



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

VOL. XIII, NO. 08, August 2017



Staying Awake (And Taking Naps)

By
Lauren Tatarsky

Lately, I've been very attentive to waking up. I have always been passionate about raising consciousness, about becoming awake to ourselves and to the world. I believe in the healing power of the spiritual journey of awakening. I feel that awakening to our own experience, peeling away layers of social conditioning, of old wounds and untended places in our hearts, and discovering who we are deep down is a core purpose of our existence. It is my experience that when we wake up on the inside, we also wake up to our world. Just as we grow in our capacity to be aware of our core Self, we grow in our capacity to be aware of our world. And as we look closely at the world and notice the harm that is inflicted (by ourselves and others) on the Earth, its creatures, and our fellow human, we are called into action.

It has become quite clear that our current president and the political environment are catalysts for this waking up. I truly wish

we didn't have such a painful catalyst. But I realize that is often how catalysts come, in loud and ugly forms. There is so much right now that is asking for our awakening and our healing strength, from processing our own anger and grief to shedding light on the strife we see around the world. This catalyst is bringing to the forefront how diverse a world we live in, how so very many people don't fit into the "white family of four with a white picket fence" concept that had been the American dream. We are becoming awake to how many transgender people fight for our country in the military, how many communities of our Muslim friends live amongst us in fear, how immigrants who have come to this country to make a better life for their children create the foundation of our economy, and how the relationship between black people and the police is not one of safety, but one of fear and anger. We are being asked to look at the ways in which we too are interacting with the world, to notice our own racist tendencies, to acknowledge where we have been ignorant or silent.

It is not just what is happening in the world on a large scale that asks us to stay awake. Certainly, our own personal lives are full of challenges. Our relationships, our losses, big decisions, and our day-

to-day navigating of this journey we call life is often not a smooth ride. There are many circumstances in our personal lives that are challenging who we thought we were, what we thought was right or wrong, and how we had predicted things would go. We are constantly adapting to what life brings, and doing this in a conscious way is challenging, but so much more fulfilling. When we really begin to listen deeply to ourselves, we develop an inner navigational system that is aligned with our deeper knowing and we can begin to be our own guides. This, too, requires wakefulness.

It can be challenging to stay awake. In fact, it takes a lot of inner strength to keep our eyes open when what we're looking at is hard to look at. Yet, right now in our world, we are continually being asked to stay awake. This requires us to be strong in our practice of growing awareness, of letting the fire of transformation burn within us. It requires a commitment to not going back to sleep, and to making a choice to pay attention. And also, it requires naps, or in other words, it requires rest.

Continued on page six

Ministerial Miscellany

By Lauren Tatarsky

Hello Interfaith Family!

I want to take time this month to bring attention to some of the exciting happenings here at the center.

Join us on August 6th for a potluck at Murray Lake from 1-4p (7994 Plymouth Ann Arbor Road). It is a beautiful setting and an annual event cherished by all! It is on the first Sunday of the month, so the gathering at the lake will take the place of our regular potluck at the center. You will need to sign up in advance or ride in a car with someone who has signed up. It is \$6 per person to enter (please let the Caring Committee know if you need help covering this fee). I look forward to seeing you all there!

This is a very exciting time at our center and there are plenty of ways to get involved. The new Abundance Team will be supporting and developing events and attractions that promote the growth of our center both financially and physically, and the new Co-Creation Team will be developing long-term visions and plans for our center by engaging our entire community in visioning sessions. (A big thank you to Mary Alice Truitt for taking the lead on developing these committees and facilitating our work together!) And of course, our ongoing committees, the Board, and your Ministerial team are all keyed into developments as we move forward. So there are and will continue to be many ways to get involved. Stay tuned and don't hesitate to offer your talents where you feel called to do so.

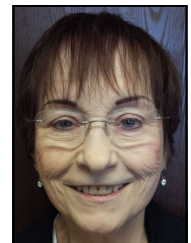
I want to take a moment to thank everyone who plays a part in making this center possible; our music and choir coordinators, our sound and video experts, our youth program directors, members of our caring committee and leadership committee, all of our greeters, everyone who takes care of and beautifies our physical space week after week, those involved in the bookstore, those who provide ongoing fundraising opportunities for the center, and I could go on! This is an amazing village of people who dedicate their time, talent, and treasure and truly hold the foundation of the center. You are what makes our sacred home possible and you are immensely appreciated.

