



Interfaith Inspirer



An Interfaith Center for Spiritual Growth News Publication

VOL. XIX, NO. 04 April 2023

Forgiveness by Rev. David T. Bell
Reprint from June 2014

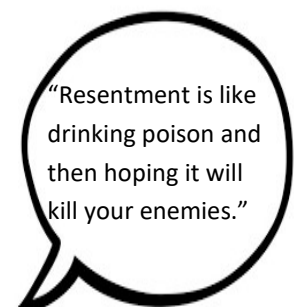
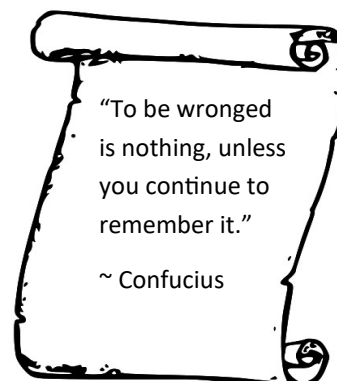
Forgiveness is one of the most important tools in raising one's consciousness. It is a critical necessity in moving out of the past and dwelling in the present moment. Many live outside the present moment, either reliving past woundings, resentments and traumas, or fretting about future problems that have not yet arisen. In truth, there is only the eternal moment of now. If one is reliving the past or fretting about the future, then one cannot be in the present moment. Life literally passes by without notice.

In addition to taking one out of the moment, unforgiveness has the effect of reliving, often in painful detail, all of the previous wounds and losses. This actually creates a negative energy, which directly influences the body's immune system as well as the endocrine system. Harboring old grievances can actually make a body sick. Toxic energy and negative emotions are the direct cause of dis-ease. That is, the sense of not being at ease, as well as the actual causal vector of disease. The best question to ask at this point is, "why would you do that to yourself?" If one is skillful and interested in spiritual growth the answer is obvious. You wouldn't!

Many have not learned of the connection between resentment and disease. Many have been taught that there are "unforgivable sins." Such is not the case. In A Course in Miracles, the modern communication of spirituality and psychology, we are told "forgiveness is our only function." The Course also says that there is no sin. Hanging on to old wounds is practically the worst idea ever. It takes

away your peace, and has the real possibility of causing disease. Forgiveness, then, is something you do for yourself. It is never about the other. It is a tool to restore your peace, tranquility and health.

One source of resistance to forgiveness is the notion that it sends a message that harm is ok. Forgiveness in no way condones what was done. It simply is an acknowledgment that the forgiver is ready to move beyond resentment and to understand that everyone is always doing the best that they can in any circumstance. Does this mean that you must like the person forgiven? Not at all. There is no requirement that you should take an abuser to lunch. In fact, it is perfectly reasonable to say "STOP IT." Allowing further harm to take place is not a loving thing to do. However, anger and resentment only harm the holder of those emotions. Some quotes from wise ones follow.



~ Nelson Mandela



THE 25th ANNIVERSARY

SILVER BALL

Interfaith Center for Spiritual Growth

Space is limited! **APRIL 29, 2023 6:00 -10:30 PM**
A few spaces are still available.

**Contact Delyth by
April 15**

**Dinner, Music,
Dancing,
& Reflections on the
past 25 years**

Ministerial Miscellany

By Rev. Annie Kopko

Spring Cleaning??

Anyone ever heard of Spring Cleaning? Well, let's take that to another level!

I think more than we need to clean our houses, we need to refresh our minds. We need to reach out from the daily chatter (clutter) to remember that the words we mumble to ourselves all day to ourselves are the words that are creating our future. If we haven't realized (in our minds and hearts) what we want now, we may never find it. We are pretty creative, (I know we all have heard this before)..

Unfortunately we are not usually aware of what we say to ourselves all day, so first we can be aware of what we are thinking and feeling. How are you feeling right now: good? Not so good? Great!!? How you feel at any moment is a great window into your life. Decide to feel better than you may think things really are. I am sure that I do not have all the information I need to make any judgments whatsoever, so my next best thought might be: I am the one who decides and I might as well like what I am creating. At any moment, I can choose to feel better.

