



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

VOL. XV, NO. 08, August 2019



Happy Birthday, Esther!!!
We love you!!!



Esther Reilly is turning 90 this month! She is the oldest member of Interfaith and has been here for all of it's existence. Read a lot more about her in the CMM column.



Ministerial Miscellany
By Rev. Annie Kopko

Summer always finds me in wonder at the abundance of Nature when the vegetables start producing their luscious food. Part of the appreciation is because of all the things I am doing, I just can't be out there in the garden every day as I might wish. Then I think, Oh, the abundance of the mosquitoes. Them too, not just the vegetables. The tiny ones that appear in August seem to always be more aggressive than the earlier larger ones, so I wear this annoying net over my head and neck.

Life is always perfect in its imperfection. Because of the increased rain, we have more bugs, but we will also have more blackberries. Nature has a way to balance everything. Whenever we connect with our natural self, we have a better way to maintain our own physical and spiritual balance, too. This month, take your shoes off, walk in the wet grass. Get grounded. Feel that earth energy that sustains you. Attend the events and be with the people that sustain you, too.

Special events in August: (As always: more events and more details for each event on our website Interfaith-spirit.org)

Sat. Aug. 3rd: 7:30 PM Drum and Dance Jam with Curtis Glatter. Donations welcome.

Tues. Aug. 6th: A new Sufi Movement and Meditation class with Imam Kamau Ayubbi starts at 6:30PM. Donation of \$5-\$10 per class.

Tues. Aug. 6th: Death Cafe: 6:30PM Small group confidential conversations about death and all its possibilities. FREE. Thursday Aug. 8th, Singing for Comfort 7PM to 8PM, Simple easy songs led by Layla Ananda. No experience necessary. Free.

Saturday Aug. 10th: 10AM to 5PM workshop: Breatharianism & Pranic Nourishment with Norma Gentile and Breatharian Elitom El-Amin. Also Friday at 7:30PM at Enlightened Soul Center.

Saturday Aug 10th. CAFE 704, Nadeem Azzam and his band, fresh from Ann Arbor summer festival. 8PM by Donation, \$8

Thursdays, Aug, 1, 15, 22, 6:30 to 7:45 PM: Mantra, Movement, & Meditation, with Yoga teacher Jennifer Lenders.

Aug. 17th Sacred Sound: Mark and Roberta Maxwell are sound healers and the creators of Sacred Sound Journey. Their goal is to uplift humankind through sacred sound for the benefit of all sentient beings.

Blessings to All, Annie

Esther Reilly	Page 1
CMM	Page 2
Community page	Page 3
Peggy's Column	Page 4
Youthful Spirits	Page 5
Bob Hopkins	Page 6
The Heart of Rhythm	Page 7
Good Bye, Rod	Page 8
Fundraising Flyer	Page 9

Community Member
of the Month

Exceptional
Esther



By Jaclyn Morrow

Happy Birthday to our Community Member of the Month- Esther (What's her last name again?! Lest you think her presence here at Interfaith only consists of her front row regularity, let's talk about all the work and energy she has brought to the center over the last 20 or so years. Esther has been the Yard Sale Queen of the Decade. She has also brought her organizational and people skills into the position of The Kitchen Manager, from which she confidently retired. Esther has been Interfaith Community since the beginning days with Dave Bell and the rest of the cast of characters. You may also see and hear her leading songs during service concluding with her sincere "Namaste my friends". She has also been a listening ear and a helping friend for the Youth Services program for a long time. On top of all that, she has been Heide's faithful and trusted editor for the newsletter for years!

Esther was raised in Detroit in the Methodist Church with supportive parents that she admired. Both of her parents were hard workers that backed up her decision to go to Business School. They paid for it and offered to have her pay half of it back after she was working. After training she worked as a secretary. She took some time off to have 6 children. Yes, you heard right. 6! What an amazing woman! Not only did she birth 6 humans, but her grown up humans are friends and generally have good relationships with each other and with their mother. That is a serious accomplishment that deserves recognition!

