



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication



The Emergence of Light Reawakening

by Marian Orihel

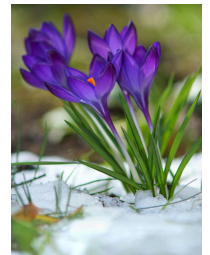
A weather event cancelled schools today. Looking at the ice and snow outside, the emergence of springtime feels very distant.

Yet the stirring inside many of us waiting for spring has been there since the shortest day, at the winter solstice. We sensed the increasing light as it began its return, two to three minutes at a time. Many are awaiting the reemergence of springtime with joyful anticipation and perhaps a bit of impatience.

Most of us have lived through the darkness of our own winters multiple times. Some of you are in the darkness of your own winters right now. Death, disability, financial ruin, accidents, divorce, and many other losses can leave us in our own cold, despairing, and lonely winters. We essentially withdraw, disappear, or hibernate until we are strong enough, brave enough, supported enough to start the long journey back to light and the reawakening of our own lives. Unlike nature's predictable springtime arrival, ours can take months or years.

It seems to me, as I have gone through this winter to spring process numerous times, taking the time to disappear or hibernate is sometimes the most healing thing I could do. I needed to go into the darkness, the depths of my being, face really soul crushing truths, and, like a chrysalis, wait until I was ready to reemerge.

In nature a seasonal inborn "clock" signals the beginning of the winter season's disappearance and the reappearance of spring. Robins return, buds start forming on trees, the days are longer and warmer, crocuses and daffodils begin pushing through the ground. But what signals the end of our own winters and loss? And how does that process get started?



The reemergence back into life "as it is", not how it used to be or how we wish it was, may be difficult, messy, and complicated, (as it was for me when my daughter died suddenly by her own hand). It took a very long time to feel strong enough to come back from that darkest space, but come back I eventually did. Part of this return to light involved continuous love, understanding, and support from friends and family. It also took a highly gifted therapist, a significant amount of time, a belief in a better place after this world, and a connection to Peru where much of my healing began.

This is the place where we all work together for and with each other. As a community expressing unconditional love and generous support, we can help bridge that gap from death to life, winter to spring, hibernation to reawakening. We don't push. We don't pull. We don't give advice. We certainly don't hand out useless platitudes. We use our

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Meet....

Diane Gledhill

by Norah Reilly

Growing up in the Ann Arbor-Ypsilanti area meant that Diane had ready access to the many resources found in the two college towns,

including the rich and varied spiritual and community offerings. Looking for a group activity, she found an article about Don Allen's Drum Circle being held at the Interfaith Center for Spiritual Growth. She was so impressed with the drum circle that she returned to the Center the following Sunday for the service and, in time, became a member of the community here.

Although Diane was raised without a religion, she was raised with the strictures of the Golden Rule and the Ten Commandments as foundation tenets for life. While neither she nor her family attended church, for years, her mother sang in the choir at Zion Lutheran and later Diane joined (as an alto) for several years. In her twenties, she found herself connecting to the natural world in a deeply spiritual way in the realization that God is in all things, perhaps most profoundly in nature. She thinks that goddess-based religions and feminine divine figures represent different aspects of nature but hasn't explored those further.

The aspects of Interfaith that appeal strongly to Diane are the people, hugs, music, and the acceptance of all spiritualities. She is often drawn to native spirituality messages when they are sometimes woven into various talks that are given. This attraction is in large measure because indigenous spirituality is more in touch with Mother Earth/Nature and is based on the core concept that all beings and all life are connected.

She has no spiritual gurus or heroes, although the work written by poet Susan Polis Schutz is a favorite source of inspiration for her. Instead of a regular meditation practice, Diane finds a sense of peace in quiet walks in the park and by listening to atmospheric, nature-inspired music, both of which provide time and space for her to feel grounded.

At Interfaith, she has found she can feel at peace with the world in much the same way

that she does in nature. She finds the same atmosphere flows through other activities in which she participates, such as the Drum Circle, Café 704, the Peace Generator, Dances of Universal Peace, and the Death Café. Further, she long ago found great satisfaction in a variety of volunteer roles. Currently, she's a member of the Tech Team and is also a Greeter on Sundays, while in the past, she has served on the Caring Committee and on the Leadership Team.

One of the many intriguing things to know about Diane is her strong belief in her guardian angels, whom she recognizes and thanks regularly. Also, in addition to her volunteer service here at the Center, she "volunteers like a crazy person" at a host of area theaters: The Ark; Encore Theatre; Michigan Theater; U of M School of Music, Theatre and Dance; the Purple Rose, and more.