Finally, I want to thank you all for the honor of being your Senior Minister. I am deeply grateful to be part of this community. I know we are still very much navigating a time of transition together, and I want to express my gratitude for your patience, love, support, and enthusiasm. We all know that change can be difficult, and I honor any challenges that are arising for you around the transition. Please know that I hold our community in deep prayer, light, and love.

*Many Blessings,
Lauren*



*Community
Member
of the Month*



Beautiful Beth

By Johanna Nader

Most of you know Beth Rockwell as an active member of the Caring Committee. Beth often helps out with set up, clean up and food donations for our community events. She has also provided transportation to members in need.

Beth was a dedicated educator for 41 years! She taught 1st grade for 26 years and 2nd grade for 25 years in New Boston. She touched the lives of literally hundreds of children in her career. A gift many of us would be proud to offer. Beth says she misses the kids, but now keeps busy reading and taking her two cats for walks.

Beth grew up in Hamtramck, Michigan. Once, while she was looking after her younger sisters, they decided to make pancakes for lunch. After a "batter fight," they ended up with pancake batter all over the kitchen. The sisters worked hard scrubbing the entire kitchen, and felt very proud of themselves. But when mother came home she said, "This kitchen is too clean, what happened?"

Beth came to the center about three years ago and has in her words, "found the meaning of love." Beth enjoys our relaxed spirit and our acceptance for people as they are. We are grateful for having Beth in our community!

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VIDEO PROJECT

In honor of Dave Bell's retirement, the creation of a video by Patti Dallas, a new resident of Ann Arbor, is completed which includes interviews with Dave and our new senior minister, Lauren Tatarsky. There are also clips from past services, comments from community members, and music.

After seeing a presentation of her video work, Sue Booker asked Patti if she would consider producing a video about Dave and the center. After attending a couple of Sunday services, Patti became interested herself in the Center, and liked the idea of creating the video. Patti and Delyth met to discuss what might be included in the project, and how to cover the cost of production. They decided the DVD's would be made available for sale, with part of the sales used to compensate Patti, and a portion going toward the ICSG Building Fund. This was approved by the Board of Trustees at the Board Meeting on May 21st, 2017.

After being the coordinator of the

public access station in Yellow Springs, Ohio for several years, Patti began producing videos on her own. Her focus has been community and family historical portraits, a few samples of which can be viewed on her website, www.pattidallas.com. Earlier in her career, she and another singer produced several audio recordings and a video for young children under their own label, Golden Glow Music

goldenglowmusic.com. They are proud recipients of the Parents' Choice Award. Patti will be making her recordings available for sale to the ICSG community.

Note from Delyth: We are truly blessed to have Patti show up in our midst and offer her videography talent to us for this project. Patti is willing to accept whatever funds are collected through the sale of her music recordings and the sale of the DVD's as remuneration for her work. I thoroughly enjoyed viewing

DVDs are now available for ordering!

Notable Quotes

This one was submitted by Rob Fagerlund

I hate a song that makes you think you are not any good. I hate a song that makes you think that you are just born to lose. Bound to lose. No good to nobody. No good for nothing. Because you are too old or too young or too fat or too slim. Too ugly or too this or too that. Songs that run you down or poke fun at you on account of your bad luck or hard traveling. I'm out to fight those songs to my very last breath of air and my last drop of blood. I am out to sing songs that will prove to you that this is your world and that if it has hit you pretty hard and knocked you for a dozen loops, no matter what color, what size you are, how you are built, I am out to sing the songs that make you take pride in yourself and in your work. And the songs that I sing are made up for the most part by all sorts of folks just about like you.

I could hire out to the other side, the big money side, and get several dollars every week just to quit singing my own songs and to sing the kind that knock you down farther and the ones that poke fun at you even more and the ones that make you think you've not got any sense at all. But I decided a long time ago that I'd starve to death before I'd sing any such songs as that. The radio waves and your movies and your jukeboxes and your songbooks are already loaded down and running over with such no good songs as that anyhow.

~ Woody Guthrie

Sunday Celebration Services
are held at 10:45 a.m. at
704 Airport Blvd.,
(off S. State Street) near I 94



MISSION STATEMENT

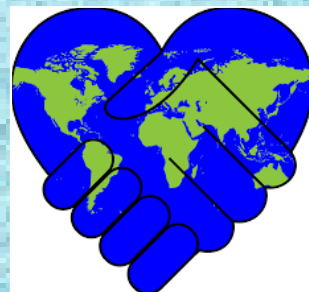
Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.

