



# Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

## Meet our New 2025-2027 Board Members



## THANK YOU



**Peggy Lubahn**

**Don Digirolamo**

**Marian Orihel**

**PEGGY LUBAHN** is a Lightworker, Angel Partner, all-beings communicator, Faerie Ally, and Reiki practitioner. Her favorite things are writing, reading, history, warm chocolate chip cookies, and keeping up with her ever-blossoming bouquet of psychic/mystical/magical interests and abilities.

Four talents Peggy possesses that she feels are valuable to the Board are: (1) Lots of experience being a neutral observer, which helps me evaluate all aspects of situations being discussed at Board meetings. (2) A "Big Picture" approach to life helps me perceive patterns, connections, advantages and disadvantages, and weaknesses in discussions and/or plans that might not be noticed by others. (3) I'm an "idea popper": once I have a good understanding of a situation, possibilities start popping in my head. (4) Most of my adult life has been spent working in offices, so taking notes for meetings is pretty routine.

After completing her 2023-25 term on the board, Peggy said, "I wanted to be re-elected as a Board member this year so I could continue to be part of the decision-making process that helps Interfaith and its members grow and flourish, individually and as a group. I love engaging in meaningful activities, and helping out at Interfaith definitely counts as meaningful!"

**DON DIGIROLAMO** moved to Ann Arbor from Burbank, California with partner Annemarie Howse in the summer of 2019. Before retiring, he'd been doing audio work in the motion picture and television fields for many years.

Don has read many books on past lives and reincarnation, as well as a great deal of channeled material by Jane Roberts, Esther Hicks, and others. He attended SpiritWorks Center for Spiritual Living, a Science of Mind Church in Burbank, for many years and served on the board for two years. When relocating to MI, Interfaith Center seemed like the perfect fit for him and Annemarie to call their new spiritual home. He is a member of our tech team, does the sound mixing for Café 704, and is always willing to lend a hand when needed.

**MARIAN ORIHTEL's** journey to Interfaith began with a serendipitous meeting with Cooper Holland at an OLLI (Osher Lifelong Learning Institute) Open House. They hit it off well, talked quite a bit, and soon Cooper told her about Interfaith. Marian attended Interfaith for the first time in January 2024 and knew right away that she had found her new spiritual home.

Marian is not new to volunteering. She has traveled around the world on volunteer vacations with Habitat for Humanity and Global Volunteers. Marian said that "looking for meaningful service was in my blood." She has offered the reading during Sunday services on several occasions and is a contributing writer to the Interfaith Inspirer but had not thought about serving on the board until she was asked. It didn't take much convincing. Marian loves the fact that Interfaith is a small enough spiritual community that it is possible to learn everyone's name and that she has an opportunity "to give back to Interfaith and the people who add such a beautiful dimension to my life."

◆ Peggy, Don, and Marian join continuing board members Cristo Bowers, Lance Clark, and Dawn Swartz. ◆



## Mothering

by Marian Orihel

In spring, greeting card companies, flower shops, and restaurants remind us it's time to honor our mothers on Mother's Day. Families gather for specialty brunches,

nursing home visits increase, and post offices deliver a mass of cards. Flower bouquets arrive on doorsteps. Some of those are hand-carried to cemeteries.

Some mother-child combinations find their connection to be a source of comfort, connection, and joy. Sometimes mothers are close enough geographically or emotionally and the relationship has been (and still is!) nurturing and supportive, the actual holiday merely offering another opportunity for mothers and children to demonstrate ongoing love and appreciation.

However, that is not everyone's experience. Mother's Day evokes a range of emotions – joy, gratitude, and love, yes, but just as often grief, loss, longing, sadness. For those of you who experience this day in those more complicated ways, I want to acknowledge your experience. (And I admit this is not an exhaustive list.)

Maybe you're one of those people whose mother has moved on to the spirit world after a long, full life, leaving you without her presence and wise counsel. Maybe your mom died when you were very young, leaving you longing for that missing face. Perhaps this day is another reminder of a sadness that is always inside you.

