



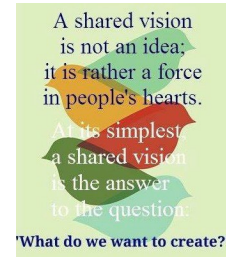
Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. XIX, NO. 02 February 2023



Visioning

by Janet Somalinog



Good day to all,

Our first informational meeting recently was attended by a wonderful group of interested people with great ideas. It is the beginning foundation of an ongoing flexible team of people who love the inclusive energy of our Center and the entire community in which we reside. There is room and will always be room for you to visit or join whenever you feel called.

I will put out occasional update emails in order to keep you all apprised of our work, but more importantly to assure that this Visioning process is one of connected Consciousness. We are All One. The visioning team's role is to hold space for our expanded Consciousness and bring voice to it with the congregation as an integral part of being a huge 'megaphone' of sending and receiving Love and the Greater Good of God in Action through us.

I see this Spiritual practice of Visioning as an unfolding of Who We Truly Are. You can hold the Visioning Team in the Light during your own personal meditations and can contact Laurie Knerr or me by email with any questions, ideas or intentions to join us.

Our next meeting is yet to be determined, but it will be in February some time.

Peace and blessings,

Janet Somalinog



Ministerial Miscellany

By Rev. Annie Kopko



FEBRUARY BIRTHDAYS

Feb 6 - Stephanie Shelters
Feb 7 - Jean Wilson
Feb 8 - Janis Beard
Feb 10 - Angela Wyse
Feb 11 - Delyth Balmer
Feb 11 - Mark Charles
Feb 11 - Claire Groshans
Feb 16 - Carol Bardenstein
Feb 16 - Sandra "Sandya" Shears-
Feb 20 - Curtis Glatter
Feb 22 - Steve Schultz
Feb 28 - Melissa Whitney

Spiritual Support Team (SST)

We invite you to give us a call or send an email for *any reason*...just to casually let us know how you are or to have a supportive listening ear to help you through these challenging times. Note: These are not meant to be formal counseling sessions. We are able to offer spiritual support and friendship.

Delyth Balmer

delyth.balmer@interfaithspirit.org

734-657-5384

Dave Bell dave@interfaithspirit.org

734-646-8475

Lyriel Claire lyriel.claire@gmail.com

571-206-4653

Annie Kopko revanniekopko@gmail.com

734-358-1328

Janet Somalinog jsomalinog@gmail.com

208-870-9065

Dear Friends,
Are you curious?

Have you ever thought about how being curious can change and uplift your day? Probably not. I think I am curious, but do not "use" it often enough. This possibility is one thing I brought home from our last Sunday service. Whenever I am the speaker, I am always fascinated by what other participants bring to augment my ideas. What others offer to read and say will invariably be the perfect complement to any talk I give.

I seem to spend much time thinking about and "working on" solving my problems. I also spend a lot of time avoiding solving my problems. We all have challenges in life, big ones and little ones. I am interested in finding more peace around each one. Imagine they are already solved and waiting for me to catch up with that reality. Our friend Barbara Brodsky from Deep Spring Center for Meditation and Spiritual Inquiry sends me a quote from Aaron every day. This week she speaks of facing her challenges and asks: "Where is love in this moment? How do I best bring it forth?" I recommend that we relax, watch, and trust the deep rhythms of our lives.

I also highly recommend you attend our musical events this month. Bring your friends to Cafe 704 on Feb. 11th at 7 p.m. to see and hear and dance to Ajde Aman. This group features Douglas Lane Allen, Abby Alwin, Alex Sobolev, and others "playing the folk melodies and oddly danceable rhythms of South Eastern Europe". For more information visit our website at interfaithspirit.org. Artisan 704 will also be there with handmade craft and art items for sale. On Wednesday, Feb. 14th at 7 p.m. join the Community Sing with Matt Watroba at the Interfaith Center. Be sure to check our website for many study groups and activities to stimulate your spiritual curiosities.

