



INTERFAITH INSPIRER
WE SHALL SURVIVE EDITION #9
DECEMBER 2020

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SHORTENED VERSION DURING THE PANDEMIC

MINISTERIAL MISCELLANEOUS BY ANNIE KOPKO

As I write these words, snow is falling on the barn and the bare trees and the green grass. It is actually quite beautiful out there. What could be a better reminder of my Peace than that? Usually when I look at snow, I feel cold, I shudder, I envision difficult driving conditions and emotional struggle. Even though I don't complain verbally very often, I am thinking my complaints without any peace whatsoever. Of course, it was not always like this. I remember when I was a kid, I loved the snow. Where I grew up in New York State we had about 10 times as much as I have now. I did not complain then, why now?

Snow is an especially good reminder of the dual nature and contrast that guides our thinking and our lives. We may struggle, and we may suffer, but we meet every challenge. We have strength that we can hardly imagine. We really do have love for the high and low of it all. We have courage as we open our hearts, because we do not know what may surprise us next. It is so amazing to me to watch myself and others around me open up to the possibilities and to the gifts that every challenge, big or small, holds for all of us. We have proved to ourselves, again and again, that with the help of our spirit within, we have everything we need for a satisfying life.

Dare I say, even in this time of Covid 19, in fact, especially in these times, the gifts are greater, as the challenge is greater. Especially when it seems that we do not have much of a choice. My sense is to open our hearts to even more possibilities than we imagined, and just see what happens....

Every day there is something happening at Interfaith on Zoom. Please join us for classes, study groups, and socials. Some events really do ask for a donation, but many are free. Oh heck, they are all free, if it is too difficult to donate. Every Monday, Layla Ananda sends out the links in an email, when you join our email list. If not, the links are on our website: interfaithspirit.org. How easy is that!



SUNDAY CELEBRATION SERVICES FOR DECEMBER 2020



December 6

Service Leader: Rev. Delyth Balmer

Speaker: Brett Koon

"Hitting The Reset Button"

Reader: Dawn Swartz

Meditator: Janet Somalinog

Special Music: Shekinah Errington

December 13

Service Leader: Rev. Annie Kopko

Speaker: Swami Atmananda Saraswati

"A Spiritual Dialogue"

Reader: John Lang

Meditator: Joy Pendleton

Special Music: Marlena Studer and Steve Ragsdale

December 20

Service Leader: Lyriel Claire

Speaker: Layla Ananda

"Winter Solstice Ceremony"

Reader: TBA

Meditator: TBA

Special Music: Layla Ananda and others

December 27

Service Leader: Janet Somalinog

Speaker: Rev. Lyriel Claire and Janet Somalinog

"Burning Bowl Ceremony"

Special Music: TBA (Drumming, Flute, chants)

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 HAWAII

When Hawaii became a state in 1959, I was too young to understand what all the excitement was about. Decades would pass before I realized that my fascination and heart-connection with this ancient land was the result of past lives spent in Hawaii and elsewhere in Polynesia. I perceive the essential energy of Hawaii as JOY combined with love, abundance, benevolence and beauty. It gives me great pleasure and satisfaction to present this interview.

Peggy: Hawaii has a very long and complex story. Where shall we begin?

Oversoul: *Let us begin with your preconceptions.*

Peggy: I would say, the heavy weight of human history. The heavy pressure on the original inhabitants, who now are few. The heavy energy of millions of tourists.

Oversoul: *That is a splendid start, well done. Your focus is naturally on the many levels and flavors of human interactions with my islands. Look deeper; what do you see?*

Peggy: The eternal Beingness of these islands, regardless of physical changes such as the creation of fresh lava which builds the islands' future.

Oversoul: *Correct. My islands existed -- in an energetic, nonphysical sense -- for billions of years before Creator decided they were ripe for taking physical form. Your scientists have studied this process, so it is quite well known which of the islands are oldest, and which are youngest. Each island has its own Deva, with its own unique energy, history and "feel." Even the smallest islands are part of the whole, each in its own way.*

You have written about the Menehune, the Little People, who have been here since the beginning of my islands' physical forming. But even they are not the most ancient inhabitants; there have been others who were quite comfortable inhabiting my islands during their energetic, nonphysical phase. This is something your scientists have yet to discover.

Peggy: I love this idea, thank you! These will be new concepts to many of our readers as well.

Oversoul: *Understand that like all of Motherworld, there are many layers and vibrations of energetic activity going on at the same time as normal human activity. You might visualize it in this way: You walk through a park, enjoying its beauty. Beside you, above you, below you, all around you are non-physical beings enjoying the park in their own distinct ways, at the same time you are.*

Peggy: Who are these beings, then? Are they from the past or the future, perhaps from other planets?

Oversoul: *The present, the past, the future, different timelines, visitors from Elsewhere and Beyond and Otherwhere. The energies of my islands uniquely accommodate many, many forms of life. Far more than you are likely to be able to imagine, and far more than most other places on Earth.*

Peggy: Will you share the names of some of those other places?

Oversoul: *You are familiar with many of them. Glastonbury Tor. Machu Picchu. Sedona. Giza. Others are yet to be acknowledged by your kind. Pele wishes to join the conversation.*

Pele: *I was brought into being at the same time as the Menehune. My role is to care for the physical manifestation of these islands. I am their guardian and protector. All who come here feel my presence in some way, whether they consciously acknowledge it or not. This is why so many people remember the experience the rest of their lives.*

Peggy: So, are you involved with the nonphysical aspects of Hawaii, and all the beings that humans don't normally perceive?

