed Rep., 517-423-9001
Judy Bell, dabellsj@comcast.net,
734-994-0018

Annie Kopko revanniekopko@gmail.com,
734-358-1328
Malcolm Shaffner mshaffne@gmail.com,
734-709-4205
Delyth Balmer, delyth.balmer@interfaithspirit.org,
734-657-5384
Jack Richards, handymanjack45@gmail.com,
734-489-5703
Beth Rockwell, rocksnote@aol.com
Idgie Patterson, bdgidg@gmail.com
Maggie Burkit, maggieburkit@gmail.com
Jan Peacock, jpea80@comcast.net,
734-660-8411
Mike Bratcher, mebratcher@yahoo.com,
734-429-2371
Dawn Swartz, fddlr2003@yahoo.com,
734-996-8325
Khristian Speelman, ksmithspeelman@gmail.com

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.

BOARD OF TRUSTEES

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

Board email address is
board@interfaithspirit.org

STAFF

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

NEWSLETTER/WEBSTAFF

Heide Kaminski, *Editor-in-Chief*
Esther Reilly and Deane Ertz, *Proofreaders*
Lindsay Passmore, Steve Lyskawa, *Webmasters*

NEWSLETTER ADDRESS

Heide AW Kaminski
heide.kaminski@interfaithspirit.org



Board Meeting Minutes

October Board Meeting Minutes
Submitted by Pat Root, Chair

I am writing this from Pennsylvania on Thanksgiving eve and without the benefit of having reference to Danielle Cassetta's always complete/concise/thorough/perfect minutes of last Sunday's board meeting. This means this edition of Board Notes will be based on my own measly notes and vague memory, so hold on for the ride!

Good news regarding October income (all sources, not just Sunday offering), which exceeded expenses by over \$4,000, making our cash balance the highest of the year. Do you realize we have no debt, and all our bills are paid on time? The Finance Committee is nearing completion of the 2017 spending plan (aka budget) which will be submitted at the December board meeting for approval. Ray Fix offered an annualized financial tracking report (not detailed analysis) done monthly and intended to show our overall cash flow performance of each 12-month period and the stability of our annual cash flow, rather than focusing on one month at a time.

The board discussed the need for two or three committees which would each be comprised of volunteer Interfaith community members and probably one board member. Danielle offered to draft charters for those

committees for board consideration and ultimate handling by the leadership team.

Reverends Annie Kopko and Delyth Balmer (also Administrator) offered a brief report of a recent workshop regarding "building an inclusive church" including members of the LGBTQ community. They invited board members to attend an "interfaith service of affirmation" on December 6 to begin the process.

On behalf of the ministerial search committee, Lindsay Passmore reported to the board that one of the three applicants was eliminated from further consideration based on speaking ability, and that references are being checked and background checks initiated regarding the remaining two applicants. Based on those results, a decision will be made by the search committee about going forward with interviews, which would be held probably in January. Lindsay also reported that she and I met with Holly Makimaa (guest speaker on the Sunday after the election, who very much impressed many enthusiastic community members) to determine her level of interest in the part-time senior minister position. She said she had not seriously considered applying because of the low \$15,000/year salary. Holly also said she is feeling drawn to doing intensive work with small groups of people and therefore not having a "flock" at this time. We encouraged her to offer a class or workshop at our Center, and she said she will be following through with that.

There will be a Quarterly Conversation in Community at 12:45 on Sunday, December 4 (which is also a potluck Sunday). This is a perfect opportunity to learn more, ask questions, present ideas, and even complain a little. The more the merrier!

The next board meeting will be 1:00-3:00 on Sunday December 18, and we would be very happy for you to join us.



Café 704

Marlena's Jazz Quartet at Café 704

Saturday, December 10 8:00 p.m. - 10:00 p.m.

Doors open at 7:30 p.m.

704 Airport Blvd., Ann Arbor, MI 48108

Suggested donation: \$8/person or \$15 for two



Local jazz vocalist Marlena Studer will be joined by one of the Detroit area's most extraordinary jazz pianists, Cliff Monear, along with a tight rhythm section composed of dazzling drummer Scott Kretzer and superb bass-player David Sterns. Their performance promises to warm hearts and light up December's darkest days with an upbeat selection of tunes that will range from high energy jazz standards to luscious ballads.

For Studer's three recorded CDs, see www.marlenastuder.com

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



Youthful Spirits



Happy December!

