



INTERFAITH INSPIRER  
WE SHALL SURVIVE EDITION #12  
OCTOBER 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 MISCELLANY BY ANNIE KOPKO

A little birdie told me.... Or maybe it was one of my favorite trees: We have not been sent here to teach. We have been sent here to BE, and we have been sent here to LOVE. Somehow we do not always teach by what we say, but by the way we choose to BE. (All the really important things anyway). We learn by example more than by what anyone may say, especially as children. We learn best by showing up and connecting with each other. The smiles of joy and heartfelt laughter that we exchange are best given and received by showing up for each other. As fears of Covid began to subside, and I returned to Interfaith, I experienced awkwardness connecting with people, and it felt totally worth it.

I know some of us do not show up on Sunday at Interfaith, try it, you might just find the unique loving connection it can be. Check our website: <https://interfaithspirit.org> for all the details. Please wear a mask.

Join us for Cafe 704 on Saturday, Oct. 8th at 7PM featuring Katie Geddes, singing traditional and contemporary folk songs with Eric Fithian on guitar, Deb Wood and Mary Fithian on harmony vocals. Live and on Zoom. Check our website for details on how to register to attend in person, or purchase a ticket for zoom at: <https://interfaithspirit.org/cafe-704-coffeehouse/>.

Another new offering is an 8 week class entitled "Awakening the Heart" with Brett Koon, offered in person at the Center and on zoom. The class begins Thursday, October 6, 2022 from 7:30-8:30 p.m. Check our website for details.

**Blessings,  
Annie**



# SUNDAY CELEBRATION SERVICES FOR SEPTEMBER 2022



## **October 2**

Service Leader: Delyth Balmer  
Message: Claire Grosshans:: Photography  
Meditation: Brett Koon  
Reader: Craig Harvey  
Music:: Katie Geddes

## **October 9**

Service Leader: Lyriel Claire  
Speaker: Bob Hopkins: Adventure in Open-Hearted Loving  
Meditation: Paulette Stenzel  
Reader: TBA:  
Music: TBA

## **October 16**

Service Leader: Annie Kopko  
Speaker:: Rev. David Bell: Seek First the Kingdom  
Meditation: Brett Koon  
Reader: TBA  
Music:: TBA

## **October 23**

Service Leader: Janet Somalinog  
Speaker: Brett Koon: The Beauty of Mistakes  
Meditation: : Ahna Cleveland  
Reader: Ahna Cleveland  
Music:: TBA

## **October 30**

Service Leader: Dave Bell  
Speaker: Day of the Dead-Tributes to our Ancestors  
Meditation: Sundance  
Reader: Cayla Tchaló  
Music: Sundance

# 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).

## Professor Polyphemus

By Peggy Lubahn

Back in April, I found a cocoon lying on the grass. It was about an inch and a quarter long, and had been beautifully crafted last fall from leaves that had been wrapped and secured with silk by the caterpillar architect. Moths and butterflies have always been an important part of my life; and I was instantly transported back to the summers I spent helping with nature classes for kids, where they learned all about moths and butterflies and raised caterpillars to release as adults.

When the pupa felt the warmth of my hand it wiggled around, tapping against the inside walls. I explained that it was dangerous for it to stay where I'd found it; and asked if it would like to stay in my home or in another safe location outside until it was ready to hatch. It seemed my home would be satisfactory, so I set up a screened enclosure in my living room. Now it was time for some fun homework: I figured out the cocoon belonged to a Polyphemus, one of the showiest Silk Moths. I looked forward to getting some good photos when it hatched.

As they say in the movies, Time Passed... And then, late one afternoon, I glanced over at the cage and OH MY GOSH SHE'S HATCHED!

She was sitting quietly, resting after the hard work of squeezing out of that cramped cocoon and pumping fluid into her wings. The wings looked fine, no wrinkles, which meant she'd probably fly soon.

Obviously I needed to get her outside, so I picked up the cage -- but not carefully enough since she responded by squirting out some very smelly goo on the coffee table. I set the cage on a shelf in my patio, then I took out a chair and some reading material and my cell phone so I could take pictures. I plunked myself down to keep her company and "protect" her from hungry birds and squirrels, and waited breathlessly for The Big Moment!

But Polly just sat there. According to the experts, she was supposed to take off immediately to find a suitable mate and deposit her belly full of eggs before her seven-day lifespan ended. I shifted the cage around gently to take some photos, and she squirted more goo (right on my cell phone this time!) to protest the disturbance.