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Perhaps Mother's Day brings up the searing pain of a child lost to illness, accident, suicide, or violence. You still see their face in your mind, and always wonder who they would have been had they lived. Some of you may feel you have lost a living child or children through estrangement because of mental health or substance abuse issues, which have you living in fear and anxiety. And sometimes you don't even know why the estrangement exists.

Maybe you desperately wanted to be a mother, but that opportunity was never part of the path of your life and Mother's Day reminds you of that loss all over again. Many of you have meaningful relationships with stepchildren, yet some of you feel left out of their lives, no matter how hard you try to connect, which saddens you.

Perhaps you are a mother to a child with developmental needs that weigh on your heart as you watch other families at ball games and parties, or even as other children move through milestones that won't be the same for your child. Maybe you're a mother who's chosen to foster or adopt someone else's child, despite the child's serious health or behavioral challenges, because you deeply feel that every child needs and deserves a safe and loving home.

Maybe you're one of the millions of people who chose to mother and mentor relatives, neighbors, or friends, helping to build a community of love and support for those with physically or emotionally absent parents. Maybe you've been mothered by someone yourself -- a coach, a teacher, an aunt who saw something in you that no one else saw, which sent you on a new life trajectory.

Maybe you're one of the many who mother and care for life on the planet, as you recognize we are all a part of the natural world which needs our nurturing and loving care. So you grow beautiful flowers, plant trees, adopt pets, work in shelters, and even train therapy dogs for hospitals and facilities for grieving children.

Sending cards is a part of Mother's Day and I know some of you struggle to find the right greeting card for this holiday, as you realize that none of the cards describe your mother or your relationship with her.

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*Mothering continued from page 2*

Perhaps she did the best she could, but because of her own pain, illness, exhaustion, or fears, she was not able to provide the love and support you needed. That brings its own longing for what was missing in your life.

Whenever we think about mothers, many of us see them as selfless, sainted, serving. We place them on pedestals and forget they are mere mortals who are often overworked and sleep deprived. We expect mothers to give of themselves endlessly, remember everything, chauffeur children, bake cookies, instill values, plan parties, coordinate schedules, take care of the home, and do it all with a smile! Is it any wonder so many mothers are exhausted and wish they had more time? Or more help? Or more emotional support? Or affordable childcare? Or an equal relationship partner?

So, wherever you are on your life journey as a mother and/or a child, however you experience your own motherhood and your own mother, I want to send you these blessings for this Mother's Day:

- Understanding that your mother did the best she could
- Acknowledgement of the things you needed that you did not get
- Validation of your own lived experience as a child or mother
- Pride for the strength and resilience of you and/or your mother
- Appreciation for the sacrifices made on your behalf
- Forgiveness for the ways you were hurt by people who were also hurt
- Safety and security in the life you now live
- Gratitude for all the love and support you were given
- Reconciliation in your heart as you move forward in your life
- Remembrance of the love you received, the love you gave, and the love you feel

May there be peace in your heart today for all living beings, especially mothers.

Have a gentle and peaceful  
Mother's Day



## Ministerial Miscellany Just Wait

by Rev. Annie Kopko


Steve Jobs once said, "It can be hard to trust in the process when you can't see the bigger picture. But you never know what might be around the corner, so you have to keep moving forward. And one day, you may recognize that some of the hardest things you had to go through were also the best things that ever happened to you."

When we go through things that are hard for us, we do suffer and complain, but often what can happen is that we increase our spiritual stamina, strength, and resilience, usually without realizing it until later. I think that the way we come forth into the world of human bodies inevitably teaches us that we are weak and vulnerable, and we see so much that is bigger and stronger than we are that we forget our own strength. There is a spirit in us, however, that is accessible through our hearts and minds, that surrounds us and is constantly available for us to choose to receive. An attitude of receptivity is very helpful here.