Save the Date

*Farewell
Party*

for Dave and Judy Bell

Saturday, April 26

3:00-7:00 pm

Nominations for New Board Members

Our annual meeting and board elections will take place on Sunday, April 6 from 1-3 pm.

If you would like to serve on the board, please speak to Rev. Delyth Balmer, or Cristo Bowers, our board president. Terms are for two years.

We express deep gratitude to Brett Koon, Peggy Lubahn, Darlene MacLeod, and Janet Somalinog for their dedicated service as a board member. Remaining on the board, will be Cristo Bower, Lance Clark, and Dawn Swartz. They would love for you to join them!



Ministerial Miscellany

Loving Yourself by Rev. Annie Kopko

I like this quotation from Abraham (Esther Hicks) "I love myself enough to stop arguing for my limitations."

So, today, as I write this piece, I thought about loving myself and about what that means. I thought there might be a few ways I could do this better. I deserve to love myself. Of course, I know I am worthy of being loved, no matter how long it takes for me to get there.

Initially, I think it helps to stay positive as much as possible. This means I have to be aware of what my mind is thinking and make the conscious choice to keep lifting my spirit. This is mostly easy enough by taking small actions every day. Some actions might be reading a good book or a funny book. (Humor is so, so important). Buy yourself some fresh flowers. Walk outside or inside at the mall. Write down some goals, not just your to-do list. Feed your birds outside, then watch them. Call someone you have not called lately. (FYI: Google just gave me a few hundred more ideas.)

What is interesting is how beliefs and feelings that are at the source of my understanding are underneath my thoughts and are difficult to be aware of. Many of those beliefs and feelings are fearful, and I think were established in my brain by the time I was 7 years old. What to do now is the question. We must completely forgive the past as we become aware of it. Everyone was doing the best they knew how.

It helps to remember we are led by our spirit guides and angels all the time. There is a line in *A Course in Miracles* that I like to use: "I could choose peace instead of this." I like to imagine what perpetual peace could feel like. Just one small thought like this can bring a feeling of peace.

Check out our website, Interfaithspirit.com, for some more ways to extend love to yourself. There are a lot of wonderful events and classes going on every week.

Blessings for a beautiful spring, soon to come, I am sure.

Annie



**Happy
BIRTHDAY**



- March 1 Lance Clark
- March 3 Celeste Hasty
- March 6 Larissa Stenzel
- March 7 Janet Fry
- March 13 Diane Glatter
- March 13 Cecilia Sikkenga
- March 20 Cynthia McNabb
- March 21 Bonnie Dede
- March 23 Tommie Parker
- March 24 Edith (Edie) Lewis
- March 24 Chase Dority

Haiku from Dexter

by Barb Fisher, Sandy Hill and Cooper Holland

Pine tree tops
Welcome first light
A new day





Volunteer Corner

by Annemarie Howse

Life's most persistent and urgent question is, 'What are you doing for others?' Martin Luther King Jr.

Judy Bell has been a member of the Caring Committee since its inception in 2009. There were 13 members at the time, and there was much work to do establishing a structured means of helping those in our community.

Judy took on the task of sending cards and flowers to those in the hospital, having surgery, or who were homebound. She didn't just order flowers from 1-800-FLOWERS; Judy picked up and delivered the flowers herself. She also took the time for home and hospital visits. Her dedication continued even into her retirement from the Caring Committee in January 2025. Judy said that although she officially retired from the Caring Committee, since she and Dave would not be moving for a few more months, she would be available to provide some assistance if asked (depending on her availability of course).

Judy's caring goes beyond the Caring Committee. When submitting monthly reports about how many phone calls she made or how many home visits, Judy would often add that she had difficulty "reporting" visiting and caring for friends. She said she would have done it even if she was not a member of the Caring Committee. This, and her heartwarming smile, is what made Judy such a great asset to the Caring Committee and to the Interfaith Center.



Today, there are seven members of the Caring Committee and there is still much work to do.

Marice Clark joined the team in February and has already volunteered to send out cards and flowers on behalf of the committee. Welcome Marice! And thank you.



As a member of the Caring Committee, I would like to extend an invitation to anyone else who would like to join our team. Meetings are held on the first Thursday of the month at 6:30 pm on Zoom.

There are many opportunities to be of service at Interfaith Center. Some require an ongoing commitment, such as serving on the Caring Committee or being a greeter once a month. We are also blessed to have a number of volunteers that see where improvements can be made and reach out to say "how can I help?" In the past few months we've seen improved lighting in our sanctuary, upgrades to our sound system and cameras, safety issues being addressed, and other improvements being made.