# PEGGY'S COLUMN CONTINUED

Now it was getting late, and it was so cool that I worried Polly might not have the energy to fly. She made it clear that she didn't want to be moved (with another smelly poop aimed in my direction), so I reluctantly left the open cage where it was. I won't claim that I didn't worry or fret about her that night, but I had calmed down and apologized for interfering with her personal plans and decisions.

She was still there the next morning, uneaten but quite chilled; she was still there at noon, and at 5 pm when I went out for a few hours. And she was still there when I got home at 9:45 pm, but she was exercising her wings. I spoke to her softly, thanked her for allowing me to share her life, and offered heartfelt blessings.

The next morning, the cage was empty except for the cocoon, which I still have. You can read a lot into a simple cocoon: it's a symbol of hope and rebirth and new adventures and reinventing yourself. It will serve to remind me that "fragile" little flutteries don't always need human help and protection, although they will appreciate loving support offered with a humble heart.

Even more important than that, I now understand that there was a reason Polly remained unharmed that night, even though she was sitting in plain sight. She had decided to devote part of her brief life to mirror MY reluctance to move forward into new adventures. Once she could tell that I "got it," she felt free to go on her way.

Spiritual guidance from an enlightened moth --- PRICELESS!



## **MOST BENEVOLENT OUTCOME REQUESTS: TIME ADJUSTMENTS ARE YOUR NEW BEST FRIENDS!**

By Peggy Lubahn

One of my favorite ways to use MBO's is to request time adjustments! I have a tendency to under-estimate how long it will take to drive somewhere, so I use these MBO's a LOT!

**Guideline:** Once you make your request, avoid checking the time. Trust in the process.

"I request a time adjustment to help me get to my 3:30 pm appointment a bit early, that or something even better, thank you!"

With all the construction projects going on these days, time adjustments can be worth their weight in gold. They can help you calm down and relax when you're feeling stressed about getting somewhere on time.

You can also request TA's for other people who are stuck in traffic due to construction or accidents. Don't forget to request MBO's for the work crews, who realize that many drivers blame them for traffic stoppages. Add a wave and a smile as you cruise past to make someone's day brighter! And, for accidents, request MBO's for everyone involved, including emergency services and first responders.

Around the house, you can request a TA so that you can complete the cleaning and preparations you want to do before guests arrive, without feeling rushed and panicky about getting everything done.

I've also used TA's when I need to rest during the day, but have a lot to do: "I request a time adjustment so that when I get up in twenty minutes, I'll feel like I've rested an hour, thank you."

AND HERE'S A VARIATION...

I live in Ypsilanti, and yesterday I had an appointment on North Delhi Road at 1:45 pm, and a Zoom call back home at 3:15 pm. I really wanted to have time to look around Share House out on Jackson Road before heading back to Ypsilanti, but the timing would be tricky. I made my request as I got into my car, and let go of the outcome: things would be fine, however they worked out. A few minutes later, I pulled over to the side of the road for a phone call. My 3:15 pm Zoom was cancelled, so I could take all the time I wanted looking for treasures at Share House!

*The Most Benevolent Outcome Request system was developed by Tom T. Moore back in 2005.  
For more information, visit his website: [thegentlewaybook.com](http://thegentlewaybook.com)*

**Awakening The Heart**  
**an eight week class with Brett Koon**  
**Thursdays beginning October 6, 2022 7:30 p.m. – 8:30 p.m.**  
In Person & Online via Zoom  
Register at [www.interfaithspirit.org](http://www.interfaithspirit.org)  
**Suggested Love Offering \$85 for all 8 classes**

Description: This 8-week class is a combination of meditation, discourse and conversation to help us return to the true nature of who we are. It is cumulative, with each session building upon the last, so it's best to attend as many classes as possible. The class will be approximately 1 hour long, but you may want to leave extra time in case the discussion or questions last longer. It's best to not eat, or to eat lightly before attending and to join with a sincere desire to move beyond the limited self.



BIO: Brett is a Meditation Teacher, Inspirational Speaker, and Life Coach. He has been meditating for almost 30 years and draws upon this experience for most of his teachings. You will find him to be honest, open, and committed to his path of Awakening and supporting others in doing the same.

To register for in person attendance go to <https://rsvp.church/r/pl4u8kl2> and pay for the class at the door.

To attend via zoom go to <https://interfaithspirit.org> and select the payment button associated with this class. The zoom link will be sent to the same email address you used for your payment.

## **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

Think Christmas!!!

We are planning to host a Christmas party on December 10 for Interfaith kids AND AlphaHouse children!

Stay tuned for more info!



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>