



INTERFAITH INSPIRER
WE SHALL SURVIVE EDITION #7
OCTOBER 2020

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SHORTENED VERSION DURING THE PANDEMIC

MINISTERIAL MISCELLANEOUS BY ANNIE KOPKO

One of my takeaways from going through breast cancer treatment all these months seems to be understanding the need to take care of myself, the need to be kind to myself, the need to think well of and to honor myself. I don't know that I really know how to do these things very well, but I have definitely been offered ways to explore this. I have noticed that I am less in a hurry and that I give myself more time to get things done. I stop more often to take a deep breath.

It is interesting that one of the ways to take care of myself is to let others help me, especially by bringing me food and giving me rides. You are sending cards with little love notes and calling me to see how I am doing. When you say to me, "How are you?" I know that you really mean it. The outpouring of love from this community has been divinely inspired. This is just what we do and who we are. I have no doubts.

It is so easy to forget that we are magnificent expressions of our one Spiritual Source. No matter what we are going through or thinking about what life may seem to be dumping upon us, we are Divine. And we are powerful and whole enough to know that we have choices, choices that we exercise every day. We know that we deserve the love that we receive from each other. One of the highest expressions of our divine humanity is forgiveness, of course, but of equal importance is gratitude. **Give thanks for everything (and I mean everything).**

Our **Sunday Services** are on Zoom each week. Layla Ananda sends out the **links for all of our activities on the Yahoo group every Monday.**

Enjoy your October and the changes of Fall in the parts of our world preparing to sleep.

Blessings to All!

Annie



SUNDAY CELEBRATION SERVICES FOR JULY 2020



October 4

Service Leader: Rev. Annie Kopko

Message: Ali Hussain "In an Artbeat: Rhythm and the Music of Life"

Reading: Heide Kaminski

Meditation: Holly Makimaa

Special Music: Paul Vornhagen

October 11

Service Leader: Rev. Delyth Balmer

Message: Imam Kamau Ayubbi "Integrating the Higher Self into Our Days and Times"

Reading: Annemarie Howse

Meditation: Lyriel Claire

Special Music: Katie Geddes and David Vaughn

October 18

Service Leader: Rev. Lyriel Claire

Message: Janet Somalinog "You are Not Red or Blue, the Journey from home to Home"

Reading: John Lang

Meditation: Laurie Knerr

Special Music: Don Allen

October 25

Service Leader: Janet Somalinog

Message: Rev. Lyriel Claire "Spirit Guides and Teachers"

Reading: Mary Alice Truitt

Meditation: Joy Pendleton

Special Music: Layla Ananda

PEGGY'S COLUMN

AUTHOR BIO

Peggy River Singer is a Lightworker, animal communicator, medium, faerie ally, Reiki practitioner, and lifelong writer. She combines her gifts to help create harmonious relationships among all who share the Earth. Connect by phone at **734-548-0194**; and by email at newbluecanoe@aol.com. Articles about her experiences and insights are posted on her blog, angelsfairiesandlife.wordpress.com.

A CONVERSATION WITH THE OVERSOUL OF BREAD

By Peggy River Singer

I've been making bread since I was a child; I love the process, the possibilities, the traditions, and the history. Since the stay-at-home situation has encouraged many people to experiment with home-made bread, interviewing the Oversoul of bread seemed a natural choice for this article.

Peggy: Hello, thank you for connecting with me. How would you like me to address you?

Bread: *"Bread" will be fine, thank you.*

Peggy: What title or word should I use to describe what you do?

Bread: *I am the Oversoul of grains as well as yeasts and other leavening substances.*

My assignment is quite specific and specialized.

Peggy: Will you please explain how you came to hold this position?

Bread: *Gladly. As human cultures developed and spread, Creator saw the usefulness of a common (widely adaptable and shareable) source of nutritious, easy-to-prepare foods that did not require the shedding of blood. The Deva of grain-bearing plants stepped up and pointed out that grasses were already very widespread, and suggested using them. Creator then tweaked the grain plants so they would be more compatible with human biochemistry, with greater levels of proteins, vitamins and so forth for maximum food value. It was at that time that Creator brought me into being.*



Peggy: And what are your typical duties?