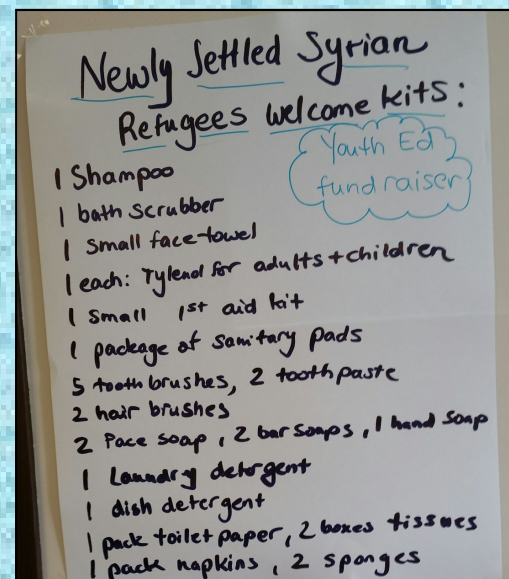
We had a great November filled with ways to be nice to others. We practiced how to “intercept” when someone is being harassed. We had fun making the safety pins to show others that we are allies. Two of our students went to the Youth Peace and Unity March in Ann Arbor. Micah even met the Mayor! We also learned some new songs like, “We Are The World” and “Give Peace a Chance”. We learned about ways to change the world starting with ourselves and focused on our blessing bags for the homeless. Please share your experiences with us if you gave one out. Thanks again for all of your wonderful donations for this project and all of our service projects this year.

December will be fun as we finish up with our chemo care packages for cancer patients. Here is a list of items we need for those packages.

Chemo Care Packs-
Larger size Gift bags
Plastic Utensils
Sugar free Lemon drops/mints/gum
Hand sanitizer
Unscented lotion
Lip balm
Bottled water
Travel size kleenex
Notebooks/Coloring books
Pens/Colored pencils
Warm socks/blanket
Music gift cards

We also plan to spend some time preparing for our annual holiday program to be performed the Sunday before Christmas on December 18th. If you plan to bring children, please let Kellie or Heide know by 12/11/16 so we can help Santa prepare. We want to say a big thanks to Dawn Swartz for helping us to learn some songs to perform.

Below is also the list of the ongoing needs for Syrian Refugees.



Love, Light, and Laughter

Heide, Kellie, Tommy, and the Youthful Spirits

ORACLE CARD READINGS for 2017!

Once again this year I'm offering personalized oracle card readings for the year ahead. A portion of all fees will be donated to Interfaith, which makes it a win-win situation! For a reading of this type, I'll select 12 cards that will provide guidance for each month of 2017. I'll scan each card and put together a summary for you. **NEW THIS YEAR:** I can format your report so that you can print out each month and carry it with you conveniently.

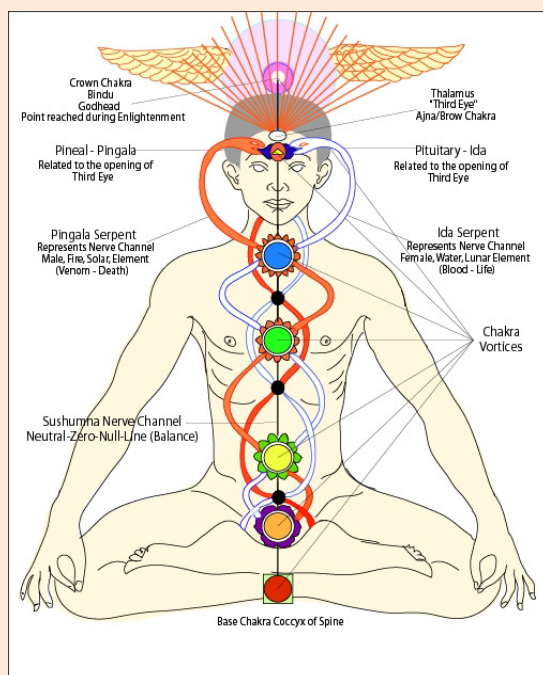
I'm asking \$30 for each reading. Please call Peggy at 734-548-0194.

CHRISTMAS ITEMS FROM INTERFAITH ARTISANS

Join us right after services on Sunday, December 18 when you can do some holiday shopping on the spot.

