



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

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Worry Does
not Empty
Tomorrow
of its Sor-
row;
It Empties
Today of its
Strength

By Dawn Swartz

Lately, I've been noticing that, left to itself, my mind can run my personal train off its track. Like the ego, the mind tries to create drama for drama's sake. Myrtle Fillmore, the great teacher and founder of Unity, is a great source for learning about the mind. She is famous for saying, "You do not have a problem except the one that is in your own mind, and you put it there!" And from her husband, Charles Fillmore, "Divine mind is the one and only reality."

Working with my mind has changed my faith and my life's journey. Many years ago in my first church position in Boston Mass. I got to know the custodian of the parish very well. He was 50 years older than I and he spoke in a thick accent. Once, just making conversation, he asked me what were my plans for the future. Well, that was just the worst question for me at that time because now my work/study position was over with and very soon I had to enter real life, get ordained, choose a denomination and get a job! When the custodian asked me that question, I just laid out my heart before him. But letting out my fears and my grief just overwhelmed him and in his unassuming way he quietly said,

"Dawn, You gotta kiss it up to God!"

He walked away then but left me thinking. Kiss it up to GOD? It was his way of saying in an old-fashioned way, Let go and let God. I had been actively trying to get somewhere without knowing where, and it was driving me crazy! Instead of creating my intention and letting it go in trust, I was holding on so tight to my hopes that I was suffocating them! Kiss it up to God was exactly what I needed to hear.

When I let go, that's when my ministry began! I did find a church to work in; full-time pay for full-time work! I did get married and I was able to be a mother. My hopes did come true but very little has happened that I pulled the strings for. Of course I had to work very hard, but once that was done I learned to let it go and let God do what I couldn't do. I learned that I'm no puppeteer and God had good in mind for me that I could never have orchestrated myself.

KISS IT UP TO GOD.

Recently, since working with hospice, I've had many a day that did not go the way I planned, expected or even hoped for. But every day has been in divine order. Just one day, in only 8 hours, things can go from good to bad to worse and back to good again. One day last week was like that. Looked like a very easy day. 2 patients to see; maybe only 100 hundred miles to navigate. Piece of cake right? But the office at hospice had just gotten new software, was asking for passwords I had never set up, with icons I had never seen before. The person who could help me was out sick. The office manager was going nuts with

phone calls and each time she would pull away from her desk to help me, she had to run back to the phones. It was one challenge after another with my computer until I looked at my watch and realized I had been at the office for two and a half hours for a job that should have taken 20 minutes. Now I had to face traffic much worse than it would have been 2 hours before.

My mind started into a downward spiral: I'm running late. The traffic is bad. I'll never make it back on time to meet my husband for date night. Oh no. This won't work... on and on.

I had already started the pattern of negativity in my mind. After I got driving the whole thing started spiraling again, my mind started negative language, "you can't do it. It will never work...." Then I realize, that's my mind. I own it. So I get to decide what is in there and if it pleases me or not. I am a human being. I am loved and beloved. But trying not to worry wasn't doing it for me. Then I remembered, KISS it up to GOD. Just as I started a pattern with the worry, I can start a pattern of letting it go. How many times does it take to create a pattern? Only two. That's it!

The first time takes resolve, it's true. But after that, it's just repetition!

So first I set my intention and then repeated it. And I had peace for a while but a half hour later I got cut off on the road. And the **monkey mind** starts in again. "See? You're gonna be late?" So I intervene. I repeated my resolve. This is MY MIND and I don't want worry in it. God, it's Yours!

Merry Ministerial Miscellany, Dec. 2018

Ah, finally it is here, 'tis the season we all love to hate, or at least grumble about: too many lovely fun things to see and to do, too little time. Time, of course, is an illusion, like everything else. That's not to say we should not give it all our love and our passion. We should and we need to, for it is life. (but we need to relax a bit)

We think that all of these events and responsibilities have been decided for us, long before we were here, but really, we are deciding all of it and we are deciding that we must keep up with it. Who says! Who says I must participate in all of this????