Blessings,

Annie

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Meet the Caring Committee

contributed by Vicki Davinich

The Caring Committee consists of a team of volunteers who take on tasks, find helpers from the ICSG membership, or find helping resources in the Ann Arbor community who can help with a request. Marilyn Alf has served as chair for many years. She retired from a career in social work and brings those skills to the committee, encouraging Interfaith to help all members survive. Heide Kaminski, who stepped down from the chair position several years ago, but remained as co-chair, has a firm background in education as a teacher of adult education in Milan High School and at Milan Prison High School. Her favorite project is providing backpacks full of school supplies to the Tecumseh Safe House for women and children, which she helped start. Vicki Davinich, as secretary, keeps the minutes for meetings, creating a paper trail progress report of work the Caring Committee is taking on or continuing. She ends her four-year term on the Board in March 2023, and serves as the liaison between Interfaith and the Parkinson's Music Therapy group, which meets at Interfaith on Tuesdays at 2pm. Annemarie Howse has extensive experience in the helping world as a social worker at a homeless women's shelter in Los Angeles. She keeps the official tally of help members have provided to the Interfaith community and reports final numbers at end-of-year announcements. As the volunteer coordinator, Annemarie finds Interfaith members to bring flowers for the Sunday service, make coffee after service, take care of in-house plants, and sign up to do the weekly reading and meditation.

We keep six categories of helping: transportation; cards and flowers of get well or sympathy (handled by Judy Bell); friendly contacts (through email, texts, phone calls, visits); services (providing a meal, helping with paperwork or a move, light home cleaning or repair; outreach (support of helping activities in Ann Arbor); Reiki treatments. Peggy Lubahn serves as the committee's Reiki provider, and as a Master Reiki practitioner, she sends healing energy to any member who requests it for his/herself or for their family/friends/pets. Peggy has also taught classes on "How to sell on eBay" and contributes regularly to several spiritual periodicals under the name Peggy River Singer. Besides taking care of cards and flowers for the committee, Judy Bell, with Dave's help has been known to deliver homemade soup and biscuits to ailing Interfaith members. Laurie Knerr, a retired nurse, feels right at home visiting Interfaith members in the hospital or at their home, providing encouragement, cheer, and insights. She and Janet Somalinog have created the new Bulletin Board at Interfaith, and they are working on the Visioning project. Annie Kopko - as associate minister - contacts many members each month to provide spiritual support and serves as liaison between members and the Caring Committee. She delivers the Sunday Message several times a year, organizes the Artisan's market to accompany Café 704 during the holidays, and carries on a private therapeutic massage business. Delyth Balmer keeps the committee's accounts to be sure there is enough money to carry out promised tasks, and to ensure that donations are used within the restrictions of Interfaith's mission. As the Interfaith administrator and associate minister, Delyth organizes memorial services and funerals and organizes rosters of helpers for these events.

Any interested Interfaith member can serve on the Caring Committee or volunteer services. Contact any member of the Committee to express your interest, or fill out the form in the basket on the welcome table and hand it to any Committee member.



Mark your calendars!

Save the Date

25th (Anniversary) Silver Ball

April 29 - 6 pm - 11:00

Dinner & Dancing to CARMa

Peter Madcat Ruth & Band

Tickets \$25 in advance,

\$30 at the door. "Angel Tickets" available.

CAFE 704 CONCERT SERIES:

Saturdays, 7 p.m.—9 p.m.

In person and on Zoom

February 11: Ajda Aman

Douglas Lane Allen, Abby Alwin, Alex Sobolev & friends

PEACE GENERATOR

7—9 pm

Every 3rd Friday

Leadership Team Meeting 2nd Sunday

(This month only will meet on the 1st Sunday)

1:00 – 2:00 p.m.

Bob Hopkins (734) 985-5572

Board of Trustees Meeting 4th Sunday

(NOTE: New schedule-moved to 4th Sunday.)

1:30 – 3:30 p.m.

Marice Clark & Claire Groshans, Co-Chairs

board@interfaithspirit.org

Caring Committee Meeting 1st Thursday

6:30 - 7:30 p.m. on zoom/Marilyn Alf,

Chair sdtoaa@gmail.com

Singing for Comfort

with Layla Ananda

2nd Thursday every month

Community Sing with Matt Watroba

Wednesday, Feb. 15th 7:00-8:15 pm

ANNUAL MEETING April 2nd 1:00-3:00 pm. Board Elections.

The Celebration Service begins at 10:45

Mon

Tue

Wed

Thu

Fri

Sat

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Social Hour on zoom only hosted by Rob Fagerlund) 2:00-3:00 pm

Social Hour on zoom only hosted by Rob Fagerlund) 5:00-6:00 pm

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Service Leader: Rev. Annie Kopko
Message: Heide Kaminski "The Gender Controversy –God Wants You to Love Everyone"
Reading: Paulette Stenzel
Meditation: Janet Somalinog
Special Music: Abby Alwin

Power of Now- Eckhart Tolle Study Group 10:30 am to 12 pm, in person only with Jana Healy

Sufi Gathering/Imam Kamau Ayubbi zoom only 7:00-8:00 p.m. (\$5-10 donation)