Many artisans from Interfaith will be in the social hall with jewelry, Rwandan items, photographs, mugs, wastebaskets, greeting cards, and much, much more. Take some time to check to see what is available right "under your nose"! 20% of all proceeds go to Interfaith.





Dynamic Transformational Meditation - An Introduction

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

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

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

Teacher: Anna Marie Henrich

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

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

Location: Interfaith Center for Spiritual Growth - Classroom

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

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

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



*Marilyn,
Chair*

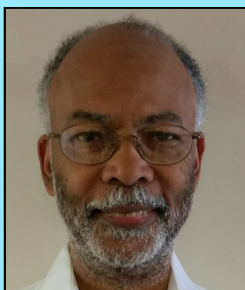
The Caring Committee



*Heide and Kellie,
Co-chairs*



*Tommy,
Youth Ed rep*



Mike



Khristian



Annie



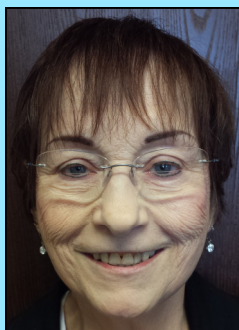
*Delyth,
Liaison*



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):



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

Zak & Kellie Love
 People, Pet & Planet Friendly
 Conscious Cleaners




Love's Green Clean

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



Mac Assistance
 from **Nicholas**
 Ann Arbor's Neighborhood Mac hanic
 (734) 945-1246 See what I can offer you at:
AppleNicholas.com



Vital Spirit Enterprises
 Creating Very Special Environments
 for your peace of mind
 and easy living
 "You name it,
 we'll organize it!"
Valoree Sprentall
www.valoreesprentall.com
 734-340-6245 home
 734-604-9890 cell



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

Live your dreams and
 enhance your joy!

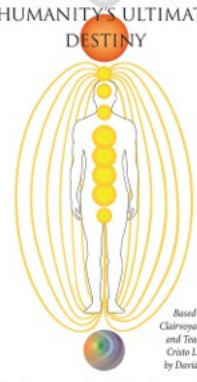
FREE initial consultation

1945 Pauline, Suite 10
 Ann Arbor, MI 48103
 (734) 668-2733 www.melaniefuscaldo.com



SHOP HERE FIRST!
Flying Dragon Thrift Store
 Owners: Heide and Tommy
 Look us up on FaceBook,
 or call/text Heide at
517 673 1888 to find out if we have what you
 are looking for. We have clothes, furniture,
 gadgets, toys, books, cool crafts, and what-
 nots you can't resist. **MUST SEE! Trip to**
Tecumseh is worth it!

David Winfree's New Book
 THE EVOLUTION OF THE
 HUMAN ENERGY FIELD AND
 HUMANITY'S ULTIMATE
 DESTINY



Based on the
 Clairvoyant Insights
 and Teachings of
 Crista L. Rivers
 by David Winfree

Available at: www.davidwinfree.com/book

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



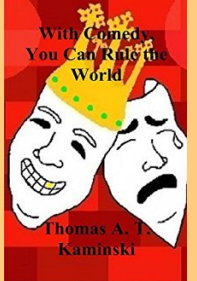
A-2 Handyman
Jack Richards



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

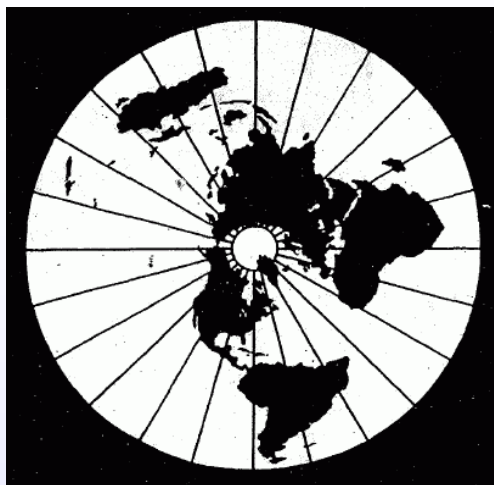
VERSATILE SKILLS JACK OF ALL TRADES



Written by our very own formerly Youthful Spirit, now adult member of the Center, as well as the nursery worker for two years, this book is a hoot to read!
 Available on Amazon: amazon.com/Comedy-Rule-World-Fantasy
 Or you can get a signed copy at the Center!



**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/>

