



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. XIV, NO. 8, August 2018



Embrace the Abundance of August

Cynthia McNabb aka Cynthia White Flower

The month of August is filled with symbolism to remind us to embrace the abundance of life! As the symphony of Mother Nature crescendos her exuberant song, the flowers peak, the harvests make ready, and the sun bestows loving warmth beyond compare! The examples are all around us, reminding us that our journey is lavishly supported by both, nature and lore. We have only to realize our blessings to reach out and make them ours.

August is the happy month, buzzing, singing, shining and growing! As Nature's happiness surrounds us, we are encouraged to realize that we have many reasons to be delighted. Feeling thankful for all of the blessings in our lives is both, fulfilling and transforming. Eckhart Tolle tells us that "It is through gratitude for the present moment that the spiritual dimension of life opens up." For this, we are truly grateful! The insects' songs remind us to communicate, as their buzzing creates a peaceful backdrop for summers' display. "That which we are capable of feeling, we are capable of saying," wrote Miguel de Cervantes. This season encourages us to open up to our truth. The birds are Nature's song, sharing joy and peace, inspiring us to sing our heart's melody. Writer Douglas Coupland asserts that "Birds are a miracle because they prove to us there is a finer, simpler state of being which we may strive to attain." August blesses us with the gift of time in the light, as the days are still longer. We have more time to make good in life! Rumi says to "Be like the sun for grace and mercy." The sun's enthusiastic rays reach out to us, beckoning us to seek its council. What does it

tell us? To shine our truth, to live more vibrantly and to be The Light! Growth is abundant in August, inspiring us to grow! Penny Kelly says, "There is no journey as exciting as the journey that leads to your own awakening and the blossoming of your intuitive abilities, for these lead to wisdom and personal power." The ancient lore of astrology, and of numerology provides more insight into the energies this month ignites within us. The Lion, Leo, begins the month with the traits of spontaneity, creativity and extroversion. We are influenced by this sun sign to "come out and play!" The twenty-second of the month brings the influence of The Maiden, Virgo, with the traits of being practical, analytical and precise. We are influenced to rethink where we are, and where we want to be. The combination of Leo and Virgo is a time of introspection in action! August, the eighth month, is represented in numerology by the number eight. This is the sign of infinity. "We are not limited" according to the sign of infinity. We can see one part of the eight as action (Leo) and the other as thought (Virgo). Together they represent limitless power and abundance. A good luck number and a good luck month, August showers us with illumination! We have only to invite in the attributes!

The Native American birth totems for August are the salmon (during the Leo period) and the bear (Virgo cycle). Salmon always returns to the place of its birth, in spite of strong currents. Beverly Owens at Native American Totems tells us, "Its determination is driven by the wisdom of instinct and inner-knowing, which yields a sense of purpose that cannot be stopped by outside forces. Salmon tells us to trust our gut feelings and inner-knowing." It also encourages us to keep moving forward. The bear

is the "Keeper of Unconscious Knowledge." Beverly says that the "Bear seeks answers while hibernating, or dreaming, and then is reborn in the spring. Bear teaches us that, to accomplish the goals and dreams we carry, enter the silence within." Paramahansa Yogananda teaches us that "God is the mirror of silence in which all creation is reflected... Happiness depends to some extent upon external conditions, but chiefly upon mental attitudes. In order to be happy one should have good health, a well-balanced mind, a prosperous life, the right work, a thankful heart, and above all, wisdom or knowledge of God."

References:

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Ministerial Miscellany

By Rev. Annie Kopko

Hello Everyone!

As I write this we are deep into summer. It has not been very hot lately, for which I am very grateful. However my garden would love some rain. The natural world is so beautiful this time of year. I appreciate the myriad colors and shapes of the flowers and how effortlessly and abundantly they bloom for us. As Nature bursts with aliveness and innate vitality, I remember that I am part of that which I observe. The life of nature is my life; the abundance of nature is my abundance. And the spirit of nature is my spirit, and so much more. Again and again, I am reminded to be open to beauty, change and possibility.

Our Interfaith community has so many wonderful events coming up in August: Dorkestra is coming to Café 704 on Aug. 11th. If I remember right, dancing is totally encouraged!

Lots of us are looking forward to Dave Bell's 6 week class on Neale Donald Walsch's new book, Conversations with God Book 4. It starts Wed. Aug. 22nd, (afternoon or evening class.)

Kickshaw Theatre company will be coming in on August 19th to start getting ready for their next play. Details will be coming shortly.

We will have some outstanding guest speakers for Sundays in August. Check our Sunday bulletin (which Delyth prepares so colorfully and carefully) or our website, interfaithspirit.com for details.

Heide Kaminski has the kids preparing 25 school-ready backpacks to donate to Alpha house, which is a homeless shelter for families. Anyone can get in on this project by checking the list of needed items on the wall outside the classroom, or by making a donation directly to Kellie or Heide. We hear that these backpacks are always very well received by Alpha House.