We must learn to trust our own unique process. I used to say to my son when I drove him to school: "You never know," in answer to his complaints about school. I imagine it helped him, and I know it helped me. Our children really are some of our best spiritual teachers. We have to dig deep into our spiritually creative imaginations to solve some of these issues. I never really think of myself as a problem solver; I try to wait for spirit to let me know what to do in many situations. No wonder things take so long; it is possible I am not listening carefully. Somehow, listening for and trusting spirit has brought me a gift of peace in my life and released me from an urgency and the stress that will accompany it.

Check out our website, [Interfaithspirit.org](http://Interfaithspirit.org), for classes, group gatherings, and special events.

Enjoy the warmer weather and get outside. Listen to the birds, and you will hear the voice of God! Blessings to everyone.

 Annie





## Meet....

### Beth Wheland

by Norah Reilly

Somersworth, New Hampshire bills itself as "The Hilltop City" and lies on the eastern border of Strafford County just twenty miles

from the seacoast, and it was there that Beth and her three older sisters, Cathy, Lynne, and Jan, grew up. Living in a small city with close and ready access to a wealth of natural beauty in its twelve parks and recreational areas fostered in Beth a deep affinity for the natural world and its healing magic. She recalls spending hours walking in the woods, seeking out its gifts of peace and calm.

After high school, Beth enrolled in Keene State College, just one hundred miles from Somersworth, where she remained for two years until she decided to return home. She arrived back from college at the same time as her sister, Cathy, who returned to home and family to cope with a brain tumor. Uncertain of her goals and dreams and hoping for direction, Beth ultimately made the decision to enlist in the United States Marine Corps, where she spent the next four years and met her husband, who was also in the service. The two wed, and when both enlistments were up, they moved to Michigan to settle down and raise a family.

Fast forward twenty years and two daughters later, to find Beth back in New Hampshire looking for a spiritual community. This she found when she first attended the Meetinghouse of the Society of Friends. For the next six years, she nourished herself with the quiet mindfulness and gentle activism that she found there

Over a year ago, at the request of her younger daughter, Liz, Beth moved back to Michigan to be near her. As soon as she was settled in her new home, she began looking into some of the spiritual communities nearby, beginning with the Society of Friends in Ann Arbor, followed by the Unitarian Universalist Church, and last, the Interfaith Center for Spiritual Growth. Like so many who come to the Center, Beth's original spiritual path was quite different from the path that she finds herself on now. Her father's religious background was Greek Orthodox while her mother's was Catholic, and as a condition of marriage in the Catholic Church in those days, the couple had to promise to rear

any children of the marriage in the Roman Catholic faith. Although it was, in Beth's words, "a progressive version of Catholicism," she found herself reaching beyond to the wider spiritual world and influences such as Kahlil Gibran, Eckhart Tolle, and many Christian mystics.

Beth believes that neither the Bible nor other spiritual texts should be taken literally; that they are best understood within a cultural and historical perspective and perhaps as stories written by followers of ascended masters. She utilizes a wide variety of sources, from tarot and astrology to meditation to help further her spiritual growth. She considers the work of Joni Mitchell, Bob Dylan, and John Lennon to be primary influences since the poetry they wrote tasks the listener with interpreting the message as the listener saw fit rather than swallowing it whole and unquestioned. Here at Interfaith, Beth enjoys the openness she feels as well as the diversity of speakers and their perspectives on faith. Attending activities such as Drummunity, Café 704, and Craig Harvey's first Breakthroughs in Listening workshop has offered further connectivity to this community.

## Happy Birthday!

May 01	Kellie Love
May 08	Cooper Holland
May 08	Lindsay Passmore
May 10	Cayla Tchalo
May 15	Craig Brann
May 15	Judith Sauer
May 16	Joy Williams
May 19	Dave Bell
May 20	Linda Gilchrist
May 21	Marilyn Alf
May 24	Phill Carbonell
May 25	Idgie Patterson
May 26	Karen Jones
May 26	Tommy Kaminski
May 26	Steve Ragsdale
May 30	Todd Johnson
May 31	Marian Orihel







## Spirit in Action

by Rev. Layla Ananda

I imagine, before that as well.