Sometimes it is easier to be happier when spring finally comes and here at Interfaith in April there are so many interesting and delightful things to do, in person and by Zoom. See lots of information on our website: interfaithspirit.org.

- Sunday, April 2nd is our annual meeting and Board election. It will be over by the time you read this. I hope you were able to attend this very important Interfaith community gathering.

- Sunday, April 9, we will have an Easter Potluck after the service. Bring a dish to share.

- Saturday, April 8th is Cafe 704 with Marlena Studer and a group of musicians and dancers in the style of the Roaring 20's known as the Speak-Easy Sisters and the Gin-Joint Jammers! They will teach us how to dance! Information and tickets on our website.

- Sunday, April 16th, Fritz Sauer is our guest speaker and he will be presenting a two part workshop on April 16th and April 22. The focus is teaching us how to manage stress. I have been in classes with Fritz, and the techniques are very simple, easy to learn, life changing practices. More information will be available soon.

- Wednesday, April 26 come and sing with Matt Watroba at 7PM at the Center..

This is our 3rd Community sing, everybody I have talked to loves it.

- Saturday, April 29th, last but not least, is our 25th Anniversary Silver Ball! We are almost at capacity, so please respond to your invitation if you have not done so, and if you didn't receive an invitation, text Delyth at 734-657-5384. This event will have music by Peter Madcat Ruth and C.A.R.M.A.

I will see you at many of these events.

Many Blessings,

Annie



Our April Birthday

Celebrants are:

April 1 Patricia Root
April 1 Rob Russell
April 2 Stephanie Xu
April 5 Shelly Koyl
April 9 Malcolm Shaffner
April 10 Lori Kempf
April 10 Steve Orlowski
April 12 Bill Stobby
April 15 Scott Alf
April 15 Charlotte Allen
April 15 Tracy Worcester
April 16 Norah Reilly
April 16 Leora Druckman
April 18 Catherine Powers
April 22 Maggie Burkit
April 24 Julie Brader
April 25 Mary Alice Truitt
April 27 Carol Jacobs

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

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Dave Bell dave@interfaithspirit.org

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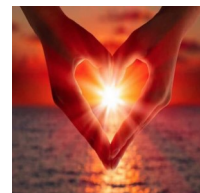
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208-870-9065

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COMMUNITY MEMBER OF THE MONTH

Submitted by Bob Hopkins

Heroine Heide

This is probably not the first time that Heide Kaminski has been recognized as the community member of the month. However, she has never been recognized enough for all she is doing and has been doing for the Center. She is easily the longest tenured staff person from the Center and it has been something of a tradition to avoid citing paid staff members for CMM nominations. This has led to a significant omission because Heide has historically and regularly gone well beyond the functions for which she has been compensated.

Heide first came to the Center about 20 years ago. Having known of her stellar work for about 10 years as a Youth Education director for Unity of Ann Arbor, Rev. Dave Bell (the senior minister at that time) snatched her up to lead our Youth Education Program. She was joined by Kellie Love about two years later the two of them have been the stalwart team to whom we entrusted our children over the many years since then.

Heide recently announced her retirement from the position as Youth Ed Coordinator. She kindly waited until there were no children coming to the Center in the wake of the pandemic mayhem. This retirement has given her more time to focus on the resurrection from the abbreviated newsletter that became the norm during the pandemic times. We all look forward to what she will bring to bear with such a dedicated determination to awaken the vital communication that is this *Interfaith Inspirer*.

It was noted above that she has gone far above the assigned tasks of her staff position for a number of years. She served for several years as the chair of the Caring Committee and still serves on it and steps up to aid the current chair of Marilyn Alf as needed. She has made a project of helping youth in the community in ways that only she could have discovered. The amazing thing is that she was able to use this dedication to enrich the service capacity of our children. She led them and the rest of the Center to support Heifer International and the SMILE program that funds surgeries for third-world children in need of cleft palate surgery. She was the moving force behind our involvement with Alpha House (the homeless shelter in town). This was extended to provide school year backpacks for the Alpha Children year after year. Comparatively recently this school support program was expanded to involve the children from the shelter in Tecumseh.