Last, but not least, so many thanks to everyone who made our yard sale such a great success. It would not have been as good as it was without each one who helped in ways unique to each of us. I bet there were at least 25 of us who helped in some way. I am so inspired by this community and its ability to work together for a worthy goal.

Thanks and Blessings, Annie

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CMM

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Community

Community

Member

of the

Month



By Jaclyn Morrow

We'd like to take a moment to give thanks to Dawn Swartz for so many things! She is a friendly smile, an open ear to talk to and as choir director at Interfaith, she brings music opportunities to all. The children's program at Interfaith is great on so many levels- and Dawn gives it more depth by offering the kids a breath of music that is uplifting and inspiring. Her sage advice to parents about the influence of music and lyrics on kids is grounded in her life experiences.

Dawn joined Interfaith around 9 years ago. She earned an Education Degree with a specialty in piano. Her love of music and education lead her to use music as a tool. For many years, she taught Susuki Violin in a school in Taylor Michigan, and continues to teach music lessons out of her home.

Dawn's life took her down another road that started at a nursing home as activity director. She was inspired by a chaplain that often visited there. She attended seminary at Northpark Chicago. Her search for an inclusive, God of love eventually lead her to make waves as the first woman minister in the Covenant Congregational Church in Boston. Preparing sermons, studying, writing and leading the youth was fulfilling and beneficial to those in her community.

She eventually made her way to Ann Arbor after following another calling- dance! Dawn was looking for a strong Contra dance community and she found it here. It was in this space that she also realized she could combine her love of dance and her love of music. Her skills at violin were made good use of and she once again was realizing the beauty of music and community as one.

Dawn furthers her life mission here at Interfaith. Her passion of music and community leads her to organize the summer lake picnic at Murray Lake. We are so thrilled to bring her efforts to the forefront of our minds and hearts!

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.

Board meeting this month is on

The newsletter submission deadline is

August Talks

- 5 Open mic "How Does One Live as an Awakened Being?"
- 12 Brett Koon "Deepening Compassion"
- 19 Rev Annie kopko "Exploring Your Path to Spirituality"
- 25 Marilyn Alf "Letting go"

Mark your calendars!

**CAFE 704 CONCERT SERIES
Saturdays**

- August 11: Dorkestra
- Sept. 8: PATH with Scott Mcwinney
- Oct 13: Benefit
- Nov. 10: Lisa Pappas and Michael Weiss
- Dec. 8th: Billy King
- 2019**
- Jan. 12: Mad Cat Ruth
- Feb. 9: San Slomovits
- March 9: Harmony Bones
- April 13: Not confirmed
- May 11: Laz Slomovits
- June 8: Marlena Struder
- July 13: Path with Scott McWhinney

**Volunteer Coordinator Corner
By Bob Hopkins**

Volunteer Coordinator Corner
This space will be used to identify volunteer needs and appreciation
as of June 25, 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 one more person to help set up the altar flower before the service – See Rev. Annie
- We want people who will be responsible to set up the sanctuary before the service – See Rev. Annie
- We want to find people to help with all the aspects of the July yard sale – See Rev. Delyth
- We are low on greeters and need a small infusion of new people – see Randall

APPRECIATION

- THANKS TO:** Janet Fry and Gretchen Leonhardt who have volunteered to help with the yard sale
- THANKS TO:** Mark Charles who has volunteered to help with the pot luck set up
- THANKS TO:** Marilyn Alf, Marice Clark and Darlene who have agreed to help with the altar flowers

- August
Birthday Babies
Happy Birthday!**
- 6: Barb Fisher, Alex Penn
 - 11: Esther Reilly
 - 14: Lorna Brown
 - 16: Luciana Lampert
 - 17: Lisa Smith
 - 18: David Winfree, Eileen Grady
 - 21: Diane Gledhill
 - 25: Cathy Dyer

**PEACE
GENERATOR
August 17**

August Music

- 5: Dorkestra
- 12: Sam Clark
- 19: Katie Geddes
- 26: Night Fire with Curtis Glatter

Board Meeting Highlights

Book store/Library discussion: Who is interested in what we at Interfaith have to offer - we could add this to our website, to show a depth of knowledge. Email newsletter could include info on the books.

Communications discussion

-comms team update - haven't met yet - Communication Team Invited: MaryAlice, Annie, Delyth, Heidi, Layla, Maureen, Nancy, Erik..others?

- Layla took over the website - Talk about making a page to highlight Board Members

- We are a destination and a community center where one can find inspiration and community here. Fellowship strengthens our experience. We are here to be inspirational to others and feel inspired.
- Perhaps a press kit could be helpful for promoting our special events

Treasurer and Finance Team Charter documents postponed;
Motion: to approve the position as recommended by the finance team. Final approval pending vote by the Board Members review of the document on-line.
Motion approved.