If you have stayed after the service to enjoy a cup of coffee and conversation, you undoubtedly noticed that the kitchen pass where the coffee pots sit was severely bowed from years of wear. This is no longer the case. Thanks to Janet Somalinog, who donated a lovely piece of wood that belonged to our dearly departed Ray Fix, and the skills and willingness of Lance Clark and Ted Poprafsky, the area has been restored. You may not notice at first glance, since it is still brown, but upon closer inspection the stability of the new shelf is apparent. Thank you Ray, Janet, Lance and Ted.

A few people coming together can accomplish great things!

If you would like to volunteer, one time or on a regular basis, please feel free to contact me after the service, by text at 818-667-2815 or email ahowse21@gmail.com

New Crafting Group

Every Friday from 1:00 - 4:00 pm



The first meeting of the ICSG craft group took place on Friday, February 21 at 1:30 pm with Marice Clark at the helm. Topics of discussion included, when and how often to meet, the length of the meeting, and exploring different formats such as:



- * bringing projects to complete
- * teaching and learning different skills
- * field trips to various craft events
- * working on group projects
- * other ideas

Seven people attended the meeting and offered ideas or skills that they would be willing to share with the group such as beading, tie dying (using natural dyes), and creating steppingstones out of concrete. A group project was proposed to start asap.



The group will meet every Friday from 1:00-4:00 pm, keeping it loose so that you may come and go as you choose. It was decided to let the format of the group grow organically and to get started, you can bring a project you are working on, need help with, or would like to start. We are working together to assist and support one another while exploring new possibilities.

All levels of skill and ability are welcome to attend. For more information, please speak to Marice after the service or email her at studiosaluki@yahoo.com.

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intuitions and gifts, listen with love, and accompany those who are stuck in darkness until they can see light and hope again. After all, aren't we all committed to loving and supporting each other on our life paths? Because aren't we all just "walking each other home"?

We are not meant to be alone. We need each other. As G.K. Chesterton wrote in his book, *The Man Who Was Thursday*, "There are no words to describe the abyss between isolation and having one ally. It may be conceded to the mathematician that four is twice two. But two is not twice one; two is two thousand times one."

Let us all be that one ally, and wherever we are on the journey, may we support, love, and walk with each other on our paths. From my heart to yours, I wish all of you a return to your own springtime of reawakening.





A Conversation with “Fred Flinstone” a Pleiadian Healer

by Peggy Lubahn

On Monday, December 30, I was halfway through a physical therapy session when I felt the strong presence of an unseen being in the corner of the room. I perceived that it was tall, humanoid, and benevolent. Thinking that it was most likely an angel, I decided not to interrupt my therapist’s work on the right side of my body. But soon I felt a second set of hands working on my left leg and foot. Although the hands were not warm like a human’s, they felt completely solid and “real”.

My therapist is very open-minded, and she knows I’m a psychic, so I told her what I was perceiving. She thought for a moment and said, “Great!” and the session continued.

I asked our guest for a name and heard “Fred.” Then “Flinstone” was added, which made us both smile. Clearly, this being had spent some time around humans, enough to offer a familiar and nonthreatening reference point. At the end of the session, we thanked Fred and asked if he intended to continue to help out with other patients, and he said yes. As soon as I had a chance, I sat down for a proper conversation.

NOTE: The Pleiades are a star cluster in the constellation Taurus that’s also known as the Seven Sisters and Messier 45.

Peggy: Will you tell us something about yourself, Fred?

Fred: Gladly. I am Pleiadian, one of many assigned to this world to assist the human race. I have an interest in healing methods, and the unique energy work utilized at the place you attend attracted my attention. I’ve actually been there for quite some time, but you are the first human I’ve connected with.

Peggy: How long have you personally been here on Earth?

Fred: Since it was first formed as a concept in Creator’s mind. My people’s involvement with human history begins long before the first whispers of life.

Peggy: Does “involvement” mean directing the evolution of the human race?

Fred: Directing, no. Guiding, yes. We are in constant conference with Creator, and since we work with all timelines at the same time, I’m sure you can appreciate the complexity of the task. We do not consider this complexity and level of responsibility to be a burden since it is natural to us.

Peggy: If Pleiadians have been guiding human development for such a long time, why have there been so many wars and disasters in our history?

Fred: We work with the Big Picture, as you might call it, not often with individuals. We weave together timelines and the events they contain with the intention that each human will be presented with possibilities appropriate to their personal development.

Peggy: Will this project – every human achieving their greatest and highest expression -- ever reach completion?