Mark your calendars!

**CAFE 704 CONCERT
SERIES
Saturdays**

August—Bliss!

**PEACE
GENERATOR
AUGUST 18**



The Service begins at 10:45 a.m.	Mon	Tue	Wed	Thu	Fri	Sat
<i>The speaker/ topic are in bold/italic</i> R indicates the reader M indicates the meditator MU indicates the musician.	<div>Board meeting this month is on August 20</div> <div>The newsletter submission deadline is August 20</div>	1 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/ Potluck and Reiki Share	2 6:30-8:30 p.m. Creative Writing Workshop	3 Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of Mind 7:15-8:30 p.m. Speaking Circle	4 7-9 p.m. Healing Energy Session with Gregory Weathers	5 8:30 a.m. AA 7:30 p.m. Drum and Dance Jam
6 Rev. Lauren: The Power of Awareness R: TBA M: TBA MU: Bliss Potluck <i>Barb Fischer</i> <i>Alex Penn</i>	7 10-noon Dynamic Transformation 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	8 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/ Potluck and Reiki Share	9 6:30-8:30 p.m. Creative Writing Workshop	10 Noon—1:30 p.m. ACIM 7:15-8:30 p.m. Speaking Circle	11 7-9 p.m. Healing Energy Session with Gregory Weathers <i>Esther Reilly</i>	12 8:30 a.m. AA 8 p.m. Café 704
13 Rev. Annie: TBA R: Esther R. M: TBA MU: Lisa Pappas and Michael Weiss	14 10-noon Dynamic Transformation 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting Lorna Brown	15 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/ Potluck and Reiki Share	16 6:30-8:30 p.m. Creative Writing Workshop <i>Luciana Lampert</i>	17 Noon—1:30 p.m. ACIM 6:30—8:30 p.m. Science of Mind 7:15-8:30 p.m. Speaking Circle <i>Lisa Smith</i>	18 7-9 p.m. Healing Energy Session with Gregory Weathers 7-9 p.m. Peace Generator  <i>Eileen Grady</i> <i>David Winfree</i>	19 8:30 a.m. AA 8 p.m. Spiritual Cinema
20 Rev. Lauren: Spiritual Practice as Sacred Play R: Carol B. M: TBA MU: Interfaith Drummers	21 10-noon Dynamic Transformation 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting <i>Diane Gledhill</i>	22 10:30 a.m. The Power of Now Discussion Group 5:30 p.m. Community Gathering/ Potluck and Reiki Share	23 6:30-8:30 p.m. Creative Writing Workshop	24 Noon—1:30 p.m. ACIM 7:30 p.m. Urantia Book Study 7:15-8:30 p.m. Speaking Circle	25 7-9 p.m. Healing Energy Session with Gregory Weathers <i>Cathy Dyer</i>	26 8:30 a.m. AA
27 Rev. Lauren: Ways of Listening R: TBA M: TBA MU: Don Allen	28 10-noon Dynamic Transformation 6:45 p.m. ACIM 7 p.m. Great Balanced View Video Meeting	29	30	31 Noon—1:30 p.m. ACIM 7:15-8:30 p.m. Speaking Circle	<div>Birthdays are indicated in bold/italic Happy Birthday!</div>	

IT'S TOUGH TO BE A TICK!

By Peggy Lubahn

**"They just... do what they do."
(Dr. Alan Grant, talking about dinosaur
lifestyles in "Jurassic Park.")**

I spent this past weekend at an Animal Communication class over in Chelsea. While we were taking a break on the back porch Saturday afternoon, I discovered a tick walking up my arm. I'd never met a tick before, but recognized it right away thanks to all the media hoopla about Lyme Disease. "Oh look," I chirped happily. "It's a tick!"

My dismayed companions commanded me to either stomp on the creature, or flush it before it could bite me. So far the tick seemed inclined to be peaceable, but I had to admit I was worried about being bitten. I didn't want to squash the poor thing with my bare feet (Ewww!) so I galloped back through the house and flushed it -- with apologies.

Later that day, we were asked to silently decide on an animal we disliked or were afraid of, and meditate with that animal. We had to laugh when we found that each of us chose Ticks (surprise!). And what we learned from them was wondrous!