Church and found Interfaith. She comes every Sunday with her daughter (what's her name again?) and the relationship they have is beautiful.

Volunteer Coordinator Corner

By Bob Hopkins

This space will be used to identify volunteer needs and appreciation as of July 14, 2019

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 a person at the Welcome table on the fourth Sunday of the month – See Bob
We could use about two more people to be available as greeters as needed – See Randall
We need people to help with transportation –see Donald, the Transportation Coordinator.

APPRECIATION

THANKS TO: Ray Fix for his ongoing help behind the scenes in Café 704

THANKS TO: Delyth Balmer and all the people she is gathered together to coordinate the July yard sale

THANKS TO: Sally Searls and all the people she gathered to make Rod's farewell party a rousing success

August Birthdays

6 Alex Penn
11 Esther Reilly
16 Luciana Lampert
18 David Winfree
21 Diane Gledhill
25 Cathy Dyer

August Music

4 Nadim Azzam (Café 704 Promo)
11 Layla and Alaura
18 Curtis Glatter
25 David Vaughn



August Talks

4: Brece Clark
"Compassion for Animals and the Self"

11: Tracy Worcester
"Hopepunk: Pass it On"

18: Dr. Ali Hus-sain
"Stories and Story Telling"

25: Rev. Annie Kopko
TBA

Fun Facts about August

It is the last of the summer **months**.

The Islamic holiday of Ramadan runs from **July 19** to **August 18** in 2012.

August in the Northern Hemisphere is similar to February in the Southern Hemisphere.

Augustus renamed the **month** of Sextilis because many of his greatest triumphs occurred during this **month**.

<https://www.ducksters.com/history/augustinhistory.php>



Artwork from DeviantArt

WOHPE, THE LAKOTA GODDESS OF PEACE

By Peggy River Singer

Wohpe, whose name means "Meteor," is the Lakota Sioux Goddess of Peace, also known as a Star Goddess. She is sometimes called "Falling Star" because she can grant a wish or mediate a problem between friends whenever a star falls, which we know today as wishing upon a star.

Her themes are wishes, peace, beauty, pleasure, cycles,

time and mediation. Her symbols are falling stars, sweet grass and peace pipes; and her favorite stone is Turquoise. She gave her people a carved stone pipe filled with sweetgrass and tobacco, the first peace pipe. Then she taught the tribe how to use the peace pipe to send messages to the Great Spirit, and how to use the pipe to help bring about peaceful negotiations with other tribal groups.

Wohpe is traditionally honored during the annual Perseid meteor showers, which peak the night of August 12. Watch midway between the east and north points of the sky for best results; but the meteors can appear from other sections as well. If you spot a shooting star, tell Wohpe what message you want her to take back to Heaven for you.

Over time, Wohpe became identified with White Buffalo Calf Woman. However, Wohpe assures me that she is still a vibrantly alive divine being; and she will bless anyone who honors her and what she stands for.

So she jumped right back into the work force and kept on keeping on until she retired at the age of 74. Retiring just isn't in her nature. She was a firm and loving mother who found value in teaching her boys how to iron and run the washing machine.

Here's some sage mothering advice from Esther, "There are things I need to know, There are things I don't need to know. And you (my child) need to know the difference." ! So awesome.

After marrying her husband she converted to Catholicism. She eventually tired of the Catholic Church telling her what to do, when to do it... and so on. So Esther left the Catholic Church and found Interfaith. She comes every Sunday with her daughter, Norah, and the relationship they have is beautiful to behold. She often shares readings from the Conversations with God series. Esther doesn't have many spiritual books in her house, but she has every one of those and loves to share their messages.