Our website states that the Center is "A vibrant and diverse spiritual community welcoming and exploring all spiritual paths." Our vision statement says: "As expressions of divinity, we celebrate a world awakened to Love." Our mission statement commits the Center to "explore universal truths underlying all paths of spiritual growth."

Some of us focus on our inner work, some of us focus on our spiritual work in the world, and some of us do our best to do both. Here's the hovering question: is there room at the Center for all of us??

***I want to be part of a congregation that makes room for all expressions of spirituality, inward and outward focused.***

There are so many ways to reach for the Divine within us. Each of us has our own path toward expanding our consciousness and expressing our spirituality. I so appreciate the Interfaith Center for honoring all paths! Here are a few that come to mind:

- Meditating and listening to the words of wise and enlightened beings
- Attending to our own and others' physical, mental, emotional, and spiritual health, and helping those in need
- Following the teachings of a particular religion or spiritual path, holding ceremonies and celebrations
- Singing, dancing, making art, spending time in nature, and caring for animals, plants, and the earth
- Building caring relationships, and supporting people who are in difficulty, trouble, or danger, such as children, immigrants, LGBTQIA+ folks, people of color, people with addictions or PTSD – the list is long.

So where's the controversy? It's about how we each choose to use our own voices and actions to bring about a world awakened to love, a world where all people are treated with dignity and respect. Here are some examples of our differences:

- Some of us see words like "resistance" and "protest" as negative, while others think of them as a positive way of standing up to injustice. Some of us only want to talk about what we support; others want to talk about what we don't support.
- Some of us feel strongly about decisions and actions taken by our government (and other governments), corporations, and individuals, and we want to express our concern (or outrage) when we think love, caring, and dignity are being undermined. Others think this is not part of a spiritual path or the Center's work.
- We don't all agree on what will further human divinity and raise our spiritual consciousness. For instance, some of us see "politics" as a spiritual concern, and others don't. We probably have several different definitions of "politics." Here are some things I think of as "political":
  - Addressing poverty and homelessness – bringing food for our Food Gatherers barrel, encouraging donations to the Community Farm's Donated Shares program; joining the Poor People's Campaign; learning and acting on the causes of poverty, including racism, sexism, and other unequal treatment.
  - Growing, buying, and eating local and/or organic food.
  - Turning down our thermostats (at the Center and at home) to reduce energy consumption and greenhouse gases.
  - Believing that all religions/spiritual paths (and no religion/path) have value, and speaking and acting on behalf of peaceful co-existence.
  - Speaking – and singing! – and taking action when people's rights are being threatened or violated.

Can we open our hearts and expand our consciousness enough to make space for all of these forms of divine thought, feeling, and action? Can we

*Spirit in Action continued on page 6*



### ***Spirit in Action*** continued from page 5

share all our different forms of spiritual work at the Center?

Other spiritual and religious centers have a very different approach to these issues. Take a look at the websites of the Church of the Good Shepherd, <https://www.cogsaa.org/>, and the Episcopal Church of the Incarnation, <https://www.incarnationannarbor.org/> (also read their Affirmation of Faith - <https://www.incarnationannarbor.org/about/affirmation-of-faith>), both in Ann Arbor.

Some have suggested that some forms of spiritual thought and action should be segregated into a separate email group. Others of us feel strongly that we want all contributions to be sent to all members of our email group, and that we each can choose what we want to read or delete. Are the words of Ram Dass (who actually frequently spoke about caring for our world and our fellow humans) more "spiritual" than the words of Reverend Martin Luther King, Jr.?

I, and others I know, see everything as spirit. We see everything that happens in our lives and in the world as spiritual lessons and blessings. We see "tikkun olam" - repair of the world - as a key concept in our spiritual journey, though we have many different ways to go about it.

Here's a quote that has guided me from childhood: the great Jewish sage, Rabbi Hillel, said 2,000 years ago: "If I am not for myself, who will be for me? If I am only for myself, what am I? And if not now, when?"

I recently suggested we, the Interfaith congregation, could create a statement that would express our commitment to supporting all the ways divine love can be manifested. I'd love to be part of a group to work on this.