Fred: Yes, but not for a very long time, and that is intentional on our part. Humans as a species ARE gradually purifying and raising the level of their individual spiritual energies. This process will require many more lifetimes for those who are responsible for wars and other negative and harmful choices. There is no “fast track” to this process.

Peggy: Is there anything else you’d like to add today?

Fred: I would encourage those who read this to maintain an open mind about possibilities in all aspects of their lives.

AUTHOR BIO

Peggy River Singer is a Pleiadian Starseed, Lightworker, all-beings communicator, faerie ally, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call 734-548-0194.



Silent Winter

by Dick Durham

We have been feeding the birds in winter for probably 50 years or so. Although it benefits the little guys, it also helps brighten some of the long, cold winter days. I love to observe the feeding habits of juncos, cardinals, blue jays, woodpeckers, and chickadees. The juncos do their little dance while kicking up the seeds that are buried in the snow and the chickadees dart back and forth to the feeder.

Each species has its own favorite little delicacy. Woodpeckers focus on the suet, cardinals and blue jays prefer sunflower seeds, and smaller birds and ground feeders, like juncos and mourning doves, eat the millet and smaller seeds. For the most part, our backyard in the winter is a peaceable kingdom. But that kingdom is becoming smaller, with fewer subjects to observe.

For many years, we had a large, wooded area on the property behind our house. It extended for several blocks, running parallel to our street. What most of the residents on our street were not aware of was that the property was owned by the R & L Trucking Company who had a trucking depot adjacent to it. A couple of years ago, R & L decided they needed to expand, which meant the little woods that extended nearly the length of our street had to go.

That wonderful habitat, home to a deer herd, woodchucks, rabbits, and several bird species, fell victim to the bulldozer and excavator. Fewer sounds are more heart-wrenching to me than the crackling of acres of perfectly healthy trees being torn from their roots. At least 90 percent of that woods is now gone.

As a result, I have seen a lot fewer cardinals this winter. It was nothing in past years to have six or eight of them at the feeder at one time. The mourning doves, with their gentle, unobtrusive manner, have also dwindled in number. I have no idea what happened to the herd of deer that used to feed on the apples that fell from our lone apple tree in the fall. I can only hope that they have found a safe home.

In the early sixties, Rachel Carson's book "Silent Spring" chronicled the decline of our bird population and the use of pesticides such as DDT. Urban sprawl is achieving the same thing in today's world. There is a song, I believe it is from the early seventies, titled "Big Yellow Taxi". One line says, "Don't it always seem to go, that you don't know what you've got till it's gone. They paved paradise and put up a parking lot".



And it's not just the birds; there are thousands of creatures living in those habitats. I hope that someday

before it's too late, we will understand that we are all one; we are interconnected with everything else in the universe. We are not separate from the whole; we are a part of it. We cannot destroy an entity without destroying part of ourselves. Someone once said, "Man is the only animal that blushes or needs to".

True consciousness will never be achieved without us as a species realizing that every being, whether it be animal, insect, or plant, exists to be a part of the whole and we are no different.



Daylight Savings Time
begins
March 9

March Special Events

CAFE 704

Celebrating the Songs of Joni Mitchell



Billy King

Emily & San Slomovits

Jen Sygit

Saturday, March 8

7:00-9:00 pm

(doors open at 6:30 pm)

Emily and San Slomovits, Billy King and Jen Sygit will sing and play songs from Joni Mitchell's career, and accompany themselves on guitars, violin, mandolin, bass and piano.

Tickets: \$10.00-in person or on zoom.

<https://interfaithspirit.org/cafe-704-coffeehouse/>



Community Sing
with Matt Watroba
Wednesday, March 12
7:00-8:30 pm

Donations of \$5-10 each suggested.

Much appreciation for those that have become sponsors for this event.



\$10.00 movie,
\$5.00 concessions
tickets at dancingstarproductions.com

Back by Popular
Demand!

"Angel Moon was filmed in Ann Arbor which brings added joy in recognition of place while watching this movie. It is also deeply moving, and the special effects serve to transport one to an alternate dimension."
~Delyth Balmer



Saturday, March 15

4:00-5:30 pm

Led by Nora Farley

Donations are appreciated.

Let us celebrate together, the balance of day and night, and the beginning of spring with music from Earth-based spiritual traditions. Feel free to bring your own instrument if you have one!



Scan for a song sheet with lyrics and links to recordings



Drumcommunity
Drum Circle
with Lori Fithian

Saturday, March 15

7:00-9:00 pm

Donations are appreciated



Spiritual Circle dancing
and singing.

Donations are appreciated

Saturday
March 22

7:00-8:30 pm

Led by
Susan Slack