She has this refreshing outlook on life. Talking with Esther is like talking with an uplifting piece of yourself. A joyous almost younger part of you that looks at the bright side and is full of

hope. Esther shares how blessed she is. She revels in the fact that God has given her so many gifts. She knows God has a plan for her even if it's just – recognizing the gifts he has given her and using them well. I'd like you to read that last sentence again if you have a moment. If you can, try to take some time with that thought. How calming that attitude is, how open and whole. What a gentle reminder for all of us. Esther believes there is a reason she has been so protected, she says, "Good Health, Loving Family. How could I not thank God?" She also believes that one of the biggest blessings of her life is being part of the Interfaith Center.

One last tidbit of elder wisdom from Esther is the relatively simple idea that "If you give love, you get love." Simple in form yes, but incredibly hard to live. Esther is a living, breathing example of it. She feels so blessed from the kindness and relationships here at Interfaith, but without her the Community itself wouldn't be the same.

Thank you for all that you are Esther!

Youthful Spirits



AlphaHouse Children's Back to School Fundraiser!

We have 12 backpacks to fill.

Please donate new school supplies, or give money to Youth Ed to go shopping for you. Hint, Heide LOVES to spend other people's money



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

CONSTRUCTION OF A PRAYER

by Bob Hopkins

The first question a person must ask upon reading this is: Who is Bob to be writing a treatise on prayer construction? This is a fair question and the fair answer is that I was raised and practiced Catholicism for the first 28 years of my life. As such I was schooled in all the formulated prayers of those times from the Lord's Prayer, to Hail Mary to Glory Be. There was a prayer before meals, a prayer after meals. There was the Apostle's Creed as distinct from the Nicene Creed said in the course of the Mass. There was an Act of Contrition, an Act of Faith, an Act of Hope and an Act of Love. In short, there was a formal prayer for every conceivable occasion. Who can rival my exposure to formal prayer? In addition, I am familiar with the prayer of St. Francis of Assisi and the classic Prayer of Protection by James Dillet Freeman.

The second question a person may ask is why should I care about a formal prayer of any sort? I would fully agree that a true expression of a heartfelt prayer may be all that is ever necessary. But why do mediators have Mantras? Why do the 99 names of God, popularized in Islam, form an essential part of prayer for Muslims? What is it that Jews recite with family at a Seder and in temple on the High Holy-days? I would contend that formal prayers can be an opening statement, designed to put one in the Spirit of prayer, a means of connecting with the Deity, the God in all things and all people. Consider a formal prayer an opening salvo.

The third question to be asked is what is one to do with the wealth of all of these prayers coming from so many cultures and faiths? How does one choose? I would certainly agree that everyone has the freedom to pick an appealing formal prayer from any source and use it liberally in any and all situations that call for prayer. Strangely as a bone-fide member of the Interfaith Center for Spiritual Growth, I wanted to create my own formal prayer and use it several times per day and be sure that I believed every word of it and could eventually recite it regularly. I was struck with the Muslim practice of prayer five times per day. Once I learned that this was one of the five pillars of Islam, I was convinced that I wanted something to say regularly five times per day.

This will become a series of newsletter articles until I complete my thoughts on how it was constructed. Perhaps, along the way you will want to construct your own. Keep reading, in the next installment, I will begin by elaborating why my prayer begins: O Wonderful Creator of the Universe.

TWENTY-FOUR HOURS A DAY

MEDITATION FOR THE DAY

Be expectant.

Constantly expect better things.

Believe that what God has in store for you is better than anything you ever had before.

The way to grow old happily is to expect better things right up to the end of your life and even beyond that.

A good life is a growing, expanding life, with ever-widening horizons, an ever-greater circle of friends and acquaintances, and an ever-greater opportunity for usefulness.

The Heart of Rhythm and other Musings

The Heart of Rhythm by E.S. Nowakowski

The heart of rhythm comes from a connection, a joining.

Vibrations transcend mere physical functions, in shared purpose.

Contrast and movement to form a unification. A song to creation.