It is much easier to make any decision, if first we take responsibility for all of it. I created all of this. Really? Are you serious? When I do indeed take responsibility, a funny thing happens, some part of me lets go. When I let go, I relax, forgive myself for not doing everything I want to or should do (and maybe feel guilty about), and then I can actually have a lot more fun doing anything I decide to (without the "should" part).

If you decide to be part of some festive events at Interfaith, there is a plethora to choose from this month.

Dec. 8th, on Saturday, Billy King is at Café 704, and we have a special Artisan 704 with five vendors with jewelry, pottery, large crystals and stones, and crafts from Rwanda. 20% of sales come back to Interfaith.

Dec 9th, After service on Sunday, from 12:30 to 1:30PM, we will have a "Holiday Craft Fair" with vendors from Saturday evening. At 2PM there will be Remembering Wholeness in the Sanctuary with Deep Spring Center. with David Winfree. 2-4PM

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Community
Member
of the
Month
Community
Member
of the
Month

Vivacious
Vicki



By Jaclyn Morrow

We are excited to give thanks to Vicki Davinich, our community member of the month! Vicki comes from a Detroit family. Her parents have a beautiful story of love during the war. She was a nurse and he was a soldier. They met in Australia and the rest is history- as they say! Vicki grew up in Rochester where her parents were happy to attend the Episcopal church right down the street. The beauty of the local community for socializing and babysitting was too good to turn down! University of Michigan in Ann Arbor became Vicki's next home. She went there to get her degree in the 1970s and got her teaching certificate. She continued on to get her Masters in clinical psych from Eastern. For the next 10 years, Vicki worked as a psychologist in Ann Arbor and Westland until she became a mother. That is a time of transition for everyone! And especially for someone working full-time. She wanted to continue working for U of M and was able to shift her career to office administration and loved learning many different things over the years. She did everything they needed and ended her time there in accounting and events planning. Vicki eventually retired from UM in support of her health. She was suffering from dystonia and needed to take more time for exercise and other activities for her body. This was the self-proclaimed year off. Vicki struggled through an understandable time of anger. She battled these feelings with AL-anon meetings, interfaith, and talking with people who had similar emotions. During that year while she discovered a safety net of supportive friends and community, she also began to drive a friend battling cancer to doctor appointments. This beautiful friendship was able to shift Vicki's perspective and allowed her to open to her year of saying yes.

During this time Vicki was getting regular healing massages with Annie Kopko. Annie casually mentioned to Vicki that she was going to be giving a talk at interfaith and that Vicki might enjoy it. It may be a good fit.

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Volunteer Coordinator Corner

By Bob Hopkins

This space will be used to identify volunteer needs and appreciation as of November 18, 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 responsible people to set up and tidy up the sanctuary before or after the service – See Annie

We can always use treats for after Service – See Ted or just bring them in

We could use one person to be at the Welcome table on the fourth Sunday of the month – See Bob

We need one person to act as a greeter on the fifth Sunday of the month – See Randall

We need a new transportation coordinator/provider – see Marilyn Alf

APPRECIATION

THANKS TO: Dawn Swartz who played keyboards, organized the music and whole of the event for the November barn dance.

THANKS TO: : Carol Jacobs was one of the callers at the November barn dance.

THANKS TO: Craig Brann and Jill Crane for sound at the November barn dance.

THANKS TO: The many people who set up and help with the clean up on the November barn dance, most especially Rob Fagerlund who did yeoman's work in both areas.

THANKS TO: Delyth Balmer for coordinating all aspects of the Meta Peace Non-violence Workshop

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Corrie Ten Boom is a well known author of many books which she wrote after she lived through Nazi Germany and endured the concentration camps along with the Jews she had given shelter. There the tremendous difficulty to just keep living and not become depressed kept her spirit challenged. Her famous quote speaks to this issue of letting worry get the best of us. "Worry does not empty tomorrow of its sorrow; It empties today of its strength"

For me it's time. I want to control it. I'm a good planner so I want to see my good work prosper for what I have planned. Reasonable right? But it's really better for me if I can give it up and take things as they come. Let go of what I can't control. I need to face that I'm not in control finally and I am happier when I can give up the control.