It is clear that she has done much to serve not only our community but the community at large. Heide richly deserves and is being recognized for her invaluable contributions and for leading the Center into so many worthwhile activities. In stepping down from the Youth Education Program, an exciting new chapter is about to begin for all of us. It is hard to imagine all the ways she will be of service to all the adults in our community as she is finally able to join us for our Sunday services on a regular and consistent basis. I know we will be blessed by her presence.



I was about 30 years old when I met Esther Reilly. She was double my age. Within a very short time, she became my best friend, cheerleader, and surrogate mom.

Esther was my "partner in crime" for the newsletter until just a few years ago. I made myself a promise: "When I grow up, I want be just like Esther!"

She passed away in March of this year, just a few months shy of turning 94 years old. Yup, I want to be like Esther, living a very long and fulfilled life and being feisty until the very end!

Mark your calendars!

CAFE 704 CONCERT SERIES

Saturdays, 7 p.m.—9 p.m.
In person and on Zoom

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.14: 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

PEACE GENERATOR

7—9 pm

Every 3rd Friday

Leadership Team Meeting 2nd Sunday

1:00 – 2:00 p.m.

Bob Hopkins (734) 985-5572

Board of Trustees Meeting 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

7-8:30 pm

every 2nd Thursday

ANNUAL MEETING

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



VOLUNTEER CORNER

Brought to you by: Annemarie Howse

I'm sure you've heard the saying "it takes a village to raise a child." I believe that "it takes a community to build Interfaith Center for Spiritual Growth." I invite you to be an active member of Interfaith and to help our community expand and grow.

In the September 2019 issue of the Interfaith Inspirer, Marice Clark said, "I volunteer at Interfaith because it helps me feel connected to the community. The small acts of service that I perform such as decorating the alter and bringing flowers create a little visual beauty that can bring joy to those that see it. Being a part of this community is very important to me. When I plan a party and decorate the hall or lead a meditation, or sing in the choir, I am sharing a part of me in hopes it will inspire happiness, peace and joy in the hearts of all that are touched by this simple act of service."

The first week in February I initiated "social hour" to encourage folks to stay after the service and get to know or get reacquainted with others in our Interfaith community. Heide Kaminski stepped up to the plate dubbing herself the "coffee lady" to ensure we have coffee and tea water for those choosing to stay. Many thanks to Darlene MacLeod, Bonnie Dede, Janet Fry, Rabbi Isaac Roussel and others for providing us with special treats during February and March. A sign up sheet is provided on the bulletin board so you can sign up to bring a snack (very helpful), or simply surprise us with a treat.

Whether you choose to bring a cake for "birthday Sunday," stay after the service to get to know some of us over a cup of tea or come to the service late and leave early, we are glad you are here and hope that the experience feeds your soul. However, if you would like more information on how to get involved, please contact me at 818-667-2815 or ahowse21@gmail.com. If you call, please leave a message or send me a text as well. Unrecognized numbers with no message often get blocked and deleted. You may also chat with me during "social hour."

Blessings,
Annemarie

Inspirer Revisited

Have you read a great article in the Interfaith Inspirer and wish you could read it again? Chances are others feel the same. All newsletters are posted on our website Interfaith Inspirer Newsletter

<https://interfaithspirit.org/interfaith-inspirer-newsletter/>

Find the article, let Heide know where it is (i.e. Community Member of the Month, May 2014) and she will reprint it. This should be easy for those that participated in our year in review segment on Sundays, leading up to our 25 th Anniversary Silver Ball. When sending an article to Heide for the newsletter please put "submission" in the subject line so it is brought to her attention.

Feel free to also send poetry, spiritual quotes, tidbits, Interfaith event photos, etc.!



You gotta look for the good in the bad,
the happy in the sad, the gain in your
pain, and what makes you grateful not
hateful. ~ Author unknown

Submitted by Marilyn Alf

7 Things You Will Always Be Entitled To

1. Your feelings
2. Your values
3. Your passions
4. Your beliefs
5. Your dreams
6. Your opinions
7. Your choices

~ Author unknown

Submitted by Marilyn Alf

12 Dangers of STRESS and How You Can Relieve It. --- Master a Fast, Effective and Targeted Tool ---

4/16/23 1-3pm and 4/22/23 2-4pm

Cost: \$60.00 includes both sessions. Presented as a fundraiser for the Interfaith Center for Spiritual Growth
100% of the fee goes ICSG

Workshop description:

HOW TO GET RID OF STRESS

If stress ruins your life ... if it makes you sick ... if you feel frustration, anxiety, fear, burnout ... this workshop is for YOU !