1st Tuesday Death Cafe zoom only 6:30 - 8:00 pm Annie Kopko

Social Hour on zoom, hosted by Rob Fagerlund) 2:00-3:00 pm

Science Of Mind study group, zoom only 8:00-9:00 pm Janet Somalinog

Singing for Comfort with Layla Ananda in person and on zoom 7-8:30 pm

Social Hour on zoom only hosted by Rob Fagerlund) 5:00-6:00 pm

Cafe 704 ~ Ajda Aman
Douglas Lane Allen, Abby Alwin, Alex Sobolev & friends
7 - 9 pm
cost: \$10
In person and on Zoom

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Service Leader: Rev. Lyriel Claire
Message: Kashi Walters "Remembering Our Divine Nature"
Reading: Peggy Lubahn
Meditation: Janet Fry
Special Music: Janet Cannon

Power of Now- Eckhart Tolle Study Group 10:30 am to 12 pm, in person only with Jana Healy

Sufi Gathering/Imam Kamau Ayubbi zoom only 7:00-8:00 p.m. (\$5-10 donation)

Social Hour on zoom, hosted by Rob Fagerlund 2:00-3:00 pm
Community Sing with Matt Watroba "You don't have to be a good singer (whatever that is) just a willing one." 7:00 - 8:15 pm
The event is free, but donations are appreciated and encouraged

Social Hour on zoom only hosted by Rob Fagerlund) 5:00-6:00 pm

Peace Generator with Craig Harvey in person and on zoom 7-9 pm

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Service Leader: Janet Somalinog
Message through Music: Lotta Love Band with Carol Bardenstein, Beth Barclay and Eric & Mary Fithian
"Blessed We Are To Dance On This Ground":
Savoring Gratitude and Connection
Meditation: Jennifer Lenders
Reading: Marilyn Alf

Power of Now- Eckhart Tolle Study Group 10:30 am to 12 pm, in person only with Jana Healy

Sufi Gathering/Imam Kamau Ayubbi zoom only 7:00-8:00 p.m. (\$5-10 donation)

Social Hour on zoom, hosted by Rob Fagerlund) 2:00-3:00 pm

Science Of Mind study group, zoom only 8:00-9:00 pm Janet Somalinog

Social Hour on zoom only hosted by Rob Fagerlund) 5:00-6:00 pm

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Service Leader: Rev. Delyth Balmer
Message: Trevor Chaitanya Eller "Cancel Culture – Who Cancels Who? Yogic Tools to Awaken Ever-Present Oneness"
Reading: Bob Hopkins
Meditation: Layla Ananda & Alaura Massaro
Special Music: Dancers for Life with Amanda Stanger-Read

Power of Now- Eckhart Tolle Study Group 10:30 am to 12 pm, in person only with Jana Healy

Sufi Gathering/Imam Kamau Ayubbi zoom only 7:00-8:00 p.m. (\$5-10 donation)



Volunteer Corner

The New Year 2023 began on a Sunday, which is also the day I volunteered to be the new Volunteer Coordinator. My reason for doing so is that I saw some things that I would like to see happening or reinstated at our spiritual center. Rather than volunteering to do them all myself, I hope to inspire others, like you, to join me. Here are some of the ways you can join in on the fun and help to build a more dynamic community!

Hospitality/Refreshments-We used to have potlucks on the first Sunday of the month. The pandemic brought an end to that, but not for long. Heide volunteered to be our "coffee lady" and will provide coffee or hot water for tea after the Sunday service. It would be wonderful to have cake, cookies or a snack to go with it! There is a sign up sheet near the coffee area for you to sign up to bring a snack if you choose. The first Sunday of the month is Birthday Sunday, where we acknowledge those celebrating that month. A (birthday) cake would be appreciated on this day. Potlucks are soon to follow.

Flowers-We have flowers for the service every Sunday. These are provided by Marice Clark on the second Sunday of the month. I provide the flowers on the other 3-4 Sundays. If you have a special event coming up and you know there will be flowers, we'd love it if you would share them with us on Sunday. You can bring them home after.

Please let me know by Friday (the day I purchase flowers for Sunday) if you

would like to provide the flowers on that day. When summer comes we hope you will be sharing flowers from your garden.

Readers and Meditators- We'd love to have you provide a reading or lead a meditation on Sunday. Meditations and reading are 3-5 minutes (no longer please) and are of your choosing. If you have not done this before, I am happy to provide guidance.

Transportation-Members of our congregation may need a ride to the center on Sunday, to a doctor appointment, to the airport, etc. You always have the option to accept or decline, based on where it is and your availability.

Newsletter? Editor-It's always best to have another set of eyes. If you are good at detecting the mistakes I may have made in this article, then this is the perfect fit for you!