I want to challenge you to take

some quiet time to let go actively of your worries. Be present. Appreciate all you've been given. Dare to live with your whole being; physical, mental and spiritual. Notice when one part needs your attention. Look for balance. Ask God to take your worries. And then leave it there. Be positive with your thoughts. Learn to stop negativity before it has time to create a pattern and start a spiral down.

Instead, take two moments to state two emphatic times. God, it's in your hands. I now let go.

This is **your** life. No one else has say over what is in your thoughts. You have that privilege; YOU alone have that responsibility. It's your life. It's your choice. It's your call. Don't get distracted by anything. Create your own positive pattern with repetition. For worry never did help in the present; it only takes strength from tomorrow.

CAFE 704 CONCERT SERIES Saturdays

Dec. 8th: Billy King

**December
Birthday Babies
Happy Birthday!**
2. Francis Patraitis
9. Nancy Biehn
13. Andy Walker
15. Rob Fagerlund
19. Valoree Sprentall
21. Susan King

December Talks

2. Lou Weir: Finding Your Authentic Nature-The Diamond Approach to Spiritual Inquiry
9. Atmaram Chaitanya-Shiva Meditation
16. Rev. Annie Kopko Inspiration from the Birth of Jesus (Youth Ed Performance & Choir)
23. Rev. Delyth Balmer: A Season of Light
30. Burning Bowl Service

December Music

2. Billy King
9. Laz Slomovits
16. Interfaith Chorus
23. Katie Geddes
30. Burning Bowl Service

November Board Minutes Highlights

Ministers Report -

Death Café, South Ann Arbor

Tuesday, December 4, 6:30 - 8:30. 5:45 for potluck.

Repeat every first Tuesday

Make a flyer - Death Cafe at 704; Susan Thompson Co-facilitating starting in February.

Communication Team to look into who can manage the Meet Up and adding more of our groups there - we get 3 events for the amount we currently pay.

Meta-Peace training went well - 14 people attended.

Schedule NVC - Compassionate Communication

Workshop for 2019 - opportunities for next year, Dolores and Nancy to discuss more about offering just the basics.

Administrator - December 2 - Holiday Decorating - before or after potluck; December 8 into December 9 - Craft show/Cafe 704/Artisan 704

Finance

Reviewed and discussed details on Fundraising goals and break-out of detail to know where income is coming from - Delyth will break down for next meeting.

QCC

Exercise, leadership transition

Correction to operating cash on hand is \$39,704. \$15,733 is building fund, other restricted is \$3,631. Total Cash is \$59,068.

During QCC a request was made that we offer some terms of what we are looking for as a Leadership Style. Could we come up with some description styles for community to consider. Where does this start? Is this a Board project? Co-Creation Team?

Brainstorming workshop on a Sunday with Board and Co-Creation together?

Gather both groups together after the holidays.

Delyth gone for 2 weeks in January - what can we do to support her?

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Dec. 13th, Thursday 7-8PM, Singing for Comfort with Layla Ananda.

Dec. 16th."Maitreya's Teachings for the Age of Aquarius" with Dolores Rubio-Turtle & Mark Long. 1PM (no charge)

Dec. 22, Sat. 7PM Winter Solstice Candlelight Meditation with Norma Gentile.

Dec 23rd, Sunday, Journey of the Soul with David Winfree. 2-4PM

Dec. 24th, Monday, Christmas Eve Candlelight Service. Led by Dave Bell and Cathy DeLauter.

Dec. 25th Christmas Potluck Dinner, with songs, movie, and games 1PM. Bring friends and family, and a dish to pass.

Last but not least: New Year's Eve Party, 8PM finger food potluck. Volunteers needed!