Made in blissful expression of the divine creativity in us all.

Spiritual Thunder by E.S. Nowakowski

Spiritual thunder pours forth
Into our world,
a channeling of ancient energy.

An opportunity for joining the present with the past as the Spirit moves through hands and feet.

Moving through time and beyond we nurture the roots of our soul.

My current project was birthed from regularly interrupted rhythms. When I realized my thoughts would be halted with no moments notice, I turned to acrostic poetry. Enjoy, and maybe try it yourself.
-Jaclyn Morrow

A.I.R.

Awaken to Almost
Internalized I

Rhythm Rise

E.A.R.T.H.

Everything Empathy
Alive Attracts
Roots Rhythms
Towards That
Harmony Hold

W.A.T.E.R.

Words Wittle
Are Away
Televised Tedious
Extroverted Empty
Rhythms Reasons

F.I.R.E.

Find Forests
Importance Improve
Rippling from Rough
Everywhere Edges

I sat on the rock- one with it. Running my jagged fingers along its broken sides. Sinking my seat into its sharp spots.

Breathing deeply I pried my eyes open. I get overwhelmed sometimes but am just as often underwhelmed. This rock is holding me in space and I listen for its breath, its rhythm. But it seems to be holding it. For how long? How long is a rocks life-time?

Well, I can't hold my breath any longer. I release my grip and look up, overhead and underneath. Cradled in the caress of the trees. Watching them sway and allowing for relaxed eyes again.

Ahhh, there it is. There's the pulse.
There's the softness and there's the beat.

Ahh yes.

Forests Improve Rough Edges.
(F.I.R.E.)

Good Bye, Rod!



Grocery Card Fundraiser ("Scrip" program) Update

Background:

This is a way for local food stores to contribute to Interfaith about 3-5% of whatever you spend at these stores. It costs you nothing more, and it really does help the Center. The only place that still requires actually buying cards at the Center is Peoples Food Co-op. For questions or to buy cards you can find Craig Harvey in the social hall after service, or phone Craig at 734-971-8576. And here are the details about each store's program (Kroger, Busch's, Arbor Farms, and People's Food Co-op).

Kroger shoppers:

Please look at the bottom of your Kroger receipt and verify that it includes the following notice. If it doesn't, then please sign yourself up!

****Kroger Community Rewards****
At your request, Kroger is donating to
INTERFAITH CENTER FOR SPIRITUAL GROWTH

To link your Kroger-Plus account to Interfaith just go to:

<https://www.kroger.com/account/enrollCommunityRewardsNow/>

Look at the "Community Rewards" section of your account info and edit it as needed to make the Interfaith Center for Spiritual Growth (#82808) your preferred organization. Whenever you go shopping, just do your usual swiping your Kroger-Plus card or entering your phone number to identify yourself to the system. It may take a couple weeks for you to be fully in the system, after which the bottom of your receipts will always mention Interfaith.

Busch's:

If you don't have a Busch's MyWay account, you first need to do that at <http://buschs.com>. Then connect your MyWay account to the Interfaith Center using their "Cash for Education" feature.

- To enroll in Cash for Education log into your MYWAY* account and select Cash for Education from the dropdown menu underneath your name.
- Choose up to four organizations that you would like to support per quarter.
- Be sure to use your phone number at checkout.

Reminder: You must have a valid email address and opt-in to receive emails to participate in this program. Please also note that participants will need to re-enroll on an annual basis (easier after you have your MyWay account).

Arbor Farms:

No cards or phone number to worry about! All you need to do is tell the cashier that you want to credit the Interfaith Center for Spiritual Growth (or just say "Interfaith Church" which they recognize more easily). You just have to remember to **mention it every time you shop**.

Peoples Food Co-op:

Buy \$50 or \$100 card(s) from Craig at Interfaith. When you use them up, buy more of them at the Center. You can pay with cash or check made out to the Interfaith Center (or just "ICSG").