We asked why ticks bother humans when there are so many other animals they can feed on. The answer from this particular tick was: [Imagine a tick shrugging.] *"Because we can."* Humans are just another potential food source -- from a tick's point of view.

The ticks know why humans hate them, and they know we'll kill them on sight to protect ourselves. They said: *"When you squash us, please put our bodies on a compost pile so we can continue to serve the Earth through our death."*

By this time we were all feeling a bit awkward about the whole thing. Here we were, working our butts off to learn how to communicate with all life, and really believing in what we were doing. And yet, we had all freaked out and made sure the tick was dead before we even thought about talking to it! It wasn't our proudest moment, but it gave us a LOT to think about.

One of the ticks we communicated

with was really furious with humans. He told us the anti-tick frenzy is a direct result of the chemicals and poisons that humans have been pouring into the Earth for so many years. Long ago the ticks volunteered to process those substances and transmute them in service to Life. But now their bodies are so saturated with toxins that they can't avoid passing them on -- along with any diseases they're carrying -- when they feed, making each bite that much more dangerous.

When I connected with "my" tick while I wrote this article, he said he had no intention of biting me. He knew what would happen to him, but he wanted to give our group an opportunity to explore what it means to be Tick, and to face the fears we four humans had all absorbed -- like it or not -- from the anti-tick campaigns. He wanted to help bring some balance to the relationship between humans and ticks, because even a tiny tick-sized step toward balance will resonate through the cosmos.

Now, I don't expect anyone reading this to start wearing a tee shirt that says "Ticks are People, Too!" We live in the real world, and we need to take care of our physical bodies as well as our animal friends. This article is about acknowledging the important role ticks play in the natural world while we take precautions that allow us to safely share the environment with them. There's no rule that says we have to actually LIKE them, but we can choose to kill them quickly and humanely. And, maybe, take a moment to put their little bodies on the nearest patch of dirt to nourish the Earth that is Home to us all. Consider it another tiny, tick-sized step toward world harmony!



"Steve hates getting ticks."

Continued from page one

Staying Awake (And Taking Naps)

By
Lauren Tatarsky

Having the kind of compassion for others and for our world that is genuine and unfolds naturally from our hearts requires us to be filled up with our own love, to be full of spiritual nourishment. One of my mottos is that we give from overflow. If our reserves are low or empty, our giving will feel exhausting and draining, so it becomes easier just to close our eyes all together. So it is essential, absolutely essential, that we pause to rest and get filled up. You officially have my permission to take really good care of yourself (that's the message you can use to replace those internalized societal messages of self care being selfish).

One way to rest is by taking time for stillness and silence. Every day, even just for 10 minutes, take time to get silent. Stop the thoughts, stop the intake of information, give yourself time, maybe in nature, to embody stillness. Another way to rest is by being with the people you love. Are there people in your life around whom you can completely let your guard down? Where you can admit how you are *actually* feeling without being judged, but rather greeted with a good hearty laugh and a "oh my gosh, me, too!"? In other words, who amongst you is totally on the bozo bus with you and not afraid to admit it? Getting your feelings

and frustrations (maybe even throwing some cuss words in there) off your chest is a good way to rest.

Take time in nature, breathe the fresh air, listen to the birds. At home at night, before you go to bed, light candles, turn out the lights, and listen to peaceful music. Let yourself shut the world out and just tend to your own heart and soul. Cook a healthy, hearty meal for yourself and eat it slowly, noticing every bite. Listen to a guided meditation or walk yourself through a slow and methodical body scan. Do what fills you, whatever it is. Do the things that, after you do them, you feel steady and connected to yourself and whole. And do them every day. Nap every day so that the strength to stay awake rises up in you, no need to hunt it down. I am giving you permission to get filled up every day. Do it for yourself, do it for the people around you who want your presence, and do it for the world that is asking us to pay attention.

*Much Love and
Awakening,
Lauren*



Record Sale



Set-up crew taking a pizza break: Delyth, Idgie, Lauren, Heide, Tommy, Annie, Johanna, Tony, and Dave



Small selection of all the great items we received!



Board Minutes for July 2017

By Tony Nader

Our new beginnings continue. Things are happening and I, somewhat fancifully, imagine they are being driven by "Girl Power". Lauren (shall we call her Adventure or Spirit Spice?) and Mary Alice (Miracle or Wisdom Spice?) are young in the face but have the hearts of crones.