Here is why ... You learn the latest Neuroscience of stress relief

- How the brain creates stress deep in your subconscious
- How you can now easily, in private, on your own, defeat stress

IF YOU DON'T DO SOMETHING, IT WILL JUST GET WORSE Stress creates a vicious cycle! It causes muscle tension, headaches, back pain, poor sleep, bad digestion, foggy thinking, weak memory, even bad breath and body odors
... and this makes your initial stress worse!

The latest brain science confirms

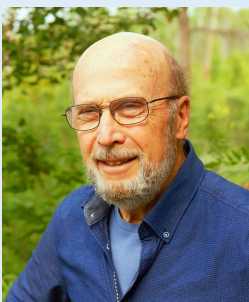
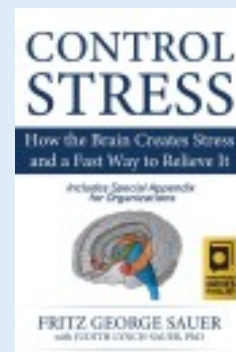
- Stress is **behind 80% of disease**
- Stress **ages you faster**
- Stress **damages your genes**
- Stress can **even kill you**

... While conventional methods can help, **they do not defeat stress**

Discover the new secret of getting rid of stress profoundly

- Thousands of people have learned it already
- Now it's ***your turn!***

COME TO THE WORKSHOP AND CHANGE YOUR LIFE!



Bio: Fritz George Sauer was highly stressed from his childhood in a war zone.

After NATO military service, he earned a Master of Science degree in his native Germany. An international scholarship brought him to the US, where he earned another MS in Industrial Engineering at the University of Michigan. Fritz worked as IT manager and internal consultant for Ford Motor Company, always searching for remedies for his internal stress.

After retirement, he discovered new innovative solutions. He became calmer and much healthier. He studied the neuroscience of stress, trained over 1,000 people, published the book "Control Stress" and now shares 15 years of successful stress management experience.

Members' Tidbits

Submitted by Curtis Glatter

One of my favorite songs is called BE HERE NOW and I think the lyrics would be really great for all of the congregation to read in the morning as a mantra or prayer.

The lyrics are:

BE HERE NOW by RAY LAMONTAGNE

Don't let your mind get weary and confused
Your will be still, don't try...
Don't let your heart get heavy
Child, inside you, there's a strength that lies

Don't let your soul get lonely
Child, it's only time, it will go by
Don't look for love in faces, places
It's in you that's where you'll find...

Kindness
Be.

Be here now, be here now
Be...

Be here now, be here now
Don't lose your faith in me

And I will try not to lose faith in you.
Don't put your trust in walls
'Cause walls will only crush you when they
fall
Be...
Be here now, be here now
Be...

"Veteran Detroit drummer/composer, Curtis Glatter released an esoteric cross-country collaborative CD with San Diego's Nathan Hubbard and DJ Tenshun called TROIKASTRA in 2023! You can purchase this CD for a limited time at Dearborn Music or Rock of Ages or you can preview and purchase the CD! go to: <https://castorandpolluxmusic.bandcamp.com/album/its-the-door-with-the-little-stairs> "

The Drum and Dance Jam will be hosted by Curtis Glatter at the Interfaith Center for Spiritual Growth at 704 Airport Blvd, Ann Arbor, MI.

48108. *The dates of Dates:

April 1, May 6, June 3, and Aug. 5, 2023, 7:30—9 pm

Bring a drum with you or use one provided by the Interfaith Center, \$5 donation recommended.