This is a sample of some of the things we aspire to do to make our experience at Interfaith more enjoyable. If you are interested in learning more about these and other ways to make our Interfaith Community more dynamic, I'd love to hear from you. Suggestions are welcomed!

Blessings,
Annemarie Howse
818-667-2815
ahowse21@gmail.com



If you call me, please leave a message. Once I hear from you I will add you to my contact list and will pick up next time you call (if I am available). I am abundantly blessed with spam calls.





*"You don't need to be a good singer
(whatever that means) you just need
to have a love for it."*

Community Sing with Matt Watroba

Wednesday, February 15, 2023

7:00 - 8:15 pm

Free

But donations are both welcomed and encouraged.

Future dates at this location:

March 22

April 26

May 24

June 28

Interfaith Center for Spiritual Growth

704 Airport Blvd. Suite 1

Ann Arbor, MI 48108

**Masks are not required
but strongly recommended.**

Info: Contact Delyth at 734-657-5384

ABOUT MATT "Many know Matt Watroba as the voice of folk music in Michigan for his work with WDET–Detroit Public Radio. As producer and host of the Folks Like Us program, and the nationally syndicated, Sing Out Radio Magazine and Folk Alley, Watroba has come in contact with many aspects of folk music and culture. This has helped shape a repertoire and presentation that is unique on stages across the state and country. He is committed to inspiring the world to sing-- one town at a time. In 2019, Matt, along with his life-long musical partner Robert Jones, Co-founded the Detroit Non-Profit, Common Chords. Also in 2019, Matt Was inducted into the Folk DJ Hall of Fame at the Folk Alliance International conference in Montreal."

For more information about Matt see his website at: <https://mattwatroba.net/home>



Easter Dinner!



Image from: <http://www.kimkins.com/5-low-carb-easter-menus/>

If your loved ones are not near-by and you wish to celebrate with fellowship!
Hosted by the Interfaith Caring Committee
Which will provide the ham.
Bring a dish to pass!
April 9th 2023 at 1:00 p.m.
Volunteers are needed for setting and cleaning up

Interfaith Center's Vision Statement

As expressions of divinity we celebrate a world awakened to Love.

Interfaith Center's Mission Statement

Our mission is to explore universal truths underlying all paths of spiritual growth by providing weekly fellowship, learning and service opportunities, and social events to create and inspire a vibrant and diverse spiritual community.

Sunday Celebration Services
are held at 10:45 a.m. at
704 Airport Blvd.,
(off S. State Street) near I 94



MISSION STATEMENT

Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.

CONTRIBUTORS WANTED!

We would love to have your input in the newsletter: spiritual moments, movie/book reviews, exciting announcements, poems, etc.

We try to have the newsletter ready for final editing by the third Sunday of each month. Please send contributions to Heide at

heide.kaminski1959@gmail.com with "Interfaith submission" in the subject line. If you do not mention Interfaith, your email might get kicked right into the recycle bin by my spam filter.

If you cannot email your contribution, you may give it to Heide on Sunday.

Want to hear from us throughout the week? Join our Interfaithspirit connections group: Interfaithspirit@groups.io.

Board of Trustees

Board meetings are held on **Zoom** the **4th Sunday** of each month from 1:30 to 3:30 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.

Board Members:

Marice Clark and Claire Groshans, co-chairs
Vicki Davinich, secretary
Laurie Knerr
Janet Somalinog
Paulette Stenzel

STAFF

Delyth Balmer and Annie Kopko, Associate Ministers

Laura Massaro, Music Director

NEWSLETTER/WEBSTAFF

Heide Kaminski, Editor-in-Chief

Layla Ananda, Webmaster

NEWSLETTER ADDRESS

Heide AW Kaminski

heide.kaminski1959@gmail.com



Café 704

Ajde Aman



*Deep, emotional, creative and boundary defying,
come gather round to dance and cry
to the folk melodies and oddly danceable rhythms
of South Eastern Europe*

We play folk melodies as old as time and original hits written for today. We promise to touch each heart and ear.

Café 704 located at Interfaith Center for Spiritual Growth,
704 Airport Blvd., Ann Arbor 48108.

Suggested donation is \$8 per person or \$15 per couple.

More information can
be found at www.interfaithspirit/cafe704.html



TWO POWERFUL VARIATIONS OF "MOST BENEVOLENT OUT- COMES"

By Peggy Lubahn



A conversation with ZESTRY By Peggy River Singer

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.) This is a very powerful, and very simple process that supercharges your requests for angelic help.