I'm visualizing a music video, perhaps "Let Love Lead the Way" which is a story about heartbreak but has some sage lines of wisdom "No matter what, we must go on, Just keep the faith and Let love lead the way". However, in the real world, we met at the Center after services, Sunday, 7/6/2017. All Board members attended except Marlena. Lauren, Delyth, Annie and Kevin Gilson were also in attendance.

Lauren

She is putting a lot of effort into social media (Facebook, blogging) as well as contacting newspapers to place articles on the Center or her new position. She may get an article into the Crazy Wisdom journal in their "What's New" section.

In the fall, she is teaching a class, "The Psychology of Spiritual Growth". She is offering 4 classes starting Sept. 20 for \$115 fee. As required in her Boundaries Statement, Lauren sent an email about her new class at WCCC requesting permission to advertise it to our membership. The Board enthusiastically approved.

In our meeting, Lindsay raised a concern on the difficulties of discussing Board related matters via email. Her major reservation is that sensitive comments or objections may not be best expressed in this medium. We all agree that it is sometimes difficult to follow a train of thought in an email chain. So, for future discussions, we decided it would be best to wait for a face-to-face during a Board meeting, if time permitted. However, if there is an urgent, time-sensitive issue, we will utilize Google Docs, in order to maintain the full context of the discussion.

Delyth – Finances

The major discrepancy in the 2017 spending plan to date is in the area of Special Offerings. Most often Special Offerings are made to the Center near the end of the year, thus the deficit shown will likely be reconciled at year's end. It is also of note that we are not meeting our monthly target for \$10,000 income to meet our monthly expenses. Lindsay initiated a discussion examining the best way to share financial data with the general membership. A point was made that we already publish a graph in the Sunday bulletin. However, some people feel that it is confusing and should be revised.

Kevin raised a major concern that the building fund monies are held in our regular bank checking account and are only separated as a line item in our accounting.

A motion was made, seconded and affirmed by the board to open a separate account for the Building Fund. Delyth committed to taking care of this in the next few weeks. In the future, after the accounts are changed, the graph will be revised and will include membership/attendance numbers.

Kevin - Leadership

Kevin produced a handout with many items. I will not attempt to recapture that in this space. Perhaps we can make arrangements for him to share that on Google Docs.

Delyth – Administrator

She had many items to share. Dolores Rubio-Turtle is holding Transmission Meditations at the Center on a regular basis (currently every other Friday). The Center was gifted with a hand carved wooden Menorah with Interfaith symbols on it by Debra Basham, an acquaintance of Barbara Brodsky's.

The Water Ceremony will be held the 2nd week in September, remember to collect your water from places you visit this summer. Claudia Roblee cancelled the workshops she planned on holding. Dave name was removed from the Center's credit card and bank accounts. The ICSG Picnic will be held on our next Potluck Sunday.

Patti Dallas continues to work on the video of the History of the Center. Very few people have pre-committed to purchasing the DVD so far, we would like to encourage support of this project. Lindsay suggested putting a trailer on the website and following with an email to the membership. Also, the 20th anniversary of the Center is this February, 2018. We are behind in making plans to celebrate. A suggestion is placing an article in the Crazy Wisdom magazine, possibly "What is Inter-Spirituality".

Mary Alice - Abundance Team

Mary Alice is using Nancy Ogilvie's Appreciative Inquiry approach. She has already help one meeting. Nancy will be happy to advise us, but will not be involved in the leg work. The Co-Creation Team is the proposed name. The next step is to develop an interview guide. The purpose is to provide questions we can use when we have member share their story, their experience of the Center.

Lauren asked us all to support Mary Alice, who is taking on major responsibilities by leading the Abundance and Co-Creation teams. In addition, the Membership Team is merging into the Abundance Team.

Next Meeting

Our next meeting is after services on Sunday, August 20, 2017.

Everyone is welcome to attend.

Cafe 704

BLISS

AND JILL HALPERN
DAVID BELL
EDIE LEWIS



Feel the good folk of Bliss! An Ann Arbor based duo featuring Alaura Massaro and Craig Brann playing folk originals with a hint of blues, jazz and pop.

Also performing, talented singers Edie Lewis and David Bell. Finally, come hear storyteller Jill Halpern share her insightful look on life.

Saturday, August 12, 2017

8:00 p.m. – 10:00 p.m.

