



INTERFAITH INSPIRER  
WE SHALL SURVIVE EDITION #12  
SEPTEMBER 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!**

**NO LONGER A PANDEMIC VERSION, BUT HEY, IT WORKS!**

# MINISTERIAL MISCELLANEOUS BY ANNIE KOPKO

## How to be sick

My home Covid test came back positive on Tuesday, Aug. 30<sup>th</sup>. Monday it was negative, I really felt happy. Not soooo happy today, but I am actually feeling physically better today. I have had a sore throat and a headache for a couple of days. I think I picked it up at a restaurant on Friday afternoon. I am hardly ever sick, so it is a surprise, and a challenge to be sick in peace. My cancer treatment 2 years ago made me really sick, but not the cancer itself. I only knew it from the lump in my right breast and there was never any pain to tell me it was there.

Of course, I believe every sickness has something important to teach us. We are meant to love even the bugs and viruses that attack our body. They have a higher purpose. And we are meant to slow down and enjoy our extra time in contemplation. Then we reach into that intuitive self that will tell us what to do for the best outcome. Often, we have to slow down a lot to make that happen. We do need to listen to our body; it will communicate with us. It passes on information from Spiritual beings surrounding us, the messages may not always come in words, but in impressions and feelings. We are in fact very familiar with those messages. What is "Time to go outside and get some fresh air" but one of those messages. If you are at all like me, listening to my body happens when most everything else fails. Right now, I am being good to myself, being careful what I eat, getting outdoors, keeping moving, enjoying keeping connected to people even while I am alone.

Don't let 'all else fail' before you join Café 704 with PATH & friends on September 10<sup>th</sup> at 7PM, on Zoom or in person. This is a tribute to our dear friend Don Allen who died last year. There will be music from many favorite musicians, dancing, and snacks. Please sign up on our website, at [interfaithspirit.org](http://interfaithspirit.org). Tickets are \$10 for zoom for livestream or at the door. We will very likely have some artist vendors with who give 20% of sales back to Interfaith.

Here's what Scott McWhinney has said about this upcoming concert.

*"Our concert at Cafe 704 is in memory of and celebration of PATH's brilliant percussionist from 2016 to 2021 - our good friend Don Allen. Joining PATH (Scott McWhinney, Chris Hedly & David Prosser) in our celebration of Don Allen will be performances by the very talented Alaura Massaro, Craig Brann, Carol Bardenstein, Eric Fithian, Lori Fithian, Amber DiMeglio, Mary Wilson, Robert Chester, and the Lotta Love Band."*

In addition he and the other performing artists are donating ALL proceeds from ticket sales to the Interfaith Center. We are so grateful for their generosity.

Many Blessings! *Annie*



# SUNDAY CELEBRATION SERVICES FOR SEPTEMBER 2022



## **September 4**

Service Leader: Lyriel Claire

Message: Gathering of the Waters (Open Mic)

Meditation: part of the Water ceremony

Reader: TBA

Music: Path (in honor of Don Allen's Life)

## **September 11**

Service Leader: Rev. Annie Kopko

Speaker: Trevor Chaitanya Eller

Meditation:

Reader: TBA

Bob Hopkins

Music: Mike Fedel

## **September 18**

Service Leader: Janet Somalinog

Speaker: Jennifer Lenders

Meditation: Jennifer Lenders

Reader TBA

Music: Tom Voiles

## **September 25**

Service Leader: Rev. David Bell

Speaker: Rev. Annie Kopko

Meditation: TBA

Reader: TBA

Music: Don Digirolamo

# Gathering of the Waters

## Rejuvenating Waters of Summer

*By Regan Mack (from September 2013 - Interfaith Inspirer)*

Summertime sees us disperse to various places on vacation, whether it's two weeks or an afternoon. It can be to another continent or it can be a "staycation," relaxing at home. Many of us find solace in nature, or we love to visit a city for its sights and sounds. Wherever you go for your summer rebirth or respite, remember your Interfaith family. Collect and save a sample of water from your summer break. It can be water from a lake, ocean, river or water fountain. Just gather it from a place that is important to you. **On Sunday, September 4**, we will have a "**gathering of the waters**" ceremony. We will invite you and everyone else to mix our waters in a large bowl to celebrate our rejuvenated return to Interfaith. As you add your water to our community, you will be invited to share where you got your water and what it signifies to you.

# 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](mailto:newbluecanoe@aol.com). Articles about her experiences and insights are posted on her blog, [angelsfairiesandlife.wordpress.com](http://angelsfairiesandlife.wordpress.com).

## "PRECIOUS" LESSONS

By Peggy River Singer

When I split from my ex in the late 1980's, I didn't take the toaster or the television with me. Instead, I got custody of the tarantula.

Let me explain.

The Christmas gift my ex wanted one year was a Red-kneed Tarantula, which he named Precious. Predictably, he quickly lost interest. So, I became the reluctant guardian of a chipmunk-sized spider that scared me so much I couldn't even touch it.