Bread: *I am responsible for investigating, studying, and implementing development of new grain and leavening sources and bringing them to the attention of humans. I am in constant connection with selected sources of information about what humans need and desire in these products.*

Peggy: Do you influence any humans directly?

Bread: *Occasionally, yes, in the form of insights and inspirations.*

Peggy: Some of our wheat and corn varieties have become so highly hybridized they are no longer as easy for many people to digest, and have much lower nutritional benefits, than the same plants from long ago.

Bread: *Understand please that I do not have authority to interfere with human activity in such matters. Humans love to explore, invent and discover, as you know.*

Peggy: Yes, and there is growing interest in traditional grains of many cultural groups; quinoa is a good example.

Bread: *Exactly. In this you can perceive the working of universal balance: grains that are no longer digestible, balanced by discoveries of new sources of grains.*

Peggy: Bread-making has probably always been associated with production of fermented beverages such as beer and ale. Is this also part of your assignment?

Bread: *I am aware of the connection, naturally. However, other entities are in charge of those substances and their making.*

Peggy: Bread has become deeply rooted in most human cultures as much more than "just" a food source. It is a symbol of hospitality and sharing; it offers an outlet for creativity and craftsmanship; it is the source and symbol of many traditions. Has all this developed as a result of your own responsibilities?

Bread: *Indirectly. Creator of course has always been aware of the potential for these developments. Again, human free will and inventiveness are the active forces.*

Peggy: Is there anything else you would like to share with those who will read these words?

Bread: *Allow yourself the freedom, the joy of creating something significant using such ordinary substances and flour and salt. There is a magic to creating bread, to loving and working with the living yeasts. And if the making is not your desire, consider expressing love and appreciation when you eat bread made by others. In this, you will be joining humans who have done the same for many thousands of generations. This energetic connection can help bring balance. This talking is complete.*

CONSTRUCTION OF A PRAYER – PART TEN BY ROBERT HOPKINS

O Creator of the Universe Who was manifested in Jesus Christ, Buddha, Confucius, Gandhi, Quimby, Moses, Muhammad, Bahá'u'lláh, and Rumi, Whose Spirit spreads and reigns throughout the world: I pray in gratitude for all the wonders of the world, wonders of the Universe. I pray for release from all negativity

So, I would like to resume the construction of the prayer on the point of releasing. When I first learned of the concept of affirmation and its importance in paving the way to the life to which one aspires, I was enthralled. My rookie mistake was to jump in and do all the affirmations I could find. After noting that not a lot had changed, I reluctantly looked into the process of release and renunciation. As a student of the Unity Church of Practical Christianity, I became quite familiar with the Twelve Powers of Man, written in 1930 by the Unity co-founder, Charles Fillmore. He identifies renunciation as the eleventh of those twelve powers. As I was becoming more comfortable with the concept of renunciation, I was beginning to heed some sources of deeper wisdom. I learned that superimposing affirmations over a field of false or negative beliefs would not meet with success. I came to understand that to plant new seeds, one needs to clear the ground. Thus, affirmation needs to be preceded by renunciation or release in order for affirmations to find fertile ground.

Therefore, the first thing that I want to release is negativity. This seems so easy to identify and yet seems to be so hard to execute consistently. In fact, I have come to the belief that release and elimination of negativity is probably a life-long project. Two recent experiences helped to bring this idea home quite clearly. In May, recently, I was having what I saw as a perfect day. I had completed my counseling sessions with my clients. I had completed my daily exercise and my daily quota of editing on a different extensive writing project on which I have been working. I set out to shop for my dinner at a local Subway and went on to conduct my weekly shopping. Having completed my shopping at the second of the two stores, at which I shop, I set out to come home with plenty of time remaining to get there in time for the nightly news. Then as I was leaving the parking area, I was involved in a car accident. It was fully my fault.

