



Interfaith Inspirer

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Heart and Soul

By Rev. Annie Kopko

We begin with an excerpt from the **Butterfly Effect** by Andy Andrews.

There are generations yet unborn whose very lives will be shifted and shaped by the moves you make and the actions you take today. And tomorrow. And the next day. And the next.

Every single thing you do matters. You have been created as one of a kind. On the planet Earth, there has never been one like you ...and there will never be again. Your spirit, your thoughts and feelings, your ability to reason and act all exist in no one else. The rarities that make you special are no mere accident or quirk of fate. You have been created in order that you might make a difference. You have within you the power to change the world. Know that your actions cannot be hoarded, saved for later, or used selectively. By your hand, millions—billions—of lives will be altered, caught up in a chain of events begun by you this day. The very beating of your heart has meaning and purpose. Your actions have value far greater than silver or gold. Your life... And what you do with it today ...matters forever.

So how do we live, knowing this is true? We live consciously, gently, respectfully, purposefully, grateful and considerate of all things, perceived and not perceived. I call this leadership. And if you do not think you are a leader, think again. Everything you do, say, feel, and think matters and has consequences. We are in relationship with all living beings. Each of us pays attention to

another.

So how do we live knowing we will die? We live lovingly, knowing that what we do, think, and say fulfills a destiny we planned long before this lifetime.

We live consciously, knowing that what we think matters. We know we have the power to create change all around us.

We live deliberately, knowing that what moves us affects everyone. The love we give is the love we live.

We live with purpose, choosing what we love, and following that star.

When we love ourselves enough to choose happiness, we lift up ourselves and everyone who comes in contact with us. Happiness is not a goal, it is the way to live.

We may as well do this for ourselves and others, to honor our spirit. No one else can do it for us. That is why I write, it makes me happy and moves my life in positive ways that I don't even know.

We are not our pain, but painful opportunities will present themselves to us, because we are spirits that have bodies. There are negative experiences in abundance in the world around us. When we sit up straight and take some deep breaths, we feel better physically and mentally. We might even choose to resist getting involved in our own opportunities for drama, and we automatically create the will and courage that it takes to face and embrace anything and everything.

It takes a lot of love, beginning with loving ourselves. There are a few things I recommend:

There is no need to judge everything you do or do not do. You are perfect in your imperfection. Let go expectations and open to unexpected

inspiration.

Forgive yourself and others. We are all doing our best.

Connect with your inner light. You have deep within unrecognized resources. Acknowledge the presence of your soul power and possibility. You can use this power, but first you must recognize, and accept it, then use it to heal your past.

Respect all people and their choices. What is most yours is your choice of your attitude. Do not let your own negative attitude or the attitude of another be your prison. Nourish your soul with beauty around you. We try to keep flowers in our house all the time.

Eventually everything must be given up. Letting go releases us to the self organizing power of the universe. Don't you want to see what is possible? I love the last part of this poem by Mary Oliver called The Summer Day.

"I do know how to pay attention,
how to fall down,

Into the grass, how to kneel down in
the grass,

How to be idle and blessed, how to
stroll through the fields, which is
what I have been doing all day.

Tell me, what else should I have
done?

Doesn't everything die at last, and
too soon?

Tell me, what is it you plan to do

With you one wild and precious
life?"

**Interfaith Benefit
Concert**

**Saturday, May 26th
7:30 p.m.**

**\$12 a person suggested donation for the
Interfaith Center**

**Special Guests Introduction and Meditation led by
Brett Koon Master percussionist Don Allen Multi-
instrumentalist & singer Lori Fithian Spiritually
based vocalist Laura Koon Singer/songwriter Terry
Shulman**

**For More Information Please Contact Scott McWhinney (734) 223-3025
scottmcw@umich.edu**



*Community
Member
of the Month*

Soaring Scott

Scott Alf, even though not a member of the Caring Committee, is often an extra "arm."



He does handyman work, provides rides, brings deli-



cious Zingerman bread to



the Center frequently, and recently donated a lot of his furniture to a young family who was uprooted in the Puerto Rico disaster and managed to relocate to Adrian, Michigan.



Scott, you truly rock!!!

Job description: interview the CMM and write about 350 words about your interview once a month.

Hours: one, maybe two, you set your own!

Pay: intrinsic

- gratification felt when you see your words published
- Contributing to the Center with your talents
- Meeting people you might otherwise not

"Be patient toward all that is unsolved in your heart and try to love the questions themselves. Do not seek the answers which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answers."

~ Rainer Maria Rilke

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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 atmos-
phere and structure to foster
and stimulate our individual
and collective spiritual growth.*

Board
meeting this
month is on
May 13

The newslet-
ter submis-
sion
deadline is
May 20

May Talks

- May 6: Holly Makimaa (Alter-
native Healing Service)**
- May 13: Steve Bhaerman-Swami
Beyondananda**
- May 20: Annie Kopko (topic
TBA)**
- May 27: Craig Harvey (topic
TBA)**

Mark your calendars!