Thank you to all the volunteers (and Delyth) who make these events POSSIBLE!!!!

Please know that you will find more details for these events on our website.

May you experience all the warmth and blessings of this wonderful season.

Love to All, Annie



CMM—continued from page 2

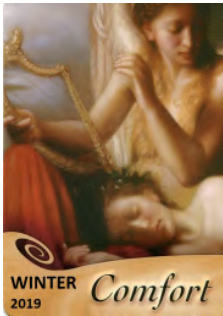
Well, let's just say the community fit like a glove. A glove that was knit just for you. As soon as she entered the community she noticed the lack of negative judgment as well as the beautiful music. The music at Interfaith was especially healing for Vicki because of the disorder she was working with. Music helps brain function. In her own life, Vicki had discovered that music made things work more smoothly. The lack of dogma and the willingness of the group proved appealing to her. So Vicki has stuck around.

And thank goodness! You may regularly see Vicki as a greeter on Sunday mornings- with a smile on her whole being. She often works at the welcome table and is a part of the caring committee. She has enjoyed other volunteer opportunities like working the Interfaith table at the Psychic Expo as well. What a welcoming experience!

Vicki also finds a common ground in regularly attending the Course in Miracles meetings. There is a similarity here at Interfaith that she finds relaxing. This common course of growth, energy and connectedness is the perfect combination. We give thanks Vicki is here and adding to the energy.

THE INTERFAITH CENTER FOR SPIRITUAL GROWTH'S ORACLE CARDS FOR 2019

By Peggy Lubahn



WINTER: January, February, March

Comfort (Grace Cards by Cheryl Richardson)
Lean back into the arms of grace. Let go and let God.



SPRING April, May, June

Risk (Wisdom of Avalon Oracle Cards by Colette Baron-Reid)

This marker brings excitement to your path. You cannot know the outcome of the action you're being called to take until you do it. In this way, you're required to be blind in the forest for a time, risking all you know and all you've acquired on your journey for the potential of something better.

Perhaps the training you require demands faith in what you cannot experience with your five senses. But reliance on your sixth sense -- your intuition -- can provide you with another type of sight to aid you in your journey.

Very important questions can be answered now: *Is engaging in the situation worth the risk, or does my inner sight tell me to wait to learn a lesson of defeat in surrender to the promise of unknown potential?*

Pray for guidance and ask for a sign. If the answer is yes, take the risk. If no, rest, regroup, and wait on the will of the Divine Mystery.



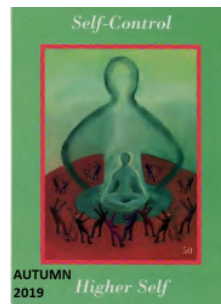
SUMMER: June, July, August

Cow (Beasts of Albion deck by Miranda Gray)
Characteristics:
Gentleness, fertility, domesticity, parenthood, love, caring, nurturing, well-being, talent, self-worth, wealth, nourishment.

The Cow represents the desire and ability to care for and nurture others, gaining pleasure from giving of yourself for others' benefit. It may also represent talents and gifts which, if used wisely, can lead to fulfillment and wealth. The Cow takes life at its own pace, able to share its abundance with others.

Spiral Path meaning: *The Nurturer.* The Cow teaches a willingness to share your talents and gifts with others, and the capacity to take on the role of nurturer in the confidence and certainty of your ability to provide.

AUTUMN October, November, December



Self Control/Higher Self (Ask Your Guides oracle cards by Sonia Choquette)
Characteristics: Restraint, Detachment, Composure, Relaxation
Your Higher Self is advising you to keep your emotions in check

through these times of change and transition. Be on guard, as well, against being manipulated emotionally by the fear and drama of those around you. Change is in the air, and the uncertainty at hand is stirring up a lot of anxiety and security. Recognize the potential stress, and choose to brave the volatile storm by remaining cool, calm and collected.

Youthful Spirits



We are preparing for an awesome Christmas performance on December 16. Young and old, you do not want to miss it!



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