So, whether you're sharing news of a meditation retreat, an illness for which you want our prayers, or a rally to support democracy, I want you to feel accepted and supported at the Interfaith Center!

My guru (and Ram Dass's guru), Neem Karoli Baba, said: "Love everyone, serve everyone, feed everyone, and remember God." Maybe we can start there.

Let me end with one more quotation that guides me:

Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it." (Rabbi Tarfon in "Pirkei Avot" 2:16; Micah 6:8) Local beloved singer/songwriter Kath Weider has made a beautiful song with these words, called "Do Justly Now: A Song Prayer." You can hear it at <https://www.kathweider.com/news>



## **REGISTRATION NOW OPEN**

2nd Annual Fundraiser  
for the Interfaith Center for Spiritual Growth.

## **Meditation Retreat**

**Nourishment for Body, Mind and Soul**

**June 6 and 7**

**Facilitated by Brett Koon,  
Jennifer Lenders & Carol Bardenstein**

**Retreat activities plus 3 vegetarian meals  
Cost: \$200**

**Optional Overnight Lodging  
(capacity 23 beds)  
Cost: \$45 per bed**

**Giving and Receiving Scholarships available.**

### **SCHEDULE**

**Friday 5:00 - 9:30 pm  
Saturday 7:45 am - 5:00 pm  
Clean up 5:00 - 6:00 pm**



**Triple Crane Retreat Center  
7665 Werkner Rd.  
Chelsea, MI 48118**



## A Conversation with "Joy 503" an AATA Bus

by Peggy Lubahn

Last Fall, while riding in an Ann Arbor Transportation Authority bus, I noticed that my bus's ID number was 503.

"Hmmm," I said to myself. "In the numerology system I use (Doreen Virtue), 503 equals 8 for achievement. You must have lots of opportunities every day to be proud of your achievements while you help hundreds of people get to their jobs and appointments and such. That must be very satisfying work."

"It is!" I heard back. I hadn't been expecting a reply, so it was a nice surprise.

"You can call me Joy," I heard in response to my unspoken question. "I love my job! Quite often the people who ride with me are thinking about how they wish they had their own vehicles so they wouldn't need to take a bus. I do my best to maintain a positive energy to share with my riders and my drivers as well."

**Peggy:** I've wondered about that. So many people live with stress and carry that energy when they step onto a bus. And bus drivers have the added stress of responsibilities for reaching destinations on time regardless of weather and traffic. So, the positive energy you offer is extremely important.

As a machine, how do you embody and share positive energy?

[bright, tinkling amusement]

**Joy:** Everything humans make is ultimately composed of elements of Mother Earth. Mother Earth is sentient, and every element and aspect of her existence vibrates with the heartbeat of the planet and is capable of some level of awareness and some manner of connection. As a bus is built, a new entity is formed from billions of atoms of metals and other natural substances. So, I call on all those individual elements to join me in bringing positive energy into the world.

**Peggy:** Can buses communicate with each other using electronic energies or by thoughts as we are doing now?

**Joy:** I will use the term vibrations rather than thoughts; I am sending you micro-vibrations which your mind is converting to thoughts. We also use energies not yet recognized by humans. Plus, our drivers communicate with each other and the home place [bus station] electronically; and our consciousnesses can 'ride along' on those transmissions.

You might compare this to a herd of horses, all of whom are mentally connected. What happens to one herd member – perhaps an injury – is instantly known to the rest of the herd.

**Peggy:** Are you aware of Creator?

**Joy:** Yes. Every living thing is aware of Creator in some way.

**Peggy:** Could you have a conversation with Creator, if you wanted to?

**Joy:** I suppose so, but since we are permanently linked, I'm not sure what we would talk about since Creator knows everything in every micro-moment on all levels and timelines.

**Peggy:** Does a bus grieve when it is decommissioned and ultimately scrapped?

**Joy:** There is awareness of changes but no interruption of ability to connect since every atom of a bus's physical form still exists, regardless of what happens to it.

**Peggy:** I'm imagining millions of buses in different phases of their "bus-ness" swapping stories of their adventures! "Remember that guy who always spilled his coffee on my seat?"