Submitted by Janet Somalinog

With much gratitude for this day and for the opportunity to share the declarations in my heart, I turn within so as to KNOW the Truth for you and myself. So here goes:

It is with certainty that I know of my Essence, my Source, my Roots. My life, my relationships, my body temple and all the events in and around me and my world are totally infused and supported by this Power and Mind. I allow this consciousness to wash over me now. I am contacting IT and connecting with IT as I go through my day. At any time that I may need an adjustment to my thinking, I simply pause and reconnect with IT. My mind is plugged into God's Mind and all is well. My total trust and belief that this power and presence are always available is unshakable!! IT is always willing and imminently capable to show up and respond to my thoughts. I put my thoughts into the LIGHT and let God adjust the outer circumstances to align with my inner knowing. My life is simple and blessed, perfect and open. I am grateful, I release and I say, "And so it is!! Amen".

Janet Somalinog, a Religious Science Practitioner, but without the certificate on the wall.



WHAT'S THE WORST THAT CAN HAPPEN?

Seven words that can change your life.

Recently, I was scheduled to do the reading (remotely) for the service. There were several things I needed to run to the grocery for, and I figured it would be a short trip. But when I got back in my car after shopping, it was later than I thought, and I realized I might not get home in time.

Cue a few minutes of panic, judging myself and my poor choices, and guilt for letting down the entire Interfaith organization. Then I stopped, took a deep breath, and intentionally cleared away the fog of emotions. And I asked myself this question:

What would be the worst that could happen if I'm too late to do my reading?

Answer: There would be a bit of confusion at Interfaith and people would wonder where I was. Then they would start the next scheduled item and get on with the service.

In other words, the world would not come to an end. Nobody would be angry with me. In fact, it's much more likely that people would say something like, "Gee, that's not like Peggy, I hope everything's okay."

WTWTC has become a valuable and dependable Life Tool that I use quite often. Asking yourself this question will help you stop and think things through logically, instead of drowning in a whirlpool of "what ifs."

If you've never worked with this phrase before, I hope you'll give it a try; and I hope it will help you as much as it continues to help me!

SINGING THE BALANCE: A CONVERSATION WITH THE DEVA OF THE IRS

By Peggy River Singer

Peggy: May I speak with the organizing intelligence of our Internal Revenue Service?

Deva: Here. Waiting.

Peggy: Thank you. I'd like to ask whether you were created specifically for this job, or have you had other responsibilities?

Deva: *Creator foresaw the need for high-level guidance upon the creation of the IRS entity; my creation was foremost in the workings of the plan.*

Peggy: How would you define your job?

Deva: *My nature, my essence is BALANCE; I am a unique expression of that concept. I maintain balance in all aspects of the IRS entity as a unified whole. This is why you connected with me so readily, since one of your chosen tasks in this lifetime is to be a bringer of balance.*

Peggy: I had not thought of it that way, thank you! Will you tell us more about how you go about maintaining balance? How do you become aware of imbalances that you must address?

Deva: *All is energy, expressions of energy. Understand that I/we follow Creator's requirements in all things. There are occasions when a situation that appears to humans to be wildly unbalanced, is allowed to continue as part of what you call "the bigger picture."*

Peggy: Yes, many of our people are aware of this concept.

Deva: *You may describe my working of balance as "singing" the energies into their proper, sacred alignments. Understand that I use the word "singing" as a metaphor to assist your understanding; no actual noises are produced that humans would be aware of. I can just as easily sing the energies into any*

configuration required by Creator, including those that appear unbalanced.

[I am shown a vast scene of colorful wisps and strands of energy being gently nudged into new positions.]

Peggy: Do you have any interactions or connections with other government entities, like the Senate?

Deva: *Only in an energetic sense. Your government as an entity has its own Deva, so you may consider me to be an element of that Deva.*

Peggy: Do you associate with Devas of other nations who have similar jobs?

Deva: No.

Peggy: Will you describe your appearance, to help our readers connect with you?

Deva: *I am without physical form, discarnate; so the term "appearance" has no meaning in this context.*

Peggy: What aspect of your responsibilities is most meaningful to you?

Deva: *The question is irrelevant.*

Peggy: Many of our people dislike having to pay taxes. How do you perceive and cope with angry and frustrated human energies aimed at the IRS?

Deva: *Those energies are aimed at the humans doing their jobs, not at me per se as an individual. In any case, emotions are irrelevant. I have no capacity to perceive emotions.*

Peggy: Is there anything else you'd like to share with us, to help us understand you better?

