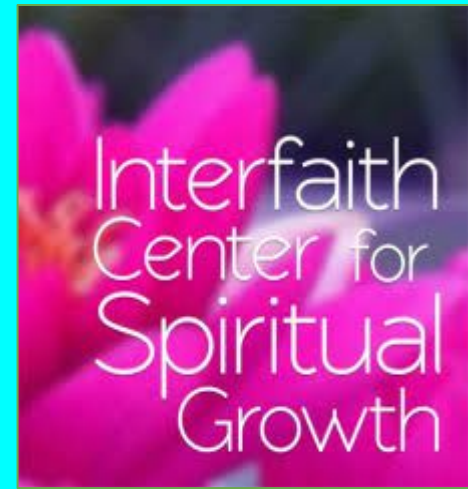




INTERFAITH INSPIRER
WE SHALL SURVIVE EDITION #11
JUNE 2022



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PLEASE NOTE: YOUTH ED WILL NOW BE HYBRID! HEIDE WILL BE AT THE CENTER, WHILE KELLIE WILL BE ON ZOOM. CHILDREN CAN JOIN ON ZOOM OR IN PERSON. WE HAVE CUTE MASKS FOR THEM!

STILL A PANDEMIC VERSION...

MINISTERIAL MISCELLANEOUS BY ANNIE KOPKO

An interesting group called Mindvalley came up on Youtube the other day. There are various presenters on the subjects of getting ahead in life and business, maximizing your infinite potential to be successful, using meditation, online education, and in person group learning. Some of its hundreds of teachers are Neale Donald Walsh and Donna Eden. What was interesting was to hear the founder Vishen Lakhiani, say that the most important thing you do in life is to focus on your own spiritual growth. I feel as if I have always thought this, but never put it into words with the risk of being judged as selfish. Fortunately that does not concern me so much anymore.

One of my goals is to let others know that it is safe and fun to allow spiritual growth by letting go of things we think to be true. (not to mention letting go of the stuff we have that we think we might need someday) We have so many beliefs that do not serve us any more. Do you want to let go of thinking life is hard, or that you are not good enough, or that it is “hard” just to let go at all? I recommend it.. I am not saying that because it is easy, just that it’s worth it. I send you blessings, feeling the (difficult) feelings, and then letting go into the joyful freedom that you desire and deserve.

Please join us for Cafe 704 on Saturday June 11, at 7PM. Marlena Studer and Stephen Ragsdale will be joined by singers Christina Morales Hemenway and Steve Pierce, drummer Chris Ohmer, and Pianist Veena Kalkarni-Rankin. Our website, Interfaithspirit.org has information on how to reserve a spot in person, and how to sign up on Zoom.

Blessings, Annie



SUNDAY CELEBRATION SERVICES FOR JUNE 2022



June 5

Service Leader: Janet Somalinog

Speaker Bob Hopkins - *"Don't Be Afraid to Be Hard On Yourself"*

music: Marlena Studer & Steve Ragsdale (Café 704 Promo)

Reader: Rob Fagerlund

Meditation: Marice Clark

June 12

Service Leader: Dave Bell

Speaker Laurie Knerr *"Spiritual Clutter"*

Music: Janet Cannon (-Instrumentalist-Viol)

Reader: Peggy Luhbahn

Meditation: Dawn Swartz

June 19

Service leader: Annie Kopko

Speaker Brett Koon *"Waiting for something good to happen is one of reasons bad things keep happening.."*

Music: Jeanne Adwani (Poetry)

Reader: Marilyn Alf

Meditation: TBA

June 26

Service leader: Lyriel Claire

Speaker Rabbi Isaac Roussel *"Covenant: Obligated not Free"*

Music: Curtis Glatter (soundscape artist)

Reading: TBA

Meditation: TBA

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.

"LITTLE BUN" SPEAKS HER MIND

By Peggy Lubahn

NOTE: Little Bun is a young female Cottontail Rabbit.

Bun: *I like the name Little Bun, I feel the affection in it. Quite different from the moment you saw that a rabbit had cut down your garden plant!*

Peggy: Yes, I wanted that plant to flourish and bloom, so I felt angry at first.