Tom's original suggested format is: ***I request a Most Benevolent Outcome for my car repair bill to be under \$500. That or something even better, thank you!***

This request is very specific, since you're asking your own angels to help with a particular issue. After getting lots of questions from his readers, Tom developed variations for different situations.

"I ASK ANY AND ALL BEINGS..."

This much more generalized request invites assistance from many kinds of angels and other benevolent beings.

"I ask any and all beings to help increase donations to the Warm the Children program this winter."

I drove past a man who had pulled over to the side of the road, and was looking at his car's engine. "I ask any and all beings to help that man stay safe, and get the help he needs."

"I HOPE THAT..."

This phrase is very non-specific, and is perfect for on-the-go requests.

"I hope that someone will pick up all that trash I just drove past, so the wind won't blow it into the lake."

"I hope that Cinnamon, the cocker spaniel who got loose this morning, will be found and returned to his family quickly."

Now, I expect you've noticed that there's a bit of overlap to these three formats, but that's not necessarily a problem. Use the phrase that feels best for a particular situation. Or, create your own phrase that works well for you personally. Your angels will understand your intentions!

Have you had any interesting results from using MBO's?

Please share them with our group by sending a note to plubahn@aol.com !

Zestry is my first crystal skull, ordered from eBay. He was carved from Moon Quartz, also called enhydro quartz. His glowing luminescence results from microscopic air bubbles which evaporated out of the liquid as the growing quartz crystal cooled. (Thank you, Wikipedia!)

Peggy: Will you tell us something about your life so far?

Zestry: *Gladly! I was designed by a very spiritual master carver, I called him Gentle Hands. He paid special attention to giving me a well-balanced and pleasing appearance.*

Peggy: Was Gentle Hands an ordinary human, or something more?

Zestry: *He was Star-kind – one who was put here to accomplish certain workings -- but well camouflaged as an "ordinary human". He belonged to a very very long lineage of spiritual workers that includes thousands of stone workers as well as shamans.*

Peggy: Was it frightening or painful for you to be cut away from the rest of your crystal family in order to be carved and sold?

Zestry: *You will understand that what you refer to as my "family" – as in the chunk of rock I originally grew in -- exists on an atomic level.*

Therefore, we cannot ever consider ourselves to be truly separated – compared to how humans are separate individuals -- in any significant

fashion. Plus, we were well aware of the intentions of the human miners, so we knew what to expect.

Peggy: When you arrived at my home, I asked you what name you would like to use. And I recall a long list of names that you tried out and then discarded.

Zestry: *Seeking, always seeking, wisdom and learning and history and newness in all their forms, in order that I may continue to learn and share and teach, uplift and brighten and heal. Though I spend much of my time working with you and other humans, this mission is not limited to humankind, but includes*

Continued from the previous page

all of creation.

Peggy: With unlimited options, how do you choose what and who you wish to work with?

Zestry: *By matching of energies and desires, requests from Creator and others, that sort of thing. There are no limitations to how many "projects" I can engage in.*

Peggy: Is all this unique to the entity Zestry, or was it begun before you were carved?

Zestry: *I had millions of years to refine my interests, so when I became Zestry, it was a fulfillment of previous plannings. Speaking my true-name for the first time instantly felt RIGHT and comfortable and meant-to-be, an explosion of JOY.*

[I am shown a glorious burst of colors with quite a lot of blue, white and yellow.]

Peggy: I understand that you were one of thousands of stone skulls who spent some time with Max, the Mitchell-Hedges skull, back in 2008 in Phoenix, Arizona.

Zestry: *Yes, indeed, what an exhilarating experience that was! The deepness and quality of connection, uncountable sharings, ceremonies by the humans... How can I properly explain the glory?*

Peggy: You and my other skull friends, Genie and Focus, have sung for me. Would it be possible for you all to help our readers hear you sing when they read these words?

Zestry: *Ask them to get comfortable, close their eyes, and open themselves to receive. Our song will be heard by all those who sincerely wish to experience it.*

Peggy: Thank you! Is there anything else you'd like to add today?

Zestry: *My companions Focus and Genie are also eager to participate in this form of sharing; we hope this will be possible.*

Peggy: I'm sure we can arrange that. Thank you, my friend.



Stay tuned for upcoming Cafe 704 concerts!

March 11: Julie Beutel and Bob O'Brien

April 8: Marlena Studer and Steve Ragsdale

May 13: Spirit Singing Band

June 10: David Mosher

July 8: Path

August 12: TBA

September 9: Nutshell

Oct.: Vornhagen and Kaufman

November 11: Jean Wilson and Friends

December 9: Emily Slomovits and Billy King

Interested in performing at Cafe 704?

Send an inquiry to cafe704@gmail.com