Now, to really appreciate this story, you need to know that I have been a full-blown arachnophobe all my life. Everywhere I went, legions of spiders were hanging around. In my imagination, they were waiting to jump on me and scare me to death. Therefore, the tank Precious inhabited had a very sturdy LOCKING screen top, which was a non-negotiable condition of allowing a huge spider into my home.

Time passed, and I did my best to give Precious a good life. I found that her size helped me to accept her as an animal, not a monster. That was the first breakthrough; more would follow.

I learned a lot from that brief marriage; but the most unforgettable memories and lessons came from a heroic Red-Kneed Tarantula who is still with me in spirit.

# PEGGY'S COLUMN CONTINUED

Two years later, I figured out that Precious was not a healthy young female, as the pet store had told us. Instead, my pet was an elderly male, and his health was failing. Every day I found more body hairs scattered on the sand in the tank – a sign of illness and distress. Precious became old before my eyes; his abdomen shrank and wrinkled like a prune.

I faced a new dilemma: how do you euthanize a tarantula? There was no Google back then, so I made quite a few calls, including the Toledo and Detroit Zoos and the Insects Division at the U of M Natural History Museum. A few people were sympathetic but didn't have any solid ideas; others made ghastly suggestions they thought were funny.

Finally, I recalled how we had euthanized spiders and other critters for a class in Invertebrate Biology I had taken at Eastern Michigan University. I filled a mayonnaise jar with rubbing alcohol, tipped Precious into the jar (still without touching him) and sealed the lid. I couldn't watch, even though I had been assured that he would essentially get drunk on the alcohol and pass out painlessly. I felt devastated; I sobbed.

These days, I still feel traces of the ancient fears that I share with so many humans; but I also love and appreciate spiders for their beauty, creativity, and wisdom as well as their place in the natural world. Now I understand that all those spiders around me have always been doing their best to protect me from harm, especially during a very difficult childhood. Precious, himself, was undoubtedly my courageous protector during the time I spent with an unbalanced and dangerous partner. The scary fiends of my childhood have become mentors and spirit guides.

I learned a lot from that brief marriage; but the most unforgettable memories and lessons came from a heroic Red-Kneed Tarantula who is still with me in spirit.

# 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**.

# Reiki Information from Peggy

## **BEGINNER'S GUIDE TO MOST BENEVOLENT OUTCOMES**

By Peggy River Singer  
August 4, 2022

Tom T. Moore has been teaching people to work with their angels by requesting Most Benevolent Outcomes since 1985. (Check out his website at [thegentlewaybook.com](http://thegentlewaybook.com).)

This is a very powerful, and very simple process that supercharges your requests for angelic help. Here's an example:

**“Angels, I request a Most Benevolent Outcome for finding an affordable,  
gently used office chair. That or something even better, thank you!”**

It's important to finish with Thank You because this sets the energy that you trust your angels to do everything they can for you, and that your request WILL be answered.

### **Frequently Asked Questions!**

#### ***Do I need to say the request out loud?***

There are advantages to saying the request out loud, but you can also say the words to yourself. Remember to focus your intention before you make your request.

#### ***Do I need to get the words exactly right?***

The original phrase works best; it is an energetically balanced expression that goes out to the Universe. However, you can certainly experiment to find what seems to be most productive for you personally.

#### ***How long will it take for my request to be answered?***

Sometimes it takes a while for the angels to arrange the conclusion to a request. Remind yourself to be patient and trust that the angels are working for your benefit. And watch for "reminder signs" like pennies, feathers, song lyrics, etc.

#### ***What if the results I asked for just don't show up?***

Here are a few reasons why this might happen...

- A. Something better is on the way that you're not aware of yet.
- B. Some aspect of your request would not be benevolent for everyone involved.
- C. Your request would not keep you on your soul contract or path.

If you have questions, please feel free to connect with me!

Blessings to you from Peggy River Singer  
[newbluecanoe at aol.com](mailto:newbluecanoe@aol.com)



## **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](mailto:board@interfaithspirit.org) .

Marice Clark and Claire Groshens, co-chairs

Vicki Davinich, secretary

John Lang

Laurie Knerr

Janet Somaliog

Paulette Stenzel

# Youthful Spirits

The Backpack drive was such a huge success!!! It reached much further this year than in the past years. Not only did we deliver backpacks to the AlphaHouse in Ann Arbor, but also to the Women's Shelter in Tecumseh, plus a few individual families in the Tecumseh community. The plan is to extend our help to the same next year.

Our next project is the "Blessing Bags," large ziplock bags filled with essentials to help to get homeless folks through the winter.

Be sure to check out, like, and follow our new facebook page! Thank you, Kellie, for creating it!

<https://www.facebook.com/Interfaith-Youthful-Spirits-112206131542010>