Bun: *And then you went deeper.*

Peggy: I asked my fae friends, they said you needed the plant for its medicinal properties. And I said, "Okay, if the rabbit needs it, that's fine, that's much more important than me losing a single plant."

Bun: *Exactly. And we are talking now, because of your decision to Allow, your decision to choose kindness over your own plans. This is why I showed myself to you the next day. You are wondering: what about the countless humans who lose garden plants to countless rabbits? Each individual event is unique to the animals and humans involved. And often enough, a rabbit is simply hungry, with no deeper meaning.*

*Let us talk about energy and its role in these interactions: the energy of the land, the plants, the soil that make up a garden. Is that energy one of lovingly growing your own food and flowers, or just **making** the soil produce plants? Is the garden well cared for and healthy [positive energies] or neglected with plants struggling to survive [negative energy]?*

A healthy garden attracts our attention with its beautiful energy. We rabbits want to soak up that energy with our bodies and spirits, and we also share our own energy with the soil, plants and so forth by stretching out on our bellies. In that way, it is an even exchange when we ask the garden for permission to eat this or that plant.

The neglected garden attracts our compassion, and desire to help. There will perhaps be a plant here and there we can benefit from eating. But we might also share our energy there, moving from spot to spot, purifying and strengthening, encouraging healthy growth. And grieving for the deaths and illnesses of plants that had hoped to be so much more in this lifetime, and will not be able to achieve that.

Now, if the garden has been abandoned by humans, then many of the [domestic] plants will not be able to survive on their own. But some usually do, and they freely join the "natural neighborhood", the local culture if you like, of that area. These gardens then have their own unique energies, and can be pleasant places for rabbits and others to visit, because animals enjoy variety and novelty as much as humans do.

A few days ago, you planted various herbs in your garden, and you have let it be known that it is your intention to share them with all not-humans. This simple decision has created a great wave of the energy of kindness – you would describe it by visualizing a pebble dropped into a pond – and that energy is blessing all who perceive it.

You will see me again; it feels good to share our hearts and our energies. Go in peace.

EXCITING CARING COMMITTEE ANNOUNCEMENT

ANNOUNCING A NEW SERVICE FROM THE CARING COMMITTEE!

The ICSG Caring Committee is excited to announce a new “sub-committee” called **Reaching Out with Reiki!** At our April meeting, Peggy Lubahn suggested offering distant Reiki to ICSG members in need, and approval was unanimous! A team of Interfaith members who are certified Reiki practitioners is now available to help support this new venture.

What is Reiki?

Reiki (Ray-Kee) is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki energy is **soothing and supportive**. It encourages you to let go of tension, anxiety, fear, and other not-helpful feelings.

What conditions can be treated with Reiki?

Reiki has a **positive effect** on all kinds of ailments and negative conditions and can also help with major life changes, illness, injury, grief and more.

What about Covid concerns?

There's no need for in-person visits! Reiki has been proven to be equally effective when it's sent remotely -- this is called “distant Reiki”.

What will a Reiki treatment cost?

There will be no charge for treatments. Donations to the Caring Committee will be appreciated, but are not required.

Who do I call if I have more questions, or to set up a session?

Peggy will be our coordinator; her phone number is **734-548-0294**.

Board of Trustees

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 .

Marice Clark and John Lang, co-chairs

Vicki Davinich, secretary

Claire Groshens

Laurie Knerr

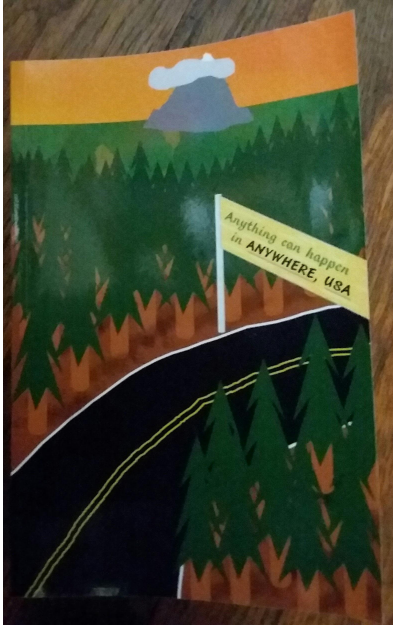
Janet Somaliog

Paulette Stenzel

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 :-)