Pele: *No, that aspect is overseen by another, whose name is unfamiliar to humans.*

Peggy: Do you actually guide and direct the activities of the Menehune?

Pele: *They are ancient and powerful beings, and well able to make their own decisions in most matters involving caring for the life forms and life energies of the islands. We do occasionally have a council when great matters must be considered, and I am honored to act as their advisor. In cases of unresolved conflict, my resolutions are respected.*

Peggy: I feel like the great numbers of human visitors each year must be a burden on the islands.

Pele: *In some ways, they are. I refer to litter, damage to the corals, thoughtless destruction of habitat. But so many visitors come here with love, expressing awe and wonder and delight; and those positive energies uplift and balance the overall spirit of place.*

Peggy's column cont.



Peggy: I'm curious whether early native islanders worshipped both Pele and the Oversoul.

Pele: *The Hunas / priests / shamans who possess higher awareness know of the Oversoul. In everyday life, I represent the heart of the land, so I am a convenient focus for spiritual questionings.*

Peggy: How was it decided that the Hawaiian language would include only 13 letters/sounds?

Pele: *[smiling] It is the rhythm, the repetition, the weaving and flowing of energy that makes this language so special. Listen to the sea, the waves coming and going on the shore, how they sing a duet with the sands and the rocks they pass over, and this will help you understand.*

Peggy: Is there anything else you'd like our readers to know about Hawaii?

Oversoul: *Those who are unable to physically experience this land can find many worthy recordings of traditional music and dances which convey the Beingness of Hawaii. Distance need not prevent you from communing in spirit. We are done.*

CONSTRUCTION OF A PRAYER – PART 11 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, all distorted thinking and all inappropriate judgements

So, I would like to resume the discussion on the point of releasing where I left at the end of the last installment. I spoke of the difficulty and the ongoing challenge of releasing the negative. The negative tends to be recurring, potentially perpetual and often hard to dispel or ignore. Therefore, the phrases that follow in my prayer can be illuminating and helpful – as well as present their own challenges. Releasing distorted thinking is vital. Doing so can go a long way to being able to be rid of negativity. When the negative is rooted in distortion, it is simply not true and the basis of the negativity is false. I have always liked the following short phrase which I attribute to Dave Bell. Fear is False Evidence Appearing Real. From this insight, I would conclude that negativity that is rooted in false evidence (and is thus distorted) would be easier to dispel or dismiss.

However sound this reasoning, the fear that accompanies the negativity compounds our problem. When fear is the dominant emotion, it does not often yield to rational analysis. To which end, seeing that one's negativity is baseless, does not mean that it will magically and unequivocally disappear. The mountain of fear must be surmounted for the false evidence to be ignored. This is but the first problem to be encountered. Fear is not the only obstacle to be overcome. My study and practice in the use of Cognitive Behavioral Therapy has helped me to see that all negative emotions and behaviors are rooted in erroneous thinking – including inappropriate judgements. Yet with years of work in CBT and its cousins DBT and ACT, it has become apparent that there is strong resistance and difficulty in seeing the truth. That is to say that the erroneous thinking and inappropriate judgements are not readily visible. It is one thing to indicate that all fear is based on false evidence and that negative emotions and behaviors are based on distortions and inappropriate judgements. However, people have a strong conviction that their beliefs, their first impressions and their considered judgements are accurate. We have a tremendous capacity to rationalize our false beliefs and not see them as such.

CONSTRUCTION OF A PRAYER – PART II BY ROBERT HOPKINS, CONTINUED

That is one of the reasons that Dialectical Behavioral Therapy makes extensive use of mindful meditation. This places emphasis on the wise mind that leads to a search for a middle ground of judgement between extreme thoughts and interpretations. It is also why Acceptance & Commitment Therapy (ACT) skirts the issue of erroneous versus right thinking. A core belief of that therapy is that thoughts come and go. If one finds a thought to be disconcerting, one does not need to wrestle it to the ground to prove it is fallacious. One merely makes another choice of a thought or a belief that is more congenial.

However, this is not a diatribe designed to present psychological theories and therapies. It is about prayer. My prayer repeatedly affirms the power of the Creator. Thus, I make it part of my prayer that I be released from negativity, distorted thinking and inappropriate judgements.

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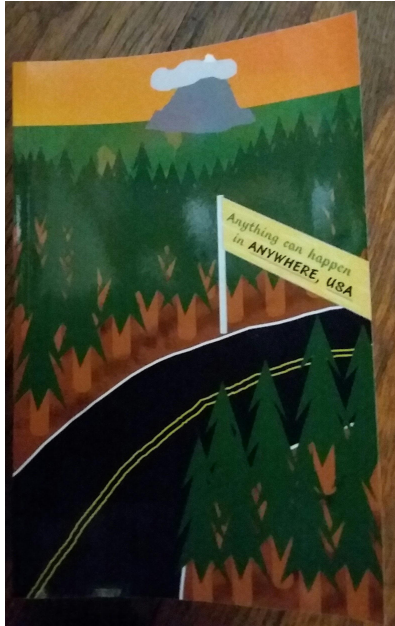
Board meetings are held on **Zoom** the **3rd Sunday** of each month from 1:00 to 3:00 p.m. unless otherwise announced. The meetings are open for all to attend and community input is greatly appreciated.. You may communicate with the board by email at board@interfaithspirit.org .

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 :-)