**Joy:** What a delightful image! I am sharing it now and I feel a wave of amusement from my fellow buses!

**Peggy:** Is there anything else you'd like to say today?

**Joy:** I hope my words inspire people to look at the world in a new way, with fresh appreciation for the different forms "life" can take. Blessings to all.

**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](http://angelsfairiesandlife.wordpress.com). To request a reading, please call 734-548-0194.*





## Mother's Day Letter

by Parina Bowers

*When Mother's Day  
Finds You Waiting:  
A Letter to the Mothers  
Who Still Love from Afar.*

Dear Mama,

If this Mother's Day feels more like a whisper than a celebration, please know—you're not alone. I see you. I feel your heart across the distance. And even if the world doesn't pause to honor your motherhood the way it should, the truth of who you are still stands, unshaken.

You are a mother.  
Still. Always.

Even if your children aren't in your arms.  
Even if a judge's words felt like thunder.  
Even if you're not sure they'll call or remember.  
Even if guilt creeps in with every sunrise.

You are still woven with love, and that love is sacred.

There's a quiet spirituality in mothering from a distance. It asks of you a kind of faith that few understand—to keep loving without guarantees, to keep praying for tiny joys in their life, to surrender control while still holding on in the only ways you can. That's not weakness. That's divine strength.

In Hindu thought, the Mother is not just one who gives birth, but one who gives nourishment, protection, guidance, and love. And even when the world gets tangled and roles shift, your energy—the pure, fierce, selfless energy of a mother—remains part of your child's life. Whether seen or unseen.

This day may feel heavy. Let it.

Cry if you need to. Pray if it helps. Light a candle. Write their names. Speak into the silence. But also, remember this: your love still matters. It reaches further than courts or calendars.

And in the quiet spaces, your child may still feel it, even if they don't yet know how to say so.

On this day, and all the days that follow, may you feel the strength of all the mothers who have walked this road. You are part of something bigger—something sacred and strong. You are not forgotten. You are not less. You are still, and always, **Mom**.

## A Prayer for the Waiting Mother

by Parina Bower

Divine Mother, hold my heart in Your hands.  
Help me love without fear, and hope without end.  
Wrap my child in light, even when I cannot.  
Give me strength when I feel forgotten,  
And grace to forgive what I cannot yet understand.  
May my love reach them, beyond time, beyond space,  
As surely as Your love holds us both.  
I am still their mother. Let that truth carry me.  
Om Shanti.



Women without children are also the best of mothers, often, with the patience, interest, and saving grace that the constant relationship with children cannot always sustain. I come to crave our talk, and our daughters gain precious aunts. Women who are not mothering their own children have the clarity and focus to see deeply into the character of children webbed by family. A child is fortunate who feels witnessed as a person, outside relationships with parents by another adult.

– Louise Erdrich,  
The Blue Jay's Dance: A Birth Year



## Get Connected!

### Join Our Interfaith Center Email Group [interfaithspirit@groups.io](mailto:interfaithspirit@groups.io)

Posts to this group include local events, requests for prayers or assistance and other topics of interest to this community. You do not have to be a member of the Interfaith Center to join the group or to send/receive messages.

To join:

- Use the email account where you wish to receive Interfaith group emails.
- Send an email to [interfaithspirit+subscribe@groups.io](mailto:interfaithspirit+subscribe@groups.io).
- You will receive an email request to: "confirm your [groups.io](https://groups.io) Subscription" (Check your Junk/Spam folder if you don't see it.) Then reply to the email you have received.. You will then begin receiving emails from the group.

**TO SEND AN EMAIL** Simply reply to an email from a group member, or address your email to: [interfaithspirit@groups.io](mailto:interfaithspirit@groups.io). Your first email will need to be approved, so there may be a short delay before it reaches the group.

#### Note from Rev. Delyth Balmer

When you reply to an email posted on [groups.io](https://groups.io) consciously choose **reply**, or **reply all**. Do you want the entire group to receive your reply or only the sender.