Café 704 Music Series

Interfaith Center for Spiritual Growth

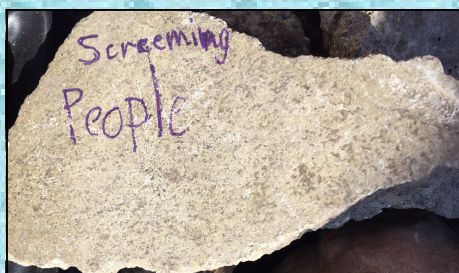
704 Airport Blvd, Ann Arbor (near Costco)

Doors open at 7:30 p.m. Admission: Suggested

Donation \$8 each or two for \$15



Youthful Spirits



Carrying burdens and the freedom of eliminating them: we labeled rocks with burdens and tried to walk and run with them.



Don't forget to check out our list of items we would like to gather in order to fill 20 backpacks for our annual Back-to-School fundraiser for the AlphaHouse.

We are almost there!!!



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



“Gathering of the Waters” Ceremony

History: A few years ago we were invited by Regan Mack, to collect a small amount of water (while on our stay-or va-cations) from a river, lake, fountain or any other source we have found.

Sunday, September 10, 2017

10:45 a.m. – 12:15 p.m.

We will have our annual Gathering of the Waters Ceremony. You will be invited to add your water to the communal water bowl and share what it signifies to you.

The ceremony also signifies the coming together of our Interfaith Family as the summer comes to an end.

All are invited to participate.



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

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Sue Booker

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/interfaithinspiner-interfaithinspiner.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, and Lindsay.

BOARD OF TRUSTEES

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Lindsay Passmore, member

Tommie Parkerr, member

Steve Orłowski, member

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Delyth Balmer, Administrator and Associate Minister

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Dawn Swartz, Choir Director

Heide Kaminski and Kellie Love, Youth Education Directors

Tommy Kaminski, Nursery

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The Caring Committee



*Marilyn,
Chair*



*Heide and Kellie,
Vice Co-chairs*



*Tommy, record
keeper*



Khristian



Annie



*Delyth,
Liaison*



Idgie



Beth



Judy



Michael



Jack



Jan

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



Interfaith Caring Committee Survey

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

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

Phone: _____ e-mail: _____

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

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

___Driver (Interfaith/appointments) ___Craft Teaching (type) ___Counseling (type)

___Medical Equipment loan (type) ___Meal Prep ___Consulting (type)

___Child Care ___Errands ___Cleaning ___Yardwork ___Snow Shoveling

___Healing/energy work ___Household Donations ___Clothing Donations

___Caregiver Break ___Send Cards ___Computer Help ___Healing Music

___Fun Companionship ___Pet Care ___Massage ___Money Donation

___Listening ___Prayers ___Respite Care ___Join Caring Committee

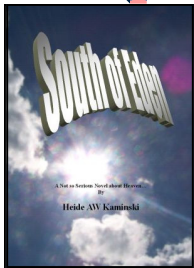
Other _____

Limitations and additional information:

I currently have need of (be specific):



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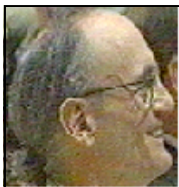


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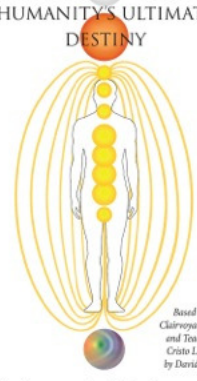
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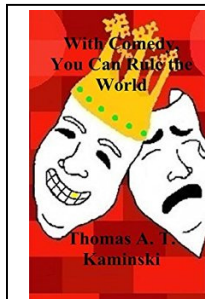
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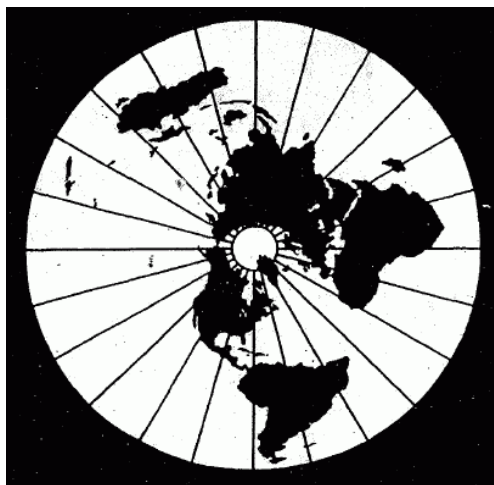
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