**CAFE 704 CONCERT
SERIES
Saturdays**

- April 14: Marlena Studer
- May 12: Laz Slomovits
- June 9: Paul Vornhagen & Tumbao
Bravo
- July 14: OPEN
- August 11: Alaura programming
- September 8: PATH with Scott
McWinney
- October 13: Benefit Concert
- November 10: Lisa Pappas and Mi-
chael Weiss
- December 8: Billy King

**PEACE
GENERATOR
April 20**

**May
Birthday Babies
Happy Birthday!**

- 1: Kellie Love**
- 6: Karen Jones**
- 8: Lindsay Passmore**
- 15: Craig Brann, Judy Sauer,
Rob Michaelowski**
- 19: Dave Bell**
- 22: Lisa Pappas**
- 24: Rose Wisnewsky**
- 25: Idgie Patterson**
- 26: Tommy Kaminski**

Volunteer Coordinator Corner

By Bob Hopkins

This space will be used to identify volunteer needs and appreciation.
as of March 11, 2018

- We regularly need to add to our pool of people who help to set-up and
clean-up for potlucks – See Ted
- We want to build a committee that will help develop Abundance for our
Center -- See Mary Alice Truit
- We need a permanent transportation coordinator – See Marilyn Alf
- We want to find people to help coordinate the 20th Anniversary birthday
party – see Delyth for now.
- We are getting low on greeters and need an infusion of new committed
people – See Randall Counts

APPRECIATION

THANKS TO: Lori Kempf who will coordinate transportation until a
permanent coordinator can be found.

THANKS TO: Nicole Briggs who agreed to join Mary Alice on the
Abundance Committee

THANKS TO: Darlene (new to the Center) who has agreed to help with
flowers.

THANKS TO: Vicki Davinich who agreed to take over the fifth Sunday
at the Welcome table.

THANKS TO: Susan Thompson who agreed to step up as a greeter.

May Music

- May 6:** Laz Slomovits
(Promo for CAFÉ: 6th an-
nual Helen Memorial Con-
cert)
- May 13:** Dancers for Life
- May 20:** Path (Promo for
5/26 Benefit Concert)
- May 27:** Laurel Federbush
(Harpist)

Summary of Interfaith Center for Spiritual Growth Board Retreat 4-15-18

Present: Mary Alice Truitt, Ray Fix, Susan Thompson, Nancy Biehn, Nigel Turtle, Erik Nowakowski, Becky Rowe, Delyth Balmer, Annie Kopko

Facilitator: Layla Ananda

Special Guests: Kevin Gilson, Kellie Gregg-Love, Heide Kaminski, Alaura Mas-saro, Marilyn Alf, Paul Jurgenson, Steve Lyskawa

Discussion:

Staff and volunteers gave brief reports on their respective roles on the Leadership Team, Caring Committee, Finance Committee; responsibilities as music director, youth ed co-directors, IT/tech management, and treasurer. The board members and ministers shared with the assistance of a facilitator the emotional and intellectual processing of the unexpected departure of senior minister. After reviewing the existing policies and documents outlining the purview of the board of directors of ICSG, they discussed the specific priorities for the next year: 1. strengthen expertise of board members around governance [legal responsibilities of the board (Duty of Care, Duty of Loyalty, and Duty of Obedience), decision making and communications process and protocols of board members], 2. Guide ministers and volunteers in outreach efforts, and 3. develop a philosophy for the fundraising function of the board.

Action Items:

- Erik Nowakowski and Becky Rowe are accepted as appointed board members for the next year.
-
- Examine resources to compensate associate ministers for the expansion of their responsibilities
-
- Statement from the board in response to the ministerial transition: write collaboratively, chair to read it at the peace circles on 4/21 & 4/22; and distribute to the community (digitally and otherwise)



LET'S GO BACK IN TIME AND CELEBRATE

20 YEARS OF ICSC

Saturday, May 19, 2018 | 6-10pm
Great Gatsby Ballroom
at Interfaith Center for Spiritual Growth

DINNER, DANCING, & COSTUMES

**ORACLE CARD FOR MAY:
Forgiveness
The Deck:
Wisdom of Avalon by Colette
Baron-Reid
By Peggy Lubahn**



"Resentment and anger are emotions that actually bind you and hook you into the events that cause your suffering, keeping them alive inside you, draining you of your life force and inner light. Nothing good comes from hate, anger, or resentment. Peace can only come through forgiveness, when you release all that binds you to negativity. Perhaps you need to forgive **yourself** for placing unrealistic expectations on your situation resulting in a self-sabotaging perception tainted by perfectionism.

(Before we begin, I'd like to assure you that I did NOT choose this card myself! I drew it from the deck after expressing the intention of presenting a card that would resonate with all who read this article.)

"Look at the world and see how the lack of forgiveness feeds the turmoil and suffering around you. Forgiveness is the key to freedom and peace... and it starts with you.

"Drawing this marker says that you must now search your heart for any unresolved resentment, anger, or disagreements between you and another. If you're still hurt or angry about another's behavior, or if there are circumstances in your life that you resent, this is a time when it's crucial to release the negative energy surrounding those situations. Resisting this will only impede your growth and draw more unwanted experiences to you.

"This marker requires you to practice forgiveness so that you can be an active part of spreading peace and beauty throughout this troubled world."



Trusting activities



Youthful Spirits

Birthday Boxes: we need shoeboxes, birthday wrapping paper, and “ingredients” to make an instant birthday party packet for children at the Alpha House :-)

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