Associate ministers; Review of the past months since April.
Motion Made: Schedule of Payment has been via vote by Board. Ministers are schedule to be paid by the end of the month of

July. Vote to approve payment through September.
Motion Approved.

Need to send out another opportunity for community members to respond to survey. As there seems to be a need from the community to determine next steps for Minister search.

Where do we sign up for the Mail Chimp - add this to the Communication Team's agenda.

Motion made to continue the discussion on Board member replacement. The Nominating Committee will convene to take it up.
Motion Approved

Admin and Finance details

Kickshaw August 19 - October 7

Benefit concert: less than three months away. Working on securing items for the Raffle and music is being planned by Alaura.

Meta Peace Team Talk - October 8 and Workshop Nov. 17

NVC - Contacting Lisa Gottlieb to request Saturday October 20 or Sunday October 14 or 21st, or November or January

Meeting Adjourned 3:11 PM

Submitted by Nancy Biehn, Secretary

Conversations With God
Book 4
“Awaken the Species”

A six week class being offered on this important new message from God through Neale Donald Walsch.

When: Six Wednesdays beginning 8/22/18

Afternoon 12:30 – 2:00, or

Evening 7:00 – 8:30

Where: Interfaith Center

Facilitator: Rev. David Bell

Cost: \$40 Scholarships available

Registration: Sign up list on the welcome table or register on line at our web site.

- *Are we being assisted by highly evolved beings from another dimension?*
- *The sixteen ways that highly evolved societies differ from human societies.*
- *Are we really already awake but simply unaware?*
- *Is it possible for us to actually make a difference in the world?*
- *The five guidelines for moving toward living as an awakened being.*
- *The biggest impediment to living as an awakened being.*



**HORSES CAN
CHANGE
YOUR LIFE:
Sitting Tall
Cracker Jack
Ranch**

By Peggy Lubahn

Three hours on the morning of Saturday, June 23 have changed my life. It was my first time volunteering for the Sitting Tall Cracker Jack Camp in Grass Lake, where differently-abled children experience the thrill and the therapeutic benefits of riding horses.

Imagine that you live in a body that you don't understand; maybe it won't move the way you want it to; maybe you have trouble getting words right. Maybe frustration and uncertainty are your everyday companions.

Now imagine sitting way up high on the back of a REAL LIVE HORSE; a horse who is friendly and kind. And when you say a few words and move your hands just a bit, the horse starts walking. And when you say another word and pull back just a bit on the reins, this great big beautiful animal STOPS because you asked it to! And then it waits for YOU to say what to do next!

Do you FEEL how empowering this can be? Do you feel how hearts soar and spirits are lifted and lives change?

Tom and Julie Nelson host Cracker Jack Camp (named for one of the first program horses) at their farm and present Sitting Tall camp for six Saturdays every summer. (This year, it opened June 23 and the

last session will be August 4.) They're amazing people: both are easy to talk to, with the quietly competent energy common to those who love and work with horses.

The camp is something of a labor of love for them, and dozens of volunteers make the program possible. The human volunteers come from a kaleidoscope of backgrounds and the full range of experience levels and ages; from young horse-wise teens to older adults (like myself) whose horsey days are far behind them. What they have in common is big hearts and a desire to be of help to others.

The horses are also volunteers. Before they are accepted in the program, they are carefully screened to make sure they are safe mounts for this very special program. They must be willing to cope with the variety of energies, unpredictable movements and sounds they'll experience from their young riders. The horses are different breeds, sizes and colors, from sassy buckskin pony Alice to the mighty Adam, white as cream and just as sweet! And their owners get up early to drive to the farm every class day, lead their horses through the classes, then load them back in the trailer to go home.

An astonishing amount of work goes into getting ready for classes; and getting each student, horse and volunteer through each class successfully. But it all gets done, year after year. For love.

<https://www.facebook.com/crackerjackcamp/>

Youthful Spirits

Trusting activities



Birthday Boxes: we need shoeboxes, birthday wrapping paper, and “ingredients” to make an instant birthday party packet for children at the Alpha House. Joy delivered 5 complete packages for us, but we still need certain items to complete a few more. Come see us about which items we still need.



Back-to-school Backpacks, our annual drive to pack backpacks for the Alpha-House children is in the process, also! Our goal this year is to top last year’s record of 21 bags and pack 25! We have 4 backpacks so far and numerous supplies. List of items and how many is posted on the wall in the social hall by the classroom.

On the right: James Archer took over the class about emotions and changed my planned craft project into a better one! He then taught his peers how to do it! What a wonderful way to change the lesson plan!!!

We also sorted almost 100 pictures into 6 basic categories of emotions. Whew!



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