Deva: *Understanding, in this context, is desirable. Know that all great workings [organizations] are guided by a Deva. Be assured that all such Devas answer only to Creator. This concept may help humans maintain their balance. This telling [conversation] is complete.*

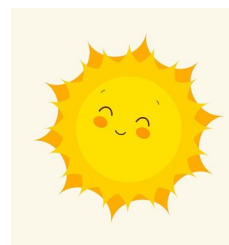
Peggy: I thank you sincerely for taking the time to talk to us.

Deva: *It was well done.*

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**.

Sunny blessings
from Peggy River Singer!



Remembering Esther

Reprint from August 2019 Interfaith newsletter

Exceptional Esther

Lest you think her presence here at Interfaith only consists of her front row regularity, let's talk about all the work and energy she has brought to the center over the last 20 or so years. Esther has been the Yard Sale Queen of the Decade. She has also brought her organizational and people skills into the position of The Kitchen Manager, from which she confidently retired. Esther has been part of the Interfaith Community since the beginning days with Dave Bell and the rest of the cast of characters. You may also see and hear her leading songs during service concluding with her sincere "Namaste my friends."

She has also been a listening ear and a helping friend for the Youth Services program for a long time. On top of all that, she has been Heide's faithful and trusted editor for the newsletter for years!

Esther was raised in Detroit in the Methodist Church with supportive parents that she admired. Both of her parents were hard workers that backed up her decision to go to Business School. They paid for it and offered to have her pay half of it back after she was working. After training she worked as a secretary. She took some time off to have 6 children. Yes, you heard right. 6!

What an amazing woman! Not only did she birth 6 humans, but her grown up humans are friends and generally have good relationships with each other and with their mother. That is a serious accomplishment that deserves recognition!

After raising her children, she jumped right back into the work force and kept on keeping on until she retired at the age of 74. Retiring just isn't in her nature.

She was a firm and loving mother who found value in teaching her boys how to iron and run the washing machine. Here's some sage mothering advice from Esther, "There are things I need to know, there are things I don't need to know. And you (my child) need to know the difference!" So awesome. After marrying her husband, she converted to Catholicism. She eventually tired of the Catholic Church telling her what to do, when to do it...and so on. So, Esther left the Catholic Church and found Interfaith. She comes every Sunday with her daughter, Norah, and the relationship they have is beautiful to behold. She often shares readings from the Conversations with God series. Esther doesn't have many spiritual books in her house, but she has every one of those and loves to share their messages.

She was a firm and loving mother who found value in teaching her boys how to iron and run the washing. She has this refreshing outlook on life. Talking with Esther is like talking with an uplifting piece of yourself.

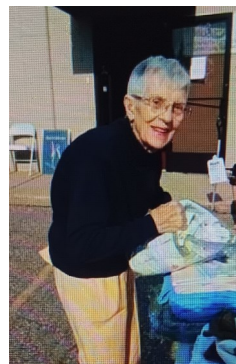
A joyous almost younger part of you that looks at the bright side and is full of hope. Esther shares how blessed she is. She revels in the fact that God has given her so many gifts. She knows God has a plan for her even if it's just recognizing the gifts he has given her and using them

well. I'd like you to read that last sentence again if you have a moment. If you can, try to take some time with that thought. How calming that attitude is, how open and whole. What a gentle reminder for all of us. Esther believes there is a reason she has been so protected, she says, "Good health, loving family. How could I not thanks God?" She also believes that one of the biggest blessings of her life is being part of the Interfaith Center.

One last tidbit of elder wisdom from Esther is the relatively simple idea that "If you give love, you get love."

Simple in form, yes, but incredibly hard to live. Esther is a living, breathing example of it. She feels so blessed from the kindness and relationships here at Interfaith, but without her the Community itself wouldn't be the same.

Thank you for all that you are Esther!



Esther Reilly is turning 90 this month! She is the oldest member of Interfaith and has been here for all of it's existence. Read a lot more about her in the CMM column.

Esther did not wish to have a memorial service. She said, "You can a party if you wish!" Stay tuned for party plans for later this year.