Be mindful of the disclaimer at the bottom of the email:

"The views and opinions expressed by the members of the InterfaithSpirit Groups.io Group do not necessarily represent those of The Interfaith Center for Spiritual Growth, its board or its members."

Please speak only for yourself and remember always to be kind.. ❤️

### Haiku from Dexter

by Cooper Holland, Barb Fisher and Sandy Hill



**Two birds investigate  
Outside my window  
Making their new home**

## Mother's Day Social

**Sunday, May 11**

after the service

Hosted by the Caring Committee

Help us celebrate the mothers, grandmothers, and nurturers in our lives.

Gluten free and "healthy" selections will be available.



## Upcoming Editions of the Interfaith Inspirer

Please consider making a contribution to our monthly newsletter. Whether you come every week or twice a year, we want to hear your thoughts. Following, are some ideas and topics for the coming months. As a guide, your article may be a few sentences, a couple of paragraphs, or a few words and a photo. The maximum length is 600 words, or one full page.

- June-fathers, summer solstice
- July-picnics and summer fun
- August-harvest, end of summer
- September-water, return to community, fall equinox
- October-United Nations Day on Oct. 24, Halloween
- November-gratitude, "wintering" preparations
- December-winter solstice, celebrations from various traditions

The deadline for submission is the 10<sup>th</sup> of the month for the following month; i.e. May 10 for the June newsletter.

Do you feel led to write about gratitude in July? Go ahead! In fact, we encourage it. We will hold your submission for the November edition.

Questions? Ask Annemarie Howse, Bethany King or Norah Reilly. Send your submissions to [nkreilly58@gmail.com](mailto:nkreilly58@gmail.com)



## May Special Events



**Saturday, May 3**  
**7:00-8:00 pm**  
**Cost-\$20**

### Sound Immersion Gong Meditation with Dana Piper and Sharon Harris

You may lie on the floor or sit comfortably in a chair. It is suggested you bring a mat, blanket, pillow, or whatever you need to feel comfortable. Tickets at <https://interfaithspirit.org>  
 Doors open at 6:30. No admission once the event begins. Please arrive early and set up your space.

**Drum and Dance Jam  
 with Curtis Glatter  
 Sunday, May 4  
 7:30-9:00 pm  
 \$5 Donation requested**

### Cafe 704 Presents... "Just BeCause"



**Charles Green, Julie Beutel & Bob O'Brien**

**Saturday, May 10 - 7:00-9:00 pm**

**(doors open at 6:30 pm)**

**Singing and dancing is encouraged.**

"Just BeCause" is a collaboration of Julie Beutel (vocals, guitar, percussion), Bob O'Brien (guitar, vocals), Charles Green (percussion), and Dwight Cendrowski (accordion and percussion).

**Tickets: \$10.00—in person or on zoom.**

In person pay at the door, and to purchase zoom tickets go to <https://interfaithspirit.org/cafe-704-coffeehouse/>.



### Community Sing with Matt Watroba

**Wednesday, June 14 - 7:00-8:30 pm**  
**Suggested donation:**  
**\$5-\$10 each**

### Drummmunity Drum Circle

**with Lori Fithian**

**Saturday, May 17 - 7:00-8:30 pm**  
**Donations are appreciated**



**Friday, May 23 5:30-8:00 pm**

*Resting in the Divine Feminine*

Interfaith Center for Spiritual Growth



**The Healing  
 Feast**

food and music for  
 healing connections  
 with self, others,  
 the earth, and  
 the sacred



For info  
 and  
 tickets,  
 scan the  
 QR code



10% of proceeds will benefit Mothering Justice (Detroit)

**Potluck edition!**

**Pre-event potluck, doors open at 5 pm.**

See ticket page for sign-up link.

DANCINGSTAR PRODUCTIONS presents



Interfaith Center for Spiritual Growth

**Saturday, May 31**

**7:00-9:00pm**

**FUNdraiser**

for feature film about a 17 year-old girl who switches bodies with her grandma's 17 year old body in 1969.

Buy tickets asap for \$10 online  
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