Fortunately no one was hurt and the other driver was gracious enough to note that there was minimal or no damage to her vehicle and thus no need for a police report or exchange of license and in moments I was driving away from the experience. Instead of driving home, I noted that I still had time to look into the damage to my car. After finding my favorite bump shop closed at 5:00, I went by the service department of my Honda dealer. When they too were closed, I considered my options. I was able to let go of the abrupt of the trying end of my day. I wanted to resolve the damage to my car quickly and effortlessly, but it took patience and a process of investigation. The only way to release the damage to the vehicle was to secure four bids and work with the time constraints under the restricted business hours during the pandemic and my own erratic work schedule. I did not want to inflate my insurance rates by claiming the accident so I worked to achieve the repair as cheaply and effectively as possible. For a price of \$1,100 and no real disruption in the use of my vehicle, I was able to achieve the repair of the vehicle and feel a return to normalcy within two weeks. My negativity about the destruction of the perfect day on the day of the accident was ultimately resolved. However, it did ease dramatically the very day of the accident as my prayer helped me to achieve acceptance and move past the negativity of having my stellar day “ruined”.

Another movement past negativity was to get over the deep disappointment to realize that all of my lovely summer music festivals were going to be cancelled due to COVID-19. Anyone, who knows me knows how much I live for these outdoor festivals and dancing my way through the summer. As I learned that each and every festival that I had attended last summer was to be cancelled, I was disconsolate. How could I dance? Where could I dance? The negativity and despair propelled action. Many of you may have heard of the Dancing with Dr. Bob project. Despair gave way to excitement as I realized I have some great dance music recorded on various CDs created by my friend Roberta. This collection of 5 CDs, a boom box and emails and the creation of a Facebook page entitled Dancing with Dr. Bob has grown into a full-fledged summer project. I have taken to the streets for a total of 50 occasions dancing to these CDs in 20 locations in 9 communities starting in June and continuing until the end of summer. It seems it was clearly an answer to a prayer to dispel negativity.

Board of Trustees

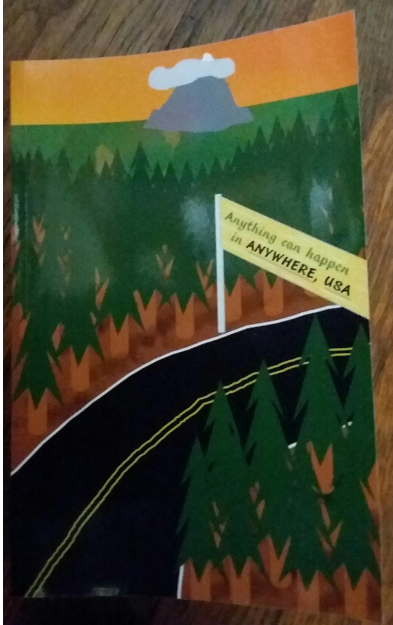
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Board meetings are held on **Zoom** the **3rd Sunday** of each month from 1:00 to 3:00 p.m. unless otherwise announced. The meetings are open for all to attend and community input is greatly appreciated.. You may communicate with the board by email at board@interfaithspirit.org .

DRUMROLL, PLEASE....

Anywhere, USA: An Adventure Away from Reality

Magic, myths, and monstrous creatures: what more could you want during these troubling times? Take a break from real life and escape to *Anywhere, USA*, a town of dark secrets, rural charm, and a history cloaked in mystery. Join along with Jules and Elliot Paige as they dive headfirst and blindfolded into a world they never knew existed, where fairytale creatures—both good and bad—roam the Earth (or at least roam this one national park in Washington State). There, they will fight for their lives and for the town they've come to call their home, not only discovering the great evil that lurks beneath, but also a little something about themselves as well. Available on Amazon. Suitable for ages 13+.



Type: *Thomas A T Kaminski Anywhere, USA* into the Amazon books search bar, free delivery for prime members :-)